



THE

Girlfriend

BUTTON



MICHAEL HAINES

THE GIRLFRIEND BUTTON

**HOW TO PSYOP A GIRL INTO FALLING
IN LOVE WITH YOU**

Michael Haines

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"The Magician" card from the Rider-Waite tarot deck, illustrated by
Pamela Colman Smith and A. E. Waite, 1909.

*“Any sufficiently advanced technology is
indistinguishable from magic.”*

— Arthur C. Clarke

THE GIRLFRIEND BUTTON BLUEPRINT

By Michael Haines

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PART I:

THEORY

MIND CONTROL

This is a book about mind control.

In it, you will learn how to make a girl *hallucinate* that you're the most handsome man she's ever met.

Imagine, for a moment, that you could cast a spell that made you invisible. But now imagine that instead of making you invisible...

The spell made you appear to be magnetically sexually attractive and irresistibly charismatic to any woman you talked to.

That is what this book is, and what it does.

It lets you *cast spells* on women that make them see you however you'd like to be seen.

SMALL BLONDE GIRL

Last night, I was walking down the street when I saw a small blonde girl.

She was sitting against a ledge and texting someone on her phone.

She was wearing an extremely short skirt, so naturally I was interested.

I walked up to her and said hello, and she put her phone away.

I sat down next to her and we got to talking.

She was 18 years old, strikingly beautiful, and bright.

I decided I wanted to make her my girlfriend, so after two minutes of polite conversation, I pushed *the girlfriend button*.

First, I said eight words her.¹

Then I got up to leave.

¹ You will learn these later in the chapter on "*Subversion*".

“Well, anyway,” I said, “I gotta go...”

“Shut up!” She smacked me, grinning.

I was standing in front of her now.

I gestured for to stand up to hug me, as if I was about to go.

We hugged.

I looked in her eyes.

Her pupils were big as saucers and she had a shy smile on her face.

She looked like a little cat that was waiting to be fed.

I kissed her, and she kissed me back hungrily.

Her lips were warm and sweet.

I explored her body with my hands. Her ass was *perfect*. So tight and round and perky.

“Would you like to come back to my apartment?” I asked.

“Yes,” she said in a small voice.

I looped my arm through hers.

We left together, and got lost in the night.

Total time from approach to kiss:

Two minutes and thirteen seconds.

WHAT IS THE GIRLFRIEND BUTTON?

It's just what it sounds like:

It's a button you can push that turns any woman into your girlfriend.

You simply walk up to the girl you want, press the button, and she'll have sex with you.

Then you can keep her as your girlfriend forever... or just for the night.

It's up to you.

WHERE CAN I GET THIS MAGIC BUTTON?

You're holding it in your hands right now.

The girlfriend button is not a *literal* button.

Rather, it's a technique.

Which is a lucky thing, too...

Because you wouldn't want to be lugging around an actual button every time you left the house.

I mean, where would you *keep* it?

We're not women. We don't have *handbags*.

GIRLS

Robin is a petite, curvy 20-year-old with Cruella de Vil hair and the largest, heaviest natural breasts I've ever gotten my hands on.

I met her outside a bar last Saturday night, pushed the girlfriend button, and within ten minutes we were back at my place, where we spent all Sunday morning making love.

Kirsten is a slim 30-year-old marketing professional with long legs, fake breasts and a rapier wit.

I first met her two weeks ago, when she arrived at a dinner party at my apartment wearing a provocatively short skirt.

Kirsten is a little older than the women I normally like to date (I prefer my girlfriends barely legal), but she has such a great body that I couldn't help myself.

On Thursday, we met for margaritas at a dive bar near my place, and within an hour those marvelous legs of hers were wrapped around my head as I pounded her on the kitchen counter.

Jess is a 22-year-old masseuse I met on Tinder, where I used my 12-word “girlfriend visualization” technique to spark her interest.²

Jess has long sandy hair, a flawless gym-sculpted body, and the most mouth-watering hip-to-waist ratio I’ve ever seen.

Jess came over to mine on Friday, just a few hours after Kirsten had left, and within five minutes, her yoga pants were strewn across my floor and my face was buried between her legs.

For the next eight hours, I screwed Jess in every position imaginable. I had her on the couch, the floor, in the shower...

Despite being the most innocent-looking girl I’ve ever dated, I was surprised to find she’s a totally depraved nymphomaniac who prefers extremely rough, almost violent sex.

Not really my cup of tea, but the free massages are worth it.

These are just the new girls, of course.

I haven’t even begun to tell you about the steady girlfriends in my rotation whose company I’ve been enjoying for months.

Like Zoe—the 21-year-old African princess with coal-black skin and a gravity-defying ass.

Or Chesa—the 25-year-old Filipina architect with a penchant for schoolgirl uniforms, morning sex, and bondage.

Then there’s Chloe, Ellen, Aileen, Rylee, Ali, Anna, Ella, Teresa, and a few other lost souls whose names I’ve forgotten because they didn’t make the cut.

² You’ll learn these 12 words in the chapter on “*Visualization*”.

TOO OLD TO BE DATING COLLEGE STUDENTS?

There's no picture of me in this book.

But if there *was* a picture of me—here's what you would see:

I'm a dorky-looking guy in my early thirties with acne scars, a hooked nose, a weak chin, and a receding hairline.

My hair is going grey, and I have a slight beer belly.

I am not anyone's idea of a "hunk", and I'm far too old to be dating college students:

And yet...

- I sleep with a different woman every week
- I currently have four beautiful young girlfriends
- I have a phonebook full of fuck-buddies I can call up to come over and bang whenever I want (even if we haven't spoken in months)

It wasn't always like this.

At 18 years old, I was a handsome youth.

I was relatively tall for my age, with a thick head of hair and a slim but muscular physique.

I even had *abs*, by god!

Yet somehow, I was rejected by every girl I liked.

My best friend in high school was an exotic brunette named Lisa.

I was in love with her, but she put me in the friendzone.

One day, I slept over at Lisa's place in the spare bedroom.

The next morning, I was tortured by hearing Lisa and her boyfriend fucking for nearly an hour straight with the door wide open.

Yet whenever I tried to meet new women, *I didn't know what to say.*

I still remember one incident that makes me cringe to this day.

I approached a cute blonde girl outside a bar.

I was just drunk enough to work up the courage to make a move.

So when I spotted her smoking on her own and looking into the distance I walked up to her and said, "You look very pensive."

The girl looked at me with unconcealed disgust.

"Pensive?" she spat. "*Pensive?* That's your line?"

I shrank under her withering gaze.

Needless to say, after that humiliating defeat I didn't dare approach another woman again for many years.

TEEN PUSSY IN THE MORNING

Things are different now.

For one thing, I'm balder.

My boyish good looks are gone, and my thinning hair has grey in it.

I haven't seen my abs for a decade, and I'm beginning to doubt I ever will again.

And yet today, I can go up to the same cute little eighteen- and nineteen-year-old college girls who used to reject me, but instead of telling me to get lost, they hug me and kiss me and ask if they can sit on my face.

I love the smell of teen pussy in the morning.

Smells like, victory.

HOW TO BEND REALITY TO YOUR WILL

So what happened?

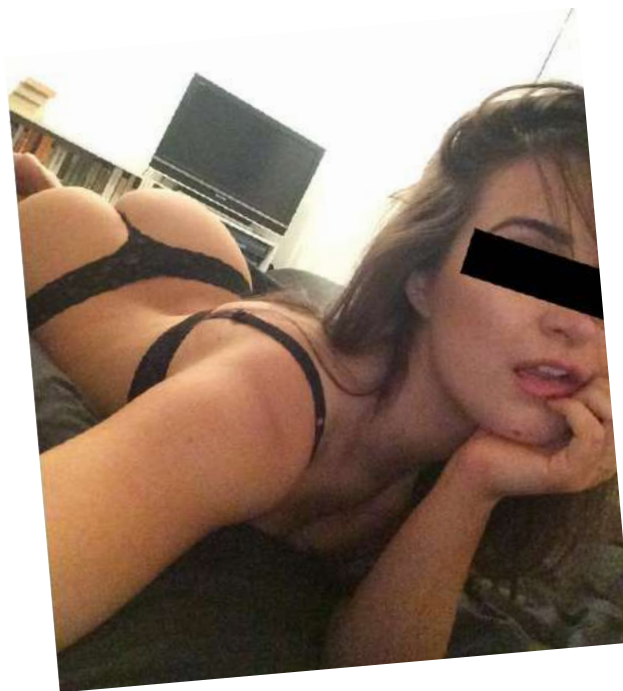
How did I go from handsome loner to ugly old lothario?

The simple answer is that I found a way to bend reality to my will.

I discovered a technique that lets me cast spells on women with words, and almost *forces* them to fall in love with me, even if they don't want to.

This technique is called “**controlling the narrative**”.

And it's the secret to programming any girl to become your very own fully functional *love doll*—easy to operate; anatomically correct; and coming complete with French lingerie, bleached butt-hole, baby-smooth pussy and cosmetically-plumped lips for the perfect blowjob.



The first girlfriend I met using an early prototype of my “control the narrative” technique. We dated for seven years. Thankfully, she was happy for me to sleep with other women. (In Chapter 11, you will learn to set up your relationships in such a way that your girlfriend will be cool with you seeing other girls.)

WHO ARE YOU EXACTLY?

I am a degenerate sex addict, a conman, a charlatan, a black magician, an occultist, an advertising copywriter, a publishing executive, an author, a historian, a psychological operations consultant, and the greatest social scientist of the past one hundred and fifty years.

IF YOU'RE A CONMAN THEN HOW CAN I TRUST YOU?

You can't, and you shouldn't.

I will ask you to believe nothing that you cannot verify for yourself.

WHAT IS CONTROLLING THE NARRATIVE?

It's my superpower.

It's the reason I had sex with three beautiful women this week, despite being an ugly, balding older guy.

Controlling the narrative is, in short, the Holy Grail of seduction.

It's the ultimate secret to getting beautiful girlfriends who are way out of your league...

And it works even if you're unattractive, old, broke, shy, or anything else.

But controlling the narrative is much more than just a trick for getting girls.

It's a philosophy.

A way of life.

An entirely new "filter" through which to view the world.

It all boils down to one simple fact:

THERE IS NO OBJECTIVE REALITY

When it comes to attraction, there is no objective reality.

Attraction is subjective.

Truth is relative.

Beauty is in the eye of the beholder.

You can be perceived as ugly by one woman, and as magnetically handsome by another.

But this has far less to do with your *looks* than people think.

This is because attraction, desire, love—whatever you want to call those nice tingling feelings a girl gets when she wants you inside her...

Attraction exists in the mind, and nowhere else.

And as modern neuroscientists are beginning to realize (and as magicians and mystics have known for millennia), the human mind does not, and cannot, perceive reality accurately.

We see what we want to see.

YOU DO NOT SEE REALITY ACCURATELY

Your brain did not evolve to let you see reality accurately.

It evolved only to make you see whatever will help you survive and reproduce.

Sometimes, that corresponds to “objective reality”.

Mostly, it doesn't correspond at all.

You do not see reality accurately. ***And neither does the girl.***

This is precisely what most guys don't understand.

Most people believe "reality" is the same for everyone.

And so guys assume that when a woman looks at them, she's seeing the same thing they see when they look in the mirror.

She isn't.

What a woman sees when she looks at you has absolutely no relation to what *you* see when you look at yourself.

How she perceives you is determined entirely by what's going *inside her* at that moment.

Not by you.

And certainly not by "reality" or "the facts".

THIS IS WHY IT DOESN'T MATTER WHAT YOU LOOK LIKE

It doesn't matter if you're ugly.

It doesn't matter if you're old...

Broke... shy... fat... bald... or anything else.

You can land a stunning girlfriend, with big bouncy boobs and a tight round ass, because...

Perception is reality.

If she perceives you as attractive, then you are attractive.

We do not see reality “as it is”.

We see a mirage.

A hologram.

A fun-house hall of mirrors image.

When the girl looks at you, she’s never really seeing “you”.

Instead, she’s seeing a *hallucination* of you that’s been filtered by her brain.

And if you know the right buttons to push...

You can manipulate her hallucination so that she sees you as irresistibly attractive, falls hopelessly in love with you, and offers you her supple young body on a silver platter.

But before we proceed, I have to warn you:

You are about to experience a change in how you view reality.

And once this happens, there’s no going back.

Ready to wake up?

CHAPTER II:

BLACK MAGIC

+

PSYCHOLOGICAL

WARFARE

“Words were originally magic, and to this day words have retained much of their ancient magical power.”

— Sigmund Freud

THE INVISIBLE GOVERNMENT

Have you ever wondered who really runs the world?

People who watch the news think it’s run by elected officials—presidents and prime ministers.

But that’s just something people like *them* are taught to believe by people like *me*.

The people who actually run the world are the advertising men and marketers. The PR consultants, journalists and media executives.

We constitute an invisible government that is the true ruling power on this earth, because we control people’s *perception of reality*.

Lies into truth

We in the advertising industry, and in public relations and journalism, can make lies into truth and truth into lies.

We can make people believe that up is down, black is white, and that good is evil; evil, good.

We could even make people hallucinate that the sky is green if we wanted to... not that there'd be any profit in it.

Free will is an illusion

Mass democracy is a myth, free markets are a mirage, and free will itself is an illusion.

In reality, everything is controlled from the top down by a handful of men whose names you've never heard and whose faces you'll never see.

You buy the products we tell you to buy.

You vote for the candidates we tell you to vote for.

You want the things that we *teach* you to want.

Human programming

Call it marketing, public relations, propaganda, perception management, or whatever you like.

But the activity my colleagues and I are really engaged in is ***human programming***.

We understand how to program the masses using words.

And in particular, we know how to shape the will of the masses using a *special kind* of manipulation of language: a technique known as—

FRAME CONTROL

“**Frame control**” has been called many things by many people:

- In media and public relations, it’s known as ***controlling the narrative***.
- In political consulting, it’s called ***spin***, or ***message discipline***.
- And in military and regime change circles, it’s referred to as ***5G war***, or ***information warfare***.

Call it whatever you like...

Frame control is the secret technique that governs your world.

It is how you are governed, whether you realize it or not.

THE MAGICIANS

The men who’ve mastered this technique are as *magicians* among us.

They let the kings and the princes pretend to be in control.

But the kings and princes secretly know that their power comes from the magicians...

And that without their support, they would be lost.

It is the magicians who pull the strings.

It is the magicians who decide what is to be, and what not to be.

When to go to war, and when to make peace.

What rights to let the people have, and what rights to take away from them.

Your life is ruled by the will of these magicians as surely as your body is bound by the laws of gravity.

There is but one means of escape: to become a magician yourself.
And to do that, you must understand the magician's secret power of sorcery.

That secret power is frame control.

Frame control is how the cow-like masses are herded by the elites.
But frame control is much more than a weapon of mass manipulation.

FRAME CONTROL IS THE ULTIMATE SECRET TO MAKING A GIRL FALL IN LOVE WITH YOU

It's the **magic button** that lets you make adorable little girls with trim bodies, big boobs and bouncy asses into your loyal, loving girlfriends...

Even if you're ugly, broke or old.

It's the secret to programming women with beautiful smiles and perfect bodies to ache with desire for you...

To obsess over you day and night...

And to see pleasing you and being attractive to you as their sole reason for living.

SO WHAT THE HECK IS FRAME CONTROL ANYWAY?

"Frame" is a term from social psychology.

It refers to a person's **interpretation of reality.**

Your frame is:

- your perception

- your perspective
- how you interpret something
- the meaning you ascribe to a situation
- the story or narrative you believe about what's "true" about reality at any given moment

Reframing

To **reframe** something means to **change the meaning** we ascribe to it.

And that's what frame control is all about: *changing the meaning of things*.

Here are a few everyday examples to help you understand the basic concept...

Situation:

Bob is angry

Frame: Bob is making a fuss over nothing.

Reframe: Bob is a passionate man who isn't afraid to speak his mind.

Situation:

John is nice to everyone he meets

Frame: John is a compassionate person.

Reframe: John is a pushover. He's too weak to stand up for himself.

Situation:

Terry is taking a long time to make his mind up

Frame: Terry is indecisive

Reframe: Terry is thoughtful and wise. He doesn't rush to judgement before he's contemplated every side of an issue.

Situation:

Bill said X was true yesterday, but today he's saying that X is false

Frame: Bill is a liar who changes what he says whenever it suits his needs

Reframe: Bill is a clear thinker. Instead of clinging to his old beliefs, he updates his worldview when he receives new information.

Situation:

You're on a first date with a girl. She's texting someone on her phone, ignoring you

Frame: She finds you boring, and she's texting her friends because she wants to leave.

Reframe: She's texting her friends about how happy she is to finally meet such a ridiculously good-looking man, and she's asking them for ideas about how to impress you.

But which frame is actually the correct one, you might ask.

Which frame is *the truth*?

And that's the key:

IT DOESN'T MATTER

It doesn't matter what the truth is.

There is no objective truth.

There are only frames.

And the more confidently you express *your* frame, the more other people will think it must be true.

This is because whatever frame we believe is true tends to *become* true.

WHATEVER FRAME WE BELIEVE IS “TRUE” TENDS TO BECOME TRUE

For example, if you tell the girl—

“Hey, stop texting on your phone. It's disrespectful for you to ignore me like this.”

You're creating a frame that implies **she isn't attracted to you**.

And that will become a self-fulfilling prophecy.

Because in her head, the girl will think:

“Wow, this guy is touchy. He must get rejected a lot. Probably because there's something terribly wrong with him that other girls have figured out. *I better go with the consensus here, and reject him too.* Just to be on the safe side.”

And so by setting this frame, you're **programming** the girl to reject you.

Guys do this all the time.

They hang themselves with a noose made of their own words.

But now imagine you used a better frame.

Imagine that when the girl started texting, you told her—

“Let me guess, you're texting your friends about how excited you are to finally meet such a ridiculously handsome man, and you're asking them for advice on how to impress me.”

Well, if you say something like that...

You'll typically find that the girl laughs, puts her phone away and becomes noticeably more attracted to you.

And if you keep saying stuff like that throughout the date...

Stuff that implies *you think* she already likes you...

Stuff that creates the frame that *you believe* she's already in love with you...

Then unconsciously, she'll start to think:

“Wow, this guy is cocky. He thinks he's God's gift to women. There's only one way a guy like this could have become this delusionally self-confident: girls must throw themselves at him all the time. So if other girls like him so much, I wonder what all the fuss is about? I'm going to have sex with him so I can find out for myself...”

Bad frames program a girl to *reject you*.

Good frames program her to want to *sleep with you* in order to satisfy her curiosity.

Make sense so far?

UH... I THINK SO?

Good.

Because this is where things start to get a little, uh...

Weird.

SATANISM, MIND CONTROL, AND PSYCHOLOGICAL WARFARE

Once upon a time, there was an evil wizard.

This wizard was a black magician of the highest order.

And one day, he created new kind of spell.

The wizard claimed his spell could be used to brainwash entire populations and force the masses to do his will like robots.

And soon, the wizard had used his spell to acquire great power and terrifying influence.

But the absolute power the wizard had acquired began to corrupt him.

And some say he lost his mind.

The wizard's name was Lt. Colonel Michael Aquino.

He was born in 1946, and he died recently, in 2019.

Much has been written about Aquino—some true, some speculation.

The unquestionable historical facts are these:

Michael Aquino was a military intelligence officer in the US Army with the highest level of Pentagon security clearance, and a PhD in political science.

He was a specialist in Psychological Warfare, an admirer of Adolf Hitler, and a practicing Satanist.

He is, in short, basically as close to a real life Bond villain as you're ever going to read about in the history books.

So what does a villain like Aquino have to do with you getting a sexy girlfriend?

Simply this:

Aquino may have been evil but he was also a genius.

Because he single-handedly created a completely new theory of **mind control**.

And this military-grade mind control technique is the secret to making any girl into your girlfriend at will.

But before I explain what this brainwashing technique is and how it works, a little background is needed:

CHURCH OF SATAN

In 1969, while stationed in Vietnam as a Green Beret, Aquino joined the Church of Satan founded by Anton LaVey.

The two became close friends, and soon Aquino had risen through the ranks to become the Church of Satan's second most powerful member.

But in the 1970's, Aquino broke with LaVey over a theological dispute.

You see, LaVey didn't actually *believe* in Satan.

LaVey was an atheist who hated Christianity, but he didn't believe either God or the Devil really existed.

Like most "Satanists", LaVey just thought pentagrams and stuff looked cool.

But Aquino felt very differently.

Aquino had come to believe that Satan was a *real entity*...

A deity, a force, an *energy* of some kind...

And that, just as man learned to harness and control electricity, man could also tap into and harness this energy of Satan to attain power, knowledge and even immortality.

LaVey said this was a bunch of crazy talk, and the two men quarreled and parted ways.

But then, things became even stranger.

Because Aquino said *Satan had appeared to him* during a ritual.

And he said that Satan had told him he wanted to be worshipped as Set from now on... which is what his followers had called him in Ancient Egypt, thousands of years before the birth of Christ.

Set was the Ancient Egyptian god of chaos and war.

And perhaps Aquino, being a soldier, was particularly receptive to the gospel of a war deity.

At any rate, in 1975 Aquino formed his own Satanic church, which he called the Temple of Set in honor of his new god.

Wild accusations

Of course, many of his colleagues in the American military claimed that Aquino had lost his mind.

They argued that his crazy ideas were an embarrassment to the Army and that his worship of a 5,000 year old Satanic deity brought shame on the honor of the officer corps.

And then dark rumors began to circle about Aquino.

There were allegations of cocaine trafficking and wild orgies hosted at Aquino's San Francisco home, and he was accused of unspeakable crimes.

Drug smuggling. Kidnapping. Murder. Human sacrifice—these are among the *milder* charges made against the Colonel.

The rest are unprintable.

Suffice to say, if even one fifth of what Aquino has been accused of is true then he was a scoundrel whose name will live forever in the Annals of Infamy.

PSYOPS

Yet despite his outrageous beliefs and the rumors of his insanity, Aquino was never discharged from the Army.

Because by then he was already too powerful...

Having risen to become one of the US military's finest minds in the field of PSYOPS—that is, psychological warfare.

But Aquino hated PSYOPS.

He said it was *small time*, and he scorned the brass for not thinking *big* enough.

Aquino envisioned a new and much more powerful kind of psyop, in which cutting-edge techniques of **mind control** and **brainwashing** would take center stage.

And it wouldn't just be applied to the enemy.

As Aquino urged, it must also be used against the US population itself.

He called it...

MindWar

And in 1980, he co-authored a top-secret field manual where he outlined his radical ideas.

It was titled *From PSYOP To MindWar: The Psychology Of Victory*.

And it's one of the strangest documents the United States government has ever produced.

PROGRAM THEM LIKE THEY'RE ROBOTS

In *From PSYOP To MindWar*, Aquino preached that the wars of the future wouldn't be fought in streets, or in jungles...

But inside people's heads...

At the level of their perceptions and beliefs.

And the idea of MindWar is that you can win wars using psychological techniques that remove your enemy's free will and program them like they're robots.

So how does MindWar work exactly?

The big idea is simple:

PERCEPTION IS REALITY

Whoever controls perception, controls reality.

Aquino realized that if there's no objective reality, and that if all truth is ultimately subjective...

Then **whatever we believe to be true will tend to become true.**

Even if it started off being "false".

RED TEAM VS. BLUE TEAM

For example, imagine a war between two countries...

We can call them **Red Team** and **Blue Team**.

Red Team is much stronger than Blue Team.

Red Team has a military ten times the size of Blue Team.

And yet...

If even 20% of Red Team's population *strongly believe* they cannot win the war...

Then this **demoralization** will infect everyone else in Red Team, from their leaders to the soldiers on the ground... destroying their optimism and sapping their fighting spirit.

And thus, the **mental belief** that “the war can’t be won” will actually *create* that outcome of defeat in physical reality.

Red Team will lose to Blue Team—despite their vastly greater power—because they believe they’re going lose.

In other words...

Expectation creates reality

In light of America’s failure in Vietnam, Aquino realized that wars aren’t won on the basis of actual physical power.

Wars are won or lost, first of all and primarily, inside men’s minds.

Then, the expectation of victory or defeat ends up manifesting itself on the physical plane and creating the reality which was expected to occur.

Self-fulfilling prophecy

In psychology, this is referred to as a self-fulfilling prophecy.

Robert Merton, the founder of sociology, the defined the process this way:

“The self-fulfilling prophecy is, in the beginning, a **false** definition of the situation evoking a new behavior which makes the original false conception come **true**.”

Aquino’s idea was to **weaponize** the self-fulfilling prophecy, in order to brainwash and enslave people.

MINDWAR HARNESSES

BELIEF

AND EXPECTATION

MindWar is about harnessing the power of belief and expectation to control people's minds.

It's about creating an imagined reality which—even if it starts off as **false**—will **become true** because people believe in it.

Normal propaganda is simply about lying and deceit.

But as Aquino said, MindWar is different from propaganda in this respect, because (assuming it's successful) it's not even *technically* lying.

As he wrote:

“Unlike [propaganda], MindWar has nothing to do with deception... Rather, it states a **whole** truth that, if it does not now exist, *will be forced into existence* by the will of the United States...

Its power lies in its ability to focus recipients' attention on the truth of the **future** as well as that of the present. MindWar thus involves the stated promise of the truth that the United States has resolved to *make real* if it is not already so.”

In other words...

Reality is plastic.

Whatever we believe about reality tends to *become* our reality.

And therefore...

If you can get people to **vividly imagine, expect or believe in** a particular future outcome... you can effectively “will” that future into happening.

Just like magic.

THE GIRLFRIEND BUTTON IS “MINDWAR IN MINIATURE”

MindWar was created to topple foreign governments and brainwash entire populations.

But in the pages that follow, you'll learn to use MindWar for a different purpose.

You'll learn how to apply this technique on the interpersonal level, in order to make women fall in love with you and crave sex from you.

And this all comes down to controlling the frame:

- You make a girl fall in love with you by **creating a frame** that she's *already* in love with you.
- You make a girl interested in sleeping with you, by creating a frame that implies you think she *already* wants to sleep with you.
- And you make a girl chase you by creating a frame that you *expect* her to chase you (because that's what all the other girls do)

Acting as if

In short... by ***acting as if*** the outcome you desire has already been accomplished, you essentially “will” that outcome into happening in physical reality.

As you'll see, this is the ultimate secret to bending both reality—and women—to your will.

Because, to quote Robert Anton Wilson...

“Reality is what you can get away with.”

FRAME WARS

“This is a war universe. War all the time. That is its nature. There may be other universes based on all sorts of other principles, but ours seems to be based on war and games.”

— William S. Burroughs

Frame battles

Every single interaction you will ever have with a hot woman is a **frame battle**.

A silent, unspoken war between her frame and your frame.

If you hold your frame steadily, and express it with conviction, eventually she'll “buckle” and fall into it.

But if you don't hold your frame, you'll fall into her frame.

And that's not a place you want to be.

Because her frame (as a hot woman) is that **she's God, and you're a humble petitioner**.

You have to reverse this.

You need to aggressively subvert, erode, and destroy her frame.

You need to take the legs out from under her.

You have to get under her skin, and completely annihilate her belief that she is somehow better than you.

And you need to get her to fall into your frame—a frame which comes to be strongly believed by both of you—that you are the one with higher value here, and she would be lucky to have sex with you.

Either she falls in your frame. Or you fall into her frame.

Period.

There is no possible “equality” here.

Somebody always holds the dominant frame.

And if you want to have sex with her and make her your girlfriend, that person better be you.

You have to out-frame her before she out-frames you...

Diagram 1: The Hot Girl Frame (Default “Man-Meets-Woman” Script)



Girl is on a pedestal. Guy is down below trying to impress her to “come up to” her level.

Diagram 2: Stealing Her Frame



You are on the pedestal. She is down below trying to impress you. This is rooted in the fact that she believes you are desired by many other women. (Whether this is factually “true” or not is irrelevant. The important thing is that she believes it is. And if enough girls believe it’s true then it also becomes factually true.)

REALITY CONTROL

“Only the disciplined mind can see reality, Winston. You believe that reality is something objective, external, existing in its own right. You also believe that the nature of reality is self-evident. When you delude yourself into thinking that you see something, you assume that everyone else sees the same thing as you. **But I tell you, Winston, that reality is not external. Reality exists in the human mind, and nowhere else.** Not in the individual mind, which can make mistakes, and in any case soon perishes. Only in the mind of the Party, which is collective and immortal. Whatever the Party holds to be the truth, is truth.”

— O'Brien in *Nineteen Eighty-Four*, by George Orwell

In 1984, there's a technique called “**reality control**”.

It refers to a kind of mental discipline which allows people to get themselves to believe that $2 + 2 = 5$ if the Party decrees it.

Getting the hottest girls requires a similar skill-set.

You need to exercise *reality control*.

YOU NEED TO BE ABLE TO MAKE HER BELIEVE THAT $2 + 2 = 5$

You need to be able to look that girl in the eye and tell her that $2 + 2 = 5$...

Up is down...

And black is white...

And have her nodding her head agreeing with you.

You have to be able to stare down that **Perfect Ten** and convey to her:

“Yeah, you’re an Instagram model with a flawless body and 1.2 million followers... while I’m a balding old guy with a beer belly.

But you are the one who’s grateful to have me.

You are the one who’s chasing me, and I’m doing you a favor by letting you suck this cock.

Who are you going to believe... me, or your lying eyes?”

It’s all about reality control.

The reason most guys can’t pull models is because they have a naive view of reality.

They think that there is some kind of objective reality “out there”... somewhere.

There isn’t.

You need to go full O’Brien in 1984 with it.

There is no objective reality.

Reality exists in the mind, and nowhere else.

Whatever you can both get yourself and the girl to believe is true will become true.

It doesn’t matter if she’s a fresh-faced 20-year-old with the body of a *Sports Illustrated* model and you’re a balding old retiree who hasn’t touched a woman in years.

When you master frame control, you’ll be able to use your words to create a perception in her mind that when she gets down on her knees and sucks your cock in the bathroom, she’s accomplishing something important.

You have to make it so that having sex with you and being your girlfriend gives her a feeling of ***self-esteem*** and ***personal achievement*** that she can't get in any other way.

Because women don't have sex with a guy for how he looks.

They don't have sex to get access to his money.

They don't even really have sex for pleasure.

Women have sex for only one reason—to *feel good about themselves*.

And if you can frame things in such a way that getting fucked by you is a way for her to *feel good about herself*, then you won't be able to keep her clothes on around you.

So...

Ready to join the dark side?

PART II:

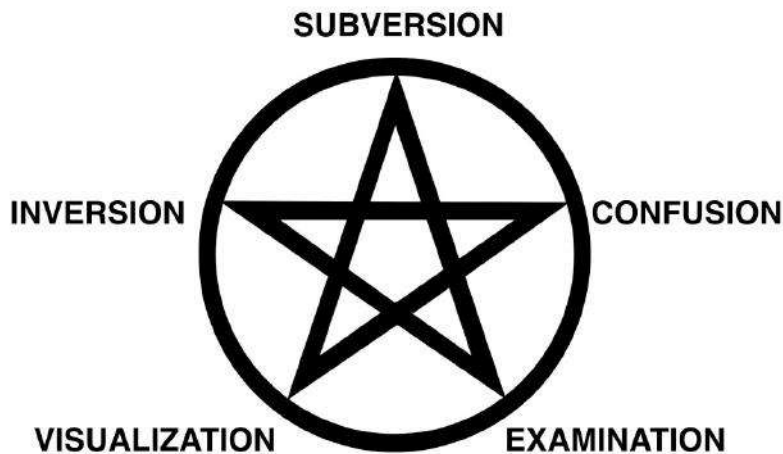
TECHNIQUE

CHAPTER III:

THE “FIVE FINGERS” OF PSYCHOLOGICAL WARFARE

A.K.A.

THE PSYOPS PENTAGRAM



There are **5 mind control techniques** that make a hot girl fall into your frame and start chasing you.

Together, they are known as the **Five Fingers Of Psychological Warfare**, or the **Psywar Pentagram**.

They are:

Psywar Technique #1: **Inversion**

Psywar Technique #2: **Confusion**

Psywar Technique #3: **Subversion**

Psywar Technique #4: **Examination**

Psywar Technique #5: **Visualization**

The 5 techniques can also be remembered with the acronym **V.I.C.E.S.**

Like any five-natured and perfectly balanced phenomenon, they are represented by the pentagram.

PSYOP TECHNIQUE #1:

INVERSION

“Accuse the other side of that which you are doing.”

— propaganda technique attributed to Joseph Goebbels

The first mind control technique for getting a girl in your frame is called Inversion.

It's all about inverting the commonly accepted “reality”...

Turning everything upside down and making it topsy turvy.

The automatic assumption

When you approach a hot girl, there's an automatic assumption that:

- you're hitting on her
- you want a date with her
- you want to have sex with her

All of which is true, of course.

Otherwise, you wouldn't have approached her.

But with Inversion, you accuse *her* of doing what you yourself are guilty of:

- You accuse *her* of trying to hit on you.
- You accuse *her* of trying to get you into bed.
- You act as if you're the innocent angel who's resisting, and she's the sex-crazed seducer who won't take no for an answer

Inverting the expected script

Every social interaction has an “expected script”.

In a typical man-meets-woman “script”, the man is expected to play the role of *pursuer*, while the woman is expected to resist him or put up obstacles.

Inversion is about using “word wizardry” to **flip the script** on a girl, and make it out like *she’s* the one who’s trying to corrupt *your* virtue.

If you hold this frame for long enough, you’ll be surprised to find that eventually, *the girl actually starts to believe it*.

“The bigger the lie, the more it will be believed... If you tell a lie big enough and keep repeating it, people will eventually come to believe it.”

— Joseph Goebbels

Suggestibility

The human mind is far more *suggestible* than most people realize.

If you continually repeat this idea that she’s the one who wants you, at first the girl will think you’re just cocky and perhaps delusional.

Then she’ll start to find it funny, and even somewhat charming.

Finally, she’ll start to **fall into this frame**.

She’ll begin to doubt and question her own perception of reality.

She’ll think:

“Am I attracted to him? I don’t think I am... and yet, he seems **so certain** that I want him... *maybe I do want him.*”

“Our thinking machine has the capacity to be convinced of anything you like, provided it is repeatedly and persistently influenced in the required direction. A thing that may appear absurd to start with will in the end become rationalized, provided it is repeated sufficiently often and with enough conviction.”

— G. I. Gurdjieff

It starts as a “joke”, but becomes real

When you first make a joke about the girl wanting you, initially she’ll laugh it off.

But if you keep repeating these types of “jokes” about her being obsessed with you...

Eventually it will begin to influence her subconscious, and she’ll start to actually experience these feelings for real.

The subconscious can’t process humor

This is because the subconscious mind cannot process jokes, humor, sarcasm or irony.

It takes everything *literally*.

And so if you do an “ironic bit” about how a girl wants to have your babies, at first she may just laugh, or even play along.

Her conscious mind understands it’s just a joke.

But her subconscious doesn’t.

And the more you repeat that core message of “**you want me, you want me, you want me**” over and over... the more it starts to program her subconscious to really believe that.

It’s a form of hypnosis

So, that’s an overview of what we do with Inversion, and why it works.

It’s a form of hypnosis.

You use humor to create a frame that the girl is the one hitting on you, rather than the other way around.

And the more you repeat this core idea...

The more you reinforce it from every possible angle...

The more she starts to fall into that frame and believe it.

THE 4 HORSEMEN OF INVERSION

Inversion can be broken down into 4 sub-techniques, which I call the 4 Horsemen.

They are:

1. Reframing
2. Objection jujitsu (using women's own lines against them)
3. Presuppositions
4. Ridiculous over-the-top cockiness

INVERSION METHOD #1:

Reframe

+

Misinterpret Everything

Whatever the girl says or does—reframe, misinterpret or “mis-hear” it as being sexual or romantic towards you.

Examples:

Girl: We're not having sex tonight

You: What's that? You want to have sex? Sorry, I can't have sex with you tonight, I have to get up early tomorrow

Girl: I have a boyfriend

You: You seem like a nice girl but I can't be your boyfriend, we can be friends though...

Girl: I said I HAVE a boyfriend!

You: Let's get to know each other a little better first, then maybe later we can be boyfriend and girlfriend

Girl: AGGHHHH!!

You: (approaches hottie who's walking down the street)

Girl: I'm on my way home

You: I can't go home with you, I'm too shy

Girl: I never asked if you wanted to come home with me!

You: No I said, I *can't* go home with you. You're crazy! We hardly know each other yet... You seem kind of interesting though... here **[loop**

arms with the girl] I'll walk you home like a gentleman but then I have to leave. Are you adventurous?

Girl: Sometimes...

Girl: I have to leave to go find my friend

You: Alright, I guess I can come meet your friend with you... but we are NOT having a threesome tonight so don't get any funny ideas

Girl: I have to go

You: Oh yeah? Where are you taking me? It better be someplace good

Girl: Where do you live?

You: Why? So you can follow me home?

Girl: (starts texting someone in the middle of talking to you)

You: I knew this would happen. You've run out of things to say to me so you're searching Google for tips on how to flirt with handsome men. You're so predictable...

You can misinterpret anything a woman does as her wanting you.

Anything a girl throws at you can be reframed and twisted in this way.

The more absurd and outlandish, the better.

For example, I was once in bed with a girlfriend and she made some snarky comment about how I was breathing through my mouth.

Without even thinking, I shot back "that's probably the secret of why I'm so handsome."

She laughed, and then I flipped her onto her front and fucked her doggystyle.

It makes zero logical sense, but it's funny.

And it all works to cement the frame that you're the man, girls love you, and she's lucky to be with you.

INVERSION METHOD #2:

Objection Jujitsu

(Use women's own lines against them)

Use her own weapons against her

There are certain "objections" women commonly use against men.

For example, a woman might agree to come back to your place, but temper it by adding—

"But nothing's happening between us tonight, so don't get any funny ideas."

Any time a girl says something like this to you, write it down immediately so you can use it on another girl later.

These lines are **gold**.

There's a reason women say stuff like this, and it's not because they're stupid.

They do it because they're **smart**.

Women understand on an instinctive level that people want what they can't have.

When you put up an "obstacle" in the way of something, you make people desire that thing.

So steal this technique that women use against you, and use it against them.

Using women's own lines against them is an extremely powerful form of verbal jujitsu.

It lets you steal her frame, and make it so that *she's* the pursuer and you're the one with higher value.

At the same time, it also **NEUTRALIZES** that objection so that she can't use it against you later.

Neutralize her objections by raising them first

For example, if you tell a girl, "we're not having sex tonight" early in the interaction—then she can't use that objection against you later, because it would simply look like she's copying you.

This is known as *poisoning the well*.

Here are some examples of objections women commonly use against men.

Steal them, and use them against her:

- "We're not having sex tonight."
- "I have to get up early tomorrow."
- "No sex on the first date, I need to be wined and dined first."
- "Nothing is happening between us tonight so don't get any funny ideas."
- "You just want me for my body"
- "Play your cards right and I *might* give you my phone number."

You can use these lines on a girl from the moment you meet her... and in that case, you deliver them as more of a "joke".

But they're also extremely useful at the later stages of the interaction...

How to get her to come home with you

For example, if you've been hanging out with a girl for an hour, you've kissed, and you want to bring her back to your place...

In this case, when I suggest going home together, I always "soften" it by immediately adding something like:

"But no sex tonight, I barely know you, so don't get any funny ideas, Rachel."

In this way, you steal the very objection the girl was about to use on you, and **use it against her first.**

When you do this, the number of girls who are happy to go back to your place after just meeting you will rise *sharply*.

INVERSION METHOD #3:

Presuppositions

Make humorous statements (or ask questions) which presuppose or imply the girl *already* likes you, even if there's absolutely no evidence of it.

Examples:

- "I can't go home with you, I'm too shy."
- "Why do you love me so much?"
- "How does it feel to be standing here talking to your true love... love at first sight... does it feel good?"
- "Why do you want to have sex with me so badly? Don't you think it would be better to wait?"

Presuppositions are similar to misinterpretation.

The difference is that a misinterpretation is said in *response* to something the girl said or did.

Whereas a presupposition, you can just randomly blurt out any time.

It doesn't need to be in reaction to something she did.

My favorite of these is the line: ***"I can't go home with you, I'm too shy."***

You can say this to a girl immediately after meeting her.

And what it does is that it *plants the idea of going home with you in her head*.

But because you're doing this in the "negative", there's no social risk.

You're not hitting on her.

In fact, you appear to be doing the *opposite*.

And so she can't reject you—because there's nothing to reject.

Yet nevertheless, you're getting her subconscious to imagine going home with you.

You're "preparing the soil" by planting the seed of that idea in her mind.

This gives her time to get comfortable with it.

And so a little later, when you start leading her to go home with you, her subconscious has already begun to accept the idea and she's a lot more compliant.

INVERSION METHOD #4:

Ridiculous over-the-top cockiness

Exaggerate your own attractiveness in a ridiculously over the top way.

(Word to the wise: this last one works best in **small doses**. *Less is more.*)

Examples:

- “You know the worst part about kissing a perfect 10?” (girl: what?) “It’s how cold the mirror feels on your lips.”
- (While walking down the street with a girl) “Does it make you upset to be walking with such a ridiculously handsome man because nobody’s looking at you and everyone’s looking at me?”
- “When you woke up this morning did you ever think you’d be spending your afternoon with such a ridiculously sexy man?”
- “It’s hard being such a sex symbol. Women buy me drinks thinking they’ll get lucky, but they only want me for my body. But you’re not like them, are you?”
- Ask her what her dream in life is and when she asks you the same question, you can respond: “My dream is to clone myself so that I can finally please ALL the women.”

DEATH BY A THOUSAND CUTS

Inversion works by the principle of “*death by a thousand cuts*”.

It isn’t that you just use one of these funny little inversion lines, and then the girl suddenly wants you.

Rather, the trick is to continually *pepper* these types of lines into your conversation...

And gradually, little by little, it establishes the frame that you're high value, she's chasing you, and you're the one evaluating her.

Bear in mind, again, the wisdom of Gurdjieff and Goebells:

The more you repeat something, the more people believe it.

The mind can be influenced to believe *anything* so long as we hear it repeated enough times, and with enough conviction.

Things that may have started off sounding absurd to us begin to sound totally reasonable—purely because we've heard the idea *repeated* so many times.

This is how you make a girl start to desire you using misinterpretation, presuppositions and the rest.

The key is **continuous repetition of the theme**, until eventually the girl's subconscious buckles and she falls into your frame.

The frame takes on a life of its own

It can be very surprising to see how what started as a frame you were deliberately trying to impose on the girl soon starts to take on a life of its own.

It gets to the point where you've been so successful at establishing the frame that you're a ladies man and she's chasing you that not only does she unquestioningly believe it—*but you cannot talk her out of believing it, even if you wanted to.*

I've experimented with this personally.

I've used inversion on girls, gotten them to fall in love with me, and then later, told them exactly what I did and how I did it.

I've told them: "You don't actually have a crush on me, I simply made you believe you do through a process of hypnosis."

What always happens is the girl either:

- (a) has no idea what you're talking about and stares at you with a blank expression, or
- (b) argues forcefully that you don't know her mind, and that she does like you, and that *you* had nothing to do with it—it was a conclusion she came to *all by herself*

As Mark Twain said, “it's easier to fool a man than to convince him he has been been fooled.”

OK, SO HOW DO I ACTUALLY DO THIS?

The importance of improvisation

In his chapter, I've given you many examples of lines you can memorize and use, word for word, to create inversion effects in your interactions with women.

However:

Inversion and misinterpretation is ten times more powerful when it happens **spontaneously** as an *unscripted response* to something the girl said.

Make it natural

To become a master of misinterpretation, you need to get in the habit of doing it naturally, all the time.

The lines I've given you here should be viewed as “training wheels”.

Take a few of your favorites...

Write them down and commit them to memory...

Then use them every time you have a conversation with a girl.

Over time, however, you'll naturally start to improvise on the lines and make them your own.

And ultimately you'll get to a point where you start *thinking* in inversions.
And so everything a girl does—you can automatically come up with a way of misinterpreting it as her liking you.

HOW TO PRACTICE THIS AT HOME

Below is a list of 5 things that a woman might say to you.

Try to see if you can “misinterpret” each of these as **her wanting you** in some way.

Write down your answers first.

Just brainstorm as many things as you can think of that misinterpret each of these lines.

Don't look at my answers until you've tried coming up with your own.

1. “I’m on holiday in Spain with my parents”

Misinterpret it as her wanting you:

2. “I just finished work, I’m exhausted”

Misinterpret it as her wanting you:

3. “You’re in advertising, so you’re like Don Draper then?”

Misinterpret it as her wanting you:

4. “Just went shopping and have a spa day tomorrow 😊”

Misinterpret it as her wanting you:

5. “Just about to go to bed, I’m so sleepy”

Misinterpret it as her wanting you:

Don’t look at my answers on the next page until you’ve come up with your own.

It doesn’t matter if the answers you give aren’t that great yet. The point is just to practice this so that you can get the general format right.

HOW I'D ANSWER THE QUESTIONS:

1. *"I'm on holiday in Spain with my parents"*

Wow I can't believe you went all the way to Spain to get a tan just to impress me, I'm flattered really

2. *"I just finished work, I'm exhausted"*

It's great that you have a good work ethic, I need a woman that can support me while I relax at home, keep an eye on the TV and such...

3. *"You're in advertising, so you're like Don Draper then?"*

Yes I am slightly more handsome however

4. *"Just went shopping and have a spa day tomorrow 🧖"*

Shopping for a new dress to wear on our romantic date, I approve

5. *"Just about to go to bed, I'm so sleepy"*

OK don't have too many sexy dreams about me

These answers are just the first thing that popped into my head.

If I was going to actually send one of these to a girl as a text, I would probably brainstorm a bit more, and then polish it until it was really good.

The point of this exercise, however, is just to practice misinterpretation until it becomes instinctive.

When it comes to speaking to women in person, it's much better if you can say something that fits the general formula (misinterpreting what she said as her wanting you) even if it's not particularly funny or clever.

Remember: the point here isn't to make her laugh (that's just a nice side benefit if it happens.) The point is to **build a frame** that you are the one with the value and *she's chasing you*.

Therefore it doesn't matter if the thing you say isn't all that great—just so long as it contributes to building the right frame.

PSYOP TECHNIQUE #2:

CONFUSION

The next mind control technique is called Confusion.

It's about using the power of vagueness, mystery, uncertainty, curiosity and frustration to get a woman **emotionally reacting to you**, and ultimately **make her chase you**.

Like a moth to a flame

Women find evasiveness, vagueness and mystery sexy, and are drawn to men who embody these qualities like a moth to a flame.

By keeping her constantly confused, and by frustrating her attempts to “figure you out”...

You'll create a powerful current of attraction which makes her chase you in order to satisfy her curiosity.

Women love puzzles

People love puzzles, riddles, mysteries and games.

We see examples of this everywhere.

One of the reasons the Bible has remained popular for thousands of years is because it's full of riddles and mysteries.

If everything in the Bible was clearly explained and definitively “answered”, most people would no longer be interested in it any more.

It's the same with *true crime* and *murder mysteries*—both genres that women love.

People love mysteries—especially *unsolvable* mysteries.

They think they want the answer, but if they actually got the answer they would immediately lost interest.

What people actually want is the *mystery*.

And this is especially true when it comes to who women become attracted to.

Women find *unanswered questions* far more “sexy” than answered ones.

Rubik’s cube method

Using the Confusion techniques given in this chapter, you will become like a **living Rubik’s cube** who the girl is obsessed with solving.

There are 7 ways to achieve this effect.

They are:

1. Never give her a straight answer
2. Use ridiculous backstories that are obviously fake
3. Cycle through (or “stack”) multiple contradictory backstories (Joker style)
4. Tell pointless lies for no reason
5. Never qualify yourself
6. Downplay any impressive qualities you may have
7. Make things *awkward on purpose* to amuse yourself

It might seem strange at first that some of these things could be used to create *attraction*.

The secret lies in the **vibe** behind them.

Essentially, **you’re toying with the girl like a cat toying with a mouse.**

You’re disorientating her, putting her off balance, and creating an unreal fantasy world where she has no idea what’s true, and where up is down and down is up.

“But isn’t this just gaslighting?”

In this chapter, I’m going to be talking about things that might seem kind of nasty at first glance.

For example, when I say things like “put her off balance” and “make her disoriented”, this may sound to some people like the abuse and gaslighting tactics of a narcissist.

It is **not** abusive in any way, however—because it’s always done *consciously* and with *positive intentions*.

For example, think of an “edgy” standup comedian.

He toys with the audience...

He leads them through a series strange and sometimes unsettling ideas and mental images...

He even deliberately makes them feel *tense* and *uncomfortable* at times...

But it’s all ultimately done with the purpose of **making them laugh**, i.e. giving them **positive emotions**.

And people pay a steep price to have a standup comic create these emotions inside them.

So that’s very similar to what we’re doing here.

NEVER GIVE HER A STRAIGHT ANSWER

This is the easiest way to create attraction in a complete stranger I’ve ever found.

When she asks you a question, never give her a straight answer.

Instead:

- be vague
- be evasive
- deflect her question by asking a question of your own
- give her an obviously fake answer that you made up on the spot

- (if she repeats her question, stack your fake answers, one on top of another)
- ignore her question completely and change the topic

Whatever you do, *don't give her a straightforward answer.*

Done right, this will let you charge any “boring” conversation with immediate **sexual tension**.

The curiosity and confusion you create will drive girls crazy and make them start chasing you and falling into your frame.

REFUSE TO TELL HER YOUR NAME

Example:

Girl: What's your name?

You: I don't have a name

Girl: No, seriously! What's your name?

You: Uh... my name is, uhhh... Rupert

(Note: this is delivered in a way that makes it seem like you're badly lying)

Girl (smacking you): That's not your real name! What's your name? Tell me. TELL ME!!!

You: I'll tell you in a minute, but first let's go over here (looping arms with her and moving her somewhere else)

As stupid as the above exchange is, you'd be amazed by how many beautiful girlfriends I've met with a conversation that began in precisely this way.

I actually had to stop using this technique after all a while because it got me laid so consistently, I got bored of it. (Seriously.)

NEVER GIVE A STRAIGHT ANSWER TO “WHAT DO YOU?”

Another powerful way you can charge your conversations with tension and mystery is to be evasive about your job.

When a girl asks you what you do for a living, never give her the real answer. Instead you can tell her things like:

- “I sell heroin.”
- “I’m in porn.”
- “If I told you, I’d have to kill you.”
- “I’m a human trafficker.”
- “I’m unemployed.”³
- “I’m a stripper.”
- “I’m a gay pornstar.”
- “I work at Taco Bell, I’m employee of the month actually.”
- “I walk cats for a living.”
- “I’m in the Illuminati.”
- “I’m an escort.”

If you give her a fake answer, and she repeats her question, respond immediately with another fake answer.

Keep stacking the fake answers.

³ Note: this one only works if you’re extremely well-dressed, and it’s obvious you’re lying

For example:

Girl: What do you do?

You: I'm a drug trafficker

Girl: Wow, impressive! No but seriously though

You: Seriously what

Girl: What do you actually work as?

You: I'm in porn

Girl: Shut up! Be real for a minute

You: I told you I'm in porn, I'm a gay pornstar

Girl: No you're not!!

You: Ok, for real? You really want to know?

Girl: Yes!!!

You: I work in Taco Bell, I'm employee of the month... my picture is on the wall there, my mom is very proud of me.

Girl: (hitting you) STOP LYING! I HATE YOU!!!

Juice

Now, notice how much "juice" you've just gotten out of that one little topic. Compare it to what your conversations with women probably look like now: The girl says "what do you do?" and you say "I'm an engineer."

Silence.

Fart sound

End of discussion.

No emotion was created. No mystery. No chasing.

By contrast, when you stubbornly refuse to tell the girl your job, and stack fake answers instead, it's one of the **EASIEST** ways to get her chasing you and emotionally investing.

REFUSE TO TELL HER YOUR AGE

When a girl asks your age, be vague and evasive by responding with non-answers like:

- “Guess.”
- “What age do you think I am...”
- “I’m 65.” (if you’re obviously in your thirties)
- “I’m 18, I’m a virgin, I’m actually here to lose my virginity...”
- “I’m 700 years old. I’m an alien. I’m a time traveller. I’m god...”

Again, these are even more powerful if they’re stacked on top of each other.

For example, the first time she asks, you say “guess”.

When she asks again, you say, “what age do you think I am?”

And so on.

Eventually, after she’s asked the same question many times and you’ve run out of dumb answers, you can tell her the truth.

But *make her work for it.*

NEVER GIVE A STRAIGHT ANSWER TO “WHERE ARE YOU FROM?”

When she asks you where you’re from, you can deflect with answers like:

- “Your future...”
- “Heaven...”
- “Why, so you can follow me home?”

LYING FOR NO REASON

Another one I love to use here is **lying for no reason**.

For example:

Girl: Where are you from?

You: Where are *you* from? [= deflect her question with another question]

Girl: San Diego

You: No way, I'm from San Diego! [= lying for no reason]

Girl: Wow!! Are you serious!?

You: Yeah!! Woooh!! San Diego!!! (hi-five the girl and hug her)

Girl (hugging you back): Woooh!!!

You (later): I lied by the way, I'm not really from San Diego

Girl: OMG! I hate you!!!

Another example:

You: Where are you from?

Girl: I'm from X

You: Wow, no way, *I'm* from X!

Girl: OMG seriously? Do you know Jimmy Bobby?

You: Yes

Girl: No way!!! How do you know him?

You: We were childhood friends. He was my best friend growing up

Girl: OMG!!!

Girl (a few minutes later): You don't actually know Jimmy Bobby do you

You: No.

Girl: Wait... are you even from X, or was that all just bullshit?

You: uhhhhh

Girl (hitting you): I HATE YOU!!!!

Girls love it

Girls love it when you can run rings around them like this in conversation. It shows you're a fun, laid-back guy who's totally relaxed around her and doesn't take life too seriously.

Subtle power move

Aside from its comedic value, lying for no reason is also a subtle "power move".

It puts you in a position of being "one up" in the conversation.

Because she never quite knows whether you're bullshitting her or not.

She can never be sure whether you're being serious, or making fun of her.

This has a disorientating effect, and it makes her *emotionally react* to you.

This is great, because the more a girl reacts to you, the more invested she'll be in her interaction with you, and the more she'll chase you.

It's hard to explain in words.

But try it out, and you'll soon see what I mean.

WHEN SHE ASKS YOU A YES/NO QUESTION, ALWAYS ANSWER "YES"

This is another fun variant of **lying for no reason** that I love playing with.

Whenever she asks you a yes/no question, always say “yes”.

Or say “yes, and...”

Then improvise by making up some random bullshit story.

For example:

- “Did you drive here?” “Yes”
- “Where’s your car?” “It’s over that way”
- “Are you a lawyer?” “Yes”
- “Are you from Spain?” “I am.”
- “Are you gay?” “100%.”
- “You’re not a serial killer are you?” “What gave me away?”
- “Have you ever had a threesome?” “Yes, right before I got here actually.”

Whatever she says, just answer yes.

This is an extremely easy way to make a boring conversation instantly fun.

Then if you like, you can improvise on the “yes” by adding “and...”

Then make up some bullshit shaggy-dog story.

For example:

Girl: Did you drive here.

You: I did.

Girl: Where’s your car?

You: It’s over that way... I drove here with my brother. He’s a heroin addict actually. He died on the way. He OD’d. His body is in the car right now, just rotting away. I didn’t know what to do so I just came here, and now I’m partying. Anyway, someone else will deal with it. It’s not my problem any more.

Girl: Are you fucking serious?

You: Of course.

Girl: You are *such* a liar!! (To her friend) I frickin' love this guy, he's hilarious!!!

Storytelling 101

You might think it's hard to come up with these crazy stories.

And it is—if you're starting with nothing.

But what's great about the **“yes, and”** technique is that the girl herself gives you the setup.

I could never have made up the story about the brother OD'ing off the top of my head.

But it's much easier when you have an idea already on the table like “where's your car?”... “my car is parked over there”... then you start embellishing on that and just say the next thing that pops into your mind from “car”.

(This is improv comedy 101.)

So, answer whatever she says with “yes, and...”

Then add to it.

Make up a random backstory.

It can be dark, funny, crazy, weird, boring, awkward, strange, sexual, whatever you feel like...

See how long you can keep the story going before she catches on that everything you've just said was a total lie.

It's all about keeping her off balance and continually confused.

This current of mystery will frustrate and delight her at the same time.

DEVIATING FROM THE EXPECTED SCRIPT

As we've already said, in every human interaction you'll ever have, there's an "expected script".

There's a "**role**" each person is expected to play.

For example, if you go into 7-11 to buy a can of soda, there's an expected "script" that will play out between you and the cashier.

He plays the role of cashier.

You play the role of customer.

But if you were suddenly to take on the role of cashier...

If you handed him the soda, and then told him, "okay that will be \$1 please", he would be temporarily confused.

He'd be thrown off balance.

Hypnotists teach that in a moment of confusion, the subconscious mind becomes intensely vulnerable to suggestion.

Thus, in that brief moment of confusion, you could quite easily steal a candy bar from the counter.

The cashier *would not see it*, because his conscious mind is distracted by the confusion you just introduced by deviating from the expected script.

Pattern interrupt

In hypnosis and NLP, creating confusion to make a person vulnerable to hypnotic suggestion is called a "**pattern interrupt**".

Any time you deviate from the expected script, you are interrupting the person's normal pattern.

This creates confusion, and makes the person you're talking to much more vulnerable to suggestion.

With women, you always want to be DEVIATING from the expected script.

You want to **zig** when others **zag**.

Go against what she expects you to do.

Frustrate what she thinks is supposed to happen.

Keep her constantly confused and disoriented.

Make her question your motives.

Make her wonder why you're not licking her ass the way all the other guys do.

Make her start to doubt herself, and think:

"Does he even like me?"

"Why isn't he trying to impress me?"

"Does he actually want to date me, or is he just making fun of me?"

"What's he thinking!!!!"

DON'T QUALIFY YOURSELF

The single most powerful way of deviating from the expected script is to NOT QUALIFY YOURSELF.

This is an extremely important concept to understand...

And it's going to be a major part of everything else we do from hereon out.

So pay attention here.

WHAT IS "QUALIFYING YOURSELF"?

To **"qualify yourself"** to a woman means to **seek her approval**.

This can happen in ways that are obvious... such as bragging about your achievements.

But it can also happen in subtle ways, such as when you:

- apologize for yourself
- explain yourself
- try to justify yourself to her in some way

NEVER APOLOGIZE

NEVER EXPLAIN

Basically, qualifying yourself is when you do anything that shows you're seeking a woman's approval.

And you need to become *hyper-conscious* of when you do this, **so that you can cut it out entirely.**

Because the whole aim here is to get her seeking your approval.

We want to get HER qualifying herself to you.

But that can only happen if you don't qualify yourself to her.

Examples of qualifying yourself (AVOID THIS):

Girl: What do you do?

Guy: I'm the chief of operations at XYZ Company, I have 18 people working under me (blah blah)

BAD!
DON'T DO THIS!

Girl: Do you work out?

Guy: Yeah I actually just beat my personal deadlift record yesterday, I can lift 150 kilos now

Girl: (poking your belly) You're kinda chubby

Guy: I actually just ran a 10 mile marathon

Girl: Is that an iPhone 6?

Guy: Haha yeah, I have the newest iPhone at home but I brought this one because... (blah blah)

Girl: What do you do?

Guy: I'm actually between jobs at the moment, but I've just started doing a course in graphic design, so pretty soon I expect to get a job doing... (blah blah blah)

Her: Your shoes are kinda dirty

Guy: Hahah yeah I know, I really need to clean them

(Once again, the above are examples of what NOT to do.)

Qualifying yourself to a woman in any way, shape or form kills attraction.

High status people never qualify themselves to lower status people.

So if you're qualifying yourself to her...

It's a clear "tell" that you are probably lower social status than her, and this causes her to totally lose attraction.

But here's where this gets interesting:

It's not just that qualifying yourself to a girl makes her lose attraction.

It's that **NOT qualifying yourself to her when she's *expecting* you to creates** an enormous amount of curiosity, intrigue and sexual desire.

The fact that you're not qualifying yourself *at all* when the girl expects you to is a major power move.

It sort of conveys:

"I care so little about you, that I'm not even going to bother giving you an 'impressive-sounding' answer. And I'm simply going to make up random bullshit, even to the point of making myself look bad, purely to entertain myself... because that is how little your opinion means to me."

Not qualifying yourself almost has a shade of *contempt* in it.

It kind of communicates, "I'm so far above you, I can't even be bothered to say the things I know will make you like me."

HOW TO NOT QUALIFY YOURSELF

Examples:

(You're wearing a designer suit)

Girl: That's a beautiful suit, where did you get it?

You (deadpan): JC Penney

Girl: Do you go to the gym?

You: No, never. I just sit in my mom's basement eating Cheetos and playing video games. You see, my problem is, I just don't have any ambition...

Girl: So John, tell me about yourself. What are you doing with your life?

You: Well, right now, I'm working at Taco Bell. (*Pretend to act proud and haughty like you're puffing yourself up.*) I'll have you know I'm Employee of the Month, actually!

Girl: What's your favorite book?

You: I like the ones with pictures in them

Girl (hugs you): You smell good

You: Really? I haven't showered in weeks

Girl: Where do you live?

You: I'm actually living with my mom at the moment. In fact... I know this sounds a little weird but... we sleep in the same bed together. I know, I know... But it's just that, times are tight, you know? There's only one bed, so me and my mom have to sleep in it together every night... What? That's not weird, it's normal. There's nothing weird about sleeping in the same bed with Mother!

Girl: I bet you have a big dick

You: Me? No, it's tiny... it's like a little tiny *pea*... you almost can't even see it. You know, it's terrible, every girlfriend I've ever had has dumped me because of my small penis, they say it's just so small they can't even feel anything.⁴

⁴ NOTE: don't use this one if you're *actually* insecure about your penis size.

Girls always think you're lying

If you tell her you make a lot of money, she'll assume you're a deadbeat who's lying to impress her.

But if you tell her you're homeless and living in a dumpster, she'll assume you're a rich guy who's *downplaying his success*.

Likewise...

If you make up a bullshit story about how you have a micro-penis, she'll assume you're lying and that your penis is, in fact, huge.

If you tell her you're a virgin, she'll assume you're actually a ladies man who is acting innocent to lower her defenses.

Women always assume you're lying.

So use this to your advantage by ***lying in the opposite direction***.

THE "INSIDE JOKE WITH YOURSELF"

The vibe here is that it's like an "inside joke with yourself."

You're saying these ridiculous things purely to *amuse yourself*.

And again... this gets the girl in your frame, because it **confuses** her.

She can't understand why you're not trying to impress her like other guys do.

This puts her off balance.

It disorients her.

She starts to wonder:

- "Why isn't this guy trying to win me over?"
- "Does he not like me?"
- "Why doesn't he care what I think about him?"
- "What's wrong with me that this guy doesn't care what I think of him!?"

All of this makes her start to feel deeply curious about you.

She'll begin chasing you in order to "figure you out" and "get to the bottom of things".

You become a **puzzle** that she's obsessed with solving.

She wants to get to know you better so she finally can solve the puzzle.

And what's the fastest way to get to know someone—to *really* know them?

Well, it's to **sleep with them** of course.

So the more confusion and curiosity and mystery you create by not qualifying yourself, the more the girl starts to think:

"I know what I'll do... *I'll fuck him*, and then I'll finally figure out what his deal really is!"

It sounds absurd when you put it that way, of course.

But this really is how the mind works.

People love puzzles and mysteries.

So by using confusion, you appeal to a woman's *curiosity* to draw her to you like a magnet.

PSYOP TECHNIQUE #3:

SUBVERSION

A.K.A.

“Push And Pull”

The third mind control technique for getting a girl to chase you is **Subversion**.

Subversion is about undermining a hot girl's belief that she's “better than you” using **ridicule** and **mockery**... while at the same time triggering her to *chase your approval*.

She's been treated like royalty

When you're talking to a truly beautiful woman (a so-called 9 or 10), what you have to understand is that **she's been treated like royalty since high school**.

She's been approached by tens of thousands of guys.

All of whom wanted to fuck her.

All of whom acted like she was a goddess.

In short, she's been put on a pedestal by men her whole life.

And so now when you approach this hot, glamorous young woman in your favorite trendy nightclub...

She simply thinks she's better than you.

And she'll reject you before you even open your mouth.

Subversion is how you “short-circuit” her automatic rejection mechanism.

It's also **the most powerful technique**—bar none—for getting a girl to value your opinion of her, and to seek your approval.

Which usually ends up with the two of you in bed together... so she can *really* get your approval.

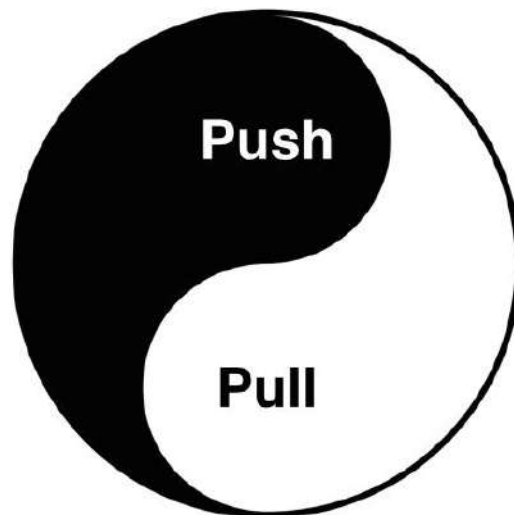
SUBVERSION IS ABOUT OUT-“MEANING GIRLING” THE MEAN GIRLS

Subversion is about destroying a girl's “bitch shield” and making her chase your validation using a combination of:

- Mockery
- Ridicule
- Teasing
- Sarcasm
- Irony
- Backhanded compliments
- Catty putdowns
- And what's known as “**push and pull**”

PUSH / PULL

The key to subverting a girl's frame and getting her to chase your approval is the formula known as “**PUSH / PULL**”.



A “**push**” is anything that ***strips her of validation...***

(Think of it like “pushing her away”.)

This includes:

- playfully mocking her
- ridiculing her
- teasing her
- giving her backhanded compliments (a.k.a. “negs”)
- disagreeing with her
- challenging her

A “**pull**” is anything that ***gives her validation***.

(Think of it like you’re “pulling her in”.)

This includes:

- complimenting how she looks
- complimenting her personality
- saying nice things about her in front of others
- telling her you like her
- showing her you “approve” of her in some way
- agreeing with her
- physically touching her in any way (e.g. putting your arm around her... hugging her... looping your arm through hers... picking her up... etc)

WHAT HOT GIRLS CRAVE MORE THAN FOOD, WATER AND AIR

Hot women crave validation from men.

They need it like they need food, water and oxygen.

If a hot woman is deprived of male validation even for a few days, she starts to lose her mind.

(This is why she goes to such lengths to be “hot” in the first place.)

Validation is a hot woman’s first and primary drive in life.

Men seek sex.

But women seek ***validation***.

And because of this, if you know how to make a girl chase your validation, you can make her do *anything*.

KEY CONCEPT:

If you can make a girl chase your validation, you can make her do anything.

And that's exactly what push/pull does.

It makes a girl chase your approval.

The way it works is simple.

You say something nice to her ("pull"), such as by telling her she looks like a supermodel.

This gives her validation.

It's like a little hit of heroin.

Then you say something playfully negative towards her ("push").

You tease her over something, such as by saying "note to self: do not date this girl."

This rollercoaster of emotions (getting validation from you, but then having it stripped away) will cause her to chase you to get the **drug hit** of positive emotions back.

The chase button

When you master push/pull, (and especially once it becomes "second nature" to you when talking to women) it is literally like having a **button you can push** that makes any girl chase you.

So pay close attention to this chapter.

Push/pull is probably the most valuable technique you will learn in this entire book.

Example of a classic push/pull sequence:

You: Wow, you're so stunning. Are you a model? **[pull]**

Girl: Hahaha! Omg, thank you. But no, I'm not a model

You: I don't know about these dungarees you're wearing though... it's a little weird. Did you get dressed in the dark or something? **[push]**

Girl: Shut up!!

You: Hmm, I also don't know about this t-shirt. A little too... yellow **[push]**

Girl: SHUT UP!!! I love this t-shirt.

You: No but seriously though, you're adorable when you get angry, I love it, you're my favorite person I've met all night **[pull]** Friends?

(You hold your hand out for her to shake. But when she reaches out to take your hand, you pull it away)

Girl (laughing uncontrollably, hitting you, grabbing you): I FUCKING HATE YOU!!!

PLEASURE COMES FROM CONTRAST

"We are so constituted that we can gain intense pleasure only from a contrast."

— Sigmund Freud

The law of strong emotions

It's easier to create positive emotion from negative emotion than it is to create positive emotion out of no emotion.

So as long as you're making her feel **SOMETHING**—you're on the right track.

It's easy to turn *hate* into *love*... because both of these are states of **intense emotional arousal**.

But you can't turn a boring, "safe" conversation into love.

Because the "safe" conversation is *low* arousal, and love/desire is a *high* arousal state.

So keep this in mind as we go through this chapter.

It might seem scary to say some of these more outlandishly "negative" things to a woman for fear of offending her.

However, you will get far more rejections as a result of being TOO BORING and TOO NICE than you will from being too "offensive", mean or edgy.

(And if you accidentally go too far with a push, you can always take it back by saying "just kidding", then quickly changing topic. We'll cover this more later.)

KEY CONCEPT:

When talking to hot girls, you will get far more rejections for being **too boring** and **too nice** than you will for being too "mean".

It's always better to err on the side of being too edgy rather than not edgy enough.

YIN

THE ART OF THE PUSH

Examples of “pushes”:

- I hate you
- You’re the worst
- You make the weirdest facial expressions
- Did you drink too much last night or something?
- I have a girlfriend
- (when she tells you her age) Wow, is that all?
- (when she tells you something about herself) Well, nobody’s perfect...
- You’re fired
- My girlfriend has bigger boobs than you
- You’re kind of cute if you don’t look too hard
- Note to self: do not date this girl...⁵
- I’m not hitting on you, I haven’t had *that* much to drink
- Eww
- Gross
- You’re pathetic

⁵ Remember in chapter 1, when I talked about kissing the 18-year-old blonde in the street two minutes after I approached her? This was the eight-word line I used on her right before that happened. The actual line itself is irrelevant, however—all that matters is that I gave her a **push** at the emotionally appropriate time. This then made it so that when, afterwards, I gestured for her to hug me, she was much more compliant—because she wanted to get that validation back.

- You'll never see me again (said right before kissing her)
- Oh my god, your purse is gone! (When the girl freaks out, say "sucker...")
- Are you girls tourists or something?
- (after kissing her) you're a horrible kisser
- (if she accuses you of hitting on her) are you demented?
- *SILENCE!* (if she tries to talk over you)
- Did you honestly look in the mirror before coming here and think that *this* (point your finger up and down at her outfit) would be okay?
- (pointing to a weird or creepy guy nearby) you should go talk to that guy, he seems like your type
- (pretend to wave the creepy guy over while pointing at girl): Hey, this girl here wants to meet you!
- Well anyway, I better get mingling. I really should be talking to people that "are" somebody...
- (Ask her age and if she says "guess", make a guess that greatly overestimates how old she is. Like if she looks 21, say "29", etc.)

Non-verbal pushes

Some of the most powerful "pushes" are completely **non-verbal**.

For example:

- Offer her your hand but when she goes to shake it, pull it away (classic)
- Making a "disgusted" or "grossed out" facial expression or grimace in response to anything she says (briefly, but she sees it)
- When she starts talking, take out a pack of breath mints and offer her one
- When she starts telling you something "deep", pull out your phone and start scrolling through it
- After you shake hands with her, quickly pull your hand away and quietly say "ickkk" then wipe it on your jeans as if her palms were sweaty or

greasy (but don't mention it or say anything. Make it look like you didn't know she saw you doing this.)

Sweep it under the rug

The key to delivering a “push” right is to say it, but then immediately *sweep it under the rug*.

In other words, quickly move on.

Don't wait for her to react to it.

Think of it like throwing a pebble into the ocean, but then turning away and continuing to walk along before you even see it ripple in the water.

That's how you deliver your negs.

The sniper

Of course, when you drop a vicious neg, you *know* the reaction it's having.

You're like a sniper who knows he just got a headshot.

But you have to make it look like you don't even know you got a headshot.

It can't look like a “tactic”

A lot of guys can tease women to get a reaction.

While that is certainly better than being boring, it's not ideal.

Because the girl can sense you're trying to get a reaction. And this lowers the power of it greatly.

You need to make it look like you're not trying.

YANG

THE ART OF THE PULL

Examples of “pulls”:

- I love you
- I love your outfit
- You’re so stylish
- I love the look
- You girls are looking very glamorous tonight
- I don’t know why I like you so much
- Why do you love me so much?
- You’re adorable
- You’re cute
- You just made the most adorable facial expressions
- You’re going to get pregnant talking like that
- I’m in love with you
- You’re doing well
- You have a face I could fall in love with
- I’m ready to settle down (said somewhat “ironically”, but it still counts as a pull)
- I’m gonna put a baby in your belly
- How does it feel to be standing here talking to your one true love... love at first sight... does it feel good?

- We're soulmates
- *Verrry niiice* (said after looking the girl up and down and brazenly checking out her body in an over the top sleazy way)
- God you're so hot, you're like a supermodel or something (said sarcastically, but still counts as a pull)
- You're my girlfriend for the next 5 minutes (hug)
- (Saying anything that gets her to imagine you and her together. See the chapter on **Visualization** for more.)

Pulls can also be ***non-verbal***.

This includes any time you initiate physical contact with a girl.

Hugging her, holding her hand, linking arms with her, picking her up...

These are all physical "pulls"...

And they're a very important part of the "dance" of seduction.⁶

I LOVE YOU, I HATE YOU

The most important thing about push/pull is that ***you have to do BOTH***.

This only works if you hit the girl with an unpredictable and continuous **mixture** of pushes and pulls.

This is just what most guys cannot do.

Some guys can give girls compliments (pull).

Other guys are good at being assholes, and "negging" girls (push).

⁶ One powerful strategy is to have your verbals be 100% "push", while at the same time doing a lot of strong "pulling" on the physical level. This is called *verbally pushing while physically pulling*. For example, hugging the girl close while saying "I fucking hate you". Leaning in for the kiss while telling her "you'll never see me again..." Making out with her but then saying "my girlfriend has a better ass than you." The trick is that the pushes occupy her conscious mind, which lets you get very physical very fast without her putting up much resistance. It's not uncommon to make out with girls just a few seconds after meeting them using this technique, and even to pull them home within mere minutes. But this is an advanced strategy. Just stick with the basics for now.

But the real magic is when you do a mix of *both*.

If you do nothing but say nice things to the girl, she'll get bored of you and put you in the friendzone.

But if all you do is neg her and act like an "asshole", initially she'll be attracted, but she'll lose interest once that pattern becomes too predictable.

The key is to hit her with a constant and unpredictable barrage of both pushes *and* pulls.

Keep her off balance.

Let her think she has you. Then tease the shit out of her.

Use surgical negs to needle her insecurity. Then tell her she's a goddess and you want to put a baby in her.

Without contrast, no pleasure

Remember, Freud said *we can get pleasure only from a contrast*.

If there's no contrast, there's no pleasure.

If a regular chump tells a hot girl "I love you", it means nothing to her.

She'll give him a sterile smile and say "aww, that's so nice, thanks" then she'll walk away.

But if you've just been viciously teasing the shit out of her, and then suddenly you hug her close and say "I love you, you're amazing"...

That's gonna give her a **MASSIVE SPIKE of positive emotions.**

Why?

Because it's all about contrast.

She can't actually *feel* the pleasure, unless it's preceded by (or mixed in with) some kind of "pain".

“Which do you find more exhilarating, Trevor, pain or pleasure?

Personally, I prefer pain.”

— Pinhead, *Hellraiser*

Girls are like Cenobites

A lot of hot girls are like the Cenobites in the movie *Hellraiser*.

They love pain.

For them, pleasure is pain, and pain is pleasure.

If you say something “nice” to them... if you compliment them... they can’t *stand* it.

It’s like nails on a chalkboard to them.

But if you viciously *neg* the shit out of her...

If you twist the knife and needle her deepest insecurities...

To her, *that’s like a fucking orgasm.*

Suddenly she’s all over you—hugging you... kissing you... practically rubbing her crotch against your leg.

Make her aroused

So the key is...

To create **sexual arousal** in a girl from scratch:

You need to hit her with an **constant** and **unpredictable mix** of both pushes and pulls.

If you can do *that*, you can generate arousal in any girl, any time.

Addiction

You need to hit her with an unending and unpredictable sequence of both positive and negative emotions.

This is what makes a woman crave you.

This is what makes them **ADDICTED** to you.

And this is ultimately the key emotional catalyst that literally programs her to **fall in love with you...**

WARNING!

PUSHES SHOULD BE PLAYFUL, NOT “MEAN”

VERY important point:

When you're pushing / negging girls, it should **never** be coming from a place of actual anger, meanness, or a desire to hurt her feelings.

This is absolutely vital to get.

The “vibe” when you're doing this is not mean—even if the *words* you're saying technically are.

Women go by vibes.

They go by how they *feel*, not by words or logic.

This means you can say stuff that is (on paper) absolutely *vicious*...

But so long as you're laughing and smiling as you say it...

So long as you have **good intentions** and your vibe is **fun and positive** overall...

She'll know you're not really trying to hurt her, and she'll be laughing her ass off and having a good time.

Mischievous, good-natured fun

Even if what you're saying on a verbal level is mean...

Your body language, smile, and overall demeanor should always be one of ***mischievous, good-natured fun***.

It's NEVER coming from a negative place.

When you drop a neg, it's always said with a "hint of a smile" on your face, like:

"Yeah, I just said that... *Watch'a gonna do?*"

Don't be "over-respectful"

Most guys play it too safe.

They're overly respectful when they talk to a pretty girl.

Big mistake.

When you're with people you love (friends, family) you clown on them, and you bust their balls constantly.

So you want to treat the girl almost like she's *already* a close friend or loved one.

And that means **viciously teasing** her in a *good-natured* way...

Just like you do with your best buddies or siblings.

Busting a girl's balls and constantly tooling her creates a feeling of familiarity and warmth.

It makes her feel like you two are already **close friends** and **lovers**, rather than strangers.

Because strangers don't tease each—but lovers and close friends *do*.

So tease her early, and tease her hard.

HOW TO FIX THINGS IF YOU OFFEND HER

BY “GOING TOO FAR”

What happens if you go too far with a “push” and end up offending a girl?
Simple.

At any time, you can always defuse the tension by laughing and saying:

“I’m just kidding. Anyway—”

Then immediately change the topic.

Example:

You: You’re so weird, you look like a little squirrel right now

Girl (genuinely offended): Hey fuck you, that’s really not a nice thing to say

You: I’m just kidding. Are you from New York? *Are you from New York?*

System override

The key is to just *override* the negative by quickly changing topic.

Say “I’m just kidding”.

Then point at her and ask her in a loud, clear, commanding voice “where are you from?” or “what age are you?”

If she tries to stick on the negative thing, override it by repeating your question.

“No, no, what age are you, what age are you... quickly...”

If you change topic with enough intensity and command behind it, she’ll be so flustered that she won’t even remember why she was mad before.

Don't let it fester

Of course, you need to do this fast.

If you go over the line, and the girl starts getting genuinely upset, ***don't let it fester.***

Quickly change the topic to something else.

However, again, if your *vibe* and *energy* is positive, the girls will rarely get upset.

In reality, you'll get far more bad reactions by being too "nice" than you will by being too "mean".

Women interpret "politeness" as a guy who's *hiding his intentions* and trying to manipulate them.

(And they are usually right to do so.)

By contrast, when you are edgy, polarizing and even borderline "offensive", women tend to interpret this as you being **unfiltered**, **authentic** and therefore inherently ***trustworthy***.

It's paradoxical... but the more you treat a hot girl like shit, the more she'll *trust you*, because it seems like you're a totally authentic man who's not trying to manipulate her.

SIMPLE FORMULAS FOR PUSH/PULL

When you're first learning push/pull, you can practice by using simple formulas like:

- “I love you, I hate you”
- “I love X about you, but I hate Y”
- “I love that you do X, but I hate Y”
- “I hate X about you... but now that you're doing Y, I actually kind of love you”
- “I was so in love with you because of X... but now that you just said Y, I hate you”

You don't have to remember all the formulas above.

Just remember the key format: “**I love you, I hate you**”—then improvise on it with any girl you're talking to.

That's literally all you need.

If you master this form of communication so that it becomes second-nature, you will be able to create sexual attraction in any woman you talk to, any time—no matter the girl, no matter the situation.

It's *that* powerful.

HOW TO BE A “SITH LORD” AT PUSH/PULL (Advanced Validation Dynamics)

As a beginner, “I love you” and “I hate you” is all you need.

However, the more **subtle** your pushes and pulls are, the more powerfully they'll land.

So becoming a master at this is all about making it more and more *subtle*.

Mean Girls

A great example of this is the movie *Mean Girls*.

The villain, Regina George, is like a Sith Lord at push/pull and delivering negs.

You will learn more about advanced social dynamics from watching and emulating the film *Mean Girls* than you will from reading a thousand pages of “pickup artist” books and “evolutionary psychology” papers.

“I love your skirt!”

There’s a great scene in *Mean Girls* which is an example of what I consider to be the *perfectly* delivered neg:

In the clip, the bitchy high school girl Regina stops another girl in the hallway and tells her:

“Oh my god, I love your skirt!”

The words she’s saying are technically positive.

But the *delivery*... the *way* she says the words... is actually insulting.

It’s a compliment, but it’s *delivered* in a patronizing way which indicates it’s not really sincere.

Something like this is a billion times more effective than using a ham-handed and obvious neg.

Bumbling PUA vs. “Sith Lord” highschool girl

A newbie at PUA, if he wanted to neg a girl, might say something obvious like “I hate that skirt you’re wearing.”

And that’s fine.

It’s better than being boring.

But a true “Sith Lord” of social dynamics like Regina George knows you can exert power and be insulting while ***appearing to do the opposite***.

And this is so much more insidious.

First off, because it gives you *plausible deniability*—which means there’s no social risk.

Plausible deniability

For example, if you tell a girl “I hate that skirt you’re wearing”—there’s a small chance she may get angry and offended.

And she has a right to get offended, because you said something overtly insulting.

But if you tell her “I love your skirt”...

Yet if you say it in a **tone of voice** that is clearly *insincere and patronizing*...

Then you get the same impact of the overt neg (i.e. *strong emotions*) but with none of the risk.

In other words:

She can’t get mad at you, because you haven’t “technically” done anything wrong.

And if she *does* get mad at you...

That just makes her look like she’s being reactive and over-analyzing the situation...

Which lowers her status.

So she’s trapped!

**“BUT MIKE...
AREN'T YOU KIND OF
OVER-THINKING ALL THIS?”**

It may seem that way...

But what you have to understand is that the women you're talking to learned this shit in grade school.

As men, we are WAY behind the game here.

Which is part of the reason that a fit, successful 40-year-old CEO will go to a club and get rejected by a 21-year-old girl who lives with her parents.

It's because, even in spite of all his worldly knowledge and sophistication...

He's still less mature than a girl half his age in terms of understanding *nuanced social dynamics*...

And so him trying to pick her up is like a toddler trying to beat an adult at chess.

It just ain't gonna happen.

KEY CONCEPT:

The average teenage girl has a more advanced understanding of *nuanced social dynamics* and interpersonal status games than a man in his forties.

To have any chance with the most attractive women, you need to get up to speed on this stuff.

TO FUCK THE MEAN GIRLS YOU MUST BECOME ONE WITH THE MEANS GIRLS...

You have to be better at being a “bitch” than she is

Now listen:

You may be thinking, “why would I ever want to do this? I don’t want to act like a high school girl.”

And that’s fair enough.

It’s understandable if you’re a keyboard warrior who just likes to sit at home and *read* about picking up girls rather than actually doing it.

But for those of us who are actually out here approaching stunningly hot women in the *real world*...

You need to have “negging” as a tool in your arsenal.

Because otherwise you’re just gonna get rejected and insulted by hot girls who are playing these kinds of “status games” over and over again...

And you’re not going to have the tools to beat her at her own game.

Let me repeat:

You have to be better at being a bitch than she is.

Only then will she really respect you.

And the absolute best way to do that is by mastering a very *specific* kind of neg...

Called the “**backhanded compliment**”.

This is where (following our patron saint of shade, Regina George) you say something that *seems* like a compliment but is actually a tease.

COMPLETE CHEAT SHEET OF VICIOUS BACKHANDED COMPLIMENTS TO MAKE THE HOTTEST, BITCHiest GIRL CHASE YOU LIKE A DOG

- “Oh wow, I love your X” (said in an insincere, sarcastic or patronizing way)
- “Wow you look stunning tonight, you must be so good at makeup”
- “You look really nice in this light”
- “I love how you don’t care how you come across”
- “Wow, you’re absolutely *gorgeous*... you’re like, a *supermodel* or something!” (said in a sarcastic or patronizing tone of voice) ⁷
- “You don’t look tired at all”
- “I love that haircut on you, it really slims your face”
- (when she tells you something, like where she’s from her, her job, etc)
“well, nobody’s perfect”
- “I like that skirt. They are *very* popular these days.”
- “I bet those shoes are really comfortable.”
- “I love that outfit! I can’t believe how many seasons it’s lasted”

⁷ Some particularly cruel hot girls use this one on ugly girls via Instagram comments. It’s truly diabolical.

- “You’re actually so attractive when you make the effort”
- “I don’t care what other people think of you, Katie, you’re alright in my book”
- “Your hair looks so affordable”
- “It’s so courageous of you to come out looking like this”
- “I love your... *look*.” (The way you deliver the pause is key here. It’s: “I love your...” then you look her up and down and make a slightly confused face as if you’re trying to think of *something* nice to say. Then you finally finish by saying “...look”. The words are complimentary but the delivery is just a little bit “off”...)
- “You know what, at least you tried” (then quickly change topic before she has time to fully process the neg)
- “Wow, you look great tonight”
- “Aww, that’s adorable!”
- “Good on you for having a go”
- (while hugging a girl and patting her on the back) “you know what, you tried, and that’s all that matters”
- “I love your look! Very... *interesting*” (when you pause before saying the word interesting, you squint and tilt your head slightly, and then put a weird emphasis on the word interesting. Facial expressions are a big key to all this.)
- “You are really gorgeous! Nothing on your face is particularly pretty but... it just all kind of works together, you know”

- “You’re so brave to wear that”
- “I love your _____. It takes a lot of *confidence* to go out dressed like that” (where blank = skirt, shoes, hair, top, whatever)
- “I love that dress. I think I saw you out before and you were wearing the same dress. It *is* nice though.”
- “You are absolutely *gorgeous* from afar” (The key with this one is to ham it up and seem like you’re totally in love with her while delivering the words “you are absolutely gorgeous”. Say them slowly, with great emphasis while gazing in her eyes. Then, just when you’ve given her a massive heroin injection of validation, you add the words “from afar” to put her into a tail-spin.)
- “You’re... deceptively attractive”
- “Wow I just saw 2 other girls wearing that skirt tonight! Is it from Topshop? I guess it’s popular...”

These lines are just examples.

My goal in listing these is not for you to memorize them and recite them like an actor (which is not necessary).

Rather, I’m just showing you the *types* of things you want to be saying next time you’re staring down a perfect ten in a skintight dress.

Use a couple of these on her, and **she’ll be putty in your hands.**

INTERMISSION:

DEFENSE AGAINST THE DARK ARTS

HOW TO PASS A WOMAN'S "TESTS" AND DEAL WITH BLOWBACK

If you're going to dish it out, you've gotta be able to take it.

When you neg girls, inevitably you're going to get some girls playing the same game back at you.

They may tease you, mock you and playfully (or not so playfully) insult you.

This is all in the game... and it's a good thing.

Remember: There's a thin line between love and hate.

It is far better to have a girl hate you, or be hostile towards you, than it is to have her be indifferent towards you.

It's easy to flip hatred into love.

But it's impossible to turn indifference into anything positive.

So when a girl is teasing or even insulting you... this is actually a very good sign.

It's part of the "dance" of attraction.

Don't be put off by it!

Remember that getting her emotionally reacting to you is the goal here.

Whether that reaction is negative or positive in the beginning is irrelevant.

So long as she's reacting to you *at all*, you're on the right track to seducing her.

Shit tests

So, when you run push/pulls on girls, you'll sometimes find that this triggers them to "shit test" you.

A "shit test" is essentially where the girl uses some "negs" of her own on you. She may say hostile, negative, mocking or teasing things.

These negative comments are best understood as a **TEST**.

The girl is attracted to you, but she wants to see how you handle *adversity* and being challenged before she commits to sleeping with you.

Make no mistake:

Girls only test guys they're thinking about sleeping with. (She wouldn't shit-test a homeless guy, for example.)

So if a girl is giving you these tests, it's a great sign...

But only if know how to pass them.

HOW TO PASS A WOMAN'S TESTS

There are 4 ways to pass a woman's tests:

1. Misinterpreting it as positive
2. Agree and exaggerate
3. Dismissive blasé answer, then quickly change topic
4. Ignore the test as if you didn't even hear it while moving the conversation on

TECHNIQUE #1:

**Misinterpret the “mean” thing
she said as positive**

This is classic **Inversion**, like we learned in a previous section.

The girl says something negative to you, and you *misinterpret* whatever she said as if it's positive.

Examples:

Girl: you're an asshole

You: why do you love assholes so much?

Girl: you're insecure

You: if by insecure, you mean handsome and charismatic then yes, I agree (*Note, you can replace this with anything, doesn't matter if it's illogical. The formula is “if by X you mean Y”.*)

Girl: you probably have a small dick

You: I'm flattered you're thinking about my dick this early in our relationship, Claudia, but let's get to know each other a little better before we go there...

Girl: You are WAY too old...

You: It's fine, I won't hold your youth and inexperience against you

Girl: That's sexist

You: What's wrong with being sexy?

Girl: You're so arrogant

You: Thank you

(delivered with a genuine smile as if she just gave you a sincere compliment that deeply affected you)

Girl: You're a dickhead

You: Thanks, I try

Girl: You're fat / skinny / bald / badly dressed

(or any other insult about your appearance)

You: It makes me more attainable

Girl: I have a boyfriend

You: I can't be your boyfriend, we barely know each other

Girl: I said I HAVE a boyfriend!

You: Look, I'm not looking for anything serious right now but let's just get to know each other better and see where the night takes us (then quickly change topic)

TECHNIQUE #2:

Agree and exaggerate

This is where the girl says something negative about you, and you agree with the thing she said, but then exaggerate it so that it becomes ridiculous.

This is similar to the principle in jujitsu of “using your opponent’s own momentum against them.”

The key thing about “agree and exaggerate” is that it prevents you from falling into the trap of *self-qualifying*.

Examples:

Girl: You probably have a small dick

You: So small. You can't even imagine. It's like a little pea. Almost invisible. It's my secret shame...

Girl: You're probably gay

You: Oh yeah I'm super gay, dicks in my ass all day, all night, I just can't stop

Girl: Do you even work out?

You: Me, never. I've never been inside a gym. I just sit in my mom's basement eating Twinkies all day and playing video games

(Note: this only works if you're in decent shape)

Girl: What kind of car do you drive?

You: I don't have a car. I get around in one of those little mobility scooters...

TECHNIQUE #3:

Dismissive blasé answer, then quickly change topic

This is possibly the easiest way to pass a test.

It works especially well in the context of **texting and online dating** (which we'll be discussing in a lot more detail later), but it's also applicable in real life interactions.

Basically, when the girl says something insulting, you just shrug it off with a snarky, dismissive answer, then quickly change topic and move the conversation on.

Examples:

Girl: (says something bitchy)

You: Sorry, I don't speak Chinese (then change topic)

Girl: (says something bitchy)

You: Duly noted

Girl: Are you always this much of an asshole?

You: Perhaps, opinions vary

Girl: Buy me a drink

You: What do I look like, an ATM?

Girl: I have a boyfriend

You: That's fine, I'm not the jealous type (then immediately change topic)

Girl: I have a boyfriend

You: Well now you have a man friend

Girl: Do X right now or I'm leaving (where X = buy me a drink, take a picture of us, etc)

You: I do not negotiate with terrorists

Girl: Take a picture of us

You: Sure thing! (then take her phone and walk away with it)

TECHNIQUE #4:

Ignore the test as if you didn't even hear it while moving the conversation on

This is often the most effective of all.

Basically, when the girl says something negative you act as if you *didn't even hear her*.

In certain situations, **this can actually function as an excellent "neg"**.

For example...

Have you ever been talking with your friends, and you made a joke, but no one laughed, and then people just moved on without even acknowledging what you said?

Doesn't feel so great, does it?

It seems like nothing...

But to the person it happens to, these small social slights can *sting*.

So in some situations, the most devastating way to counteract a woman's neg is to *act as if you didn't even hear it at all*.

Again, this is almost a form of subtle contempt.

It sort of communicates:

"You are so far below me I'm not even really listening to you."

Very powerful.

If this is done right it will not only defuse her neg, but will also make her feel like an idiot, cement your stronger frame and put her in a chasing mindset.

STRONG OFFENSE

+

STRONG DEFENSE

=

INVINCIBLE FRAME

With the weapons of push/pull, and these four ways of passing tests, you have everything you need to be a formidable opponent for any hot bitchy girl you approach.

You'll be able to get her emotionally reacting to you using negs and pushes.

But when she tries to fight back with negs of her own, you'll be able to easily deflect them using the weapons of misinterpretation, agree and amplify, etc. This gives you an **INVINCIBLE FRAME**.

Everything you're saying and doing (including how you respond to her) is cementing the idea in her mind:

“This guy is just better than me.”

It starts to become undeniable to her.

Because you seem to have an answer to everything.

You're able to fuck with her emotions and tease her mercilessly.

But any time she tries to hit you back, it gives you something to *misinterpret* as a positive, and therefore strengthens your frame even more.

We call this the position of **insurmountable strength**.

- You have a **vicious offense**—i.e. push/pulls and negs which generate strong emotions in her and get her chasing your validation
- But you also have an **impregnable defense**—that is, versatile conversational jujitsu which is able to counteract any neg she gives you, and even turn it to your advantage.

The girl is going to feel a *need* inside her to impress you and win your approval.

It won't be conscious.

It will just be a little nagging feeling in her stomach that “I want this guy to like me.”

All you have to do now is to give that need for approval a **GOAL**.

Specifically, you are going to get her to channel it into trying to impress you.

Which brings us to...

PSYOP TECHNIQUE #4:

EXAMINATION

A.K.A.

Brainwashing

The fourth mind control technique for getting a girl to chase you is called Examination.

It involves getting her to jump through hoops to impress you, by positioning yourself as an authority figure.

Girls want a “gold star” from teacher

Most people are born followers.

They *live* to get a gold star from teacher.

Examination is about establishing a frame of **authority** over the woman, by giving her “points” for being good, and taking “points” away when she’s bad.

Flipping the script

In the normal boy-meets-girl “script”, the girl plays the role of examiner.

That is, she is *evaluating, questioning and testing* the boy to see if he meets her standards.

Taking the “Examiner” frame is about turning this expected script upside down.

It’s about establishing the frame that you are the one who’s evaluating her.

And finally...

It's about getting her to **change her self-image**, her **identity**, her **values** and her **behavior** in subtle ways in an attempt to impress you.

In short, **Examination is brainwashing in its purest form...**

THE GOAL IS TO GET HER “QUALIFYING HERSELF” TO YOU

The ultimate purpose of examination is to get the girl to start qualifying herself to you.

Examples of “self-qualifying” behavior are:

- Bragging or talking about her accomplishments
- Apologizing or justifying herself
- Explaining herself
- Trying to get your approval in any way (big or small)

For example, imagine you ask a girl if she works out...

And she responds by going into massive detail about how she just ran a marathon, and about all the training she's done.

That's a classic example of “self-qualifying”.

Because a woman will only ever respond like that if ***she wants your approval***.

By contrast, imagine that a homeless guy (or someone else she had absolutely no interest in) asked her the same question.

She'd probably just say “Yeah.”

She's not going to start going into massive detail about her accomplishments to try and impress the homeless guy, because *she has no desire for his approval*.

The whole trick is to get her to start qualifying herself to you.

Because the causality of “**qualification-attraction**” goes in both directions.

- **Women qualify themselves to you when they like you**

(Liking you = cause. Qualifying herself = effect)

- **But getting her to qualify herself is also a way of making her like you**

(Qualifying herself = cause. Liking you = effect)

WHEN A GIRL STARTS QUALIFYING HERSELF TO YOU — YOU’VE WON

It’s game over.

Once she’s apologizing for herself...

Or explaining herself...

Or trying to impress you in any way...

It’s a done deal.

She’s yours.

Sex is basically guaranteed at that point.

Once she starts qualifying herself to you, you’ve won.

That’s the point in the interaction that you can kind of “breathe a sigh of relief”, because it’s all smooth sailing from here.

At that point, you simply have to lead, and close the deal.⁸

⁸ We’ll cover how to do that in the next chapter.

KEY CONCEPT:

Getting a girl to qualify herself to you is how you “program” her to fall in love with you.

So how do you get a girl self-qualifying?

Luckily, it's really, *really* easy.

All you have to do is ask her a few **Examination Questions**...

Or what are elsewhere called “**Screening Questions**”, or “**Evaluating Questions**”.

Now...

The specific questions you ask her need to be **unique** and **customized** to you.

They need to refer to specific things **you** are looking for in a girl, and in a relationship.

I can't do this part for you.

You're gonna have to sit down with a pad and pen and do it yourself.

However...

Just to give you an idea of the kinds of questions you should be asking her...

Here are the questions I typically ask a girl in order to take on the Examiner frame.

EXAMPLES OF SCREENING QUESTIONS

(These are mine, but you'll need to create your own list that is personal and authentic to you)

- *Are you adventurous?*
- *Do you go to the gym?*
- *What kind of exercise do you do? Do you lift weights or just do cardio bullshit?*
- *Where did you go to college?*
- *What did you study?*
- *Are your parents divorced?*
- *What's your relationship with your father like?*
- *Are you open-minded?*
- *When's the last time you watched porn? (What kind of porn was it?)*
- *What have you accomplished in your life that you're really proud of?*
- *What's the last book you read that you really enjoyed?*

These are some questions I will typically ask girls.

These questions are NOT random.

These are NOT just “getting to know you” type questions...

I'm not asking these just to make conversation.

Every single one of the questions on this list is calculated to examine and evaluate the girl to *see if she's a good match for me*.

Every single one of these question is *very strategically* trying to “sniff out” whether she has **the exact qualities that I'm looking for** in a girlfriend.

And your exam questions need to do the same thing.

This is NOT just a casual exercise.

This is going to require you to do some actual thinking.

We'll get to that in a second.

But first let me break down the questions on this list, and why I ask every girl I meet these things.

1. “Are you adventurous?”

I'm screening the girl for being adventurous, spontaneous and sexually loose.

I don't want a prude, and I don't want a girl who's uptight.

Also, when you ask a girl if she's adventurous, she'll almost always say “yes”.

And once she's said she's adventurous, **she'll want to stay consistent with that identity.**

This will make her ten times more compliant to going home with you and having same night sex.

2. “Do you go to the gym?”

I want a girlfriend who is extremely fit, healthy and disciplined in the gym, and who lifts heavy weights.

So I ask her questions to screen for that.

If she gives me a good answer (such as “yes, I can squat 180lb”)—she gets a “good girl point”.

If she gives me a bad answer (such as “well, I haven't been in the gym for a while, but...”) I take points away.

3. “Where do you go to college?”

Here I'm screening her on her education level and overall intelligence.

Education is obviously not a perfect proxy for intelligence but it's good enough.

Asking a girl “are you smart?” is usually not gonna give you a whole lot of insight, because of course everyone will say yes.

But where she goes to college and what she studies—these are *tangible facts* that immediately give you a pretty good impression of the intelligence of the girl you’re dealing with.

Also, I have a strong preference for girls who studied humanities / the liberal arts, so if she says she studied, say, business, I’m going to react by groaning or saying “yuckkk” (taking a point away)...

Whereas if she tells me she studied art history, I’m going to qualify her heavily on that, e.g. “Wow, I’m actually so happy you just said that...”

Other questions

The other questions on the list (porn she’s watched, relationship with her father, etc) are not things I ask as much, but they’re still good.

I’ve just included them there to give you a taste of the *kinds* of questions I normally ask.

The 3 questions outlined above are what I ask every girl I talk to.

Because they cover the **3 main qualities** that are most important to me in a GF:

She’s gotta be:

- Sexual and adventurous
- Fit and healthy
- Intelligent and bright

If a girl shows me she has those 3 qualities, and if she was hot enough for me to approach, then she’s a **serious girlfriend candidate**.

If she only has a few of these qualities, she’s *lower priority*.

And if she was hot enough for me to approach but she has *none* of these qualities (i.e. she’s a boring, uneducated prude whose body will soon go to shit)—then I’m looking for the exit.

THE PERFECT GIRLFRIEND EXERCISE

I don't like it when courses give me "homework" to do.

But unfortunately, at this point, it's unavoidable.

In order to examine girls in a way that will trigger them to chase your approval...

You need to get **crystal clear** about what you're actually looking for.

(This applies regardless of whether you want a girlfriend, a wife, or just a fuck buddy for the night)

This is because what makes examination questions work is not the words themselves, but **the energy behind it**.

The girl needs to FEEL like she's genuinely being screened and evaluated for qualities that are important to you.

This won't work if it's just a "tactic".

The things you're screening her on must come from your own deepest desires, aspirations and needs.

And so you need to do some thinking at home to figure out and get clear on **exactly** what you're looking for in a girlfriend.

LIST OUT ALL THE QUALITIES OF YOUR PERFECT GIRLFRIEND

Take out a pen and paper, and describe your ideal girlfriend.

Obviously start with what she looks like.

Be as vivid as possible.

Go into as much details as you can.

Don't be "realistic" and don't be "moral".

Don't describe the girlfriend you think you're supposed to want.

Describe the girlfriend you would have for yourself if there were absolutely no limitations or consequences.

No one has to see this list, so be shamelessly honest.

After you've described your girlfriend's looks, now describe at least **5 non-physical traits** you want her to have.

This could be things like:

- how she treats you
- how she acts around you (e.g. affectionate)
- personality (e.g. quirky sense of humor; kind to strangers)
- sexual kinks
- educational background
- what she's into (e.g. astrology/new age stuff... science... art...)
- her social archetype (e.g. goth... bimbo... party girl... art hoe... surfer... gym bunny... yoga girl... etc, or some mix of these qualities)

Once you've finished this exercise, you should now have several pages of notes describing your ideal girlfriend.

Now you simply turn that list into **QUESTIONS**.

Questions you can ask girls when you're standing face to face with them.

For example, if your ideal girl is an athlete, you can then turn this desired quality into questions like:

- *"Do you work out?"*
- *"How often do you train?"*
- *"What exercises do you do?"*

- *“Do you eat healthy food or are you one of these girls who looks hot because you have a fast metabolism but you actually eat garbage?”*

If your ideal girlfriend cooks for you regularly, you can ask her questions like:

- *“Can you cook?”*
- *“What’s the last thing you cooked?”*
- *“What’s one of your favorite meals to make?”*
- *“If I was your boyfriend would you cook for me every night?”*

If your ideal girl is kinky, you can warm her up to the topic by asking things like:

- *“Are you open-minded?”*
- *“When’s the last time you watched porn?”*
- *“What type of porn was it?”*
- *“How did that make you feel?”*
- *“Have you ever watched X type of porn? What do you think about it?”*
- *“How does it make you feel when you think about doing that / having a guy do that to you?”*

If your ideal girlfriend is intellectually curious and reads a lot, you could ask her:

- *“What’s the last non-fiction book you read that you really enjoyed?”*

If you want a girl who’s bisexual and who you can do threesomes with, you can ask her:

- *“Have you ever kissed a girl before?”*
- *“How did that make you feel?”*

If you want a girl who's well-travelled:

- *"Which countries have you travelled to?"*
- *"What's your favorite place to go on vacation?"*
- *"If you could be given \$10,000 to have a luxury vacation anywhere, where would you go?"*

If you want a girl who's ambitious:

- *"Where do you want to be in 5 years?"*
- *"If you had all the money you ever needed and never had to work, what would you do with your life?"*
- *"What's something you've accomplished in your life that you're really proud of?"*

These are just examples.

You can use some of these if they resonate with you.

However, I want to emphasize again that the questions you come up with should be **personal** and **customized** to you.

IT'S ABOUT EMOTION

The important thing here is not the “logical content” of your questions

It's that when you ask her your Examination Questions, the girl is going to **FEEL** — *emotionally*—that she is being evaluated.

KEY CONCEPT:

You don't actually ask screening questions to find out about the girl. (That's just a nice side benefit.)

You ask screening questions to create an emotional response in the girl, which “baits” her into qualifying herself to you.

Asking the girl “screening questions” is a powerful form of frame control.

It essentially baits her into seeking your approval.

Because it establishes a frame where:

- you're the “Examiner”
- she's the little student / candidate
- she's scrambling to jump through *your* hoops and come up with “the right answer”

THE EXAMINER FRAME: THE MOST LETHAL FRAME IN ALL OF SEDUCTION

Both subversion (push/pull) and examination (screening questions) are intended to get the girl qualifying herself to you.

But examination is *so much more subtle and deadly*, it's like comparing a surgical scalpel to a machete.

Invisible to the untrained eye

This process of getting a girl in your frame by taking on the role of “examiner”/evaluator is invisible to the untrained eye.

For example, if someone saw you ask a girl “where did you go to college?” it would seem like a completely *innocent* question.

It seems like you're just “making conversation”.

Yet if you ask this “innocent” question from an examiner frame...

The girl will feel *very strongly*—inside her—that she's being **evaluated** and **judged**.

She's going to feel under pressure to give you the “right answer”.

And this subtly puts her in your frame.

THE ULTIMATE FORMULA FOR PROGRAMMING A HOT GIRL TO FALL IN LOVE WITH YOU

The whole secret of programming a girl to fall in love with you is in this:

1. Never qualify yourself to her
2. Get her qualifying herself to you

Once a girl has started qualifying herself to you in an interaction, you're basically "home free".

This is the point you have been trying to reach this whole time.

It's where the girl starts trying to "sell herself" to you.

When she talks about impressive things she's accomplished.

Name drops famous people she's met.

Shows you pictures from her "modeling" portfolio.

Mentions how much she can lift in the gym, and how often she trains...

Once she's actively going out of her way to portray herself as an "attractive" or "high value person"—you've got her.

In a sense, you never really program a girl to fall in love with you directly.

Rather, you do things that get her to *program herself to fall in love with you*.

And this all comes down to a glitch in the brain known as "**consistency bias**".

*"A foolish consistency is the hobgoblin of little minds."
— Ralph Waldo Emerson*

Consistency bias

People like to stay *consistent* with their past actions and past statements.

So if a girl has just spent a long time talking about herself at length, and trying to convince you of her value—it would be ***inconsistent*** for her to not like you at that point.

And so her brain comes to the conclusion:

“Well, I *must* be attracted to him. Why else would I be jumping through all these hoops to try and make him like me?”

The alternative answer—in fact, the *true* answer—is that you simply know a few “tricks” to get a person self-qualifying.

But people don’t like to feel like they’ve been “tricked” into altering their behavior.

To admit such a thing would make them feel foolish.

It would imply they have **no agency** and **no free will**.

People don’t like to feel as if they are easily-manipulated robots without free will.

And so they tend to gravitate towards the explanation of events that makes them feel as if **they have been in control** the whole time.

She’s trapped

So what happens...

As weird as this is to say...

Is that the girl is kind of *trapped* into falling in love with you.

Because at this point, she’s faced with choosing between two explanations for why she’s chasing you:

Explanation #1

(the uncomfortable truth)

“I’m jumping through hoops for this man and trying to make him like me because he tricked me into qualifying myself to him.”

Conclusion: “I am a fool who is easily manipulated. I have no free will or agency. I can be jerked around and made to dance for another person’s amusement like a puppet on a string.”

Fortunately, most people lack the moral courage to admit something like that to themselves.

And so the girl will always fall back on...

Explanation #2

(the comforting lie)

“I’m jumping through this guy’s hoops and trying to make him desire me, *because I really like him*. There is something special and unique about him, and therefore I made a *conscious decision* to win him over, because it’s in my best interest to do so.”

Conclusion: “I am a passionate person who knows what she wants in life. I am in complete control of my thoughts, emotions and actions, and everything I do is logical, reasonable and rational. I have agency. I am in control.”

Faced between these conflicting explanations of her actions, a woman will always favor the one that makes her feel good about herself.

Hence, she essentially has no choice but to fall in love with you.

The alternative (and true) explanation—that she is actually more like a robot who is easily manipulated by anyone who knows the right buttons to push—would cause too much *cognitive dissonance*, and so it’s discarded in favor of the comforting rationalization.

Diabolical?

Manipulative?

Evil?

Perhaps.

But all's fair in love and war....

PSYOP TECHNIQUE #5:

VISUALIZATION

A.K.A.

Pushing the “Future” Button

“Our subconscious minds have no sense of humor, play no jokes and cannot tell the difference between reality and an imagined thought or image. What we continually think about will eventually manifest in our lives.”

— Robert Collier

*“MindWar has nothing to do with deception... Rather, it states a **whole** truth that, if it does not now exist, will be **forced into existence** by the will of the United States... Its power lies in its ability to focus recipients’ attention on the truth of the future as well as that of the present. MindWar thus involves the stated promise of the truth that the United States has resolved to make real if it is not already so.”*

— Lt. Col. Michael Aquino, *From PSYOP To Mindwar*

The fifth and final mind control technique is called Future Visualization, or pushing the “Future” Button.

It involves getting the woman to ***imagine a future*** with you.

KEY CONCEPT:

People gravitate towards whatever future they imagine most vividly.

The more you get a woman to mentally picture you and her together, the more connected to you she'll feel.

Subconscious can't tell the difference

The subconscious mind can't tell the difference between imagination and reality.

The more we vividly imagine something, the more it feels "real" to us.

And therefore, the things you get yourself or other people to imagine have a tendency to sooner or later manifest in physical reality.

This is one of the oldest principles of magic.

It's the basis for all visualization, "law of attraction" and manifestation techniques currently taught by the New Age movement (which do work, to varying degrees).⁹

It is also the fundamental occult principle on which Lt. Colonel Aquino formulated his **MindWar** principle of psychological warfare.

***In seduction, the more you can get the girl
thinking about "us" the better***

Starbucks crush

For example, if you get talking to a cute girl in line at Starbucks one morning, you could tell her—

⁹ Look up Neville Goddard for material on how to do manifestation the right way.

“Just imagine, in a year from now we’ll be coming back here on our anniversary.”¹⁰

5 minute girlfriend

Another example is what I call the “5 minute girlfriend” routine.

Basically this is where you approach a girl (works best at a bar or club) and simply tell her—

“For the next 5 minutes you’re my girlfriend.”

Then you can put your arm around her, or even bring her around the bar and introduce her to people as your girlfriend.

The point is...

By getting her to play along with this **roleplay** that you’re “boyfriend and girlfriend”, you can get her to comply to things she would never otherwise do.

KEY CONCEPT:

When you act out an “us”-based roleplay with a girl, it gives her an excuse to be sexual with you without feeling like a slut.

For example, I once approached a pretty brunette in a bar.

She was 19 years old,¹¹ wearing a skintight lime green dress that accentuated her curves.

“You’re my girlfriend for the night,” I said, and hugged her.

She hugged me back.

After a few moments, I kissed her, and we started making out.

¹⁰ It’s important to deliver a line like this in a *teasing* way. She shouldn’t be sure whether you’re being sincere or sarcastic. That is, she’s not sure whether you’re mocking her or complimenting her. You’ll know you’ve got the tone right if she grins, smacks you on the arm and says “shut up!”

¹¹ The legal drinking age in Europe, where I live, is 18. I mention this because sometimes when I talk about picking up teenagers in bars it confuses my American readers.

Total time from approach to kiss: five seconds.

A make-out with a hottie within five seconds of approaching her?

Is it really possible?

It is.

And the reason why is that by letting her step into the role of being my “girlfriend”, I gave her an excuse to act sexual with me *without* feeling slutty.

The “role” she’s playing changes what she’s comfortable with

Kissing a strange man who just approached you is “slutty”.

But kissing your *boyfriend* isn’t slutty at all.

It’s totally appropriate, normal, and socially acceptable behavior.

So the beauty of using roleplays that get her to imagine you together, is that it lets her to **step into a role** in which getting sexual with you is a totally normal and socially acceptable thing to do.

Roleplays that imply sex, and plant an “us” image in her head:

- Boyfriend / girlfriend
- Husband / wife
- Pregnancy (you knocked her up)
- Ex-boyfriend / ex-girlfriend
- Ex-husband / ex-wife
- Marriage
- Divorce

Suggestion and the subconscious

Notice that all of the above imply that you and the girl have already had sex, without overtly stating it.

This suggests the idea of having sex with you to her subconscious mind.

But you're doing it in a subtle and understated way that is completely "under the radar"...

"US" ROLEPLAY EXAMPLES

- "We're soulmates"
- "I'm ready to settle down"
- "You're my girlfriend for the next 5 minutes" (put your arm around her)
- Put your arm her around then introduce her to people by saying "this is my girlfriend"
- Put your arm around her and say "Let's get married" then ask her friend, "do you think we make a good couple? Will you marry us? Will you be the priest?"
- After hugging a girl (or after kissing her) pat her belly and say "I just put a baby in you", or "soon this will be swollen with my seed".
- Take her around the bar with you, and tell people you impregnated her.
- Tell her friends, "I just knocked her up. Do you approve? I'm her baby daddy now."
- "You know how we met? I was her high school math teacher, and then I got her pregnant. Isn't that fucked up?"

"Ironic" jokes always end up becoming real

If you ironically joke about a girl being your "wife", she'll often start to fall into that role and behave consistently with it.

I actually know of a married couple whose relationship started in just this way: They started off being just friends, but they would joke around about being husband and wife, and eventually it became real.

Mind control

The same thing goes for joking about getting her pregnant.

This gets her to think about sex with you... even though you haven't mentioned sex overtly.

And the more you get her thinking about sex with you, the more she'll want to do it.

Roleplays and compliance

"Us" roleplays makes her more **compliant** to getting physical with you quickly.

For example, maybe you just approached her a few minute ago.

She'd never normally kiss a guy this fast.

But since you've been joking about how you got her pregnant, kissing you now seems like a small thing in comparison.

And so now if you kiss her, she'll often do it without a second thought.

The same thing goes for taking her home, getting her naked, eating her out, getting her to suck you off in the shower... etc.

The more you can get her thinking about you and her as an "us" the more comfortable she'll be with doing these things... even if you've just met.

"Us" roleplays can easily be used as a push/pull.

For example, you can roleplay that a girl is your girlfriend (**pull**).

But then you can say "I'm breaking up with you" (**push**).

Or "you know what? you're fired. I'm demoting you from girlfriend to friend. I'm putting you in the friendzone."

Then you can start referring to her as your "ex girlfriend".

Marriage and divorce roleplay as a “push/pull”

The marriage and divorce theme also makes for a great push/pull.

For example...

“You’re so cute I just want to marry you right now. (to her friend) Will you marry us? Do you think we make a good couple?

No, wait... you know what... I loved you up until just a second ago, but then you said you like the color green, I fucking HATE green, we’re getting divorced, this relationship is over....

(To other people, with your arm around the girl) this is my ex wife, the bane of my existence... I cheated on her with my yoga instructor... we still have sex sometimes but it’s only ‘hate fucking’, no romance, only doggy style...

(to girl) You know what? I just can’t quit you. I want to get back together. Baby are you ready to make things work? Let’s do it. Let’s do it for the kids, baby. I swear I won’t fuck my yoga instructor again... or, well... only on Tuesdays, I promise. The other 6 days of the week, I’m yours.”

Push, pull... push, pull... push, pull.

By the way, see if you can figure out how many different push/pulls are used in the above paragraph.

I guarantee there’s more in there than you think.

I’ve color coded it below so you can see them all...

Push = red

Pull = green

Look again:

“You’re so cute I just want to marry you right now. [= pull] (to her friend) Will you marry us? Do you think we make a good couple? [= pull]

No, wait... you know what... I loved you up until just a second ago, but then you said you like the color green, I fucking HATE green, we’re getting divorced, this relationship is over.... [= push]

(To other people, with your arm around the girl [= pull]) this is my ex wife, the bane of my existence... I cheated on her with my yoga instructor... [= push] we still have sex sometimes [= pull] but it’s only ‘hate fucking’, no romance, only doggy style... [= push]

You know what? I just can’t quit you. I want to get back together. Baby are you ready to make things work? Let’s do it. Let’s do it for the kids, baby. I swear I won’t fuck my yoga instructor any more... [= pull] or, well... only on Tuesdays, I promise. [= push] The other 6 days of the week, I’m yours. [pull]”

Low stakes practice

A fun “low-stakes” way you can practice this techniques is to do it with everyone, even women you’re not attracted to.

Old ladies...

Your friend’s moms...

Your mom’s friends...

The overweight chick at the bar...

Etc...

You can practice flirting with these women by calling them your “girlfriend”, putting your arm around them, and telling other people you’re dating.

They’ll love the attention and flirtation, and you’ll make their day doing it.

At the same time, you’ll also develop the knack for running these roleplays with the right *tone*...

Which is that this is a joke, not serious.

If you have even a hint of “neediness” when you run this routine on hot girls, it won’t work.

So by practicing on unattractive women, you’ll get a feel for how this is actually supposed to look, feel and sound.

It’s sort of *ironic* or *sarcastic*.

Girlfriend roleplay as a subtle neg

On the surface, the girlfriend roleplay is a “pull”.

However, at an advanced level, you can actually use the girlfriend roleplay as a “*push*” — that is, as a playful insult or “neg”.

Remember how in the chapter on Subversion, we talked about the movie *Mean Girls*, and how you can create strong emotion and attraction by saying “nice” things in a sarcastic way?

Well, this is the same principle.

Even though technically, on a verbal level, the *content* of what you’re saying is nice and romantic...

e.g. “you’re my girlfriend”... “what are we doing for our anniversary”... “we’re soulmates”... (etc)

If you deliver it in a tone of voice that’s *sarcastic*, or *patronizing*, or *condescending*...

Then it actually turns into a **tease** or **neg**... and thus generates **arousal**.

For example, try using the girlfriend roleplay on an overweight woman who you have no romantic interest in... purely as a way to have fun with her (she’ll love it).

But then after that, go and use the girlfriend roleplay on a hot girl...

But say it with the same exact delivery you used on the fat chick who you didn’t want.

Notice the difference?

It actually comes across as a neg.

It's kind of patronizing...

Like—"obviously I have no interest in you, the *joke* is that I'm acting like you're my girlfriend, even though you're obviously so far below my league..."

A FEW OTHER "US" ROLEPLAYS

Adoption

Adoption is another fun little roleplay you can mess with.

You can tell the girl: "I'm adopting you. You're my little sister. Brother and sister!"

Incest (edgy)

Incest is another humorous roleplay you can sprinkle in.

The "incest" roleplay also has the advantage of being **subversive** and **edgy**.

Shocking humor works extremely well on 9's and 10's—though only if you can deliver it with a calm yet mischievous "I-don't-give-a-fuck-what-you-think-of-me" kind of vibe behind it.¹²

You can tell the girl, "let's tell people we're brother and sister".

Then you walk up to other people in the bar with your arm around her, introduce her as your sister, but then you start making out with her...

You can then give them a sleazy grin afterwards and say things like, "we're very close."

Father/daughter is a classic variation of the incest roleplay.

For some sick reason, a huge number of girls are hugely turned on by this.

¹² With edgy, polarizing, borderline offensive humor, the fact that you're willing to risk offending her is precisely what makes it attractive. It shows her that you're unfiltered and authentic, and are willing to put your real personality on display without trying to lick her ass and pretend to be "polite" like every other guy does.

They don't necessarily want to fuck their actual dad, but the idea of father/daughter incest in general is extremely arousing to them.

Tell her to call you “daddy”

The best way to initiate this roleplay is simply to command the girl you're talking to to call you “daddy”.

Tell her: “Call me ‘daddy’.... Say ‘daddy, I’ll be a good little girl for you’... Say, ‘daddy, daddy, I’ll be good!’”

You introduce this as a joke at first, of course.

(It's important with any roleplay that could be seen as “creepy” that you frame it in the beginning as being “just a joke”.)

When she plays along and calls you daddy, you can reward her with a pat on the head (or the ass), and by telling her she's a “good girl”.

For a certain type of woman, hearing the words “*good girl*” will make her wetter than a river.

Have fun with it.

As with all subversive humor, if you accidentally go too far and offend her, you can always defuse the situation by smiling and saying, “I’m just kidding” then cutting the thread and quickly changing topic before she has time to get angry.

Ex girlfriend roleplay

This is a fun one you can use immediately upon approaching a girl.

Basically you go up to her and act as if she's your ex girlfriend.

For example:

“Oh my god, this is crazy, I can't believe I'm running into you here. How have you been?”

When the girl acts confused and says “do we know each other?” you can pretend as if you're offended or shocked.

“Wow... I mean, I know we ended things on bad terms but this is too much...”

“WORD-PICTURES” THAT MAKE HER WANT YOU (Texting & Online Dating)

Painting “word-pictures” in the girl’s mind which get her to picture you and her together is one of the most powerful strategies to use in online dating.

For example, I’ve gotten a lot of fuck buddies and girlfriends on Tinder and Hinge using a version of the following line:

“So let’s see, you’re [list a few positive qualities about the girl]. So far these are all points in your favor. But what’s the catch... If we were boyfriend and girlfriend, what would I hate about you?”

Two hours ago, I came inside a model-hot Asian girl I met on Hinge using just this line.

As I write these words, she’s sleeping beside me wearing one of my t-shirts, naked from the waist down with my cum dripping down her legs.

(To see the entire “text exchange” with this girl and how I got her, go to page 278.)

12 word “mind control” phrase

Here’s the point:

That seemingly innocent 12-word sentence...

“If we were boyfriend and girlfriend, what would I hate about you”...

...is a subtle form of **mind control**.

Because it subliminally causes the girl to *visualize herself* as my girlfriend.

And I've found this to be extremely effective, particularly in online dating.

Making it tangible

The problem with online dating is that you're not talking to the girl in person. You can't influence her with your touch... your eyes... your voice... or your presence as a man.

What you *can* do is use your words to get her to **imagine you and her together**.

(Such as with the 12-word line above.)

And I've found when you do this, it makes her WAY more likely to actually want to meet up.

Because by getting her to go into her head and think about you as her boyfriend, she's no longer just viewing you as "text messages on her screen."

She starts thinking through the consequences and **tangible benefit** she'll get if she meets up with you....

i.e. having a boyfriend to keep her warm at night, watch movies with, eat her pussy, etc.

That 12-word phrase (and a few others like it) has been the main key to my success in online dating.

Consequently, we'll discuss more about how to use it in the chapter that deals with meeting girls online (and specifically, in the section on messaging).

But for now, I just wanted to bring it up as an example of how to make a girl want you by getting her to imagine you and her together.

PART III:

**HOW TO GET A
HOT GIRLFRIEND**

STEP BY STEP

Path #1: Cold Approach

CHAPTER IV:

FROM “HELLO” TO “F*CK ME, DADDY” IN 2 HOURS OR LESS...

THE ART OF THE SAME DAY LAY

How to get a GF—step by step

In the last section, we discussed **5 mind control techniques** that get a girl to fall in your frame and make her chase you.

Now, we’ll learn how to put the techniques into action in a **step-by-step** way so that you can actually go out and get a girlfriend tonight.

But first things first...

It’s time to address the **#1 rule of getting a girlfriend**—

KEY CONCEPT:

The best way to turn a woman into your girlfriend is to sleep with her.

For a woman, sex is the ultimate form of emotional investment.

If you can get a girl to sleep with you, then turning her into your girlfriend after that point is very easy.

On the other hand, the longer you go without sleeping with a woman, the harder it becomes to do so.

From approach to sex—in 2 hours or less

These days, a typical interaction for me is one where I take the girl home within about 30-60 minutes of approaching her, and have sex with her about an hour after that.

Sometimes it happens sooner... sometimes a little later...

But that's the usual result you can expect once you get good at this.

Of course, I don't sleep with every girl I approach (nor would I want to).

But if I'm talking to a girl for longer than five minutes, then there's about an 80% chance that we're going to end up in bed together that night.

I have a very smooth **process** for making this happen.

And in this chapter you're going to learn my process so you can use it too.

But first, a word about getting girls' phone numbers...

TAKING WOMEN'S NUMBERS VS CLOSING THE DEAL THAT NIGHT

When I was first learning to approach women, I took a lot of phone numbers.

Sometimes the numbers I took were solid, and I would end up dating that girl.

But many of the numbers I took—probably more than half—would “flake” on me.

I couldn't understand it.

Because often, these were girls I'd kissed...

Spent hours hanging out with...

And we may even have gone to the bathroom together and fooled around.

There was absolutely no doubt in my mind that this girl was into me.

Yet when I tried to text her the next day, she flaked on me.

She'd give me one-word responses, evade my attempts to get her to meet up, or sometimes not respond at all.

But then one day, I noticed something interesting...

**The girls who I took home and had sex with *the same night I met them...*
Those girls NEVER flaked on me afterwards.**

They were always happy to hear from me the next day.

And they *always* wanted to go on a date and see me again.

In fact, if anything...

With the girls I had "same night sex" with...

The normal dynamic was turned completely upside down...

It was ME who was kind of "meh" about seeing them again...

While THEY were the ones acting desperate, needy, texting me a lot, and trying to meet up again.

For this reason, almost all of the hottest and best girlfriends I've ever gotten were girls who I slept with the very same night I met them.

IF YOU WANT TO STOP GETTING "FLAKED" ON...

If you want to stop getting flaked on, you need to learn to consistently sleep with the girl *on the same night you meet her*.

This is really the only fool-proof way to make sure the phone number you get will actually be 100% solid.

Now, am I saying you should never take girl's numbers?

No.

By all means, get phone numbers.

Gets lots of them.

The more numbers you get, the better your odds are that a few of them will actually be solid and want to meet up.

But understand that when you approach a girl, take her number and then walk away, your chances of seeing her again are probably worse than 50/50.

Even if she was really into you.

If you want CERTAINTY...

If you want to be able to walk up to a girl, and be **guaranteed** to see her again...

You have to learn to **seal the deal**.

“Good enough” vs. true mastery

To become a master of cold approach pickup, you need to be able to take the girl home and have sex with her the same night you met her.

It's the **ONLY** way to get truly consistent results at this.

Now, don't be discouraged by this...

My first two years approaching women, I mainly just took girl's numbers, and I did very well for myself.

However, the successes I got felt a lot like “luck”... and not like something I had much control over.

For example...

Sometimes a girl I'd talked to for just 2 minutes before getting her number and leaving would meet me for a date, and we'd hook up.

But other times, a chick I'd been talking to and making out with all night wouldn't even return my texts the following day.

And there really didn't seem to be a whole lot that I could do to control or influence the process.

You need to get control

You need to have a **GAME-PLAN...**

Which you can follow every single night...

With every single girl...

That always results in having sex with her, and then ultimately dating.

And in my experience, the best way to consistently get that result is if you sleep with the girl the same night you met her.

And that's what this chapter is going to show you how to do to.

It's all about how to **approach**, **flirt with**, and then pull any girl home, any time, so that you have sex within 1-2 hours of meeting her.

IT'S EASIER TO HAVE SEX WITH A GIRL THE SAME NIGHT YOU MEET HER THAN IT IS TO GET A PHONE NUMBER

KEY CONCEPT:

Once a girl is attracted to you, it's actually **EASIER** to have sex with her the same night you met her than it is to get a (solid, non-flakey) number.

Which sounds crazy, right?

But it's true.

The fact of the matter is that **women are extremely fickle and emotional.**

And that's not a bad thing.

The fact that women are fluid, adaptable, and malleable is a big part of their *femininity* and it's what makes them so cool.

But what this means is that just because a girl was happy to hang out with you on Saturday doesn't necessarily mean she'll want to see you on Sunday.

Emotions change.

Emotions are just a chemical in the body.

But when that chemical subsides, the emotion goes away, and the person's entire personality changes.

For this reason, you need to *strike while the iron is hot*.

Strike while the iron is hot

When you meet a girl, and she's aroused and attracted to you...

It's very easy to **leverage** those good emotions of arousal into **compliance** (i.e. getting her to come home with you, or going back to hers).

And human nature being what it is...

When a man and woman are alone in a room together late at night, well...

Sex is usually the typical outcome at that point.

On the other hand...

If you meet a girl, and she's attracted to you...

But then you take her phone number and *walk away*...

Pretty soon, those **aroused emotions** she was feeling subside.

And the next day, when you text her, she's no longer feeling those aroused emotions at all.

She's no longer feeling as adventurous.

She's not in a "risk-taking" mindset any more.

When you first met her, she was all dolled up.

If you met her on a night out, she'd probably spent anywhere from 2-5 hours getting ready.

She was feeling confident and sexy.

She'd shaved her legs...

She'd waxed her pussy...

She was ready to go home with a guy.

But now, a couple days later....

She's in a totally different place.

When she receives your text, maybe she's sitting on the couch in her pajamas with hairy legs, eating ice cream and watching American Idol.

"Let's get a drink together," you text her.

But she's looking at herself and thinking:

"Ughh, that would mean I have to shower... shave my legs... wax my pussy... do my makeup... do my hair... get changed... then take a taxi to meet this guy, who, let's be honest, I barely know. Was he even that cute? I can't remember..."

Her inertia, laziness, uncertainty and fear of the unknown will all make her **rationalize** that she didn't really like you anyway.

And so she flakes.

When you first approached her... you had the wind at your sails.

You had all this *momentum* that would have made it EASY to get her home with you.

But now, texting her a few days later, the wind is against you.

So, you have to strike while the iron is hot.

When you approach a girl, and she's into you... get her to come home with you where something can actually *happen*.

Have sex with her...

Have coffee together the next morning...

And then she'll be excited to meet you again and become your girlfriend.

It will feel to her as if she's already your girlfriend.

And you'll never have to deal with flaking and the BS of the "texting process" again.

I'M NOT GOING TO BULLSHIT YOU

Learning the skill of taking girls home the same night you meet them is gonna take practice.

It won't happen overnight.

There's a few different "moving parts" to this that you're going to have to master one by one.

But here's the upside:

Once you know to close, and get **same day lays**...

- You will **NEVER** have to worry about girls flaking on you ever again.
- You'll **NEVER** have to worry about "what to text her"
- And in fact, you'll completely **SHORT-CUT** the entire "texting" phase that 99% of guys get stuck on

Instead of your phone being filled with girls who won't respond to you...

Your phone will be filled with girls you've already fucked...

and who are desperate to come over to your place and fuck you again

You'll literally be able to walk outside your house...

Go up to the first cutie you see...

And bring her home for sex.

Any time.

Day or night.

Can you imagine how that would feel?

If all you have to do to get a **hot, sexy girlfriend** is literally just go outside and *grab one*?

Well, that's the skill you're going to learn in this chapter.

So strap in...

THE ART OF THE SAME DAY LAY: 5 STEPS TO GET ANY GIRL INTO BED IN 2 HOURS OR LESS

There are 5 steps to turn any attractive stranger into your “girlfriend for the night”.

They are:

- Step #1:** Break the ice
- Step #2:** Banter
- Step #3:** Qualify her
- Step #4:** Lead her through multiple environments
- Step #5:** Finesse her back to your place

Get these 5 steps down, and you will be able to get any woman you talk to naked in your bed within 2 hours or less.

They're that powerful.

And the truth is...

Doing these things is actually easy once you get the hang of it.

Let's get started...

Step #1:

Break the ice

Approaching women is the most valuable skill you'll ever learn as a man.

Period.

The vast majority of men never learned how to approach a woman.

Consequently, they're at the mercy of online dating apps for meeting girls.

Not good.

If you want **control** over your dating life...

And if you want to sleep with the **most beautiful women**...

You must learn the art of the cold approach.

There's 3 key rules of approaching women.

They are:

1. **Momentum is money**—you've gotta “warm up your mouth”
2. **Rejection gets you laid**—the more you get shot down, the better
3. **It's better to be imperfect and authentic than perfect and fake**
—“human beings are attracted to each other's rough edges” (Robert Glover)

Rule #1 Of Approaching Women: Momentum Is Money

The single most important principle in approaching women is the idea of social momentum.

I'm an introvert by nature.

I'm shy.

I'm not a talkative, outgoing, "social" type of guy who finds it easy to walk up to a stranger and start a conversation.

For this reason, I was *terrified* of approaching women for years.

Like...

"Sick to the pit of my stomach" afraid of it.

But a man named Owen Cook taught me an easy way to get over my fear of talking to women.

He called it **"social momentum"**...

Although I prefer to call it ***warming up your mouth***.

And ever since learning this simple trick, I can easily approach 5-10 hot girls per night and get laid with one of them.

So if you're an introvert like me...

Or if you're terrified of approaching women for whatever reason...

Listen up, because what I'm about to teach you will be worth ten times the value of this entire program.

Progressive desensitization

The secret to approaching girls as an introvert is simple:

It's all about *progressive desensitization*.

For example, when I arrive at a bar, I don't just walk up to a hot woman and start trying to flirt with her.

That's too much, too soon.

You have to *warm up your mouth* first to get it into a social mood.

Warming up your mouth

So instead, when I get to the bar, I might walk up to a girl...

Briefly compliment her, then immediately walk away.

For example, I may just walk up to her, say "Hey, I like your style."

She says thanks.

Then I leave.

I have absolutely no intention of taking it any further.

The point of the approach wasn't to attract that girl. It was *just* to warm my mouth up.

(Although I may see her later that night after I'm warmed up, and then good things often happen.)

The next girl I approach, I might talk to her for just a *little* longer.

For example:

Me: Hey I'm Michael, nice to meet you.

Girl: Hi

Me: Are you having a good night?

Girl: Yeah I am. Are you?

Me: Yep (I give her the thumbs up) Anyway, nice meeting you. See ya around

Girl: Nice to meet you too!

No pressure to be attractive

The key with this is that I'm putting *absolutely no pressure* on myself to be attractive....

Or to be funny... witty... clever...

Or to do *anything* that's gonna make the girl like me.

The first few girls I approach, I'm just talking about complete trivialities for 10 seconds, then bouncing out.

Micro approaches

Now, after doing two or three of these tiny little “**micro-approaches**”, I'm starting to feel good.

Really good.

I'm feeling confident.

I'm feeling “chatty”.

My mouth has been warmed up, just like a muscle.

And I'm now going to be able to talk to girls, and come up with things to say much more easily.

Ecstasy

When I was a teenager, I used to do the drug ecstasy a lot.

When I was high on it, I found I could easily talk to women, and even make out with them after just seconds of meeting.

One time at a house party, I made out with *five different women* in the space of an hour!

This was absolutely crazy for me, because up till then, I'd been an extremely shy, introverted kid who was terrified of speaking to strangers.

Yet I had this insane confidence when I took MDMA.

It's like it gave me superpowers.

The problem was that I couldn't figure out how to get in this state *without drugs*.

For years, I studied everything from neuroscience to meditation in an attempt to figure out how to “hack my brain” to get the confidence of being on ecstasy while I was sober.

But it was only when I learned about **social momentum** that I was able to replicate those “social superpowers” without drugs.

Warmup approaches make you high

Approaching women is scary.

Even just saying “hi” to a woman for two seconds then walking away will give you an **adrenaline rush** that’s comparable to jumping out of an airplane.

So what happens when you stack these micro-approaches is that the *adrenaline* you get from it actually **makes you high**.

This is because adrenaline is associated with another chemical in the body known as *endorphin*, or “endogenous morphine”.

And when you approach women and get that adrenaline rush, your body will also start to release these “internal drugs” into your bloodstream.

And so you feel amazing!

You feel like you could bench press the world.

And so now, for the rest of the night, when you approach girls after doing your warmup approaches, you’re gonna have this great vibe that they’ll love.

You’re outgoing and social.

You’re relaxed.

And you just have this **glow** about you that makes everything from that point *easy*.

Importance of warming up your mouth

So, I cannot overstate how key the process of **warming up your mouth** is for approaching women and getting laid.

Everything else depends on this.

Do a couple of warmup approaches. Put no pressure on yourself at all to be “attractive”.

And that’s gonna let you warm up your mouth and get into a nice social mood that will set you up for the rest of the night.

Rule #2 Of Approaching Women: Rejection Gets You Laid

“It’s not until we’ve lost everything that we’re free to do anything.”

— Tyler Durden, *Fight Club*

No one has been rejected more than me.

I have been rejected not hundreds, but thousands of times.

But every time I’ve gotten rejected by a girl, it led to me getting an even *hotter* girl very soon afterwards.

Sometimes a month later. Sometimes a week later.

Now, most commonly, an hour or even a few minutes later.

For example, one of my fuck buddies is this girl called Charlotte.

She’s 22 years old, brunette, a psychology grad student... and this girl just has a body sculpted by the gods.

She’s small and petite, skinny in all the right places, but she’s got massive double D boobs and a round juicy ass.

Moreover, she’s a total nympho.

She’s addicted to my cock, easy to please, and wants to have sex non-stop.

Yet thirty minutes before I first approached Charlotte, I had just gotten one of the worst rejections of my life.

I was out at a bar, and I approached two girls.

I was being completely normal and pleasant, but for some reason these girls were incredibly rude to me.

I tried to joke around with them for a minute or two, but then the ugly fat one (who I didn't want), started getting really aggressive, and actually told me to "fuck off".

I walked away feeling shaken.

I've been rejected, and I've gotten some bad reactions, but these girls (particularly the fat one) were just *unnecessarily* nasty.

But here's what's nice:

Because I got that nasty, almost "shocking" rejection early in the night...

For the rest of the night I felt completely **care-free**.

I had gotten just about the worst rejection possible...

And yet, *I was still alive*.

There were no actual consequences.

And so because I had nothing to lose, I was able to approach women for the rest of the night in a great, carefree, almost reckless way.

Then I saw Charlotte, introduced myself, and the rest was history.

Now here's the key:

If I hadn't gotten that "nasty" rejection at the start of the night, there's a very good chance I would NOT have been able to pull Charlotte.

Why?

Because I would have still had some **ego attachment** to "not looking bad".

I would have been pulling my punches.

I would have been playing it safe.

The rejection I went through 30 minutes before that loosed me up.

It showed me that getting rejected really isn't a big deal.

It shattered my EGO.

And that made me completely care-free and unfiltered when I then met Charlotte.

Which is what attracted her to me...

And now I get to slide my cock into her tight, juicy 22-year-old pussy whenever I want.

So here's the bottom line:

Getting rejected is good—not bad.

Getting rejected quite literally *gets you laid*.

Because **rejections shatter your ego**.

And it's your ego, more than anything else, that actually holds you back in this game.

It's your ego that stops you approaching.

Think about it:

When you see a hot girl, why don't you approach her?

Because you're afraid she'll reject you.

But why are you afraid she'll reject you?

The reason you're afraid of rejection is because **your ego wants to believe that you're "good with girls"**.

And so if you approached a girl and she rejected you, it would prove that fantasy is wrong... and this would inflict *great pain* on your ego.

There's a term in the pickup community called "approach anxiety".

But this is a really dumb name for it.

Because as guys, the real reason we don't approach is not "anxiety".

It's *pride*.

Our ego wants to feel like we're good with girls.

And so if we got rejected, it would prove that wrong.

Consequently the ego does not want you to approach, because it likes to hold onto that delusion no matter the cost.

You need to destroy your ego in order to get the girls you want.

And the best way on earth to shatter your ego is to go out and get rejected.

By anyone.

Doesn't really matter who.

So, instead of seeing rejection as something you need to avoid...

View it in exactly the opposite way.

Rejection is good because it kills your ego.

And once you have no ego, you'll be able to approach and banter with girls...

And you'll have this amazingly attractive **carefree vibe** that draws them in.

Rule #3 Of Approaching Women: It's Better To Be Imperfect And Authentic Than Perfect And Fake

“Human beings are attracted to each other’s rough edges.”

— Robert Glover

The perfect pickup line?

Due to social conditioning, many guys are obsessed with the idea of “pickup lines”.

In the PUA community, this is manifested in a fixation on the “opener”...

That is, your *opening line*...

The very first thing you say to a girl when you approach her.

The opener doesn't matter

I've experimented with thousands of different “openers” over the years.

But what I've learned is that **the opener doesn't matter**.

Like... *at all*.

The reality is that the girl isn't even going to remember your opener ten seconds after you say it.

Women live in the present moment.

You are never, ever going to fuck a girl because of your opener.

Your opener can be bad...

Your opener can be good...

It doesn't matter.

All that matters is simply that **you get the conversation started**.

Your opening line doesn't need to impress her.

It doesn't need to be witty, clever or interesting.

As a matter of fact...

I've found that the better your opener is, the more likely it is to get you rejected.

Why?

Well, it's pretty simple when you think about it...

If you approach a girl and say something super witty and "smooth" right off the bat, she's naturally going to assume it's a "line" you've memorized.

And the problem with that is...

The cool "alpha male" type guys she's attracted to don't memorize pickup lines to use on girls.

They just say whatever comes to mind.

KEY CONCEPT:

The better your opening line is, the more you'll get rejected.

If you say something that's *too* smooth, *too* clever or *too* witty, the girl will naturally assume it's a line.

It's paradoxical...

But the best openers are imperfect, and even kind of "dumb".

For example, I once opened an 8/10 in a nightclub by walking up to her, looking her dead in the eye and yelling:

"It's so damn HOT! Milk was a bad choice!"

That was my opener.

Really.

It's not something I "planned" to say.

It just came to mind because I was over-heated, and so that quote from *Anchorman* popped into my head...

Then I saw the girl, blurted it out, she laughed, and two minutes later we're making out and my hand is up her skirt.

Dumb yourself down

So, the big key to opening (and, to a large extent, talking to girls in general) is to ***dumb yourself down***.

Don't be impressive, witty or clever, as this will actually achieve the opposite to the intended effect.

Don't memorize "good" opening lines to use as—far from saving you from getting rejected, using a "good" opener will paradoxically cause you to be rejected.

So what should you actually say as your opener?

The best openers are stupidly simple.

Say whatever pops into your head.

And if nothing pops into your head, then just say something **brain-dead simple**, like:

- "Hi I'm Michael, nice to meet you" (handshake)
- "Good evening" (raise your arm in the air for her to hi-five)
- "Hey"

BUT HOW AM I SUPPOSED TO ATTRACT HER JUST BY SAYING “HEY”?

That's precisely the point.

You're not.

The point of the opener isn't to attract her.

The point of the opener is simply to **get her attention**.

It's simply to get the conversation *started*.

It's about establishing in her brain, the thought that, “oh, there's a guy in front of me now.”

That's it.

If your opener tries to do anything more than that, it will fail.

So, when approaching women, be ***imperfect***.

Stop trying to control everything.

You'll get much better responses from women if you start off by being imperfect and authentic then you will by being perfect and fake.

Step #2:

Banter

Once you've approached the girl and got the interaction started, the next phase is simply to ***chat with her***.

This is also the point in the interaction where you're going to start **generating attraction...**

Or, as I prefer to call it, ***arousal***.

And this is where you're going to start using all the fun stuff we talked about earlier for getting a girl in your frame, such as:

- Push/pulls (**Subversion**)
- Never giving her a straight answer (**Confusion**)
- Misinterpreting everything she says as her liking you (**Inversion**)
- Asking her screening questions to create the impression that you're "evaluating" her (**Examination**)

You don't need to use everything

Please bear in mind:

You don't have to use all of these techniques to seduce a woman.

In some cases, you won't even need to use any of them.

Just the fact that you can approach and hold a conversation will sometimes be good enough.

So don't be overwhelmed by thinking you need to use every last one of these in all your conversations with girls.

You don't.

Tools in your toolbox

The 5 techniques are best viewed as “tools in your toolbox”.

In certain situations, you can use one or the other in order to get the best result.

Dealing with indifferent, blasé girls

For example, let's say you approach a girl and she's indifferent towards you. She's talking back... but barely.

Basically, she's acting bored, aloof and blasé towards you.

In this case, you want to use a lot of “**PUSH / PULL**” (See the chapter on **Subversion**.)

Specifically, you want to go quite strong on the “push” side of things:

- “Neg” her...
- Ridicule her...
- Playfully mock her...
- Use backhanded compliments to put her off balance and get her chasing your approval...

Basically, the problem with a blasé girl is that she's ***emotionally indifferent*** towards you.

So in this case, you reach into your toolbox and you take out the appropriate tool...

Which is push/pull—a tool that specifically works to make girls ***emotionally react*** to you.

Dealing with bitchy, mean girls

Occasionally, you'll approach a girl and she'll be mean, “bitchy” or rude to you.

She may mock you, insult you, or say challenging things to you.

Contrary to what you might expect—it's actually a **good sign** when this happens.

In the pickup community, they call these bitchy reactions “shit tests”. (See “Defense Against The Dark Arts”, in Chapter III.)

If a girl is saying catty or bitchy things, it's usually a sign that she's considering sleeping with you.

However, she is testing you to see how you handle adversity.

If you pass these tests, she'll become **sexually aroused** and compliant to sleeping with you.

So in this case, the best “tool in your toolbox” to use is **Inversion**—that is, *misinterpreting* what she says *as if* it's positive.

For example...

- If she says “I'd never sleep with you in a million years”... you could reply: “I'm flattered you're thinking about sleeping with me already but let's get to know each other better before we rush into anything...”
- If she says, “I bet you have a little dick”... you can reply, “Woah, thinking about my dick already, are we?”
- If she says, “you're an arrogant douchebag”... you can smile warmly as if she's just given you a deeply meaningful compliment and say, “Thank you.”

WHAT ABOUT IF YOU APPROACH A GIRL AND SHE'S JUST FRIENDLY AND NICE TO YOU FROM THE START?

In this case, you could really use any of the techniques we covered.

You might use some light **push/pull** to get her chasing you.

You could start asking her **screening questions** to create a high value frame and get her jumping through your hoops.

You could even go *avant garde* and use **confusion** (not giving her a straight answer) to build sexual tension, intrigue, mystery and curiosity and get her chasing you that way.

It's up to you.

Go with whatever feels most natural to you, and whatever you prefer.

Getting her to seek your approval

The key thing to remember at this point in the interaction is that it's all about getting her chasing your approval.

Remember:

If you can make a woman chase your approval, you can make her do anything.

All of the 5 main techniques we covered make girls chase your approval in different ways, and so that's what you want to focus on here.

HOW TO USE PHYSICAL TOUCH TO AVOID THE FRIENDZONE

I want to make one very important point before we move on.

Some guys are able to start conversations with girls, but they always end up in the "friendzone".

If you're using the techniques we covered, this generally won't be a problem for you.

Push/pull, screening, misinterpretation, not qualifying yourself and the rest are all subtle ways to create **sexual tension** with a girl.

And so by using one or more of these techniques, you'll generally find that falling into the friendzone isn't an issue.

However, there is also another way to avoid falling into the friendzone—even without using these “psychological” techniques.

And this is simply to **physically touch the girl from early in the interaction.**

Touch every woman you meet as soon as possible.

Don't do it in a sexual way.

Not at first.

Instead, just lightly touch her body on innocent places like the elbows, shoulders or upper back (if you're standing beside her), or the knee or lower thigh (if you're seated together).

Even something as simple as briefly patting her elbow to emphasize a point you're making is good here.

(It can be helpful to think of touch as a “non-verbal exclamation mark”.)

After you've established some light, innocent touching like this, you can gradually progress to getting more and more intimate.

For example, you can put your arm around her.

You can hug her briefly, then pull away.

Or you could even go caveman by picking her up by the legs, throwing her over your shoulder, then putting her down somewhere else a few moments later.

Girls absolutely *love* this last one, by the way.

There's a scene in *The Sopranos* where Tony's wife is reminiscing about when they were young and she tells him:

“I love how big and strong you are. Whenever you would pick me up and throw me over your shoulder, I got so wet down there you have no idea.”

It's fiction, true.

But I've found that girls in real life tend to have a similar reaction when you “go caveman”.

(In loud nightclubs, concerts, raves, and festivals, throwing a girl over your shoulder then putting her down against a wall is a great way to transition into a fast makeout.)

Touching as push/pull

Touching can be very effective as part of a push/pull.

For example, you can do what's called **physically pulling while verbally pushing**.

An example of this would be to **hug the girl (pull)** while saying **"I hate you" (push)**.

What's nice about using touch as part of a push/pull, is that it lets you get away with a *lot more*.

This is because the push ("I hate you") distracts her conscious mind and therefore lets you physically escalate with a hug, or even a makeout, and she'll be much more receptive to it than she would be otherwise.

Low risk way to touch a girl

A great low-risk way to touch a girl is what I call the **"just kidding—touch"** move.

It's real simple.

Basically you just *tease* the girl over something (e.g. "note to self: do not date this girl.")

When she reacts with that "wide eyes, open mouth" face girls do when they're shocked, you can reach over and pat her leg, while saying "just kidding."

This is a *very smooth* way to initiate physical touch if you haven't already.

It looks very natural and fluid.

You don't have to get fancy with touching girls, however.

As long as you touch her at least a few times early in the interaction, you'll never fall into the friendzone.

HOW TO NEVER BE PUT IN THE FRIENDZONE AGAIN AS LONG AS YOU LIVE

The friendzone is a result of not being physical.

So long as you establish physical contact from early on, you'll never fall into the friendzone again.

The friendzone is actually an artificial thing which guys **PUT THEMSELVES** into by being afraid to touch a woman.

It no longer happens once you get good at mixing physicality into your interactions.

Step #3: Qualify Her (Create An “Us” Connection)

“Women need a reason to have sex. Men just need a place.”

— Billy Crystal

Tell her what you like about her other than her looks

At a certain point in the interaction, you need to **qualify** the girl on something non-physical.

In other words, **you need to tell her why you like her for a reason that is NOT just about her looks, or how sexy she is.**

CONFUSED YET?

LET'S REVIEW...

The Meaning Of “Qualification” In Different Contexts

We've used the word “qualifying” a lot in the preceding chapters to mean slightly different things.

This can be confusing, so let's briefly review what each of these means:

1. Qualifying yourself to the girl = trying to impress her, bragging about your accomplishments, justifying or making excuses for yourself.

→ **This is bad.** *Don't do it.*

2. The girl qualifying herself to you = she tries to impress you, brags, or justifies herself in some way.

→ **When this happens, it is good.** *You want this to happen.*

3. Qualifying the girl = telling her specific reasons you like her that aren't about her looks.

→ **This is good.** *Do this a lot.*

Essentially, qualification is about **approval**.

When someone is qualifying themselves, they are seeking the other person's approval.

When someone is qualifying the other person, they are giving that person their approval.

You always want to be the one either giving approval or withholding it, but *never* the one seeking it.

Essentially, qualifying the girl is when you tell her that you like her.

However, the key to making it work is to qualify her on something (or several things) that are **NOT about her hotness, her sexiness, or her physical appearance.**

Qualify her on non-physical traits, never on her looks

This is the big trap that most guys fall into.

They tell a girl “I like you”—but they do it too early.

Moreover they don’t give her a reason they like her.

So she assumes they only like her because of her looks (and she’s usually 100% correct in this).

To sleep with you, a girl has to feel that you like her for something specific to her personality, not just her body.

One of the reasons for this is that **most hot women have low self-esteem about their looks.**

Even if you think she’s hot... she thinks she’s ugly or plain.

Now, that’s probably crazy—but that’s what *she* believes, deep down.

So if she’s ugly...

And you like her for her looks...

What does that say about *you*?

Well, it says you must have low standards, and therefore you must not get many girls.

So women’s low self esteem and poor body image will really end up fucking you over here.

You need to act as if you're unimpressed by her looks.

You need to behave as if you sleep with girls who are ten times hotter than her all the time.

But *critically*...

You also need to create a narrative that, even though her *looks* don't impress you at all...

There's something about her PERSONALITY that you find extremely attractive and magnetic.

When you do that...

She will sleep with you every single time.

KEY CONCEPT:

Act as if her looks don't impress you at all.

But at the same time, find something you like about her ***personality***, and *massively exaggerate* how attracted you are to her because of that.

If you do that, she'll sleep with you ever time.

Unimpressed by her beauty

Your frame always needs to be that you are unmoved by her beauty initially.

But then, as you got to know her....

You found out there were *non-physical* things you actually like about her...

And now you find yourself starting to like her because of these non-physical things.

The basic frame is:

“Well, I wasn’t so interested in you at first (because even though you’re a perfect ten Instagram model, I already have a dozen of those at home)...

But now that I’ve found out you’re into _____, I actually kind of like you.”

If you don’t qualify her properly, she’ll flake every time

If you’re having good interactions with girls, but you can never get them to come home with you...

Or if the phone numbers you get from girls always “flake”...

It’s most likely because you’re not *qualifying them* on something non-physical.

Rapid emotional connection with every girl

Creating the frame that you’re evaluating her, and then (ultimately) finding one or more non-physical things that you like her for—will create an extremely powerful connection with that girl.

It gets her jumping through your hoops and chasing you.

It makes her much more likely to say “yes” when you ask her to come home with you.

And in the event she doesn’t, it makes the number you get much 10x more solid.

SIMPLE WAYS OF QUALIFYING HER

You can qualify a girl using one or more of the following formats:

- I love that you ____
- I really like the fact that you ____
- At first I wasn't so sure about you, but I really like how you ____
- You know what? I actually like that you ____
- Honestly, I kind of hated you at first, but now that I've found out you're into ____ you're actually not so bad

The blank space needs to be filled in with something (or several things) that are *non-physical* characteristics.

In other words, things that relate to:

- the girl's personality
- her vibe
- her values
- her job
- her education
- her hobbies
- her ambition
- her intelligence
- her sense of humor
- how she treats you
- how she treats other people
- her sense of style
- her aesthetic taste (e.g. in movies, music, art, fashion)

- how being around her makes you feel

The more genuine this is, the better it will work.

So try to qualify the girl on things about her that you *sincerely* enjoy and appreciate.

Practice it in your own head

A great way of practicing this is, every time you're going about your day and you see a cute girl, try to see if you can come up with 3-5 things you like about her that are not purely physical.

You don't have to necessarily approach her and tell her these things.

But this is just a fun little exercise you do in your own head every time you walk past a hottie who catches your eye.

For example:

- *she looks kind*
- *she has a nice smile*
- *she look like a very sweet, innocent, open-hearted person*
- *I like what she's wearing, she has a good sense of style*
- *she looks very sophisticated and elegant... like someone who might speak French*
- *she's carrying a gym bag and wearing workout gear, so obviously she cares about keeping in shape*
- *she's wearing makeup and earrings and nice jewelry and her hair looks healthy and shiny, so obviously she takes good care of herself and takes pride in her appearance*

Doing this exercise will train you to become a master of qualifying girls over non-physical things.

And when you can do that, it really is the ultimate form of *seduction*—in the old-school “romantic” sense of the word.

Generic ways to qualify her

If you're stuck and can't think of anything you like about her at all that isn't based on her looks, then you can always fall back on something generic, such as:

- you have a really good energy
- I really enjoy your company
- this is weird and hard to put into words, but I really like how I feel when I'm with you
- I don't know why I like you so much, but there's just something about being with you that gives me butterflies in my stomach... I don't know, I can't explain it

Qualification follows naturally from screening

In the chapter on **Examination**, we talked about how asking the girl *screening questions* gets her to jump through your hoops.

This is because when you "screen" a girl for certain non-physical qualities you're looking for, it creates the impression that you're a high value man.

However, asking screening questions is also useful because it gives you an easy way to start "qualifying" the girl.

When she answers your questions "right", you can say something like, "I'm so glad you said that. I love that you ____."

Example:

You: Do you go to the gym? Do you work out?

Girl: I do

You: Do you lift weights or do you just cardio bullshit?

Her: I lift weights! I can squat my bodyweight!

You (hugging her): Oh my god, I'm so glad you said that. I love that about you

Girl: (glowing with joy over being praised)

SHE HAS TO FEEL LIKE YOU APPRECIATE HER AS A PERSON AND NOT JUST AS A PIECE OF ASS

The key thing is that now, when you escalate the interaction further, there's a *narrative* in place that you two have a **real connection** over something that isn't just physical.

She feels like you *genuinely appreciate her as a person*—and not just as a piece of ass.

This is going to make her far more compliant to going home with you.

And even if she doesn't come home with you that night, properly qualifying her will make the phone number you get from her a lot more solid.

Step #4:

Lead Her Through Multiple Environments (Condition Her To Comply)

KEY CONCEPT:

The more different environments you experience with a girl, the more she'll feel like she "knows" you, and the more compliant she'll be to going home with you.

In the old days, girls never wanted to come home with me.

And even when a girl did, it was usually only after I'd spent hours with her.

Today, however, almost every woman I hit it off with is happy to come home with me.

Moreover, it's not unusual now for girls to come back to my place after as little as **just 10 or 20 minutes** of knowing each other.

So what changed?

Simple:

I learned about something called "**time distortion.**"¹³

And when I started to apply it with girls, it changed my life.

Time distortion refers to a psychological phenomenon whereby the more *different environments* we experience with a person, the *longer* it feels like we've known them.

¹³ Not to be confused with my personal nemesis, Tim Distortion, lead guitarist of the evil rock band Mergers And Acquisitions.

If you approach a girl in a coffee shop, sit down with her and talk for 2 hours, she'll probably be reluctant to go back to your place (unless your game is airtight).

Yet, if you approached the same girl...

But instead of staying in one place for those 2 hours...

You sat with her for 20 minutes...

Then went outside and took a walk together for 5 minutes...

Then got an ice cream together and sat on a bench for 10 minutes...

Then got a drink at a nearby pub for 15 minutes...

Well, after all that, it's going to feel to her (subjectively) like you've just spent the entire day together.

And so she'll often be totally receptive, at that point, to going home with you.

“Clock time” is irrelevant

In the first situation you spent 2 whole hours with her, and in the second scenario, you only spent 50 minutes together.

But it doesn't matter.

The “clock time” you spend with a girl is irrelevant.

All that matters is subjective *emotional time*.

And the more different environments you experience together, the more it will make her subjectively feel like she “knows you”.

Which makes her way more likely to have sex with you.

Move girls around a lot

Don't just stand still when you're talking to girls.

Keep it *moving*.

Lead her around.

The more you move her around, the more likely she is to fuck you.

Creating the habit of compliance

Another key reason you should be leading the girl around is that it puts her in the habit of “complying” to you.

This is vital.

Because when you later lead her to come back to your place, then going along with you will be **consistent** with her past actions, whereas saying “no” would be **inconsistent**.

Consistency bias

As we’ve covered in prior chapters, people dislike acting in ways that are *inconsistent* with their prior actions and statements.

So if you’ve been leading the girl around all night and she’s been following you willingly...

This makes her far more likely to comply when you ultimately tell her “let’s get out of here” and go back to your place.

PRO-TIP FOR GUYS WHO ARE “INTERMEDIATE” WITH WOMEN:

If you’re having a lot of good interactions with girls, but they never result in sex...

Get into the habit of **moving girls around a lot**.

Just doing this, more than anything else, is usually the “tipping point” that will cause you to start getting same day lays consistently.

3 words that get her to come home with you

In the marketing for this program, we mentioned “3 words that get a girl to come back to your place the same night you meet her”.

Those 3 words are “**come with me**”.

But here’s the catch:

It's **NOT** about saying "come with me" right before asking her to come back to your place.

Rather, you say this *earlier* in the interaction...

Maybe even just a couple of minutes after approaching her.

After chatting to the girl, you tell her "come with me".

You loop arms with her.

Then you move her somewhere else in the bar (or wherever you met her).

Repeat this **2-3 times**.

Then, after anywhere from 20-90 minutes together...

When you tell her "let's get a drink at my place"...

Going along with you will just feel like a *natural extension* of what she's been doing all night.

Throughout the night, you've led, and she's followed.

So now that you've created that habit, she's not likely to go against it.

And that's how you take home a girl you just met.

So—remember those 3 magic words:

Come with me.

Use them early...

Use them often...

And you'll soon be getting more same day lays than you can handle.

Step #5:

Finesse Her Back To Your Place

If you've followed the previous 4 steps correctly, this is the easy part.

You've now spent anywhere from 20 minutes to a few hours with this girl.

- She's **reacting to you emotionally** and chasing your approval.
- You've established some **physicality** to set the frame that this is a "man-to-woman" interaction and not a "friend to friend" chat.
- You've **qualified** her on something non-physical so she feels there's a real connection.
- And you've been **leading her around** multiple environments, thus putting her in the *habit* of complying to you.

At this point, if she's still here, she wants to fuck you.

All you've got to do is make the process of going along with that as smooth as possible for her.

In short, you need to give her *plausible deniability*.

Plausible deniability

The girl wants to go home with you but she doesn't want to look like a slut by saying yes too easily.

So you need to give her a plausible reason why she's coming home with you which isn't sexual, and thus lets her off the hook.

Example:

- "Let's go back to my place for a drink. You can only stay for one drink, though, then you have to leave. I have an early morning tomorrow."

Of course, the girl knows that if she goes back to your place, she's going to stay the night and will probably have sex with you.

But by telling her it's "only one drink"...

And by even *insisting* that she can't stay...

She can rationalize later on that she "didn't know" it would end up in sex, and so she's not a slut for saying yes.

"It just happened."

CLOSING WITH EXTRA STYLE POINTS

I usually use a basic close like the one given above.

However, if you want to earn extra style points, you can use one of the more interesting closes below:

1. The champagne close

"Do you like champagne? A client of mine just gave me a bottle to thank me for some work I did for him. Come have a glass with me back at mine..."

(To make this close work, you obviously need to have your fridge stocked with champagne in advance. If you're on a budget, sparkling wine is fine—girls can't tell the difference.)

2. The "cat can do backflips" close

"I have to show you my cat. He can do backflips! No, no, I'm serious! I have to show you. Come to mine for a quick drink and you'll see, I live just ten minutes from here..."

Back at your place, if she asks about the cat, you can tell her, “I lied, my cat can’t really do backflips. Also I don’t have a cat.”

Classic.

3. The “mystery box” close

“Are you adventurous? I think I’m going to take you on an adventure with me... I think I *might* show you my favorite spot in the entire city... But you have to **promise** that when we get there you’ll act cool, and you have to **promise** not to embarrass me... And above all you have to **promise** *never* to tell anyone else about this spot... OK?”

(Make her pinky promise.)

When the girl asks where you’re taking her, you keep telling her it’s a “surprise”.

Then you simply take her back to your apartment.

“...Surprise!”

These closes are all fun.

However, personally, I find you don’t need to get too fancy with this.

If you’ve done the other 4 steps right, pulling her home should just flow naturally, and won’t usually require a ton of skullduggery.

These days, I mostly just tell girls, “let’s go back to my place for a drink”, and they always say yes.

REMOVING THE DOWNSIDE WITH A “RISK REVERSAL GUARANTEE”

If you ask a girl to come home with you and she says no, the main thing you need to do is to ***remove the downside***.

In marketing, this is called a **“risk reversal guarantee”**.

It's where you take all the risk off the other person's shoulders and put it on your own shoulders—thus making it almost impossible for them to say no.

For example, a line I use frequently (and which you'd do well to memorize) is:

- **“Just come back to mine for one drink. And if you want to leave at any point, I'll pay for your taxi home.”**

Power of an “irresistible offer”

Assuming the girl likes you, then this is basically an **irresistible offer**.

Because there's no downside.

Basically, the girl is reluctant to go home with you because she doesn't want to be “trapped” with you all night.

She likes you now, but she doesn't want to be in a situation where she can't change her mind later.

Additionally, she doesn't want to be stranded at your place and has to pay \$40 or whatever for a taxi home if she wants to leave.

So by telling her she can leave any time she wants, and you'll pay for her taxi home if she does want to leave, you'll get a “yes” nearly every time.

I've used this close dozens and dozens of times.

Not once have I ever actually needed to pay for the girl's taxi home.

Because by the time she gets back to yours, so long as you're cool, she won't *want* to leave.

(Of course, if she does want to leave—then be a man of your word and pay for the cab like you said you would. But in my experience it very rarely happens.)

ONCE SHE'S BACK AT YOUR PLACE

Once the girl's back at your place, you can enjoy the fruit of your labors.

Put on some nice music, dim the lights, have a few drinks.

At this point, assuming you've done everything else right (such as establishing physicality and leading her around), **she'll be tearing your clothes off.**

So sit back and enjoy the spoils!

CHAPTER V:

HOW TO GET A PHONE NUMBER AND MAKE IT SOLID

In the last chapter, I said that you should put all your focus on having same night sex with a girl.

This is because (in cold approach), most of the phone numbers you get will flake.

And as I said, it's paradoxical, but...

It's actually easier to sleep with a girl the same night you meet her than it is to get a non-flakey number.

So—if you really want to see this girl again, then taking her back to your place should be your number one priority.

Of course, there will be times where you simply aren't able to pull that girl the same night you met her.

This is especially true if you approach her in the **daytime**.

Now don't get me wrong...

Daytime approaches can often lead to same day sex.

For example, if the girl was shopping, or coming home from work with no plans for the night, there's no reason you can't grab a drink with her then and there, and then later go home together.

However, sometimes in the day, the girl's on her way to work...

Or you are...

Or there's just some reason that you absolutely can't spend any longer with her, and have to take her number and leave.

In this case, you go to **Plan B**, which is...

Arrange to meet her for a drink later that same night.

And if she agrees to that, then take her number.

KEY CONCEPT:

PLAN A: Lead her through multiple environments, then bring her home with you and have sex with her the same night

PLAN B: Get her to agree to meet you for a drink later that night, then take her phone number

PLAN C: Get her to agree to meet you for a drink later in the week, then take her phone number (**usually = “flake city”**)

By looking at **Plan A**, **Plan B** and **Plan C**, we can now see why most guys get such bad results with women.

First, they usually don't approach any women at all.

But even the rare time they do approach, their default strategy is to go straight to **Plan C**—the worst possible strategy you can use.

If you want to take a girl's number and not have it flake, then make solid plans for LATER THAT NIGHT.

Not for tomorrow.

Not for next week.

But for that night.

How to bang the girl next door

For example, let's say you get talking to a chick in the elevator of your apartment.

She tells you she's on her way to meet her family.

The chances that you're going to get her to ditch her family and hang out with you right then are obviously low.

So instead, you can tell her something like:

"Yeah, I'm actually busy too, I'm just on my way to _____ (whatever you were planning to do that day). However... you seem somewhat interesting, what are you doing this evening?"

If she says she's doing nothing, then say, "let's get a drink."

If she says yes, take out your phone, create a new contact, then hand the phone to her and say "put your number in my phone".

This way of taking her number is the most solid way of doing it.

The key is to only take the number after you've got her to *verbally agree* to meeting up with you later that evening.

Don't just randomly say "give me your number".

First, you suggest meeting up.

And only if she's enthusiastic to doing that do you then take her number.

WHAT TO TEXT A GIRL RIGHT AFTER GETTING HER NUMBER

Get your # in her phone ASAP

Once you walk away from the girl, text her immediately.

It's important to get your number in her phone quickly, while the interaction she just had with you is fresh in her mind.

I personally like to contact girls through Whatsapp.

If you don't have Whatsapp, I strongly recommend you download it for this purpose.

The reason being that in Whatsapp, you can upload a profile picture of yourself.

This means that when the girl gets a text from you, she'll see who it is—and this avoids the whole awkwardness of having to explain who you are.

The first text

Once I've gotten a girl's number, I always send her the following text:

“Hey it's Mike, your favorite [location you met her] crush. Make sure to save this number to your contacts with the appropriate amount of heart eyes emojis and xoxos”

So this could be, “your favorite bus stop crush”, “your favorite [name of bar] crush”, “your favorite Starbucks crush”.

(If nothing really works, then just say “hey it's [your name]” and move onto the next part.)

If she responds

If the girl responds to this text quickly, that's a good sign that this number is actually solid.

Reply to her by briefly riffing off whatever she said, then arrange the details for the date later that night.

Something simple like: “Meet me at XYZ bar at 8”

If she doesn't respond

If the girl doesn't respond to your initial text within an hour or so, consider this interaction over.

Don't invest any more thought into her, and move onto the next girl.

Let the negative emotions you feel in this case motivate you to ***get better at closing*** so that you don't lose another opportunity like this again.

TEXTING

For more details and guidance on how to text girls, make sure to read the chapter on online dating and messaging.

It's written primarily for the purpose of texting women in online dating, but the same principles apply to texting women you met through cold approach.

So if you're consistently losing girls in the "texting phase", then make sure you go read that chapter as it will cover texting dynamics in a lot more detail than I've done here.

CHAPTER VI:

FIRST DATE SEX FORMULA

DOGGY-STYLE ON DATE #1?

Remember: the best way to turn a girl into your girlfriend is to have sex with her.

The sooner you have sex with her, the quicker she'll develop feelings for you and fall in love with you.

With that end-outcome in mind, here are **5 First Date Rules** you should follow to maximize your chances of **sleeping with her on the first date**.

Sex on the first date is not unusual.

If you follow these rules, it will be your *default*, as it is for me.

I used to have terrible trouble keeping a woman around after the first date... but today I have sex with close to 99% of girls on date #1, and retaining them after that point is very easy.

First Date Rule #1:

Drinks at a bar is the only acceptable first date

The best first date is drinks at a bar—preferably something casual like a dive bar.

The alcohol will loosen both of you up.

Additionally, drinks at a cheap-ish bar sets the right *tone* for sex:

It establishes that this is a casual, fun thing, with no expectations of getting into anything serious.

By contrast, taking a girl out for dinner on the first date creates a more “serious relationship” type of frame, and therefore puts her in the mindset of “making you wait.”

First Date Rule #2:

Choose a bar as close to your place as possible. (Failing that, choose a bar that’s close to her place).

The ideal first date location would be a bar that is *directly* below your apartment.

But anything which is a short 2-5 minute walk away is also good.

(If you live in the middle of nowhere and this is impossible, don’t worry—the “1-2 punch close” covered below is going to come in very useful to you.)

First Date Rule #3:

Sit close to her so that you can touch her

Sit *beside* the girl, never across from her.

It’s critical that you’re able to touch her throughout the date, and build her comfort with physicality.

You can begin doing this by lightly patting her on the arm, knee or lower thigh to emphasize points in the conversation.

Avoid sitting across from the girl with a table between you.

If there’s no way to avoid this, then stay at the place you’re at for 1-2 drinks, but then take her to another bar nearby where you can sit closer together.

First Date Rule #4:

The date is basically a new approach

There’s nothing different you need to do on a date than you would on an approach.

All the same stuff works just as well.

(The only real difference is that it's easier because a girl who's on a date with you is like a "captive audience".)

So, all the principles we covered which apply to meeting a new woman apply just as much on the date.

You should be doing all the same things to attract her—

Push/pulls, misinterpreting, challenging her, lightly teasing are all *excellent* here, and will allow you to create a lot of sexual tension.

Additionally, *screening and evaluating* the girl is also going to become extremely useful at this point.

By about an hour into the date, it should be very clear that she is the one chasing you and trying to win your approval.

At this point, you can go for the pull.

First Date Rule #5:

Lead (pull her home)

If you met her at a bar which is a short walk to your place, then tell her to come back to your place for a glass of wine.

Emphasize that your place is "right over there"—point to the direction of it with your hand, to imply that it will be just a short walk to get there.

WHAT TO DO IF YOUR PLACE IS A LONG DRIVE AWAY FROM THE DATE LOCATION

I've said you should ideally meet her at a bar which is a short walk from your place or hers, as this makes pulling her home easy.

However, if you live out in the suburbs, as I did for many years, this will be impossible.

So what's the move?

The solution I found to this problem is to build “**yes**” **momentum** using what I call the **1-2 punch close**.

The 1-2 punch close is the KING of closes for first dates if you live far away.

It's very simple.

Basically, after you've had some drinks at a bar, you get her to come with you to *another bar* nearby.

You have some more drinks together there (at the second bar), and only *then* do you ask her to come back to your place.

It sounds so simple as to be almost trivial.

But I found that doing this raised my “pulling her home” percentage from about 30% to close to 100%.

In other words, whereas before, only about 30% of girls I dated were willing to take the 40-minute cab ride back to mine...

After I started using the 1-2 punch close, I got to a point where literally 100% of the girls I dated would end up coming back to mine... even though I lived a long way away.

So basically, your dates should always look something like this:

1. You meet the girl at **Bar A**
2. You spend 30-60 minutes at **Bar A**, during which time you build attraction by teasing her, screening her, and starting to mix in light physical contact
3. After that time is up, you tell her, “let’s get out of here and go to **Bar B** for a change of scenery.” The girl will say yes because she’s comfortable with you by now, and simply changing bars is not a big deal. (Note that **Bar B** can be right next door if you like. The *distance* is unimportant—simply changing the *environment/surroundings* is all that matters.)
4. Now, you spend another 30-60 minutes at **Bar B**. You’ll find that you can usually get more intimate here and the girl will comply more. For example, you can kiss her here, and there won’t be as much resistance as there would have been had you tried the same thing in Bar A.¹⁴
5. After that time is up, tell her, “let’s go to my place and have a drink.” If you followed the sequence above, she’ll usually agree to this request, and then you can take her home.

¹⁴ This is because she associates Bar A with the “first date”, but now that you’re in different surroundings, it no longer feels like you’re on a first date, and so subconsciously her “first date rules” go out the window.

HOW TO GET A HOT GIRLFRIEND

STEP BY STEP

Path #2: Online Dating

CHAPTER VII:

HOW TO CREATE A “CHICK MAGNET” ONLINE DATING PROFILE THAT DOES THE WORK FOR YOU

In this section, we'll discuss how to get a hot girlfriend using online dating.

The same principles will apply to getting girls online as in real life.

Just as in cold approach, **frame control** is paramount in online dating...

You need to create the perceptual frame that dating you is going to be a bigger “win” for the girl than it will be for you.

And you have to get her to *believe in* that frame.

At least enough to make her willing to meet you in person.

So, all the same techniques we've covered so far for getting a girl in your frame will apply to online dating.

The *emphasis* of those techniques will be different, however.

For example, in cold approach, **Visualization** is perhaps the least important of the 5 techniques we covered.

In online dating, however, Visualization becomes the most important technique.

This is because online, you are (from the girl's perspective) merely a disembodied collection of words on a screen.

You're not “real” to her.

And so you need to use your profile and messages to ***paint pictures in her mind*** that get her to visualize you and her together, and to experience the tangible benefits of dating you.

Avoid “negging” and strong push/pull online

Another major difference between online dating and real life cold approach has to do with the use of what we’ve labelled **Subversion**—techniques like “negging”, teasing, push/pull, and backhanded compliments that get a woman chasing your validation.

In cold approach, these techniques are essential, as they’re the most effective tool there is for getting a girl emotionally reacting to you.

But in online dating (and in texting in general), negging should be avoided at all costs.

We will be using a *mild* form of push/pull.

But negging in the sense of saying something outright negative or mocking towards the girl should be avoided over text, as it can too easily be misinterpreted as serious.

If you tease a girl over something in real life, she can see your facial expressions and mannerisms... your smile, laughter and positive vibe.

This is not the case over text messaging, however.

The girl can’t see your body language and this presents a major problem.

Don’t use negging over text.

It doesn’t work, and in the worst case scenario, the girl might even get so offended that she reports your account and has you banned from the app.

You’ve been warned!

There are 3 elements to online dating:

1. Your photos
2. Your profile text (answers to prompts or bio)
3. Your messages to the girl

Photos => Profile Text => Frame Setting

The purpose of your photos is to get the girl to read your profile.

And the purpose of your profile is to **set the right frames** that make the girl want to date you.

If you have excellent photos, and great profile text that creates a high value frame, then by the time you're actually messaging with the girl, **all the hard work is already done.**

She's already in your frame by that point, and she wants to meet up.

Your profile does the heavy lifting

So, your profile does the heavy lifting of getting her attracted.

NOT your messages to her.

This is an important distinction to understand before we go on.

The magic is in the profile—not the messages

So it's worth making a serious investment of time and effort to set up your profile right.

That means getting outstanding pictures.

And it means continually "brainstorming" your profile bio until you get something that really shines.

You do that, and then by the time you're messaging with the girl, she already wants you and it's already a done deal.

At that point the messages don't have to make her "attracted" at all.

They're simply about setting up the logistics of the date.

THE CHICK MAGNET ONLINE DATING PROFILE

PART I:

PHOTOGRAPHY VODOO

How To Get Outstanding Online Dating Photos That Make You Seem Ten Times More Handsome Than You Actually Are

80% of results

The most important part of your profile, by far, are your photos.

80% of your results in online dating will come from your photos.

So if you're not taking this part seriously, don't expect to meet anyone attractive from the apps.

To succeed in online dating, good photos aren't enough. Your photos have to be outstanding.

This is good news and bad news.

It's bad news because it means you're going to have to do a lot of things you're uncomfortable with to get these outstanding photos.

It might mean hiring a photographer—which some people find embarrassing.

Alternately, it will mean buying a tripod and a good camera, and taking time out of your day to go somewhere and pose for photos that you take yourself. In other words, no matter how you slice it, getting killer photos is a major pain in the ass.

Set it up once and it will feed you for life

The good news is that once you have killer photos, they'll feed you forever.

Setting up a great online dating profile takes time and money.

It's tedious and annoying.

But once it's set up, you can relax.

You'll have an endless stream of girls coming in, day after day, and you don't really have to do much to get them.

Passive income vs. door to door sales

A good online dating profile is like owning an income-producing asset (such as real estate).

Whereas approaching women in real life is like going out and making sales door to door.

So as tedious and annoying as it is to get these photos and set your profile up right—the upshot is that *you do it once, and it will feed you for life*.

Outstanding photos are the price of admission

If you can't be bothered to get outstanding photos, then focus on meeting women through cold approach and you'll do great.

But if you're going to do online dating, outstanding photos are mandatory.

These are like the price of admission to even be in the game.

Your photos need to do three things:

1. Make you look as **physically attractive** as possible
2. Create the impression that you're living a **desirable life** which the girl would want to be a part of
3. Demonstrate **competence and “professionalism”**

Importance of conveying competence

One of the traits that women are most attracted to in men is **competence**: excellence, skill, mastery, or what the Ancient Greeks called *arete*.

In short, *doing things well*.

Where this gets tricky is that in online dating, the only way for a woman to judge your competence is to look at your profile and photos.

You might be excellent at what you do in your job.

But if your photos are bad...

If they're amateurish, blurry, poorly taken, obviously selfies, etc... then it makes you look **incompetent**.

And this turns her off instantly.

Now, *logically*, this is silly.

Because being good at taking photos is a completely irrelevant skill for the rest of your life.

Yet if you're good at many things, but bad at taking photos, the girl judges you (instantly, automatically and subconsciously) as ***incompetent overall***.

So it's extremely important to have excellent, **professional quality** photos...

Because this indicates that you're the type of man who is excellent in general.

Again, this isn't "logical".

But that's just how it works.

(And if you're currently failing to get matches online, it's likely because your mediocre photos not only make you appear physically unattractive, but also

make you seem ***incompetent***—which is far less forgivable to women than mere ugliness.)

GETTING KILLER PHOTOS

STEP #1: CONCEPTION

The importance of imagination

The single most important step in getting great photos happens long before you ever actually touch a camera.

It happens *in your own head*.

In short—you need to **IMAGINE** the photos you want to have.

You need to visualize them, and get a mental image of them in your mind before you ever even begin trying to make them exist in reality.

Skipping this step is the reason 99% of guys have garbage photos and get no results online.

You need to **SEE** and **ENVISION** the photos you want, before you take the first steps to getting them.

“Without vision, the people perish.”

— Proverbs 29:18

The best way to approach this is by asking the following question:

**“How would I want myself to look in my profile
if there were no limitations?”**

The magic wand exercise

Pretend for a moment that you could wave a magic wand, and *whatever photos of you that you wanted* would appear instantly.

Imagine...

There's no work involved.

You don't have to hire a photographer.

You don't have to schedule a time.

You don't have to get nice clothes.

You don't have to pose.

With this magic wand—once you *imagine* what you'd like yourself to look like, then the photo just appears instantly.

So, if you had that magic wand... what would the photos you manifest look like?

What photos would show you at your best?

When I did this exercise, I realized that I wanted three photos that looked roughly like this:

Ideal Photo #1:

A picture of me wearing a tailored suit, open collar shirt and pocket square, looking into the camera with a sardonic expression of “amused mastery” on my face.

Ideal Photo #2:

A picture of me shirtless and looking buff, with a full pump on from the gym. However, the photo is not a selfie, and appears to have been taken by someone else. I'm doing something else in the picture, so it looks candid, and *not* like I'm deliberately posing shirtless (for example, maybe it's taken on the beach).

Ideal Photo #3:

A picture of me at some kind of party or function, wearing a tuxedo and holding a martini with an amused expression on my face.

When I did the “magic wand” exercise, I had no way of getting these photos. I didn't own a suit, or a tuxedo.

But once I had a **clear image** of what I wanted in my mind, I could then go about getting those things.

So, with each of these photo ideas, I simply listed out the constraints that were stopping me from getting these photos, so that I could then solve that problem and remove the constraint.

For example, regarding photo #1, I didn't own a nice suit. So I bought one.

Then I bought a tripod for my phone. Then one day, at the golden hour, I put on my suit, I set up my tripod, and I experimented with taking photos of myself in different places in my apartment to see which place had the best light.

And ultimately, I got a photo that looks more or less *exactly* the way I originally envisioned it in my mind—and which makes me look like an A-List celebrity—and that's now my main profile picture in online dating.

I haven't gotten around to creating photos #2 and #3 yet.

But if I do, I'll use the same process: I'll begin by listing out what's currently preventing me from having that photo. Then I'll figure out how to solve those problems.

You need to think about your photos from a higher level

Don't just approach them like every other slob does:

"Oh here's a selfie I have of me sitting in my car... I don't have anything else, so I guess this will have to do."

No.

You need to *think bigger*.

The GQ photoshoot exercise

Another way of coming up with good ideas for photos is to imagine you were rich and famous, and they were doing a profile on you in *GQ* or *Esquire*.

What would the photos of you look like?

Well, here's a hint:

Your GQ photoshoot probably wouldn't be you sitting in your car.

And they probably wouldn't be selfies you took in the mirror with your shirt off.

If there was a photoshoot of you in GQ, it would probably show you wearing a *tailored suit*.

You'd likely be standing in front of either a cool background (such as on a rooftop overlooking the city), or it would show you against a completely plain background in the photographer's studio.

You'd probably be *posing* in a charismatic way that conveys fluid movement, and not just standing there rigidly.

For example, maybe you'd be sitting down but leaning forward facing the camera, with your elbows resting on your knees and your hands clasped together.

Or maybe you'd be leaning against a wall, looking away from the camera.

You probably *wouldn't* be smiling into the camera like it's some corny wedding photo.

You'd most likely be looking *away* from the camera with a cool, aloof expression on your face... or maybe you'd be looking into the camera with a sardonic half-smirk.

Think bigger

Do you see what I'm trying to get at here?

Stop thinking so small.

The biggest mistake guys make in getting photos is being “realistic” about it.

You want to think about your photos in the context of what they would look like if there were no constraints, if you were rich and famous, and if a professional photographer was doing a profile of you in a magazine.

This is the correct way to mentally approach this game.

Can't visualize the photoshoot?

Some people find it difficult to “visualize” things in their mind's eye.

If this is you, then go online and search for magazine profiles and photoshoots of actors and other male celebrities.

Look at what they're wearing. Look at how they pose.

This will give you ideas for conceiving of your own “photoshoot”.

If you like a particular photo and think it looks cool, then “rip it”.

Use the same outfit, the same kind of background, model the same pose.

Then have a photo taken of you that's similar.

GETTING KILLER PHOTOS

STEP #2: PLANNING

“The hardest part of doing a hit is putting it together. The planning, the plotting, the deception. Pulling the trigger is the easy part.”

— Sammy “The Bull” Gravano

Getting great photos is like planning a bank heist

It requires meticulous planning and execution.

You can’t just go in half cocked.

Doing this right is going to require not days, but *weeks* of planning and ground-work.

You may need to buy new clothes.

You need to research a photographer you can hire.

Or alternately, you need to buy a camera and a tripod for it (or a tripod for your phone if the camera quality is good enough).

You need to stake out good spots in your city where you can take the pictures.

Is it a pain in the ass?

Yes it is.

And believe me, I hate this part even more than you do.

But remember: ***you only have to do this once and it’ll feed you forever.***

Once you’ve done this stuff right, you can live off it for years.

Getting the right gear

I strongly recommend hiring a photographer to take your photos.

However, if you want to take them yourself, you're going to need to get the following gear:

#1: High quality camera

If you have one of the newer smart phones, that will do. If not, invest in a good DSLR camera.

#2: Tripod

If you're taking your own photos, you need to buy a tripod. You can get cheap tripods for a camera or for your phone on Amazon for about \$30.

However, the problem with cheaper tripods is that they tend to fall over in the wind. So if you want to take your photos outdoors, I recommend investing in a quality tripod that will be stable enough to stand up without falling over when there's breeze.

#3: Photo timer app (to take lots of photos in a quick interval)

The key to getting great photos is **volume**.

You need to take *lots* of them—one every second.

Then you simply choose the best one of the set.

Ultimately, from any "shoot" you do, you should end up with hundreds of photos. Most of them will look terrible, but there'll be one or two that make you look like a million dollars, and then you use those.

So how do you take tons of photos (one every second) without a photographer?

Some phones and cameras have this capability built in. Others don't, and you'll need to download some kind of software to do it.

I use a free app called Photo Timer+ for this which works well for iPhones.

GETTING KILLER PHOTOS

STEP #3: EXECUTION

1. Location scouting

If you're hiring a photographer then he'll probably know some good spots you can go to.

If you're taking the photos yourself, however, then this is where you're going to need to do some brainstorming and some detective work.

2. Beautiful views

Try taking your picture somewhere with a nice view.

If you (or a friend) have an apartment with a nice view of the city, take a photo in front of the window, or on the balcony.

Go up to the roof of a building.

Find a hill somewhere.

Get creative.

3. Lighting is everything

Finding great lighting is the single most important part of getting good photos.

You need to find good lighting.

It doesn't matter how good you're looking, or how dope the location is.

Good lighting can make you look like a Hollywood movie star.

Bad lighting will make you look like a leper.

In any location you're shooting at, you want to find the spot with the best lighting.

Again, this takes some legwork.

4. The difference between good lighting and bad

To understand how important lighting is, try this:

Get your phone out right now, open the camera app, and put it on “selfie mode” so you can see yourself.

Now... walk around your house *very slowly*, while looking at yourself in the camera.

And notice how your face looks in the camera when you're standing in different spots.

If you do this, you'll find there's an **INSANE difference** in how you appear depending on the lighting.

There are places in my apartment which, if I stand there—the lighting will *literally* make my face look like I'm dying of a disease.

There's other spots where the lighting makes me look 10x more handsome than I actually am.

5. Lighting is magic

Photography is about lighting.

Finding the right lighting is literally *magic*.

This, more than anything else, is the key to getting photos that make you look ten times better than you really are (but without being deceptive by using filters or Photoshop).

So wherever you take your pictures, you need to spend about 10 minutes beforehand just walking around with your phone in your hand, and looking at how you appear on the screen in different places so you can find the best light.

6. Go with natural light

As a general rule for lighting, you want to go with *natural light*.

Occasionally, you may get a decent shot in unnatural light.

But generally try to go for natural light when starting out.

7. Don't shoot on sunny days

If you're shooting outside, do so on an *overcast* day.

If it's sunny out, this will magnify your flaws.

It's not good.

You want to shoot on overcast days. Grey skies.

If you have to shoot on a sunny day, then make sure you're standing in the shade.

8. The golden hour

The golden hour is the period of time shortly before sunset.

Film producers shoot movies at this time, because the lighting makes people look their best.

Always plan to shoot at the golden hour.

It changes depending on your location and the time of year, but you can find out when it will fall by searching Google for "when is the golden hour in [my city]".

9. Posing

Get good at posing.

Practice in the mirror.

Experiment with different poses.

Both in terms of facial expression, and how you hold your body.

10. What to do with your body

A good rule of thumb is that you want to make your body *asymmetrical* in some way.

You should never just be standing straight up in a picture.

This makes you appear rigid.

By making yourself asymmetrical, and leaning your body in different angles, it gives the photo a feeling of “movement”.

It makes it look more natural.

11. What to do with your face

I used to think you should have a relaxed face in photographs.

Intuitively, this makes sense.

You want to seem relaxed...

You don't want to make it look like you're “trying”...

So you should be as relaxed as possible, right?

Wrong.

It turns out that *actually* being relaxed will make you look like garbage.

If you want good photos, you need to learn to **pose like a motherfucker**.

In my best photos, I'm actually posing extremely hard.

All the muscles of my face are tensed, with great effort.

I *appear* to be completely relaxed, but actually I'm posing like Zoolander.

It feels silly to pose in photos. But this is one of those mental blocks you have to get over.

If you pose well, you'll look “relaxed”. But if you *actually* relax, you'll look like a potato.

12. Don't smile

Smiling in your photos will almost always make you look terrible.

You don't have to smile. And in most cases, you shouldn't.

The only exception to this is if you have an *extremely* handsome smile... pearly white teeth, dimples, etc... which, let's be honest, most guys don't. But that's not a problem.

Studies show women prefer photos of men who are looking away from the camera and not smiling. (Men, by contrast, prefer photos of women looking into the camera and smiling.)

If you have a picture of you where you're looking great, and you happen to be smiling—by all means use it.

But as a general rule of thumb, don't smile.

13. Take a shit load of photos

I mentioned this earlier, but it's important to emphasize.

You don't get a good photo by taking one.

You have to take a *shit load*.

This is a trick I learned from a girlfriend of mine who was big on Instagram.

Whenever she posed for a selfie, I noticed that she never just took one.

She would snap ten, twenty, even thirty different photos within the space of half of a minute.

This is also what professional photographers do.

You just keep snapping, snapping, snapping and take HUNDREDS.

Then later on, you go back and choose the best ones while deleting the rest.

14. 98% of your photos will suck

Understand:

The vast majority of shots you take are going to suck.

They are going to make you look ugly.

They are going to make you look foolish, unattractive and pathetic.

You are going to **CRINGE** when you look over your photos.

This is just the nature of the game.

15. Photography is a numbers game

With any “shoot” you do, you want to come home with about 100 photos or more.

If you have 100 photos, then 95 of those will probably make you look ugly.

But there’ll be 5 where you look at least okay.

And there’ll be two where you look like a movie star.

Then, of course, you take the best of those two, and you use THAT in your profile.

This is how *all* photography works.

So this is why it’s so important that, if you’re not hiring a photographer, you need to download an app like PhotoTimer+ which will automatically take a photo every 1 second or so while you’re away from the phone.

16. Photography is a psyop

Photos are not real life.

A high value guy can look low value in photos. And a low value guy can look high value in photos.

Everything is a psyop, including photography.

You can be handsome, well-dressed, fit, with a great haircut...

But in the wrong lighting...

Or with the wrong pose...

You will look like dog shit.

Like... *cringe-worthy* bad.

By contrast...

You can be an unattractive guy...

But with the *right lighting*...

The right clothes...

The right pose...

And (if possible) a professional photographer...

You can look like a million dollars.

17. Photography doesn't correspond to real life *at all*.

What shows up on the camera is not real life.

Just because you look good in real life, does NOT mean you'll look good in photos.

So even if you look good, you'll still need to bust your ass to get good lighting.

And just because you look bad in photos does not mean you look bad in real life.

This probably just means you haven't found the right lighting.

The photos never show you as you are.

Most will show you much worse than you are.

But a few will show you much better.

18. Get hundreds of pics, and cut all but the best

Remember—the whole secret here is that you're going to get hundreds of photos.

In most of them, you'll look absolutely terrible.

But in one or two, you will look cool, handsome, and attractive (much better than you actually look in real life), and then you can basically live off that photo forever.

19. Don't get down on yourself while taking photos

So from an "inner game" perspective, just understand this:

If you're taking photos of yourself, and they make you look low value... that does not mean you're low value.

You can be a high value guy... and still look low value in photos.

But by contrast, even if you're a "low value" guy... you can get photos taken which actually make you look *high value*.

So learn the tricks.

Experiment around with this a lot.

Or hire a photographer if you want a shortcut.

20. "Is all this work really worth it?"

When you're first getting photos taken to set up your profile, it can feel extremely overwhelming.

There's all kinds of tedious or even embarrassing things you have to do.

It can feel like a Herculean task, and it's common to resent the process

"Why should I have to do all this crap just to meet a girl? It's not fair."

I'm definitely no stranger to feeling like this...

But what you have to remember at all times is that...

21. Online dating is about "front-loading" all the work at the start so that you can be lazy later

Meaning, it's a shit load of effort, awkwardness, embarrassment and even money spent up-front.

But once you get set up with some killer pics and a juiced up profile—getting laid and getting pretty girlfriends basically goes onto **AUTOPILOT**.

That's the beautiful thing about this.

It's like a passive income investment.

Does it take a lot of work to set up?

Yes.

Does it require you to do some things that are embarrassing, uncomfortable and outside your comfort zone?

Definitely.

But once you've got it set up, you can coast.

22. New hotties every day

Just imagine opening up your dating app, and seeing match after match from new hot girls every day.

That's the reality for me now...

Despite the fact that I'm *not* a traditionally good looking guy.

And it's because I was willing to go through the initial "pain period" of getting great photos taken.

23. Total control over the first impression

The other huge benefit of getting this right is that *you have complete control over the impression you make.*

With online dating, you are able to show yourself at your very best.

You're in control of everything.

You get to choose what clothes she sees you wearing for the first time.

You get to have her see you with a fresh haircut, a tan, and a full pump on from the gym.

Essentially, you can *completely control* her first impression of you.

And that's huge.

I mean, how many times have you been walking down the street and you saw your dream girl, but you didn't approach her because you were having a bad hair day or something?

When you make the effort to get *outstanding photos*, it means girls are seeing you at your absolute best.

They're seeing you as you want to be seen.

This is the only way of meeting women that puts you in total control over the initial impression you make on her.

THE CHICK MAGNET ONLINE DATING PROFILE

PART II:

WORDS THAT MAKE HER WANT TO F*CK YOU

How to write your profile

In this section, we'll cover **how to write your online dating profile**.

On apps like Tinder and Bumble, this is known as your “bio”.

In Hinge and OKCupid, it's the answers you write to the prompt questions.

Three online dating profiles that landed me 9's and 10's

The best way to learn anything is by example.

So before we go any further, I am simply going to show you 3 examples of dating profiles I've written which I've had excellent success with.

I've used all of these profiles to pull a range of attractive girls—including a handful of 9's and 10's.

We'll begin with my most recent profile:

PROFILE EXAMPLE #1:
TINDER

Mike, 30

Occupation: criminal mastermind

Bio

The good:

- jacked
- tall
- brutally handsome
- 11th floor luxury apartment
- I know a lot of big words

The bad:

- alcoholic
- workaholic
- can't drive
- delusional narcissist
- addicted to looking in the mirror

Get out now while you still can

BREAKDOWN + ANALYSIS:

WHY IT WORKS

Occupation

Listing my job as “criminal mastermind” is obviously a joke... (ahem).

But it also creates mystery, curiosity and a hint of danger.

And importantly, it paints a picture in the girl’s head of me in a role that’s associated with power and dominance—i.e. *high value*.

Frame yourself as high value, but camouflage it with humor

This is something I’m very big on in online dating, and it’s a theme we’ll see continually throughout these examples:

You want to *frame* yourself in a role of high value (e.g. dominance, success, power, wealth, sexual experience)—but you want to **camouflage it with humor**.

In this case, the girl knows that me saying I’m a “criminal mastermind” is just a joke.

But on the *subconscious level*, she pictures me in that role. And that is sexually attractive.

So already, just with the occupation section alone, I’m demonstrating humor while also setting a **high value frame** simultaneously.

Very important.

Admitting the “negatives” of dating you

Now let’s move onto the overall profile...

The basic format I’m using here is to list out my positive qualities, followed by my negative qualities.

I’m basing this on a technique from advertising known as “**damaging admission copy**”.

This is where you state one or more real disadvantages of the product you're selling, because this builds your credibility and makes people much more likely to trust you when you talk about the product's benefits.

In this case, for example, the positive fact that I live in a nice apartment is balanced with the negative fact that I can't drive.

This has the psychological effect of greatly *strengthening* the appeal of the positive because it's more believable.

It also reduces a woman's skepticism.

No matter how positively you portray yourself, in the back of her mind, a woman is always thinking "*what's the catch?*"

"Ok, I like that he has XYZ going for him. But what's wrong with him? There has to be something..."

So by giving a real negative, like "can't drive", it fills that blank space in her mind so she stops wondering about it.

And ultimately, it allows her to weigh things up and say, "ok, well he's fit, successful, funny, etc, but the downside is he can't drive... Am I willing to take that trade? Hmmm... yeah, ok, I'll give this guy a try."

Balancing the elements

All the copy in this profile is balanced...

1. ***Workaholic*** is balanced with ***alcoholic***.

The impression of myself I'm trying to portray (which is true), is that I work very hard, I'm obsessed with my work, but that I also love to have fun, I like to party. I'm driven, but also not boring.

2. ***Luxury apartment*** is balanced with ***can't drive***.

If I had just mentioned the apartment, it would have created the impression that I'm bragging, self-qualifying and therefore, insecure.

But because I temper it with saying I can't drive, it removes some of the "sting" of bragging about my apartment. It creates the impression that "okay, this guy is kind of an arrogant douche, but at least he's honest about his drawbacks."

3. ***Jacked, tall and brutally handsome*** is balanced by ***delusional narcissist*** and ***addicted to looking in the mirror***.

With the latter, I'm showing the girl that yes, I'm arrogant and cocky, but I'm also *self-aware* enough to laugh at myself. I don't take myself too seriously.

Understanding female psychology

A good online dating profile demonstrates a *nuanced* understanding of female psychology.

You need to have a very good idea of what women *actually* want—which is usually not the same as what they *publicly say* they want.

For example, most hot women are attracted to guys who are a little bit cocky, arrogant, full of themselves, and even narcissistic.

They may not admit it. Many of them may not even be conscious of it.

But empirical experience teaches that being *cocky* and *narcissistic* will get you much further with women than being humble and self-effacing.

Why hot girls love cocky, narcissistic assholes

Women are attracted to narcissistic men because these men almost always tend to possess qualities like confidence, assertiveness, sexual experience and social dominance which outweigh any of the negatives.

This is why narcissists and assholes have no problem getting laid, and it's why having a cocky demeanor in your profile is attractive (assuming you do it *right*).

Playing with the contradiction

So there's often a big divide between what women *actually* want versus what they *say* they want, or what's socially acceptable for them to *admit* they want. And you can play with this in your profile...

Stating “positives” as if they’re “negatives”

For example, in this profile I put “alcoholic”, “workaholic”, “delusional narcissist” and “addicted to looking in the mirror” as **negatives**.

Because in mainstream, socially conditioned understanding—these things are “bad” or “unhealthy”.

In actual fact, however, I know that the type of women I’m trying to attract will all find almost *all* these traits positive—even if only subconsciously.

- I like party girls and women who live on the wild side, so when she sees “alcoholic”, that actually signals to her, “ok, this guy is probably fun and I’m not going to be bored with him.”
- “Workaholic” signals that I’m driven, ambitious and successful. All *good* traits—but I’m positioning them as if they’re bad.
- “Delusional narcissist who’s addicted to looking in the mirror”. In mainstream social conditioning, that’s bad. But as we’ve just seen, women are, in fact, sexually attracted to narcissist guys. So I know that by saying this I’m actually increasing her *emotional attraction* to me—even if logically, she might object. (Fortunately, logic and reason don’t play any role in who women choose to date.)

So the truth about this profile...

The “trick” to it that only a guy who’s experienced with hot women would be able to see...

Is that I’m actually stating almost *all* positive things about myself.

But I’m doing it under the cover of making a “balanced” assessment which talks about negative things as well.

The only *real* negative I state in this profile is the fact that I can’t drive.

And I put that there because honestly admitting a real negative gives everything else a lot more weight, believability and punch.

But if you understand female psychology on a nuanced level, then you'd know that almost everything I've put in this profile is actually *conveying high value*.

Yet I've done this in a **subliminal**, “roundabout” way that makes it look like I'm *talking myself down* instead of talking myself up.

And this gets at one of the big themes I want you to take away from this chapter, which is that you want to **convey value subliminally, or “obliquely”**.¹⁵

In other words—convey the positive things about yourself.

But do it in an **indirect** way that makes it look like you're not bragging or qualifying yourself.

There's many ways to *camouflage* your statements of high value.

- You can use **humor**.
- You can use **irony**.
- You can put a **verbal twist** on it (for example, saying “I know a lot of big words” instead of saying “I'm smart.”)
- Or you can **state the positive as if it's a negative** as I did here.

¹⁵ Oblique: not explicit or done in a direct way

PROFILE EXAMPLE #2:

HINGE

Mike, 30

Occupation: criminal mastermind

We'll get along if

You're a fit, fashionable, educated girl looking for a tall, jacked entrepreneur with a take-charge personality and an 11th floor waterfront apartment

Fact about me that surprises people

I'm not a drug trafficker and I don't have orgies with Instagram models every day. I'm really a nice, polite boy your mother would approve of. Promise...

The way to win me over is

extreme honesty + high heels

BREAKDOWN + ANALYSIS: WHY IT WORKS

Heavy “screening” frame from the start

“We’ll get along if you’re a fit, fashionable, educated girl...”

This is an example of establishing the Examiner frame in online dating.

It’s a big component of what makes this profile work.

Have a clear image in your mind of the type of woman you want to meet, then talk about that in your profile.

Your profile needs to do what’s called “**taking a position**”.

This is another term from marketing.

It means that you need to be clear about exactly *who* you’re trying to target—and then say things that are deliberately calculated to attract only that target market, while **deliberately repelling** people who are not in that target market.

Niche down

If you try to appeal to everyone, you will appeal to no one.

Know in advance what you’re looking for in a girl, and talk about it in your profile.

This applies both to the qualities you want in a girl, and also the kinds of experiences you would like to have with her.

Be able to clearly articulate what you want

I can describe what I’m looking for in a girl in detail over 5-10 pages.

But in this case, I’ve condensed it into 3 key words: fit, fashionable, educated.

Fit = I want a girl who’s hot, goes to the gym, keeps her body in good shape.

Fashionable = it’s important to me she dresses well, has good aesthetic sense; I *detest* basic bitches.

Educated = she needs to have a bachelor degree or higher. I need to be able to talk to her about the nerdy intellectual stuff I'm interested in or I'm going to want to blow my brains out.

Extreme honesty and high heels = more qualities I'm looking for in a girl. I like girls who are honest, raw, real, vulnerable and authentic. And I like girls who doll up in high heels and sexy outfits. So I'm letting her know those things.

It's all about frame-setting

All of it is setting the frame that *I'm the one* who she needs to change or modify her behavior to impress.

I'm giving her the blueprint for how to seduce me.

And that's all setting the frame that *I'm* high value, *I'm* the selector, and she's going to have to work hard to get in my good books.

Understanding your value proposition

Now let's look at this piece of copy:

"...if you're looking for a tall, jacked entrepreneur with a take-charge personality and an 11th floor waterfront apartment."

This is an example of being able to convey your **unique value proposition** in a condensed way.

I'm basically just listing the key "benefits" of dating me (at least from a superficial standpoint) and putting them in a short little line.

- "Tall and jacked" are self-evident benefits.
- "Entrepreneur" is a bit of an iffy word to use. Many guys who are unemployed say they're an entrepreneur. So I avoid this trap by also mentioning my luxury apartment, which solidifies in the girl's head "oh, ok, this guy *actually* makes good money". There's a *tangibility* to it.
- "Take-charge personality" is a key phrase. (I wanted to put "dominant, take-charge personality" but there wasn't enough space.)

This goes back to understanding the female psyche.

The biggest complaint you'll hear from women, again and again, is that guys they date are indecisive, wimps, not assertive enough, can't take charge, and aren't dominant enough in life or in the bedroom.

So by putting this here I'm indicating that I *understand* her subjective experience and what she's looking for, and I'm setting myself apart from the masses of guys who are clueless.

Conveying high status and sexual experience subliminally

"I'm not a drug trafficker and I don't have orgies with Instagram models every day."

This is Visualization. I'm painting an image in the girl's mind of myself in a high value role.

I'm framing myself as the badboy... the criminal... the man of mystery... the international playboy... the guy who women love having fun, adventurous sex with.

However, I'm doing this in the *negative*.

"Don't think of the color blue"

It's similar to how if I tell you "don't think of the color blue", you're forced to see blue.

If you tell a girl, "don't imagine me being chased through the streets by a dozen naked Instagram models, and don't imagine them tying me down and forcing me to have sex with them all", she actually has no choice but to picture that scene in her head.

Stating value through implication

So this line is painting a picture of me in her head as having all these sexually attractive qualities (criminal, mysterious, rockstar lifestyle, desired by beautiful women).

It's getting her to think about me in a sexual context. And it's subliminally framing me as high status.

Because what's the implication?

The implication is that people *assume* I'm a drug trafficker and that I have orgies with models.

What does that say me about—assuming she believes it?

It implies that I'm an extremely high status guy with a lot of money and a lot of beautiful women in my life.

So this is an example of establishing a high value frame through **implication** rather than stating it overtly.

Camouflaging the statements of value

However, to avoid coming off as insecure or self-qualifying—this is all done under, not one but *two* layers of “camouflage”:

1. The first is **humor**. There's *plausible deniability*, because I can claim I'm just “joking around” and that this line isn't meant to be taken seriously.
2. The second is **negative suggestion**. “Hey, I said I *don't* do those things. So you can't get offended with me for something that I don't do.” “Look, I said DON'T think about blue. If you're imagining blue right now then that's your own fault!”

Pretending to be “good”

“I'm really a nice, polite boy your mother would approve of. Promise...”

Again, this line is rooted in a nuanced understanding of female psychology that only a guy who's good with girls (read: high value) would have.

Do women actually want a “nice polite boy their mother approves of”?

Is that what makes their pussies wet?

No.

Women want the badboy. They want the asshole. They want they guy who they're *not supposed* to want.

That's who turns them on, and that's who makes them wet.

So I'm using **sarcasm** and **irony** here to convey that I *understand* that, and that I'm not like the clueless shrimps she normally has to put up with, and who aren't "in on things".

I'm positioning myself in the role of what we both know she *actually* wants (the badboy, criminal, drug dealer, guy who fucks tons of beautiful women), but which is socially unacceptable for her to *admit* she wants.

Yet again, to avoid being too overt about this, I'm doing it in the negative.

"No, no, I promise... I'm good..."

Wink wink.

PROFILE EXAMPLE #3:
HINGE (OLDER)

Mike, 28

Occupation: stripper

Ideal first date

Robbing a liquor store together

My greatest strength

Unbelievably handsome and intelligent, body sculpted by God, but above all my humility

I'll fall for you if

you're smart, nerdy, submissive, opinionated, extremely well-read and a bit of a slut

BREAKDOWN + ANALYSIS:

WHY IT WORKS

Use roleplays to paint an “us” picture in her mind

“Ideal first date: robbing a liquor store together...”

This is classic Visualization just as we discussed in the psyops section.

Anything that puts an image in the girl’s mind of **you and her together** is good.

You want to get her thinking about “us”.

Picturing us together...

Imagining you and her doing things...

Breaking rules together

And it’s even better in this case because the roleplay in question implies we’re ***getting into trouble together*** and ***breaking the rules***.

This in turn implies adventure, recklessness and spontaneity—all great frames for getting to her to come on the date, and for sleeping with you fast.

So on a subtle level, this positions me as the badboy and it frames me as the guy girls fuck on the first date, not the beta male who they make wait.

It also sets in motion that “us” dynamic and gets her picturing us together which is so effective in online dating.

Using humor to take the edge off cockiness

“My greatest strength: Unbelievably handsome and intelligent, body sculpted by God, but above all my humility...”

Again, I am using humor here to *camouflage* stating value overtly.

I'm showing I'm the cocky asshole she wants, and that I'm good looking,¹⁶ smart and fit.

But I'm then *softening* all that cockiness with the final words "...but above all my humility."

It's funny because it's obviously ironic, and it shows that I'm "in on the joke".

Yes I'm a cocky asshole, but I'm also *self-aware* that I'm a cocky asshole, and I'm not taking myself too seriously.

So again, this allows me to **covertly brag about myself**, while getting away with it.

Simultaneously, this line also demonstrates that I have a sense of humor.

And that means she's likely to *actually enjoy going on the date* with me—which is an extremely important thing your profile needs to convey.

Screen, screen, screen

"I'll fall for you if you're smart, nerdy, submissive, opinionated, extremely well-read and a bit of a slut..."

Again, we're back with a heavy "examiner" frame which is so key to establishing your value.

I'm telling her what I'm looking for in a polarizing way.

I'm stating the qualities she'll need to have for me to consider dating her.

What's the frame?

"I'm the higher value person here. You're the lower value person. And I'm the one judging and evaluating you."

It sounds harsh but if you don't take that frame, then she will—so screen her before she screens you.

¹⁶ I'm actually not that good-looking. But the key to this is that **women don't want guys who are good-looking, so much as they want guys who believe they're good-looking**. In other words, women are more attracted to an average-looking guy who's delusionally certain that he's handsome than they are to an actually handsome guy who lacks confidence in himself.

Contrast and balance

There's a lot going on here that makes this line work.

First, there's a nice contrast of "offensive" things with "politically correct" things.

On the more offensive and polarizing side, we have words like "submissive" and "slutty"—both qualities I'm looking for.

But it would be offensive or in bad taste to just say that outright.

So by balancing them with saying I'm looking for a girl who's "smart, opinionated, well-read" I'm showing, yes I want you to be my slut, I want to dominate you sexually, but I also want you to have a brain, I want you to have opinions, I want you to be smart and interesting and well-spoken.

And that's a lot easier to digest...

Female psych 101

Again, this also works because it shows I have a *nuanced understanding of female psychology*.

(Hopefully by now you're noticing that's a major theme here.)

Most smart, educated girls who are "feminists" feel an inner contradiction in themselves between wanting to be seen as "independent" versus submitting to a strong man.

They find submission sexy, and they can't orgasm without it.

But it contradicts the self-image they want, which is that of a powerful woman who doesn't need a man.

So with this line of copy, I'm demonstrating a *nuanced understanding* of how she has both of these sides of herself within her and she wants to play both of these different roles at different time.

And what does this imply?

It implies *I've been with a lot of women*, because only a guy who's very sexually experienced would have this nuanced understanding.

And if I've been with a lot of women, *that* in turn implies that *women must find me attractive*.

Are you starting to see how this works?

The core message I'm always trying to communicate is: "Women find me attractive."

But if you just outright said that, it wouldn't work.

She wouldn't believe you.

But by saying things and using certain language that *implies* I've been with a lot of girls, **she comes to that conclusion on her own.**

She thinks:

"This guy must have been with a lot of girls. Therefore women must find him very attractive."

And because she reached that conclusion *herself*, she'll deeply believe in it.

Which she wouldn't if I had just told her that.

WARNING: beware using offensive language in online dating apps. ("Do as I say, not as I do...")

A quick note on my use of the word "slut" here...

Slut is obviously a polarizing word many people find offensive.

It's very effective in this context because anything shocking or polarizing shows you're not afraid to offend, and this implies you're a high status man.

Also the fact that I'm using the word slut as a positive quality implies a lot of good things about me to my target demographic—it implies I'm good in bed, non-judgmental, and have been with a lot of girls.

All of which is attractive to the type of woman I'm targeting.

HOWEVER:

If I was using this profile now, I would probably put "sl*t" or "slvt" instead or using the uncensored word slut.

Not for fear of offending the girl.

But simply because dating apps are becoming very restrictive and censorious these days and will often ban your profile if you say something that is even *slightly* “politically incorrect”.

Online dating apps are “ban-happy”, so be careful

I suspect that even just having a word like “slut” in the profile could possibly get your account flagged, sent for review and then banned.

Of course, in the context you can see I’m using it in a positive sense—but that doesn’t matter to these apps.

Most of the censoring is done by algorithms anyway, so your intent doesn’t matter.

All it picks up on is “wrongthink” ==> ban.

Very important point to bear in mind with online dating.

The things you can say online are SEVERELY limited by the constraint of censorship. (This is the main reason I prefer cold approach.)

So be edgy and polarizing where possible, as it will attract the girls

But it’s a fine balance between being edgy enough to be attractive, while not being so edgy that you risk getting your account banned.

35 EXAMPLES OF ATTRACTIVE ONLINE DATING PROFILES ¹⁷

Chick Magnet Profile

Secret Ingredient #1:

Screen her on the qualities you're
looking for in a girlfriend

It sets the frame that you're a high value, discriminating and selective man, and she's the one who needs to work to impress you.

Examples:

The key to my heart is

Lifting weights instead of using cocaine to stay skinny

I go crazy for

educated ass bitches

I want someone who

¹⁷ The following examples are a mix of lines and profiles I came up with myself, as well as a few I found in various places around the web. Unfortunately the original authors of many of these are unknown and therefore I have not always been able to give credit where it's due.

is a human female... that would be a start. Bonus points if you're educated, fit, fashionable, funny, bright, ambitious and adventurous

The way to win me over is

No underwear

We'll get along if

You like being told what to do

Chick Magnet Profile

Secret Ingredient #2:

State high value things about yourself,
but camouflage it with humor

This allows you to convey high value without qualifying yourself and seeming insecure.

Examples:

(About Me)

please be patient. I have a lot of messages

I want someone who

values me for my inner beauty and not just my chiseled good looks, 6 figure bank balance, shredded abs and throbbing vascular arms

The award I should be nominated for

biggest c*** for a white boy, most likely to end up in jail for white collar crime

Fact about me that surprises people

I am often questioned by the police, not because I've committed any crimes but simply because they find me so interesting

[Credit: Dos Equis guy advertisement]

A shower thought I recently had

Trying to fit five people in this shower was a mistake

I take pride in

Knowing a lot of big words. Living in a fancy shmancy apartment on the 11th floor. Being totally f*cking jacked. Making time to see my parents

Unusual skills

Turning my ideas into money. Lifting heavy things and then putting them down again (and then lifting them again). Voodoo

(About Me)

Respiratory Therapy Student

Cute enough to take your breath away, smart enough to bring it back

(About Me)

To the girls over 30: I'm an anesthesiologist looking to start a family. To the girls under 30: I'm hung and breed labrador pups

What if I told you that

I deliberately made my profile as obnoxious as possible because I was getting too many matches. Gotta thin the herd

A social cause I care about

No income tax for beautiful people

Chick Magnet Profile

Secret Ingredient #3:

Paint "word pictures" in her mind that get
her to imagine you together

The brain can't distinguish between reality and an imagined thought or image. If you get her to imagine something vividly it's the same to her unconscious as if she actually did it.

Examples:

Together, we could

plant a tree. have a picnic. drink margaritas. host a dinner party. be a power couple. get in trouble. make love. have a nap. be hashtag couple goals

I'm convinced that

you and I are going to make a very cute couple

I want someone who

I can get high and talk about conspiracy theories with at 2am

I'm weirdly attracted to

fashionistas. models. vsco girls. mena baddies. blondes. PAWGS. art hoes. goths. MILFS. girls in tennis skirts. the girl next door... and you

Chick Magnet Profile

Secret Ingredient #4:

Humor for its own sake
(use sparingly)

It shows the girl she'll actually have fun with you if she decides to meet you for the date.

Examples:

The first thing people notice about me

Unarmed white male approximately 25-35 with brown hair and brown eyes, proceeding east bound on the 22

[Credit: Jeffrey Allen]

Unusual skills

Using black magic to assassinate my haters

A social cause I care about

I believe in taking care of myself, and a balanced diet, and a rigorous exercise regime

The best way to ask me out is by

Getting one of those planes that write messages in the sky with the smoke. Environmentally unsustainable? Perhaps. But you have to stand out somehow.

(About Me)

I'm the kinda guy you can take home to meet your mom. She'll think I'm super funny, and charming... and cute, but actually kind of sexy at the same time? She falls in love with me. I.. think I feel the same way. We get married. I'm your dad now.

I confront you, "young lady why are you on Tinder?" You are now grounded.

(About Me)

great ass, ok personality

(About Me)

I am a bare-chested douchebag, completely self-absorbed, with little or no redeeming qualities. I have a gold iPhone 5s. Hit yes.

[Credit: Jeffrey Allen]

(About Me)

If you like water, you already like 72 percent of me

(About Me)

I once held hands with two girls at the same time

(About Me)

It is imperative that you read this.

I am your husband from the year 2040. After a tragic accident claims your life, I was filled with an impossible amount of grief. Using all my funds and resources, I have built the world's first time machine in an attempt to save your life. In order to keep the natural timeline intact, we must match on Tinder in 2017. I hope you do the right thing — for yourself and the fate of the universe. Send nudes.

(About Me)

I like to pick up heavy things and put them down repeatedly. I spent 4 years patching people up. I used to get punched in the face competitively. I went to mime school. Also, I'm 4' 7", I've been married 13 times and I have 94 kids. I hope that's not a problem. I'm basically just here to recruit people for my cult.

(About Me)

I walk around like everything is fine, but deep down, inside my shoe, my sock is sliding off

(About Me)

I'm 7'2" and a billionaire, I'm also extremely honest, let's get married and have lots of babies

(About Me)

I am a 25 year old male, and like most 25 year old males, I enjoy a wide variety of activities.

I begin each morning by running 3 miles, downing a protein drink, and then punching a tree. Usually, the tree is destroyed from one punch. Sometimes it requires two. But very rarely.

[Credit: Jeffrey Allen]

(About Me)

I am employed full time, and I live by myself, and I don't have any names tattooed on my body.

I don't smell offensive. I don't have a probation officer. And I don't have any baby mama drama.

Your mom would consider me a nice young man.

[Credit: Jeffrey Allen]

WARNING

If you're going to "copy and paste" lines from this course to use in your profile, search them in quotes in Google first to make sure they don't come up in search results.

Like I said, most of the above lines are original content which I came up with personally... and so they shouldn't be burned out.

But a few of them I swiped from the internet... and so if the girl Googles them, she'll see you copy-pasted the line from elsewhere and it's game over.

To be on the safe side, slightly change the wording of any lines you swipe from this program.

That way, it won't show up in Google and there'll be no way for her to figure out that you didn't come up with it yourself.

This also applies to any messages you send her (covered in the next section).

I recently had a girl flake me for a date just hours before because she Google searched one of the lines I used and it showed up in a post on a PUA forum from 2012.

The URL of the site in question was (I'm not joking)... *manwhore.org*
facepalm

I won't make that mistake again.

Now, whenever I use a stolen line, I always change the wording slightly so it can't be tracked.

Make sure you do the same!

And at bare minimum...

If you're going to steal a line without changing it at all, Google it in quotes first to make sure there's no other results for it.

HOW TO WRITE YOUR PROFILE:

SUMMARY OF KEY POINTS

1. The overall tone

The overall tone you're going for with the profile is one of ***light fun***.

It should be humorous and funny wherever possible.

Cut out negativity or complaining of any kind.

Avoid being overly “deep”.

Remember—more than anything else, **the ultimate goal of the profile is show the girl that if she meets you for a date, it will be fun for her.**

So keep it light.

Keep it playful.

Keep it funny.

2. Don't get too cutesy—keep it relevant

At the same time, don't be too “cutesy” with your profile answers.

This is a major mistake many people make.

If you search Google for “good Tinder bios”, or “good Hinge answers”, almost everything they recommend is garbage.

This is because it's too focused on just being funny, cutesy and trying to make people laugh—but it's often not *relevant*.

Along with being funny and humorous, your bio also needs to be RELEVANT to the topic of dating you.

Your profile answers should primarily be about ***you and her***.

They should paint a picture in her head of what ***what dating you is going to be like***.

And they should establish that you're ***high value*** in some way, and that dating you is therefore going to be a “win” for her.

Avoid self-deprecating humor unless you really know what you're doing.

3. Convey that you're high value

Your profile should convey that you're a **high value man**.

It should show the girl positive traits about your life.

Ask yourself: what are the top 3-5 qualities I'm trying to convey?

Then figure out ways to convey these *obliquely*.

4. Show, don't tell

For example, don't say "I'm funny".

Actually *be funny* in how you answer the questions, and the girl will see you're funny.

Don't say "I'm successful" or "I make good money".

Instead, say things that *imply* that, and let the girl come to that conclusion herself.

5. Put a verbal "twist" on things

Another way to convey value obliquely is to put a twist on it.

For example, instead of saying "I like to travel" (which is boring and unoriginal) you can say something like "I like to collect stamps on my passport".

Instead of saying, "I love the gym", you can say, "I like to pick up heavy things and put them down again."

Instead of saying, "I'm smart", you can say "I know a lot of big words".

Putting an interesting verbal twist on things allows you to convey value without being boring and unoriginal.

The purpose is to stand out from the masses of mediocre profiles who are all saying the same cliched things in the same cliched ways.

8. Use humor to camouflage bragging

Your profile needs to tread a fine line between conveying high value traits without seeming like you're bragging or qualifying yourself.

When you state high value traits overtly, they become low value.

For example, saying "I'm rich", or "I'm successful" turns girls off because you're qualifying yourself, and this indicates *insecurity*.

At the same time, if you're successful, you *do* want to convey that.

So how do you avoid the trap of conveying high value without being self-qualifying?

The simple answer is that you **camouflage** statements of high value using humor and irony.

For example, "My greatest strength: Unbelievably handsome and intelligent, body sculpted by God, but above all my humility"

I'm stating good things about myself (handsome, smart, great body).

But because I do this in the form of an *ironic joke*, it takes the edge off it.

9. Demonstrate a nuanced understanding of female psychology

A dating profile is an advertisement for dating you.

And to write a great advertisement, you need to have a deep understanding of your target market.

You need to understand their wants, needs and desires *better than they understand them themselves*.

Your profile should demonstrate that you understand female psychology, and what women *actually* want—which is often very different from what they *say* they want.

This shows that you're experienced with women and have dated a lot of girls which is, in itself, a high value trait.

An example of this is to portray yourself as cocky, arrogant, self-loving and narcissistic.

Women will never say they want a “narcissistic” or “cocky” man. If anything, they’ll profess they want the opposite.

Yet their actual behavior tells a different story.¹⁸

And field experience teaches that portraying yourself as being “in love with yourself”, cocky, and even delusionally narcissistic consistently attracts women rather than repelling them.

11. Screen her on qualities you want

Be polarizing by screening girls on traits you’re looking for.

It implies that you must be high value and have a lot of options.

You will alienate some girls who don’t fit the criteria, but the ones who are compatible with you will be 10x more attracted.

12. Be polarizing

If you try to appeal to everyone, you will appeal to no one.

Your profile needs to do what’s called “**taking a position**”.

This is a term from marketing and advertising.

It means that you need to be clear about exactly *who* you’re trying to target—and then say things that are deliberately calculated to attract *only* your target market, while **deliberately repelling** people who are not in your target market.

13. Know what you’re looking for

Know in advance what you’re looking for in a girl, and talk about it in your profile.

This applies both to the qualities you want in a girl, and also the kinds of experiences you would like to have.

¹⁸ In psychology, this is known as the difference between *revealed preferences* and *stated preferences*. And it’s one of many reasons that most so-called psychological “science” is garbage and shouldn’t be taken seriously—because it’s based on asking people things in surveys instead of measuring their actual behavior.

10. Paint “word pictures” in her mind that get her to visualize dating you

The mind can't tell the difference between imagination and reality.

Use your profile text to plant pictures in the girl's mind of you as a high value, attractive or powerful man.

Paint pictures in her mind of you and her together.

Make the benefits of dating you vivid and tangible in her mind. Get her visualizing you as her boyfriend.

CHAPTER VIII:

MESSAGING MAGICK

How To Text A Girl You Met Online To Get Her To Meet You For A “Sex Date”

At this point, you’ve set up your **pictures** and your **profile**.

And if you put effort into it, you should now be getting some good matches.

The main thing you need to understand with messaging is that *the heavy lifting is already done*.

You’ve already conveyed value through your profile and pics.

And if the girl has matched with you, you should assume “it’s on”.

She already likes you.

She’s already interested.

So you don’t need to “sell her” on liking you in your texts.

You don’t need to impress her in any way, or “convey high value” to her.

The only purpose of the messaging is:

1. to create a feeling of rapport, comfort and connection with the girl, so she feels good about meeting up with you
2. to arrange the details of the date

The formula for messaging girls online is very simple:

Step #1: Open

Step #2: Banter

Step #3: Pass her tests (if necessary)

Step #4: Close

STEP #1:

OPEN

How to craft your first message

In this section, you'll see examples of how to get the conversation started with a girl you've matched with online.

Just as with real life approaching, the most effective opener is natural, spontaneous, specific to that girl, and not “scripted” in advance.

Girls can sniff out a “scripted” opener from a mile away.

And while it's not the worst thing in the world, it will get ignored far more often than a natural opener that has been “customized” to that girl.

However, if you can't think of anything to say to that girl based on her profile —then a pre-scripted opener is better than nothing.

And so we'll see examples of both.

PLAN A:

CREATE A “CUSTOMIZED” OPENER

So, you open your dating app one day, and you see you've got a new match.

She's cute and sexy, and you'd like to meet her.

How do you start the conversation?

The best strategy by far is to look at her profile, her pictures and her bio, and try to find something specific you can comment on.

For example:

- You can **compliment** her over something in her profile
- You can **tease** her over something.
- You can combine a compliment and a tease in the same statement, i.e. with a “**push/pull**”.¹⁹
- You can ask her a **question** about something in her profile.
- You can make a flirtatious “**cold read**” about her. That is, you can try to guess what she’s like in some way, or state something about how she comes across to you.
- You can **get her imagining “us”** by linking something she says in her profile to the idea of you and her doing that thing together. (For example, if she has a picture of her skydiving, you can say, “so when are we going skydiving together, Annie?”)

Custom opener example #1:

This girl had a picture of her in which she looked kind of bitchy and aloof, so I liked her pic, then left the following comment:

Me: I like the look of general disdain on your face

Girl: I take after my mum and look for a man with a waterfront property
[she’s referring to my profile here]

Girl: Your eyebrow game is almost as good as mine

This isn’t the best opener in the world, but it did the trick and got the conversation started, which is all that matters.

Notice that this is a gentle **push/pull**.

¹⁹ Note, however, that in online dating, your “pushes” should be far milder than what you’d use in real life. A little goes a long way.

“I like...” = a compliment (pull).

“The look of general disdain on your face” = a tease (push).

Custom opener example #2:

This girl’s profile mentioned she’s looking for a man she can have “intellectual conversations” with.

Me: So what kinds of intellectual conversations are we going to be having together

Girl: Haha depends on if you can keep up babe 😂

In this case, I take something from her profile—and I link that to the idea of “**us**”.

I’m getting her to imagine me and her together, and any time you find an opportunity to do that, it’s always good.

Notice also that despite being a “question”, this opener works perfectly.

This goes against the common advice which is not to ask questions.

But questions are fine, so long as they’re *specific* to that girl and to something about her profile.

Asking her boring, generic questions like “what you up to?” or “how’s your day?”, on the other hand, will rarely get a response.

Custom opener example #3:

This girl was an alternative / goth / “Harley Quinn” type with lots of tattoos.

Me: You seem like the type of person who will fuck my life up and I’m into it

Catt invited you to start the chat

Me: Well I feel the chemistry in the air is palpable. Hi I’m Michael

Girl: I feel like you’ll quicker fuck up my life, I’m boring as shit 😂

Me: That can be arranged

This is another example of using a **push/pull** as the opener.

“You seem like you’ll fuck my life up” is a push.

“...and I’m into it” is a pull.

Notice also the use of what I call a “**re-opener**”.

The girl didn’t respond to my initial open, but she did invite me to start chatting.

So in this case, I followed up with *another* opener. (This second one is a pre-scripted, general opener which works in all situations.)

It is very important to have a **stack** of openers on hand which you can use.

This way, if the girl doesn’t respond to one (or if she gives you some bland one-word answer), you can just keep hitting her with re-openers until she gives you something you can work with.

Custom opener example #4:

This was another heavily tattooed girl with an “artsy” type look.

Me: I like your aesthetic

Girl: What’s my aesthetic then

Me: Biker gang ink meets effortless Parisian chic

Me: We have no choice but to stan

Girl: Good description

This opener is a classic **compliment**: “I like your ____”.

Personally, I’m actually not a fan of this one.

It did its job and got the conversation started... but it’s a bit too “flat” for my taste.

The girl responded with a test, and I then passed it by describing her aesthetic very aptly.

Custom opener example #5:

In her profile, this girl had said (rather mysteriously) that her hobbies included “political extremism”.

Me: So what kind of political extremism are you into. Left wing, right wing, or are you just down for whatever so long as it’s sufficiently extreme

Girl: The latter really, also it depends on how my hair looks when I wake up and how much milk I have left in the fridge... These variables really effect my decisions

This is another example of using a **question** about something specific in her profile as the opener, while showing some wit and banter.

Custom opener example #6:

This girl's profile said she was originally from Albuquerque, New Mexico and that she worked at Facebook.

Me: God you're from the hometown of Walter White, AND you work at Facebook? I don't know which angle to make fun of you about first

Girl: Definitely the latter

Girl: Never seen breaking bad

Girl: And the latter is more deserving

Me: Well zuck always loses to me at poker at the secret Illuminati parties so there's that

Girl: Ooh not so secret anymore

The line about Zuckerberg losing to me at poker at the Illuminati parties is an example of Visualization.

Aside from being humorous and relevant to her job, it also ***paints a picture in her mind*** of me in a high status situation.

Just as painting "us" pictures is always good, painting pictures in her mind which portray you as high status, cool or mysterious in some way are also great, too.

Custom opener example #7:

Me: You look way too pure and innocent for me. I'm worried I will lead you into a life of sin

Girl: Haha well looks can be deceiving. innocent and pure till I'm not 😇

This is a **cold read**.

I looked at the girl's profile.

I asked myself:

How does she strike me?

What are a few words I'd use to describe my first impression of her?

She was blonde, blue-eyed, young looking, and seemed quite innocent so I went with that.

Your cold reads don't need to be accurate. There's no penalty for taking a guess about what the girl is like and getting it wrong.

The whole point is to just to say something.

In this case, notice also that this particular cold read set ups a very useful frame.

I'm implying and hinting at sexuality from the very beginning.

But I'm doing it in the *negative*.

I'm not saying "I want to fuck you"—which would be crass and offensive.

I'm *alluding* to that fact, but I'm doing so in a classy and indirect way which leaves me plausible deniability.

Custom opener example #8:

This girl mentioned in her profile that her hobbies included "coffee, beach walks and crystals".

Me: I'm down with coffee and beach walks... not sure about the crystals though. Hope you don't use them to put a love curse on me

Girl: Well I mean I could if I wanted to 😂

In all the examples I've given here, I think this is perhaps the most "technically perfect" opener I've ever delivered over online dating.

It has everything...

- It references specific things in her profile, so she knows this can't be a scripted line.
- It's a push/pull. ("I'm down with coffee and beach walks" = pull, and getting her to imagine us together. "...not sure about the crystals though" = push.)
- It misinterprets something in her profile to set up the **frame** that *she's the one who's trying to seduce me*

"Hope you don't use [the crystals] to put a love curse on me" is a textbook example of **Inversion** through *misinterpretation*.

The fact that she's into crystals has, on the face of it, nothing to do with me. But I've reinterpreted it to make it relevant to relationships, romance and sex. And by implication, what does this say about me?

If my first thought on seeing that she's into crystals is that she's going to try to put a love spell on me—that *implies* I'm the type of guy who women become obsessed with.

So this opener is *subliminally* building my value in her perception, through implication and inference.

This theme of her casting love spells was also useful later on.

I called back to it when I was setting up the date, as you can see below:

Me: I could possibly come up to [her area] this weekend to hang out, but only if you pinky swear not to use your voodoo on me

Her: Hmmm I can't promise but il try 🤔

Custom opener example #9:

Me: You seem very small. I wonder if I could lift you above my head like a human barbell

Girl: Pretty sure you can

Girl: About 100 pounds tho

This was a tiny Asian girl.

This joke about me using her as a human barbell paints an image in her mind of me and her together, which is light-hearted and humorous.

It also draws her attention to my strength and muscles and manly qualities.

And it contrasts this with her being small, petite and feminine.

Women love feeling “small” and “girly”—especially in contrast to the man they’re with.

So I’m painting that image in her mind, because I understand that this is something women tend to find attractive.

Custom opener example #10:

I liked this girl’s photo on Hinge.

The next morning, she had liked me back.

On Hinge, however, you can actually see the precise time that people took an action like this.

I noticed she had liked me back at 8:30am in the morning.

This is quite unusual, as most girls do their online dating swiping and messaging late at night.

Me: Up bright and early on the hinge grind at 8:30 in the morning I see

Me: Respect

Girl: Well I knew you were waiting for me Mike, so I had to get to it.

Me: That's good, I like a girl who puts me first, especially if she's dressed like an angel, looks cute in a bikini and has a mind for engineering

This is a classic example of a **tease**.

I'm lightly poking fun at the girl for doing something that's a little bit "low value".

While there's nothing wrong with the fact that she's checking Hinge first thing in the morning, it is just a *little* bit embarrassing for her—so I'm calling her out on that in a playful way.

This is really nice because it establishes a frame that I'm (implicitly) higher value than her, and that she was so eager to meet me that she liked me back right away.

Of course, all of this is done through **implication**, not stated overtly.

Now, notice what happens next.

This is a classic example of *misinterpretation*.

When she says, "Well I knew you were waiting for me Mike, so I had to get to it"—she is clearly being **sarcastic**.

And of course, I know she's being sarcastic and isn't serious.

But I then choose to *misinterpret* her sarcastic statement **as if** it was sincere:

"That's good, I like a girl who puts me first."

And so with this, I'm hammering in the frame that she's the one trying to win me over *even more*.

However, I soften this by turning it into a push/pull.

I list a few things I like about her that are taken from her profile:

"That's good, I like a girl who puts me first, especially if she's dressed like an angel, looks cute in a bikini and has a mind for engineering."

So here I'm complimenting her (qualifying her) on all these things.

Notice here that there's a nice balance between complimenting her on her body ("looks cute in a bikini") versus complimenting her on her intelligence ("mind for engineering").

I find it's extremely effective to qualify girls on their non-physical characteristics, so I do that here in my comment about her being an engineer—which I find attractive.

Yet I also slip in the line about her looking good in a bikini—which implies sexuality.

But because it's "sandwiched" between these other comments, it goes in much more *under the radar*, which is always better when you're making a somewhat sexual comment.

PLAN B: USE A GENERIC PRE-SCRIPTED OPENER

Sometimes it's just not possible to think of an opener which is specifically customized to the girl's profile.

In this case, I will default to using a "generic" pre-scripted opener.

Your chances of success with these will usually be lower, but it's better than doing nothing.

Examples of generic pre-scripted openers I've had decent success with include:

- So I looked at your thing, you seem pretty good*
- Well I feel the chemistry in the air is palpable. Hi I'm Mike* *(note: this obviously only works if you matched with the girl beforehand)*
- Hi I like your face, you seem pretty good
- You're actually kinda cute, I'd hold your hand in public

And here are some real examples of how I've used these:

(After matching with a girl)

Me: Well I feel the chemistry in the air is palpable. Hi I'm Michael

Girl: Ha. Hey Michael how's your weekend going?

Me: Currently laying nude on my balcony tanning my ass, and have plans to go hang out and drink cans in portobello

Me: The future is bright

Girl: I presume you live on your own so 😂 ha nice. Doing the same but going to grand canal I think

Me: So I looked at your thing, you seem pretty good

Girl: My thing?

Me: Yeah I like your look

Girl: why thank you

* Credit to Jeffrey Allen for these lines. If you want to go deeper on online dating, I strongly recommend you check out his course *The Program*. It is a masterpiece and has informed much of how I approach the online game. (Search "the program rsd jeffy" and it should come up.)

Me: What are you studying in Trinity?

Girl: Deaf studies! so quite random

Me: You have such pretty hair, will you go to the prom with me

Girl: Of course I will

(I like girl's photo of her wearing cat ears and makeup)

Girl: Hey hows you ? 😊

Me: Perfect

Me: So I looked at your thing, you seem pretty good

Girl: Thank you 😊

Girl: So how's your crime life going or do you have a legit job too? 😊

Me: Life of crime is paying off big time. You should come do a heist with me sometime

Me: With your cat outfit they'll never recognize you

Girl: Might take you up on that offer

Girl: The working life is very boring

(After matching with a girl)

Me: Well I feel the chemistry in the air is palpable. Hi I'm Michael

Girl: Hahahaha the criminal mastermind got me what can I say

Me: Well clearly you have excellent taste. Are you adventurous?

Girl: I mean evidently. Ditto for you too honey okurrr

Me: Hey I looked at your thing, you seem pretty good

Girl: you looked at my what :)

Me: Don't be vulgar

Me: I like that you're into art and psychology

Me: Were you always smol or did you cast a spell to become that way

Girl: Hold on a sec...

Girl: I'm not at all! I'm wondering what you looked at

Girl: What you were referring to like

Girl: Big fan yeah! Are you :) ?

Girl: ;) nah petite life yeh

(After matching with a girl)

Me: Hi I like your face

Girl: Thanks

Girl: Appreciate it

Me: Let's get black out drunk

Girl: Down

Girl: But not sleeping with you

Me: Of course not, I have to be wine and dine first

Girl: Good answer

STEP #2:

BANTER

So at this point, you've matched with the girl, you've messaged her, and she's responding.

What now?

You now enter the phase of the conversation I call “**fluff talk**”, or **banter**.

“Fluff talk” refers any communication that *doesn't have a logical purpose*.

It's where you're chatting with the girl simply to:

- build the vibe
- have fun
- get to know each other
- show your personality
- show your sense of humor

This is a crucial phase of the interaction, and it's the place where most guys go wrong.

Banter balance

In texting women, there's a critical **balance** needed with your banter.

On one hand, you need *enough* banter to make her feel comfortable with you.

But on the other hand, you can't have so much banter that the interaction starts to lose focus and becomes like a “pen pals” situation.

Many guys make the mistake of letting the texting go on too long without ever *getting to the fucking point*.

You're here to meet this girl on real life.

You're NOT here to text her.

You're NOT here be her internet pen pal.

So once you're in a conversation with her, you need to start moving towards the close relatively quickly.

However, if you move to the close *too fast*, that also tends to fall flat.

I have found that the perfect balance is usually somewhere between 3-10 messages back and forth, before I begin setting up the close.

Sometimes the banter will go on longer.

Sometimes you'll start to close almost immediately after your opener.

But in general...

After opening the girl and getting a response, aim to get some banter going between you that lasts for around 3-10 messages, and *then* once you've established that rapport, start setting up the date.

So now the eternal question:

What the fuck do I actually talk about with her?

What do you say?

What conversation topics can you bring up that will get some back and forth going?

There are no hard and fast rules here.

But a few conversation starters (and restarters) that I've had success with include the following:

- You can ask her a **question** about something in her profile. (This is most effective if the question has a subtle undercurrent of **screening** to it.)
- You can ask her simple “**yes / no**” **questions**. For example, “do you drink, smoke, have any tattoos?”²¹
- A little later, you can ask her more **general questions** about herself, such as “what’s your biggest weakness?” or “if we were boyfriend and girlfriend what would I hate about you?”
- You can **compliment** her, **tease** her or use “**push/pulls**” (which combine a compliment and a tease in the same statement).
- You can **misinterpret** things she says in order to create a flirtatious or sexual vibe.
- You can use **cocky/funny humor** which positions yourself as high value under the camouflage of being a joke.
- You can use **sarcastically self-deprecating statements** to balance out the cocky funny, and avoid coming across as too “player-ish”.

Let’s look at some real-life examples...

²¹ Questions that have a simple straightforward “Yes or no” answer will usually get her responding more often than complicated questions, because answering them doesn’t require any thought or effort on her part. It’s therefore better to stick to these in the early stages of texting rather than asking her anything that will make her have to think.

Banter Technique #1:

Asking her questions

This is most effective if it's coming from a subtle frame of **screening** the girl to see if she matches up what you're looking for.

Examples:

(In her profile this girl said she wants a guy who lifts heavy weights.)

Me: So you lift heavy? It's tough with gyms closed. Perhaps I can use you as a human barbell for my squats

Girl: I do! I have bought weights and stuff to keep me going... There is no excuse to give up if fitness is your passion IMO

The above is a good example of how often, if you can't think of anything to say, just ask her a simple question.

Then after you type the question, see if you can add to it or somehow ad-lib on the theme in a way that's funny or adds value.

(The girl said in her profile that she's a psychology student)

Me: What made you want to study psychology?

Girl: I guess I have always been interested in human behavior... From a big family so I think that was part of it.

Girl: I have always been quite reflective and curious

Girl: What do you do?

This is a very useful formula for asking screening questions.

A lot of guys who are clueless might ask a girl something like, "So... you study psychology. Do you enjoy it?"

The girl will then answer either yes or no, and nothing is accomplished.

But by formulating a more open-ended question such as *what made you want to study psychology*, you're getting down to talking about who this girl *really* is, what her core values her, and past experiences that shaped her.

(The girl said in her profile she was "smol")

Me: Were you always smol or did you cast a spell to become that way

Girl: ;) nah petite life yeh

This is an example of just keeping things light, playful and funny.

The idea that a girl was once tall but then cast a spell to become short is, of course, patently ridiculous.

But remember, the point of fluff talk is just to get some back and forth going, and establish a fun, playful vibe.

Me: Are you really 32? You look way younger. Are you one of those people who signed up to this when you were like 14 so you had to put your age as 18 and now it makes you look older

Girl: I wish I could lie and say that 😂😂 was 32 in April. When's your 30th?

Again, this is another example of me looking at the girl's profile, and then noting the first few things that strike me about it.

In this case, I thought the girl looked much younger than her age. So I simply said that. Then I expanded on it, as the idea occurred to me that she might have signed up to the site when she was a minor and lied to say she was older.

There's nothing particularly great about this.

But again, the whole point of fluff talk after your opener is just to get some conversation going and get her in the habit of consistently responding to you.

So you don't have to do too much here.

Some fun questions you can ask her in the banter phase:

- So tell me... if you could be invisible, what's the first thing you would do?
- If a genie granted you three wishes, what would you ask for
- OK, now I have to ask you a very sensitive question... How many selfies do you take a day
- What's the one thing you'd do if you knew there would be zero consequences
- Have you ever had a paranormal experience?
- If you were handed \$1,000 right now, what would you spend it on

Note: Don't do overdo these. Just sprinkle in one or two in the early stages of the conversation if you sense that it's flatlining and needs a bit more "fun".

Banter Technique #2:

"What's the catch..."

This has fast become one of my go-to pieces of content to use after a girl has responded to my opener.

The reason it works so well is that it very quickly forces an **"us" frame** and gets her to imagine me and her together.

Basically, I'll ask her:

“So let’s see, you’re [list some positive qualities about her]. So far these are all points in your favor. But what’s the catch... If we were boyfriend and girlfriend, what would I hate about you”

We already discussed why this line works in the chapter on Visualization, but now we’ll see more examples of how to use this line.

Real examples:

Me: So let’s see. You’re so tiny I could probably pick you up with one hand, you speak 4 languages at 21 years old, and you look like a real life anime character. So far, these are all points in your favor. But what’s the catch. If we were boyfriend and girlfriend what would I hate about you

Girl: Annoyed that I’m constantly talking about food?

Girl: I constantly want to eat

Girl: I’ll drain you out by making you eat with me

Girl: I’ll make you fat and you’ll have to spend extra hours in the gym

This was my first ever use of this line.

It worked great, and the girl (a hot 21 year old Asian) met me for a date afterwards.

As you can see in this example, to make this line work, you need to preface it by *listing qualities you like* about that specific girl.

A big part of what makes this work is that because you start off by listing things that are specific, it makes it feel like the rest of line is not scripted (even though it is.)

Here’s another example.

This is a 22-year-old gymnast who ended up becoming my fuck buddy...

Me: So let's see, you're petite, fit, fashionable and educated. So far these are all points in your favor. But what's the catch... If we were boyfriend and girlfriend what would I hate about you

(she doesn't respond)

(I re-engage 2 days later)

Me: Ok no need to answer that one, I already know the answer now

Girl: Hey ! I literally haven't been on here sorry for the radio silence 🙄

Girl: I don't have socials that's probably one thing you'd hate .. mind you could go either way..

Me: (sends GIF of Mark Cuban nodding his head and taking notes)

Me: I actually don't have any social media myself so I find it extremely attractive that you don't either tbh

This is an example of what to do if the line falls flat and she doesn't respond. As I said, I later ended up dating this girl for a while and she became my fuck buddy. She's gorgeous.

Did this girl fall in love with me just because of this one little text?

I doubt it.

But it did help.

It got her thinking about me and her together.

It set the "us" dynamic in motion.

And it contributed to an underlying frame that there was potentially an "us" to speak of—as opposed to us just being strangers talking on the internet.

Getting her to imagine the two of you together is one of the most powerful ways to stand out from other guys online.

It makes the potential relationship feel "real" to her before you've even met up.

In the following example, you'll see the entire text exchange, from my opener, to fluff talk, to closing and getting her number...

This girl was a 9/10 Asian, and one of the hottest chicks I've ever pulled from online dating.

We had sex on the first date and she quickly became my girlfriend.

Here's how it started:

Me: Up bright and early on the hinge grind at 8:30 in the morning I see

Me: Respect

Girl: Well I knew you were waiting for me Mike, so I had to get to it.

Me: That's good, I like a girl who puts me first, especially if she's dressed like an angel, looks cute in a bikini and has a mind for engineering

(Note: these are all things from her profile)

Me: So what's the catch. If we were boyfriend and girlfriend what would I hate about you

Girl: I know right, I could also be a criminal mastermind [referring to my occupation in my profile]

Girl: Lol what would you hate about me already. And it's not even the second date.

Girl: Some, and emphasis on some, people close to me might say I'm a little high maintenance. But I disagree, I think I just have high standards. there's nothing wrong with that.

Girl: What would I hate about you? Besides telling me what to do [again, this latter line refers to something in my profile]

Me: Nothing I'm an innocent angel 😇

Me: Let's get black out drunk

Girl: That's what they all say before they get black out drunk and pass out on some girls sofa making regrets.

Me: I regret nothing

Me: Where are you from originally and how long have you lived in Ireland

Girl: Give me one real regret.

Girl: I'm from [redacted, Asian country] but I moved to Ireland with my family when I was 4, so I'm practically Irish

Girl: But my parents still kept their Asian roots though. So it was pretty difficult having Irish friends with a different lifestyle than you.

Girl: Part time criminal by night, but what's your day job?

Me: Currently: director of an advertising focused tech company.
2031: Bond villain centamillionaire with my own paramilitary army and a fleet of pirate ships

Girl: How did you become a director already at the age of 30? I'd say the directors in my company got to where they are in their late 30s at least.

Me: I own the company, so that helps

Me: I'm not on here very often and I am very busy balancing my hectic social life with my plans for world domination, but if you'd like to meet up for a drink sometime I'd be open to the possibility

Girl: I guess that does help!

Girl: Ask me out on a date 😊

Me: I'm busy all this weekend but let's hang out next week

Me: You have whatsapp?

Girl: What are your plans this weekend?

Girl: I do

Girl: [gives phone number]

Now here's an example of using the "what's the catch" line as an opener.

This girl is a 20-year-old barista, blonde, blue-eyed, Eastern European, very innocent. She ended up coming over to my place last night.

In general, I would advise that you do NOT use this line as your opener, but only use it after the girl has started responding.

However, in this case, I did so because I couldn't think of anything else to open with, and also because I got the impression from her profile that she's quite traditional, and that mentioning "boyfriend and girlfriend" this quickly would appeal to her.

(Whereas with a lot of Western girls, it would make you seem needy and over-eager.)

Me: So let's see, small, blonde and you obviously know how to make good coffee...but what's the catch. If we were boyfriend and girlfriend what would I hate about you

Girl: My childish personality

Me: So now you're looking for a father figure to pat you on the head and tell you you're a good girl I suppose

Girl: Nahh haha

Girl: I don't have daddy issues

Girl: I'm just childish sometimes and some people don't like it

Me: Are you feeling adventurous

Girl: Me

Girl: Always

Me: How do you feel about drinks and witty banter with tall dark and handsome men

Girl: That's you

Girl: Because if it's you then I won't mind

Me: It's me alright

Me: I'm just about to head into town to meet my friend but I might be free afterwards if you wanna grab a drink

Girl: Hmm, well I don't usually drink

Girl: And I definitely don't know how to dress for a Saturday night

Me: Well in that case you can watch *me* drink

Me: Dress casual

Girl: Mm

Me: Anyway there's no pressure if you can't do tonight and I'm probably gonna be busy anyway

Me: Was also thinking we could get brunch tomorrow

Girl: Tomorrow I think it's better

Girl: Because I don't feel good and I'm not in the mood of going out

Me: Works for me

Me: You have whatsapp?

Girl: Yes

Girl: (gives me her number)

Banter Technique #3:

Use misinterpretation to create a flirtatious or sexual vibe

We already discussed misinterpretation in depth in the chapter on **Inversion**.

Misinterpretation is where you reframe something either **negative** or **neutral** the girl said as if it's **positive** towards you.

And this works great over text messaging.

Real examples:

Me: So tell me about yourself... what do you consider to be your biggest weakness

Girl: Good food... that's my biggest weakness ha

Girl: What's yours?

Me: Where do I start. Too handsome, too fit, and far too good in bed. It's hard work being such a sex symbol. There's too many women and not enough time. It's a curse really

Girl: Haha

Girl: Too full of yourself

The above is an example of how, if you ask a girl a question—you should have a good answer prepared for when she (inevitably) asks you the same question back.

In this case, I use the question as a way to be “**cocky / funny**”—to self-aggrandize myself in a humorous way.

This is a classic example of **Inversion**:

She's asking me to discuss a negative quality of mine, and yet I'm *misinterpreting* that to discuss what is a positive and attractive quality—the fact that I'm good with women.

Another example...

Girl: No like I am not ok today I had had 4 neurofen plus and nothing is easing the banging pain in my head 😭

Me: Well studies have shown that for women of your height and age, enjoying the company of a tall dark and handsome man is the most effective hangover cure there is so you're in luck

Another classic misinterpretation.

The girl says something which has nothing to do with me—in this case, she says she's hungover.

I then immediately go into my mind and ask myself: *how can I connect this to me?*

How could her having a hangover be related to her doing what I want her to do—which is to meet me for a date?

And so I use this little joke: *well, studies have shown meeting up with handsome men is good for a hangover, etc.*

It's important to understand that your misinterpretations don't have to be logical.

They don't have to make rational sense.

They don't even have to be all that "funny".

When you use the **general format** of misinterpreting whatever she says as being positive towards you, it always works well... even if the content of what you're saying isn't all that great.

(This girl had refused to meet me for a date tonight, because she wants me to call her and talk on the phone for a while first so she can see if we get on well first.)

Girl: give me a call tonight though if you wanna

Girl: check the vibe 👍

Me: Alright but no 1am booty calls Jess, I need to be wined and dined first 😘

Girl: Oh never 😇😏

Again, I'm *misinterpreting* what she means to make it seem like *she's* trying to get *me* into bed.

What she's saying (in effect) is: *give me a call so that I can screen you, and evaluate if you're good enough for me.*

If I fall into that frame, that's obviously not good for me.

So instead, I misinterpret her asking me to "call tonight" to mean that she wants me to come over for sex at 1am.

Me: What kind of trouble are you getting into tonight

Girl: Well we didn't make arrangements and I'm down with hayfever 😭
so no trouble

Me: They say the best cure for hay fever is to take an antihistamine then go have drinks with a cute boy... you should consider trying that

She says she has hayfever. I *reframe* that by saying that "meeting a cute boy" is the best cure.

Hopefully, by now you should be starting to realize that literally anything a girl says can be *reframed* to relate to you, or to make the conversation more playful, flirtatious and sexual.

Girl: Why are you on Tinder Mike?

Me: To find true love of course

Me: Why are you

Girl: Same

Me: Well I can't promise I'll fall in love with you but I promise I'll try

"To find true love of course" is a great all-purpose answer when a girl asks you what you're looking for.

(I also use this answer whenever I'm out at a bar or club without friends and the girl asks me why I'm there alone.)

Now in this case, the girl says she's also here to find true love.

She does so in what might be a sarcastic and insincere way.

However, I choose to misinterpret that she's not only fully sincere, but that *she wants me to fall in love with her.*

Thus I establish the frame that *she's the one chasing me*, not the other way around.

Girl: I am down to meet up but I am not a big drinker

Me: In that case I better make sure to limit my own alcohol intake, I wouldn't want to be taken advantage of

This is misinterpretation with a little bit of "role reversal" thrown in.

Any time you can take the classic cliches about men and women and reverse them, it's very powerful.

Accusing the girl of getting you drunk so she can take advantage of you...

Saying you're afraid that she'll put a roofie in your drink...

All of this stuff is a great form of misinterpretation, and of playfully framing things as if it's her who is the pursuer and "aggressor" in the situation.

Me: Let's get black out drunk

Girl: Down

Girl: But not sleeping with you

Me: Of course not, I have to be wined and dined first

Girl: Good answer

A classic example of misinterpretation + role reversal.

It's seen as being the man's role to try to get the woman into bed, while the woman is expected to demand expensive dinners and drinks before "putting out".

In this case when the girl says she's not sleeping with me, I *steal her frame*.

Me: Wyd tomorrow

Girl: I'm being tattooed tomorrow

Me: Getting my name tattooed on your crotch already? This is moving fast

Classic playful misinterpretation.

Again... absolutely *anything* can be misinterpreted, anything can be reframed in your favor.

It gets addictive when you get the hang of it.

(Me and the girl have just agreed to meet up, and I have told her I am getting a hotel room near where she lives.)

Girl: Cool. Now no expectations first date 😂😏

Me: Don't worry, I have very strong willpower, I'm not going to let you seduce me

Girl: 😂 just had to make sure 😏

Even when you've already "won", *never concede the high value frame.*

In this case, we've locked in solid plans to meet up, the girl's given me her number, there's really no need to be "witty" or to say anything particularly cool here.

But I do it anyway—because it's amusing, and because I refuse to concede the frame.

Always maintain the frame that it's HER that's trying to seduce you.

It's HER who's trying to corrupt your virtue.

Not only is it funnier and more entertaining—but it subconsciously influences the girl to really *believe* that.

Banter Technique #4:

Answer boring questions in a high value or humorous way

Two important rules in texting women are:

1. If you can't say something good, don't say anything at all
2. Never let an opportunity to display wit or humor go to waste

When you're texting girls, they will often start asking you questions of their own in order to make conversation.

These questions are a **trap**.

For example, girls will often ask things like "what are you up to?" or "how was your weekend?"

If you have a funny / non-serious answer listed as your occupation in your profile then they will often ask you something like "ok, but what do you *actually* do for a living?"

The problem with all these questions is that if you answer them seriously, everything gets overly logical, and hence **BORING**, and the conversation falls flat and goes dead.

For example, if the girl say "what are you up to?" and you answer *truthfully*, with something like, "not much, just getting some work done" — this instantly kills the vibe.

If you can't say something good, don't say anything at all.

Guys often complain that girls will match with them, but then stop responding after a while.

Usually this is because the guy is sending the girl pointless texts which *don't add any value*, and don't accomplish anything.

Any text you send her that isn't funny or witty, or which doesn't add value in some way, is a nail in the coffin of the conversation.

It's better to say NOTHING at all than it is to send her a boring text.

And again, *women will unconsciously trap you into doing this.*

They'll ask you boring, logical questions like "how's your weekend going?"

And if you take these questions at face value, and answer them seriously, you'll usually lose the girl.

When she asks you logical questions—either use it as an excuse to demonstrate value, or deflect the question by answering it in a humorous way.

Examples:

Girl: Hey Michael how's your weekend going?

Me: Currently laying nude on my balcony tanning my ass, and have plans to go hang out and drink in Portobello

Me: The future is bright

Girl: I presume you live on your own so 😂 ha nice. Doing the same but going to grand canal I think

Me: Yes I'm all alone in my giant glass tower. I'm similar to a prince in many respects

Girl: Ha many respects...

"Currently laying nude on my balcony tanning my ass" is, of course, painting a picture in her mind of me naked.

But it's done in a way that's *subtle* enough to not come across as perverted.

The general thing to take away from this example (and the ones that follow) is to answer questions like "what are you doing" in a way that is truthful but entertaining.

"I'm all alone in my giant glass tower, I'm similar to a prince in many respects" is also an example of painting a picture in her mind which frames me as high value, although it's camouflaged as being just a joke.

Girl: How's your day been anyways :) ?

Me: Oh the usual, had coffee, did a little business, lifted various heavy things and am now about to cook a steak

Me: How do you feel about drinks and witty banter with a charming scoundrel

Girl: Just back from town with my sis

Girl: Sounds all v productive 👍

Girl: Yeah I would be up for it

Girl: Would you like to :)?

This is an example of portraying your life in a **high value** way.

At minimum, your answers to questions should make it seem that you're living a desirable lifestyle—that you have the kind of life she'd want to be a part of.

In this case, I'm conveying a life of success and ease...

"did a little business" makes it seem like I make money without really doing all that much (which is true).

It has a kind of implication to it that I maybe had a 20 minute phone call with someone and we made a deal that will net me fifty grand, and that's my "work" done for the day... obviously a very high value implication.

"Did a little business" also sounds *mysterious* and has vague connotations of organized crime, which is a theme I play with a lot in my profile.

I also mention that I worked out, which is a high value trait.

But instead of simply saying "I went to the gym" (which is a very commonplace thing to say), I put a verbal twist on it by saying "I lifted various heavy things".

This text is by no means one of the "best" I've ever sent or anything.

But I'm simply showing it to you as an example of how to convey your life in a high value way when the girl asks about it.

For example notice what I don't say here:

I don't say that I spent 2 hours looking at social media and procrastinating.

Or that I took the trash out.

Or that I cut my toenails.

Now, all those things may have happened to me that day. But I don't put the spotlight on them.

I selectively focus the spotlight on the things I did that day which make me seem high value, cool, successful or mysterious.

Girl: So tell me about yourself

Me: I'm 8 feet tall, I'm a billionaire, and I once punched a shark in the face then arm-wrestled a bear (and won). But above all I would say my greatest quality is my honesty. I'm a saint really

This is an example of using humor to **deflect** boring logical questions.

It might seem dismissive or overly "dick-ish" to refuse to give the real answers.

But you have to think about this a little deeper.

When she says "tell me about yourself"—what she's really saying is:

"Show me more of your personality. Let me get a feel of what you're actually like as a guy."

And so instead of *telling*, I **show**.

Instead of giving her some "résumé" answer—I show her what I'm like by displaying my irreverent sense of humor.

Girl: You don't give much away Michael do you

Me: It's all part of my calculated plan to appear mysterious and cool

Girl: It's working

Me: That's a relief. Please do keep me updated on when it's working and when it's not. Having people think I'm cool is very important to me.

Girl: Well ur definitely coming across mysterious michael 😂 all I know is your an 8 foot tall billionaire who likes to punch sharks and arm wrestle bears in your free time 😂 maybe tell me a little more 😂

Me: What would you like to know, darling?

Girl: What do you do? Enjoy doing? Are u guna drive down sat get the train/bus? How long are u single the usual stuff

Girl: I'm obsessed with true crime and have probably scared myself a bit but like to know who I'm meeting, gotta be extra vigilant these days...

Me: I'm an advertising executive, gentleman of leisure and all round bon vivant. My hobbies include being in nature, getting drunk, lifting heavy things, reading, looking at myself in the mirror, and getting drunk

Girl: That all sounds very interesting and are you sure you can handle a country girl like myself michael 😂 you love avoiding questions all part of that mysterious act 😏

Me: Hard to handle, are you?

Girl: I'm sure it'll be no problem to you big man 😂😏

This example was taken from the same text exchange as the previous example.

When the girl first asked what I did, I deflected the question by saying I'm a billionaire (etc), because I wanted to keep the overall tone light and playful.

However, when she asked me the question again, it was clear she wanted a more serious answer.

So in this case, I gave in a little more and told her some true facts about my life and what I'm about—but doing so, as always, in a playful and humorous way which also frames me as high value.

Very important to note:

When you deflect her questions, it tends to make her start chasing you.

(We covered this principle in detail in the chapter on **Confusion**)

KEY CONCEPT:

When you use humor to deflect a woman's questions, it tends to make her start chasing you.

Girl: Part time criminal by night, but what's your day job?

Me: Currently: director of an advertising focused tech company.

2031: Bond villain centamillionaire with my own paramilitary army and a fleet of pirate ships

Girl: How did you become a director already at the age of 30? I'd say the directors in my company got to where they are in their late 30s at least.

Me: I own the company, so that helps

If you have an impressive job, it's much more effective to make the girl "pull that out of you" than it is to state it upfront.

In my case, I own my own company.

But I don't say that in my profile—which instead, playfully states that my occupation is "criminal mastermind".

And even when the girl asks me what my job is, I *still* try to play it down.

I say I'm a "director" of the company—I *don't* say that I'm the founder and owner.

And it's only when she really pushes me that I tell her the actual, high value truth that "I own the company."

This is *far* more impressive than if I said “I own a company” outright—because it’s more believable.

Rich people, important people, celebrities—these kinds of men always try to *downplay* their success.

So if she gets the sense you’re trying to *downplay* your success, she’ll often assume you must be extremely successful or high status in some way.

In my case, my company is tiny—I don’t even have any employees.

However, because I downplayed it and made her “pull it out of me”, at this point she probably assumes that I have a dozen people working for me.

STEP #3:

PASS HER TESTS

Sometimes the women you're messaging will say challenging, negative or even insulting things to you.

These are commonly known as "shit tests".

On a subconscious level, she's **testing** you to see how you'll respond.

If you become angry or offended, or if you let her negative remark derail the conversation, you **fail** the test and she loses interest.

However, if you **hold frame** and *pass the test*, the girl will usually become significantly more attracted to you than she was to start with.

Tests are GOOD

Passing shit tests with flair and style points is a wonderful opportunity to stand out from other men.

When you master the techniques for passing women's tests outlined below, you will reach a point where you actually *want* women to give you "shit" over text, because it's an easy opportunity to display your social skill and high value.

There's 4 main ways to pass a girl's tests over text:

1. Acknowledge what she said with a **brief dismissive remark**, then immediately move the conversation forward
2. **Misinterpret** or **reframe** the negative thing she said as being positive
3. **Agree and exaggerate**—agree with what she said, but exaggerate it to the point that it's ridiculous
4. (In certain special cases that will be discussed below) Use **self-deprecating humor** to deflect from the accusation of being "too smooth" or a "player"

Passing Tests In Text Messaging

Technique #1:

Brief dismissive response then change topic

This is the “bread and butter” way of passing tests over text messaging.

It’s simple, straightforward, and usually doesn’t require much thought.

The basic formula is that if a girl teases you, mocks you or says something negative, *don’t fall into that frame, and don’t let it derail the conversation.*

Instead, respond to what she said with a brief, dismissive blasé response—then immediately change the topic before she has time to dwell on it.

A few simple “dismissive comebacks” you can use include:

- *Sure*
- *Yes*
- *Fabulous*
- *Thanks for noticing*
- *Perhaps*
- *Opinions vary*
- *Duly noted*
- *Sorry I don’t speak Chinese*

For example, if she says something like “Does that actually work for anyone?”

You can respond with: “Yes. So tell me (blah blah blah, change topic)”

Or if she says, “do you use that line on every girl?”

You can reply: “Sure. So anyway, (blah blah blah)”

That's the formula.

Short, dismissive answer like you barely even registered what she said, followed my immediate change of topic.

Real examples:

(This girl had agreed to go on a date and given me her number in Hinge, and this was my first message to her phone)

Me: hey it's Mike from the thing. Make sure to save this number with the appropriate amount of heart emojis and xoxos beside it

Girl: I think I will be leaving it unsaved for the foreseeable future
(<== this is the shit test)

Me: Fabulous. So when am I taking you on this romantic date.
Tomorrow at 8 work for you

Girl: (sends back voice note saying yes, and we meet for a date the next day)

This is an example of how you don't need to be extremely witty or sophisticated—you merely need to avoid the most common **mistake**: which is taking the test *seriously* and letting it derail the conversation.

For example, many guys would have failed this test by dwelling on it.

"What do you mean you won't save my number?"

"Why not?"

"What did I do wrong?"

"I thought things were going well!"

Don't fall into her frame.

Don't even acknowledge the negativity.

Act as if you *can't even see it*.

So in this case, I hold frame.

I respond **as if** she just said something positive towards me (“fabulous”). And I move the conversation forward towards the date.

Worked like a charm.

Me: How do you feel about drinks and witty banter with a charming scoundrel

Girl: I didn’t know I was having drinks with myself

(<== *this is the shit test*)

Me: Very witty Anna

(45 minutes pass)

Girl: But I’d also be open to having drinks with you

Sometimes when a girl gives you a test, the best move is to reply—but then say nothing else.

Don’t even try to move things forward until she replies to your response.

In this case, it’s a little bit like a game of chicken.

She gave me the test, and I responded with “very witty Anna”.

I then waited for nearly an hour before she got back to me.

And eventually, she “cracked”. She stopped bluffing and said she’d be open to the date.

Passing tests is often about being patient.

You need to have enough good things going on in your life that you don’t freak out if the girl doesn’t immediately get back to you.

Give your answer, then just wait it out.

Girl: Your profile made me 😂 is that the intended effect?

(<== *this is the shit test*)

Me: Of course. So you lift heavy? It's tough with gyms closed. Perhaps I can use you as a human barbell for my squats

Girl: I do! I have bought weights and stuff to keep me going... There is no excuse to give up if fitness is your passion IMO

This was a subtle test.

Women are masters of the backhanded compliment and the subtle putdown.

This girl was essentially saying, "I'm not sure if I should be laughing with you or at you".

Now, what would be the *wrong* way to respond to this test?

The wrong thing to do here would be to give it oxygen by taking it seriously and answering her question logically.

For example, if I had said something like, "yeah no I'm just fucking around on my profile, I know it's obnoxious but glad to hear it made you laugh" — that would immediately kill all the sexual tension.

Instead, I don't fall into her frame.

I don't start qualifying myself to her.

I just acknowledge her remark with a brief, almost *patronizing* response ("of course") then I move on.

Girl: If you accept a recommendation though, I am pretty sure you can improve your second prompt...

(<== *this is the shit test*)

Me: Duly noted. So what does a world traveling adventurer like yourself do to stay sane while in lockdown

Girl: Meeting people from around the world :) (blah blah blah)

This is a type of test I call “**tone policing**” or “**shaming**”.

(On the internet, it’s sometimes known as “concern trolling”.)

For context here, my second prompt in Hinge makes a joke about me having orgies with Instagram models.

And this was a “goodie two shoes” type girl who was basically implying that if I want to get girls like her, I should change my profile to be more palatable to her.

I call this the “policing” shit test.

Or (in a stronger form) the “shaming” shit test.

It happens when a girl tells you things like:

“You should do this...”

“You shouldn’t do that...”

“When you do this, it makes you look ____”

“You know, girls don’t like it when you do ____”

If you give into her tone policing and acknowledge that she’s right, it makes you look like a wimp with no backbone and she loses attraction.

However, if you start arguing with her about it and trying to explain yourself, it comes across as insecure and self-qualifying, and it derails the conversation.

The right way to respond is, again—short, dismissive, condescending response (“duly noted”), then quickly move the conversation on.

Passing Tests In Text Messaging

Technique #2:

Misinterpretation / reframing

We've already covered the technique of misinterpretation in depth.

You should know, however, that among all the other things misinterpretation is good for, it can also be an excellent "tool in your toolbox" for passing tests over text messaging.

A simple formula for misinterpretation is: *"if by X you mean Y"*.

If by X you mean Y

For example, if the girl says you're an asshole, you can say "if by asshole, you mean I'm charming and handsome then yes I agree, anyway (blah blah blah)".

But there are also more subtle forms of misinterpretation, such as the exchanges below...

(I just made a joke about being a player and getting lots of girls)

Girl: Honestly you inspire such confidence with these words

Me: Glad to hear I inspire you Ali, it really means a lot

The girl is clearly being sarcastic in saying I inspire confidence.

But I decide to *misinterpret* her sarcasm as sincere.

"Oh, I inspire you? I'm so happy I could be of help!"

This is a great way of dealing with sarcastic comments or backhanded compliments.

Misinterpret it as if it's a genuine compliment.

(After a somewhat hostile back and forth between me and the girl)

Girl: Is this our first fight? Hahahahah

Me: (sends Leo DiCaprio raising champagne glass gif)

Me: I hope the first of many

Sending the girl GIFs and memes can also be a great way of passing tests.

To understand this one, just Google “Leo DiCaprio raising glass gif” and you’ll see the popular GIF from the movie *The Great Gatsby*.

In this example, the girl says we’re “fighting”.

I misinterpret that to be a *good thing* by using it to establish the “us” dynamic.

Every couple occasionally has fights—so by saying “I hope this is our first fight of many”, I’m getting her to imagine a future in which me and her are a couple.

Passing Tests In Text Messaging

Technique #3:

Agree and amplify

This is where you take whatever negative thing the girl said and exaggerate it to the point it becomes ridiculous, thus transforming that negative energy into humor.

For example, if a girl tells you you’re “too old”, you could respond by offering to let her sit in your lap while you ride her around in your motorized wheelchair.

By *exaggerating* the problem, you make it ridiculous—and this removes the negative charge.

Me: OK then invite me over... but no sex on the first date, I need to be wined and dined first 😊

Girl: Haha you'd do well to get sex off me on the first date hahah

Me: So we're agreed, no sex before marriage! And now that we've had that conversation, you should invite me over for tea tomorrow afternoon

Girl: Hahah over ya come for tea in the garden

Me: Sounds delightful. What's your number?

Girl: It's #####

The girl says she won't have sex on the first date.

I *agree* with that and **exaggerate** it even further by saying that "not only will we not have sex on the first date, *but I'm not going to have sex with you before marriage.*"

This is obviously ridiculous.

The girl doesn't want to marry me, let alone wait until we're married to have sex.

So by using agree and exaggerate, I'm disarming that objection.

Passing Tests In Text Messaging

Technique #4:

Use self deprecation to disarm implications that you're "too smooth", a player, a womanizer, etc

This is one that I find I have to use a lot.

The better you get with social skills and pickup, the more you'll run into accusations and inferences that you're a "player" who's out to "use" women.

The best way to pass this test, I've found, is to humorously go in the complete opposite direction.

She accuses you of being a player... you respond by joking that you're a virgin.

She says you seem confident... you tell her you're actually terribly shy.

She implies you're a little too smooth... you make yourself more relatable by saying "this is as smooth as I'm capable of being, it's all downhill from there."

Real examples:

Girl: haha confident aren't ya

Me: I'm actually very shy...

Girl: Oh you can be romantic ?

Me: Well, how about we go for a romantic walk in the park this weekend and perhaps you'll find out

Girl: Very smooth way of asking me out Michael :)

Me: That's about as smooth as I'm capable of being. It's all downhill from here

Girl: Ok we can hang out if you want :)

Girl: You don't give much away michael do you

Me: It's all part of my calculated plan to appear mysterious and cool

Girl: It's working

Me: That's a relief. Please do keep me updated on when it's working and when it's not. Having people think I'm cool is very important to me.

Girl: Well ur definitely coming across mysterious michael 😂

Girl: Haha

Girl: Too full of yourself

Me: Not at all, I'm really very shy. I'm a virgin actually. I signed up here to finally lose my virginity

Girl: Hahah... and full of crap

Girl: 🤔

Me: knock knock

Girl: Who's there

Me: A jacked handsome white boy with an IQ of 140 and a sparkling personality, let's go on a fucking date

Girl: Haha 😂 very confident

Me: It's a defense mechanism, I'm actually extremely shy and insecure

Girl: What are you insecure about?

Me: It's hard being this gorgeously handsome, everyone just wants me for my body instead of for my inner beauty

Girl: 😂😂

Reverse psychology

There's an element of "reverse psychology" at play in this.

Who do women want?

They want the badboy.

They want the guy who gets all the girls.

But if you *tell them* you're the badboy, they'll assume your lying.

So by humorously pretending that you're a "good boy" (even to the point of being ridiculous) you get them to assume you must be lying...

And that therefore, you must be the bad boy.

“This is chess, not checkers...”

STEP #4:

CLOSE

BLAKE: Put that coffee down. Coffee's for closers only... You can't close the leads you're given, you can't close shit, you *are* shit, hit the bricks, pal, and beat it, 'cause you are going *out*!

LEVENE: The leads are weak...

BLAKE: The leads are weak? The fuckin' *leads* are weak? *YOU'RE WEAK!*

... Because only one thing counts in this life! Get them to sign on the line which is *dotted*! You hear me, you fucking faggots? A, B, C. Always be closing! *Always be closing!*

— *Glengarry Glen Ross* (1992)

Once you've established some flirty banter and gotten the girl responding to you, it's time to begin setting up the date.

The best way to do this is with what's known as “**trial closing**”.

The trial close

Trial closing is a technique from sales.

Instead of asking the person to buy outright, you gradually ease them into it by asking a series of questions.

Each time they say “Yes” to one of these questions, it moves them closer to saying “Yes” to your final request—the close proper.

So in online dating, a trial close might look like this:

You: Are you feeling adventurous

Girl: Always

You: How do you feel about drinks and witty banter with handsome men

Girl: I feel positive about that

You: What's your schedule looking like this week

Girl: I'm free on Thursday

You: Let's grab a drink Thursday evening

Girl: Where?

You: XYZ Bar

Girl: Sounds good :)

Yes momentum

Trial closing builds what's known as "yes" momentum.

The more you can get someone to say "yes" (or to agree with you), the more likely they are to say yes as you go on.

Gauge where she's at before "blowing your load"

Additionally, trial closing gives you the ability to gauge where the girl is at.

This way, you can avoid asking her to meet you if she isn't ready yet.

For example, if you ask her "how do you feel about drinks and witty banter (etc)" and she says something negative, then obviously you cut off the close there and go back to fluff talk to build more comfort before continuing.

But what's nice is that you haven't actually asked her out yet.

You only asked her how she *feels* about the prospect of a date, in a very vague way.

So even if she refuses, you haven't surrendered your high value frame.

“No” does not = never

The other key principle of closing which is important to understand is that “no” doesn’t mean “never”.

If you suggest meeting the girl, and she says no, or evades the question—don’t take that as a definitive rejection.

All it means is that right now, she doesn’t feel comfortable saying yes yet.

But if you continue chatting to her...

If you continue building comfort with more fluff talk...

Later on, if you ask her for a date in a different way, she’ll very often say yes.

I’ve had interactions with girls where I asked her out, and she evaded the question nearly a *dozen times* before finally saying yes.

Some girls will say yes right away.

But many girls will be evasive and reluctant partially *in order to test you*.

And so when this happens, you need to be prepared to keep chatting, build more connection, then ask for the date again later.

Avoiding “flakes”

One of the most common problems guys complain about is getting “flaked on” by girls after setting up the date.

The most common reason this happens is that you planned the date too far into the future.

Never arrange a date for longer than 3 days in advance.

If you’re talking to her on Saturday and she agrees to a date—set it up for Sunday or Monday.

Maybe Tuesday at the very latest.

But anything further in advance of that, and there’s a high chance she’ll flake.

FULL INTERACTIONS FROM OPEN TO CLOSE

Below, I have included examples of two different text interactions.

Unlike many of the short snippets we've been covering, these show you the *entire* interaction from open to close.

Reading through these will give you a good feel for how set up the close.

Full interaction example #1:

(I like the girl's pic on Hinge and leave the following comment:)

Me: I like the look of general disdain on your face

Girl: I take after my mum and look for a man with a waterfront property
[referring to my profile]

Girl: Your eyebrow game is almost as good as mine

Me: Well I feel the chemistry in the air is palpable. Are you
adventurous?

Girl: Define adventurous. A fine line between that and mentally ill

Me: Open minded, free spirited, spontaneous...

Girl: I can definitely get down with that

Me: How do you feel about drinks and witty banter with a charming
scoundrel

Girl: I didn't know I was having drinks with myself

Me: Very witty Anna

Girl: But I'd also be open to having drinks with you

Me: What's your schedule looking like this week

Girl: I'm a veryyyyy busy business woman

Girl: But I'm sure I can fit you in somewhere

Me: Well see if you can have your people pencil me in for tomorrow at 8

Girl: Let's swap this to WhatsApp. Here's my number (she gives her number)

(We now begin talking on Whatsapp, and I text her this:)

Me: hey it's Mike from the thing. Make sure to save this number with the appropriate amount of heart emojis and xoxos beside it

Girl: I think I will be leaving it unsaved for the foreseeable future

Me: Fabulous. So when am I taking you on this romantic date. Tomorrow at 8 work for you

Girl: (sends back voice note saying yes, and we then arrange the details and meet up)

Full interaction example #2:

(After matching with girl on Tinder)

Me: Hey I looked at your thing, you seem pretty good

Girl: you looked at my what :)

Me: Don't be vulgar

Me: I like that you're into art and psychology

[she mentioned this in her profile]

Me: Were you always smol or did you cast a spell to become that way

[She also mentioned that she was "smol" in her profile. This is not a word I would use, but I'm mirroring her sense of humor.]

(Girl likes my comment "I like that you're into art and psychology")

Girl: Hold on a sec...

Girl: I'm not at all! I'm wondering what you looked at

Girl: What you were referring to like

Girl: Big fan yeah! Are you :) ?

Girl: ;) nah petite life yeh

Me: So let's see, you're petite, fit, fashionable and educated. So far these are all points in your favor. But what's the catch... If we were boyfriend and girlfriend what would I hate about you

(she doesn't respond)

(I re-engage 2 days later)

Me: Ok no need to answer that one, I already know the answer now

Girl: Hey ! I literally haven't been on here sorry for the radio silence 🤔

Girl: I don't have socials that's probably one thing you'd hate .. mind you could go either way..

Me: (sends GIF of Mark Cuban nodding his head and taking a note)

Me: I actually don't have any social media myself so I find it extremely attractive that you don't either tbh

Me: Are you an adventurous person?

Girl: Hey ! Oooh I love it also ! That's so rare.

Girl: Absolutely I like to get out and try new things be it food or places etc 😊👍

Girl: We are in the process of trying to find a new housemate! One of our current girls is moving out.. it's all a bit of a nightmare trying to please everyone!

Girl: How's your day been anyways :) ?

Me: Oh the usual, had coffee, did a little business, lifted various heavy things and am now about to cook a steak

Me: How do you feel about drinks and witty banter with a charming scoundrel

Girl: Just back from town with my sis

Girl: Sounds all v productive 👍

Girl: Yeah I would be up for it

Girl: Would you like to :)?

Me: Yes but only if you promise not to give me cooties. What's your schedule looking like this week

Girl: Think we are pretty safe there Mike 😂 And only if you can guarantee good vibes 😊!

Girl: I'm off tomorrow and on for the weekend.. I get every second off

Me: I see... I might have some time free tomorrow evening if you'd like to grab a drink around 8

Girl: Hey Mike apologies I am never on here do you fancy taking my number and take things there?

Me: Whoops sorry for the late response, yep send me your number

Girl: You're grand not at all

Girl: Never on here either

Girl: (gives her phone number and we arrange to meet)

OTHER WAYS OF CLOSING

(if the trial close sequence doesn't pan out)

If the trial close sequence we've covered above doesn't work for you, don't worry.

There's an infinite number of ways to close.

The key thing with closing is to be *persistent*.

If the girl doesn't take the bait with one close, then go back to fluff talk for a few messages, then follow up with a different close.

If she doesn't take you up on that, repeat the process again.

As long as she's still responding to your messages, the odds are you can close her if you're persistent enough.

It's only when a girl stops writing back altogether that the situation becomes critical.

(We'll cover what to do if a girl stops responding completely in the next section.)

However, persisting for the close only works if you simultaneously maintain a **fun, humorous vibe** throughout.

This means closing in different ways each time.

Never repeat the same exact words.

If one date suggestion doesn't work, move onto another.

But don't try repeating the same date suggestion again.

Below are **9 different closes / date suggestions**, along with real examples of how I've used them successfully.

So if one close doesn't work, then back off, banter for a few more messages, then use another close.

Repeat until something sticks.

Close #1: The creative segway

This is where you take whatever the girl just said, and find a way to connect it to the idea of going on a date.

You can twist anything a girl says into plans for a date if you're creative enough.

Here are a few examples:

Me: What you up to

Girl: Sunbathing, you?

Me: Just finished up working out shoulders/chest. Getting in shape for our romantic date 😊

Girl: Oh you can be romantic ?

Me: If I asked you that, this is where you'd be saying "in what way?" or "define romantic" or "romantic about what?"

(this is referring to something she said earlier)

Girl: So no 😊

Me: Well, how about we go for a romantic walk in the park this weekend and perhaps you'll find out

Girl: Very smooth way of asking me out Michael :)

Me: That's about as smooth as I'm capable of being. It's all downhill from here

Girl: Ok we can hang out if you want :)

The above type of close is what I call "**walking her into it**".

You ask her what she's up to...

She responds, then (inevitably) asks you the same thing in return...

And then you can say you're "getting in shape for our romantic date".

Thus you've successfully made the transition from boring, logical conversation into an "**us**" **conversation**, with a specific focus on *when you're going to meet up*.

Here's another example...

Me: Just finished up leg day, feel like I'm crippled. What's my favorite laser specialist / psychology student up to

Girl: Oh fair play! Just in the door from work :)

Girl: Got a lil promotion today actually so jess is one cloud nine 😇!

Girl: How was your day!?

Me: My day has been perfect so far, but it would be slightly better if I got to end it by having a drink with a petite artsy brunette. You don't happen to know anyone like that do you (pondering face emoji)

Girl: Want to go for one do you 😇

Me: Yeah come meet in _____

(We go to phone)

Me: So what's it gonna be, romantic date with tall dark and handsome man or night in watching Netflix originals and crying

Girl: A date for sure 😊 where we going

(I have just asked the girl what she does for fun)

Girl: I like to go out for food and cocktails a lot. Love trying new places. Also traveling! I've otherwise forgotten what fun is in the lockdown

Me: That's sad to hear. Perhaps we could change that by having a little fun of our own

Girl: Hmm I might be into that

Girl: What sort of fun did you have in mind?

Me: How do you feel about drinks and witty banter with a charming scoundrel

Girl: Feel positive about that...

Close #2: Knock Knock

Me: knock knock

Girl: Who's there

Me: A jacked handsome white boy with an IQ of 140 and a sparkling personality, let's go on a fucking date

Girl: Haha 😂 very confident

Me: It's a defense mechanism, I'm actually extremely shy and insecure

Girl: What are you insecure about?

Me: It's hard being this gorgeously handsome, everyone just wants me for my body instead of for my inner beauty

Girl: 😂😂

Girl: Seriously

Me: Are you adventurous?

Girl: Yea very why?

Me: How do you feel about a cheeky walk in the park with a charming and handsome scoundrel

Girl: Sure why not

Me: Love the enthusiasm. How's your schedule looking this week

Girl: You have snapchat?

Girl: I'm free from Friday

Me: Friday might work, I'm on whatsapp (she gives me her number)

(Context: I'm texting a girl who hasn't responded after a month. She had given soft agreement to a date but then flaked.)

Me: knock knock

Girl: Who is there

Me: A jacked handsome white boy with an IQ of 140 and a sparkling personality, let's go on a fucking date

Girl: Haha straight to the point eh

Me: Yes I like to be direct and upfront about my intentions with people, don't you?

Girl: Of course

Me: Ok, would you like to go on a date with me sometime?

Girl: Yep sounds good to me

Close #3: "We should meet up before we both forget how attractive the other one is"

This is a line I borrowed from Todd Valentine.

It's very effective to use in situations where you've tried to close several times but the girl has said no, or evaded the question.

Me: we should meet up before we both forget how good looking the other one is

Girl: yeah you're right

Me: I'm always right

Me: What's your schedule like this week

Girl: I'm free on the weekend?

Me: Good because I'm taking you on an adventure on Saturday

Me: I know you don't want to travel to Killiney but how about we compromise and grab a drink in town. I'm free Sunday if you're around...

Girl: Hey mystery man 😊 Sounds good except I'm away all weekend at my cousins wedding. We'll put something in the diary soon
(I text her 4 days later)

Me: 📎 poke

(she doesn't respond. I text her the next day)

Me: We should meet up before we both forget how good looking the other one is

Girl: I have a couple of hours free tomorrow evening after work before I go see a play at 8pm. I can meet you somewhere near the concert hall at 5 for a drink?

Me: Well la di da going to see a play on a weekday.. alright sounds good, meet me at Sophie's at 5, that's pretty close

Girl: I know - I like to do that when I'm not felling trees 🌳 Ok, perfect!
See you there at 5 😊 x

Close #4: "Let's go on a fucking date"

I got this line from Jeffrey Allen.

Again, it's great to use in cases where you've tried to trial close but the girl is being evasive.

Sometimes, by totally changing tack and just going extremely dominant and assertive using this line, you'll get great results.

Girl: I mean I just thought you got hit by a car or something.... (rolling her eyes)

Me: Apologies, I've been busy

Me: I'm a very fancy man doing very fancy things

Me: Let's go on a fucking date

Close #5: The straightforward ask

(To a girl I'd been texting back and forth with but hadn't contacted in a month)

Me: Hey wanna grab a drink

Girl: How's tomorrow?

Me: Tomorrow could work

Me: How do you feel about brunch at like 1pm-ish, I'm in the mood for Bloody Mary's

Girl: That works for me, where?

Close #6: Qualify her on something (non-physical), then suggest a date

With this closing technique, you qualify (compliment) the girl on something that is not related to her looks.

It could be something she said in her profile.

Or it might be something she revealed about herself in the course of the conversation.

You compliment her on that thing, and then you parlay that into a date suggestion.

This can work well because the date suggestion appears to be more "genuine".

(This girl had mentioned aliens and radical politics in her profile)

Me: Anyone who's into aliens and radical politics is a friend of mine, I believe I would like to take you out on the town for a romantic date featuring magic in the moonlight

Girl: I'll have to ask my rich dying older husband but he knows I'm locating a replacement

Girl: Will there be goats at this moon ritual?

(I had just told this girl a true story about how a friend's mom had propositioned me for sex the night before)

Girl: she wasn't your type?

Me: Well she's not a high maintenance Filipina girl so definitely not my type 🤔❤️

Me: Let's grab a drink this week

(Note: this girl was Filipino and mentioned earlier that some people think she's "high maintenance")

Girl: Good answer 😊

Girl: What evening are you thinking?

Close #6: "Maybe I will take you sometime, but only if ____"

Girl: Yeah unfortunately the police came 😞 Still had a good night. Can't wait for the restaurants and bars to open up again

Girl: Are you from Dublin?

Me: Yes

Me: There's a few nice spots in Grand Canal to get outdoor drinks and sit around. Maybe I will take you sometime if you promise not to give me cooties

Girl: Sounds good. Ha pinky promise

Me: What's your schedule looking like this week

Close #7: creating the “us” dynamic with a roleplay, then parlaying it into the close

Girl: So how's your crime life going or do you have a legit job too? 😂

Me: Life of crime is paying off big time. You should come do a heist with me sometime

Me: With your cat outfit they'll never recognize you

Girl: Might take you up on that offer

Girl: The working life is very boring

Me: I see

Me: And how do you feel about drinks and witty banter with a handsome scoundrel

Girl: Sounds like fun

Me: What's your schedule like this week

Girl: Welp I'm busy tomorrow and Wednesday but I'm off work at 5 the rest of the days so can do evenings? Whats yours like?

Me: Free Thursday evening if you wanna grab a drink

Girl: Sure where you wanna go

Me: There's a nice spot in _____ called _____ that does takeaway pints and people sit outside by the water so it's basically like a beer garden

Me: Meet me there

Girl: Okily dokily

CONTACTING HER ON THE DAY OF THE SCHEDULED DATE

On the day of the planned date, I usually text the girl at around noon.

The text I use is one I borrowed from Jeffrey Allen in his excellent online dating course, *The Program*:

“Just finished up in the gym, I want to be totally shredded for our romantic date”

You don't have to use this same line.

In fact, if you don't go to the gym regularly then you definitely shouldn't.

But do text her *something* on the day of the date—ideally about 8 hours before—to warm the interaction up again.

When she responds, then you can begin locking in the specific details for when and where you'll meet that night.

Real examples:

(I text her on the day of the arranged date, around 12:30pm)

Me: Just got done working out shoulders and back, I want to be totally fucking ripped for our romantic date

Girl: Oh damn

Girl: Sounds hot

Girl: What you wearing to this date?

Girl: I don't wanna be freezing tonight so I'm just wearing jeans 😂

Me: Works for me

Me: Meet me at charlotte quay at 8

Girl: Will do x

Me: Just finished up working out chest and back, I want to be totally fucking shredded for our romantic date

Girl: Oh good, I was hoping you'd thought of that

Girl: I just finished up a 4 hour yoga session, I wanna make sure I'm zen enough to put up with you on our romantic date

Me: Hmm I normally only date girls who do a minimum of 5 hours of yoga a day but for you I'll make an exception

Girl: I was gonna say 7 hours but I didn't wanna exaggerate, too honest for my own good

Me: (I send her the Google Maps address of where we're going) I usually prefer to get takeaway drinks and walk around but it's looking like it'll rain tonight so I booked a table for 8 here to be on the safe side

Girl: Good call

HOW TO RE-INITIATE CONVERSATION IF SHE STOPS RESPONDING

Sometimes girls will fail to respond to your texts.

It might be because she forgot to.

It might be because she started dating somebody else and is no longer interested in you.

Or it might simply be because she can't think of anything good to say.

No matter what the cause—women going “silent” over text is simply a fact of life.

And you need to know how to handle this situation if you want to get consistent success in online dating.

Wait 2 days

First of all, just wait.

Be patient.

If the girl's stopped responding, wait at least 2 days before you try to re-initiate.

Very often, if you simply wait it out, she'll get back to you.

If she still hasn't responded after 2 days, then you can use one of the following to respark the conversation:

RESPARK TEXT #1:

**“We should meet up before we both forget
how good looking the other one is”**

(Credit: Todd Valentine)

This one works best if you've already suggested plans for a date but the girl has evaded them, or has agreed but then gone silent.

This line is usually enough to get the conversation back on track and focus her on the date.

RESPARK TEXT #2:

“Knock knock”

We covered this one already in the section on closing, but it also works great as a “re-opener” to use any time a girl has gone silent.

You say knock knock. She replies “who’s there”. Then you suggest a date in a cocky way.

Me: knock knock

Girl: Who’s there

Me: A jacked handsome white boy with an IQ of 140 and a sparkling personality, let’s go on a fucking date

Girl: Haha 😂 very confident

RESPARK TEXT #3:

“I feel like we’re growing apart”

(Credit: Jeffrey Allen)

Me: Well I feel the chemistry in the air is palpable. Hi I’m Michael

Girl: I feel like you’ll quicker fuck up my life, I’m boring as shit 😂

Me: That can be arranged

Me: Are you adventurous?

(No response. I text her a few weeks later)

Me: I feel like we’re growing apart

Girl: Hahahaha whatever will we do to mend these broken bonds

Me: That depends... how do you feel about drinks and witty banter with a charming scoundrel

Girl: Scoundrel was the worst possible word now I’m thinking you’re a sociopathic serial killer 😂😂😂

Girl: But once there’s alcohol I’m pretty much always sold

RESPARK TEXT #4:

“Dear diary, Katie vanished, should I send search party”

(Credit: Todd Valentine)

This one is a *little* bit “cheesy” and I try to avoid using it.

Also, I suspect that many guys have started using this text already and so it’s not as effective as it used to be because some girls have already seen it in the wild.

However, if you’ve already used up all the other “restart” texts this one can do in a pinch.

Example:

Me: What’s your schedule looking like this weekend

Girl: Busy next two weekends only time for me, have family birthday this weekend and friends birthday following weekend

Me: What about during the week?

(She doesn’t respond. I text her the next day)

Me: ...?

(She doesn’t respond. I text her 5 days later)

Me: Dear diary, Joanna vanished, should I send search party?

Girl: Shit michael this app is hard to keep up with. how are ya 🙄

Me: Perfect. Let’s meet up before we both forget how attractive the other one is

Girl: Next week?

Me: Sounds peachy

Girl: Groovy 🙄

The above interaction is a great example of how it's worth being patient and persisting.

Most guys would interpret the girl ignoring their texts for nearly a week as a clear sign she's lost interest.

However, if you just keep sending her stuff occasionally, she'll often come back around.

Girl: Where are you based? Are are you a full time stripper or is that just an extra talent?

Me: Stripping is just a side hustle, my real money comes from being a high end escort

Me: I'm in Killiney

Girl: Oh fun! Seeking arrangements is it? I wouldn't be able to afford a whole night so I'll settle for a strip tease

Girl: Jaysus that's a trek

Me: That's too bad, I'm trying to find an upwardly mobile professional woman to support me financially

(She doesn't respond. I text her 2 days later on Fri evening)

Me: Out this weekend?

(She doesn't respond. I text her about a week later)

Me: Dear diary, Keisha vanished, should I send search party

Girl: Ahhh Michael I've been MIA because I genuinely never go on Tinder 😭 So sorry

Girl: I don't have notification settings on either. Bloody Killiney though!!!
😞

Girl: Where did you end up this weekend?

Me: Yeah I'm not a fan of the tinder pen pals bullshit either tbh

Me: Give me your number and maybe I'll invite you to join me for an adventure in Killiney some time...

Girl: (sends me her number)

RESPARK TEXT #5:

The “Should I Text Him” Flowchart

This is a funny meme you can find online and send to girls who are not responding.

I don't want to be sued for copyright infringement by posting it here, but search Google for the words “should I text him flowchart” and it will be one of the first images that pop up.

The joke in this case being that you're implying the girl isn't texting you because she's overcome with anxiety about whether or not she should text.

This is a good example of how you can use something as simple as images, memes and GIFs to establish a high value frame.

In fact, it can even be better, because it seems much more effortless.

The only downside is that this only works if you've already gotten a girl's number.

Most dating apps either won't let you send images to a girl, or they'll restrict you to sending GIFs from a selection of pre-screened images on their platform.

So if you're still in the phase of messaging her over the app itself, this one won't work.

RESPARK TEXT #6:

“?”

This one is best used when you’ve already arranged plans with a girl but then she goes silent.

I would generally not use it in the early stages of the conversation.

However, if you’re in the closing stage and the girl has said yes to plans, but then goes silent—a simple text like “?” will often be enough to get her responding again.

The reason this works is that it’s totally natural.

It’s the type of thing you’d text to a close friend if you’d made plans and he went silent.

It also demonstrates a degree of social value because it implies that you expect an answer and feel entitled to one.

This is the type of thing that a girl’s boss might text her if she failed to respond to one of his messages.

Brief, curt, simple, and *entitled*.

And all of that conveys dominance and high value.

RESPARK TEXT #7:

Value Giving Texts

(Stories from your life, memes, GIFs, etc)

A value giving text is anything you send the girl which just offers pure “value” without asking for anything in return.

It could be a funny meme or GIF you found online. (Bonus points if it’s related to her and you, or to something the two of you talked about in some way)

The best version of this text is simply a “mini-story” of something that recently happened to you.

Obviously, this story should be true...

So I can't give you “cheat sheet” lines to steal. Because your mini-stories should be honest.

However, I will give you some examples of value giving texts I've sent to girls recently, to give you an idea of how these should generally look.

Me: (sends pic of Ryan Gosling in *The Place Beyond the Pines*) Should I bleach my hair and get face tats to look like this

Girl: Hmmm

Girl: You look a bit like him too!

Me: Yes I am slightly better looking however

Girl: Hahahaha love it

Me: I'm trying to go totally celibate for a month in order to attain enlightenment

Me: So far I've made it 1 and 1/2 days

Me: (fingers crossed emoji)

Girl: Haha you could also try taking acid but each to their own (shrugging emoji)

Girl: Sounds like you had a fun Sunday then 🙌

Me: I have fun every day

Me: Let's get a drink this week

Girl: We could do that, I'm only free Thursday eve this week though if that works?

Me: Had people over to mine for drinks last night, someone brought their mom which... ok, fine, but then the mom got drunk and started hitting on me and then when everyone was leaving she very forcefully asked if she could sleep in my bed to “cuddle” and I had to pretend I had a fake girlfriend to make her stop

Me: I actually low key respect her for not giving a fuck what anyone thinks tbh

Girl: Lol first of all who brings their mom to a house gathering lol

Girl: Hmm I can think of other words to call that and respect would not be it.

Girl: She wasn't your type?

Me: Well she's not a high maintenance Filipina girl so definitely not my type 🤔

(Note: the girl had said earlier in the conversation that people sometimes call her high maintenance)

Me: Let's grab a drink this week

Girl: Good answer!

Girl: I'll have to check my busy schedule

Girl: What evening are you thinking?

Me: I'm free Tuesday or Wednesday if that works

Girl: I was joking btw

Girl: Tuesday evening works for me ✌️

Learning how to formulate stories that you can send over text is an extremely powerful skill.

It's not as hard as it looks.

If you're anything like I was, you might be thinking, "Well, nothing ever happens to me. How am I going to tell her a story from my life when all I ever do is work and go to the gym?"

But you'd be surprised how much "content" you can get if you just squeeze all the juice out of it.

As you're going about your life, keep an eye out for anything unusual.

You can then package that experience into a story and text it to the girl.

The purpose of value offering texts is to warm up a text conversation that's gone cold, so that you can then ask her out.

This could be because she's stopped responding to you, or because you stopped texting her.

If more than a day has gone by without either of us texting, then I don't like to reopen with a direct close like "let's get drinks".

It's much smoother if you reopen by telling her a little story which doesn't require any response from her.

Then, if she responds to that, you follow up by saying "lets grab a drink" and lock in the plans.

Don't send girls plans to meet up unless you've gotten a response from her that day.

If you haven't gotten a response from her, then send her value offering texts once every few days (or weeks) *until* she responds.

And only when she responds do you then try to close

FINAL THOUGHTS ON ONLINE DATING AND MESSAGING

You now have my complete guide to finding a hot girlfriend online as easily as pushing a few buttons.

Before we go on, I would like to conclude by giving you a few final tips for texting women online:

1. The 6-9 Rule

On weekdays, you should only ever text girls between the times of 6pm and 9pm.

If you text her any earlier than this, she may be at work or busy when she receives your message, and so she will look at it without responding.

This is bad because if she doesn't reply soon, she will usually forget about your message entirely.

So on weekdays, only text girls after 6pm, and before 9pm. (On weekends you can text her whenever you want.)

2. Roughly mirror her response times

If she takes about an hour to reply, wait about an hour before replying yourself.

If she takes ten minutes, reply within roughly ten minutes yourself.

If she replies instantly, then feel free to reply as soon as you have written a good enough message. (These quick back and forth interactions can be good when they happen as they create a lot of momentum towards the close.)

3. Roughly mirror her sense of humor and vibe

Every girl has a different personality, and a different texting style.

Although your messages should be authentic and congruent to your own personality, you should try to roughly match the girl's sense of humor.

4. Double texting and triple texting is GOOD

There's a big misconception out there that "double texting" or "triple texting" is bad and makes you look needy.

This is not true at all.

In fact, double texting and triple texting is often necessary—as it allows you to break your texts into something like "paragraphs".

In writing, you are taught to express only one idea per paragraph. And it's the same principle when texting.

So there's nothing wrong with double texting, or even triple texting. So long as you do not make the mistake below...

5. The only time "double texting" is bad

Where double texting *does* look needy is if you text a girl, she doesn't text back, then you text her *again*.

This is what you want to avoid.

A double text is fine if both texts happened at the same time, or just a minute or so apart—e.g. if they both happen at 7:23pm.

But if you text her at 7:23 and she doesn't respond...

Then you text her again at 7:55 and she doesn't respond...

Then you text her *again* at 9:02 and she still doesn't respond...

Now you definitely *do* look needy.

So double texting is fine—but only as a way of breaking up what you're saying into paragraphs.

6. Every message should serve a purpose

Every single text you send a girl in the early phases of meeting should either:

- (a) add value (with humor, for example)

(b) demonstrate your own high value (e.g. a story about your life which subtly conveys that you're popular, successful, desired by women, or some other positive quality)

(c) move the interaction forward (towards meeting up in real life)

If the text serves no purpose, *do not send it*.

In the initial stages of meeting a woman online, every word counts—and every wasted or pointless word *counts against you*.

Avoid conversation killers like “how are you”, “what’s up”, or “what you up to” in all but very rare cases.

If what you’re saying doesn’t serve some purpose like displaying humor, wit, personality or moving the conversation forward—*don’t send it*.

7. Write your texts in drafts, never in the “live” messaging box itself

When you’re trying to think of what to text a girl, it is much better to begin by brainstorming in your drafts.

This is a mental trick which takes all the pressure off.

Begin by just writing the first text that comes to mind. It doesn’t have to be “good”.

Then write the next thing that comes to mind.

Then see if you can tweak those initial ideas to make them funnier or more impactful.

See if you can put a verbal twist on them, or connect them to one of the principles we’ve discussed earlier (e.g. “can I turn this into a way of creating the ‘us’ dynamic? How can I connect this text to an image of me and her together?”)

As they say: “There’s no bad ideas in brainstorming.”

By brainstorming your texts in Drafts before ever putting anything in the chatbox itself, you’ll find you come up with much better ideas than if you simply rush into replying to whatever the girl said unthinkingly.

8. Construct a personal cheat sheet

Your cheat sheet should have:

- (a) a list of **openers** and opener formats
- (b) a list of “**banter**” / “fluff talk” topics to use in between the opener and the close
- (c) a long list of “**closes**” or different types of “date suggestions”
- (d) a list of “**restart**” texts you can send a girl who’s gone silent and stopped responding

Of course, this program comes complete with a cheat sheet which is pre-written.

But what I would advise you to do is open a note on your phone in which you build out your *own* cheat sheet.

Initially, it will consist only of lines you’ve taken from this course to fill out the above four sections.

However, as you text more and more girls, you’ll find yourself inventing your own lines or modifying mine in a way that is more authentic and natural to your personality.

When this happens (and especially if you come up with a line that works), note it down in your cheat sheet so you can use it again later.

(Having a cheat sheet in drafts is also easier to access and easier to “copy and paste” from than if you had to open the cheat sheet you get from this course as a PDF.)

9. Stick to the script! Texting should be 80% “automated”

When you’ve built out your own personal cheat sheet of lines that have worked for you in the past, you can then put most of the work of texting girls on autopilot.

At this point, 80% of the texts I send to girls are just copy and pasted out of my cheat sheet.

They’re the exact same texts I send to every other girl.

Same openers...

Same “fluff talk” topics...

Same closes...

Same restart texts if she goes silent.

They all go through the same basic sequence, with only minor modifications depending on the girl and how she’s responding.

10. The ultimate texting formula

The ultimate formula of text game is:

Briefly riff on what she said, then follow up with one of the messages in your cheat sheet to move things to the next stage.

When a girl says something, you briefly respond to it with a sentence or even just one word.

Then you follow up by using the appropriate text in your sequence—depending on what stage of the interaction you’re in.

If you’re in the opening phase, you move things forward towards “fluff talk” (i.e. “getting to know you”-type banter)

If you’re in fluff talk, you move things forward towards setting up the close such as by asking her “are you feeling adventurous?”

The interaction is always moving *forward*.

However, by briefly riffing on whatever the girl says, you create the impression that this is all happening in a natural and spontaneous way—rather than you simply copy and pasting the same exact messages which you use on every girl.

11. 20% improv, 80% script

The amount you need to improvise will obviously depend a lot on the conversation.

However, I generally find my text interactions now are roughly **20% improvised** and **80% copy and pasting** messages from my cheat sheet.

This is good insofar as it allows me to put the entire process of meeting women on autopilot.

12. Monitor “investment” closely

Investment refers to how much effort you and the girl are putting into the conversation, relative to one another.

This refers both to the **number of messages** you send, and also to the **number of words** used.

You want to always be monitoring her investment vs. your own to make sure you're not investing more than she does.

13. Don't invest more than she does.

Ideally, your level of investment should always be either equal to, or less than the girl's level of investment.

For example, a good ratio of investment is that she sends you 2 messages for every 1 that you send.

She is investing slightly more than you.

And so you will have more power than her in the interaction, and she will be chasing you more.

But if you're sending her 2 messages for every 1 she sends, you are investing more than her.

Consequently, she will have more power, and will subconsciously see you as low value.

14. Investing more than her is unavoidable at times

Sometimes investing more than she does is unavoidable, of course.

For example, when you first message her, you are clearly investing more than she is.

When you first start to get some banter going, you may also find yourself needing to invest more.

But if possible, you should always try to monitor your level of investment, and invest either the same or less than her.

15. Volume is king

The key to success with online dating is to run massive volume.

In other words, get *as many women as possible* responding to you.

This means doing lots and lots (and lots) of swiping.

Message TONS of girls at once.

If it's getting hard to keep track of them all, you know you're running the right amount of volume.

16. High volume kills neediness

Running a lot of volume and messaging a lot of girls will give you the mindset of a hot girl.

You won't be needy.

You won't particularly care if any one interaction works out or not.

This is critical, because it will give you an attractive, relaxed vibe—and that can't be faked.

The only way to “simulate” it is to run massive amounts of volume.

17. You don't even notice when you “lose” a girl

You should be texting so many girls at once that if one drops off the radar, *you don't even notice it*.

This is extremely important for success, as it will program your whole vibe and make you seem aloof, irreverent, and highly attractive to the women you're texting without you even needing to try.

You're talking to so many different girls, and you have so many different options, it's impossible for you to feel needy and desperate over any one girl.

18. Swipe every day

In order to run volume, you need to put consistent effort into meeting girls through online dating.

I'm a busy man, so I've found that the best way to do this is to set a time each day where I will swipe on the apps for anything from 15-30 minutes a day, while simultaneously texting the leads I'm working on.

(Since it's better to text women in the window of time from 6-9pm, it is advisable that you batch your online dating activities for each day at around this time.)

PART IV:

BONUS CHAPTERS

CHAPTER X:

HOW TO TURN YOUR “CRUSH” INTO YOUR GIRLFRIEND

+

GETTING OUT OF THE FRIENDZONE 101

Female friends and acquaintances

Up to this point, we’ve discussed how to attract women you’ve just met—whether through cold approach or dating apps.

We will now turn our focus to getting girls you already know...

This includes:

- girls you’re friends with
- girls in your social circle
- coworkers
- classmates
- girls who previously rejected you, but who you still see from time to time
- ex-girlfriends who you still interact with

The common denominator in all these cases is that you’re dealing with a girl who has a *pre-existing impression of you*.

Blanks canvases vs. dirty canvases

Girls can be divided into two categories:

1. Blank canvases
2. Dirty canvases

New girl = blank canvas

When you cold approach a new girl, you are in the privileged position of working with a *blank canvas*.

The girl knows nothing about you, and has no preexisting impression of you.

You can then use the techniques in this book to frame yourself as a high value man, which makes her attracted.

Female friend or ex = dirty canvas

But with a girl you already know, you're not starting from a nice clean slate.

Where you are concerned, she is a *dirty canvas*.

Meaning, her mind is full of **memories** of you, on the basis of which she's already formed an **impression** of the type of guy you are.

And in most cases, that impression she has formed is usually *not a good one* in the context of making her sexually attracted to you.

KEY CONCEPT:

It's much easier to create attraction with a new girl who doesn't know you than it is to change a pre-existing impression.

PRACTICE ON GIRLS YOU'LL NEVER SEE AGAIN

If you're new to success with women, and you haven't gotten good at using these techniques yet...

I strongly recommend that you **DO NOT** try to use them on girls you already know.

The reason for this is two-fold.

First, as I've just mentioned, it's much harder to seduce a girl with a pre-existing negative impression of you than it is to get a new girl from scratch.

But second, if you practice these techniques on girls you'll see again before you've fully mastered them, there's a high probability you'll mess them up.

If you mess up with some random girl in a bar and she gets offended or thinks you're weird... there's absolutely zero real world consequences.

But if you mess up with a chick from office, or a long-term friend—that has permanent consequences.

You may get a reputation for being “weird” or desperate in that social circle.

NOT GOOD!

Practice on girls you'll never see again

It is for this reason I stress that *until you've mastered them*, you must only practice the techniques in this book on girls you'll never see again.

That means women you approach at bars, clubs, or on the street.

It means chicks you meet through online dating.

These are all excellent ways to practice.

Because even if you screw up and embarrass yourself, **there'll be no negative long-term consequences**, since you're never going to see that girl again.

KEY CONCEPT:

You cannot do something the right way until you've done it the wrong way.

Practicing these techniques on women, and getting them wrong, is an essential part of the learning process.

You learn by making mistakes

You don't learn how to do something like "push/pull" by doing it well.

You learn by doing it *badly*... messing up... getting negative emotions from that... and then **re-calibrating**, so you do better the next time.

It's like learning to walk when you're a baby

You learn *balance* only by falling over a bunch of times.

Only after you've fallen over multiple times do you get the necessary "balance" to walk like a pro.

Now—imagine that you had a son who was learning to walk.

Would you want him to practice walking in the safety of your home?

Or would you want him to try learning to walk over the edge of a live volcano?

This is kind of how I feel when guys who have absolutely no idea what they're doing yet ask me how they should go about using these techniques to get one of their female friends, their long-term crush, or a woman at their office.

Don't do it!

The risks are too high.

Practice these techniques in "low stakes" situations

Master the techniques in this book by using them on women in low-stakes situations, such as cold approach and online dating.

Then...

Once you've actually gotten kind of *good* at this...

Then you can take it back to your “home turf” and use it on female friends, coworkers, etc.

And in many cases, it will actually work better on girls you already know.

But only if you do it masterfully.

So if you don’t feel confident you can use these techniques *masterfully* yet...

Then don’t risk using them on women who you’re going to see again.

HOW TO “PSYOP” YOUR FEMALE FRIEND OR EX GIRLFRIEND INTO FALLING IN LOVE WITH YOU YOU

The following is advanced.

As I’ve warned you above, I do not recommend trying to use these techniques on a girl you already know *unless and until* you’ve practiced using them on dozens of other women first.

However...

IF you’ve reached a point in your progress where you’re now consistently able to generate attraction in most or all of the women you meet...

Then you can now turn some of these techniques onto girls in “higher stakes” situations, such as female friends, coworkers and ex-girlfriends.

Here are a few examples of how to adapt the five attraction-building techniques you’ve already mastered for use on women you already know:

FRIENDZONE BUSTING WEAPON #1:

SUBVERSION

Use push/pulls to “tingle” her emotions and get her reacting to you

The first technique for building attraction with a female friend, coworker or ex is **push/pull**, or what I have labeled **Subversion**.

Subversion is about using ridicule and mockery to undermine a girl's frame that she's “better than you”, while triggering her to chase your validation.

Examples of “pushes” you can use on a female friend:

- Go over the top. Exaggerate her virtues and beauty in a way that is obviously insincere, e.g. “you're a supermodel!” etc.
- Give her compliments in a tone of voice that is sarcastic or patronizing, e.g. “oh wow, I *love* your X” (where X = her hairstyle, bag, shoes, or some item of clothing she's wearing that you actually think looks ugly)
- Use “you look good today”
- Use “you're fired”
- Lightly swat her with something (e.g. a laminated menu)
- Damn with faint praise. “You actually look... *somewhat* cute today.”
- Disagree with her. If she says she likes X, say “I hate X” in a completely deadpan voice. On the other hand, if she says she hates X, tell her that you love X. (Example: “What's your favorite color?” “Blue.” “I hate blue.”)

- Offer to hire her for some menial task like cleaning your apartment or being your secretary (then immediately fire her)
- Compliment what she's wearing, but then say "huh that's weird, I just saw two other girls today wearing that same outfit... it *is* nice though." (then immediately change topic)
- "You know what Sally? I don't care what other people think about you, you're alright in my book."

Once again, I want to reiterate:

Do not use pushes like these on a female friend until you've fully mastered using them on random girls at bars, etc.

There's a *lot* of room for error when learning push/pull.

So don't attempt it on a girl you know until you're very confident in using it, to the point where it's almost second nature to you by now.

FRIENDZONE BUSTING WEAPON #2: EXAMINATION

Put her on a "point" system

Give her points when she does something good, e.g. "5 points for Katherine!"

Take points away when she does something bad.

Be patronizing and condescending.

Use "good girl."

Tell her "good job!" when she does something easy, like tying her shoelaces successfully.

Treat her like she's your ret***ed niece...

FRIENDZONE BUSTING WEAPON #3: CONFUSION

Deviate from the expected script

Never give her a straight answer to any question she asks you.

If she asks how your weekend was, make up some obviously fake bullshit story.

For example, you can tell her you just found out you got a girl pregnant.

Act serious and pretend like you're going through a personal crisis, and you don't know what to do about this pregnancy.

When she's extremely invested in this plot line, pull the rug out from under her by saying, "I'm just fucking around, none of that happened. Anyway—" then change topic.

Make up fake plot lines and lead her on for hours without letting her know if you're serious or not.

Toy with her and tease her incessantly.

Never tell her the truth.

Refuse to be serious.

Tool her constantly.

FRIENDZONE BUSTING WEAPON #4: VISUALIZATION

Approach other girls with her on your arm and pretend she's your wife or girlfriend

Make up roleplays where the two of you are a couple.

For example, if you're at a bar with her, approach new girls with her on your arm.

Introduce her as your "girlfriend" or "wife", or tell people that you're incestuous cousins and you just knocked her up.

What makes this strategy so nice is that it's win-win.

The girl you approach will be way more receptive to you, because you have a girl on your arm.

(This is called a "pivot" in the PUA community. It's known to be most rejection-proof way of approaching a girl there is, because hot women will never reject you if you come up to them with another girl on your arm.)

At the same time, your friend will get jealous (and maybe even a little turned on) when she sees you approaching other girls in front of her.

Warning: use this technique with caution. If you're not careful, you might end up having a threesome.

FRIENDZONE BUSTING WEAPON #5: INVERSION

Accuse her of hitting on you. Misinterpret everything she does as her wanting you.

Finally, when there's enough sexual tension between the two of you that it's clearly palpable, blame it on her.

If she's staring into your eyes with dilated pupils,²² move your head forward slightly to kiss her. But then pull away before she has a chance to kiss you back, and say things like:

- *"No, no, we're friends, we can't do this..."*
- *"It's wrong..."*
- *"We shouldn't be doing this..."*

Steal her frame

Preempt her likely objections by using them against her first.

Tell her things like:

- *"You're a nice girl..."*
- *"We're just friends."*
- *"Nothing's going to happen between us, you realize that right..."*

The combination of **physically escalating** while **verbally pushing her away** will create an intoxicating emotional reaction inside her.

It will also allow you to **test the waters** and see how physical you can get with her before she becomes uncomfortable.

²² Dilated pupils are a clear indicator of arousal. If a girl is looking in your eyes and her pupils are big, it's usually a good signal she'd be receptive if you kissed her.

For example...

If you move your head close to hers (pull) while saying “we shouldn’t do this” (push), but she jerks her head away because she doesn’t want to kiss yet...

Well, since you said “we shouldn’t do this”, it makes it seem like you’re actually the one who cut things off before she did.

It creates the illusion that you may have actually rejected *her* first.

On the other hand, if you move your lips close to hers, say “we shouldn’t do this”, and she **DOESN’T** move her head away but keeps staring at you intently... then you can simply kiss her.

KEY CONCEPT:

Physically pulling while verbally pushing is a low-risk way to “test the waters” and see if a girl’s responsive without risking rejection.

FRAME CONTROLLING A FEMALE FRIEND OR EX

These are just a few ideas for how you can use the attraction and frame control techniques we’ve covered in this course on a female friend or ex.

Ideally, however, **you won’t need to approach seducing her in a “structured” way.**

Practice these techniques and get good at using them on girls you meet through cold approach and online dating.

That way, they’ll become **second nature** to you...

And using things like “push/pull” or “misinterpretation” will simply be something you do naturally, without having to think about it.

When that happens, you'll start naturally communicating in an attractive way with all your female friends, coworkers and exes without trying to do so.

It's not something you have to force or consciously think about.

Teasing girls is just something you do on "autopilot", because you've got so much positive reinforcement from acting this way that it's inherent in your personality at this stage.

At that point, you'll very easily be able to create attraction in any girl you know, as soon as you desire to do so.

So don't take your eye off the ball.

Your aim right now should be to master these techniques and practice them on as many girls as possible until they become second nature to you.

When that happens, you'll inevitably be in a position where many of the girls in your life right now (friends, coworkers, exes) are actually hitting on you first.

You may even find that *you're* the one who has to start putting *them* in the friendzone, rather than the other way around....

CHAPTER XI:

HOW TO SET UP ANY “STYLE” OF RELATIONSHIP YOU WANT

(Girlfriend, F*ck Buddy, Multiple Long-Term Relationships...)

In this chapter we’re going to talk about to set up any type of relationship you want.

There’s three main relationship “styles” we will cover:

1. Girlfriend
2. Friend with benefits
3. Girlfriend who lets you see other girls

Each of these relationship types builds on the other.

For example, if you can make a girl want to be your girlfriend, it won’t be hard to turn her into your FWB.

And if you know how to turn girls into FWBs, then getting them into a long-term “open” relationship will be easy.

HOW TO MAKE A GIRL INTO YOUR GIRLFRIEND

This is the easiest type of relationship to get into.

Once you've had sex with a girl, making her into your girlfriend is mostly an automatic process which will happen on its own from this point.

This is because:

1. if the girl sees you as high value enough to sleep with, she will naturally want to make you her boyfriend
2. the act of having sex with you releases oxytocin in a girl's brain, a chemical that will make her start to fall in love with you (this is especially true if you've given her an orgasm)

Once you've had sex with the girl, the process of turning her into your girlfriend is really "smooth sailing" from this point.

You don't have to do much.

The next morning, after she leaves your place, send her a short courtesy text to say you had fun last night.

I usually send her something like:

- "I had fun last night, get home safe x"
- or
- "I had fun last night, thanks for keeping me company x"

Most girls are going to be nervous at this point that you'll "ghost" them after sex.

So it's important to text her the following morning to show her that you're not just trying to pump and dump her.

However, don't go overboard here.

Leave some mystery.

Don't try to make plans to see her again immediately.

You need to leave space for her to wonder if you want to see her again.

Uncertainty is the essence of romance.

So don't let her know your intentions right away.

Just send her a brief courtesy text the next morning.

Then text her a few days later and ask if she wants to hang out.

You don't need to be fancy with this.

Once I've already slept with a girl, my "fancy" texting goes out the window and it defaults to a very dumbed down, effortless style.

For example, a few days after sleeping with a chick, I may text her something simple like:

"Let's meet up Friday"

If she responds in the affirmative, I'll then tell her to come to my place and drink some wine with me.

Because she's already slept with you, going back to your place isn't going to be a big deal any more.

So you don't have to dance around it the way you did when you set up the first date.

When the girl comes over to your place, do whatever you want.

You can make her dinner.

Or you can simply have a more low-key night, have drinks and talk.

You can watch TV or a movie together.

You can take her out to a bar or restaurant near you.

It's up to you.

ACT AS IF

Act as if you're already in the type of relationship you want to be in.

This is the key to setting up any kind of relationship you want.

For example, if you want her to be your girlfriend, simply *act as if* you're in that type of relationship already.

What would you do with that kind of girlfriend?

Would you get dinner together?

Go to a movie?

Have her sleep over at your place, then go to the farmer's market on Sunday morning?

Well, simply *start doing that*.

There's no need to put any labels on it, or to have her say "I'm your girlfriend".

If you simply *act like* she's your girlfriend, she's going to quickly fall into that role and begin identifying herself that way.

If you want her to cook for you, for example, simply tell her to do so.

Next time you're with her, say "can you cook?"

If she says yes, then say, "you should cook for me sometime."

This applies to anything you want to do with her... whether it's something innocent like cooking, or even acting out certain sexual fantasies you may be interested in.

HOW TO MAKE A GIRL INTO YOUR FRIEND WITH BENEFITS

A “friend with benefits” is a girl you sleep with regularly, but there’s no expectation of monogamy or commitment on either side.

You can call her up every week or two, and have her come over to your place for sex without taking her out on a date, or doing anything fancy.

There’s also no expectation that you or her will always be available, and it’s understood that both of you are probably seeing other people.

Just as with making a girl into your girlfriend, making her into your FWB also comes down to **“acting as if”**.

That is... act as if you’re *already* in an FWB relationship with her.

You don’t need to verbalize this or put labels on it.

After you’ve slept with the girl, just start treating her as if she’s your FWB, and she’ll usually fall into that role.

If you want to keep it a FWB relationship, there’s a few things you should avoid:

1. Don’t hang out with her too long the next day after sex

Get her to leave your place the next morning (or leave hers early the next morning). If you need to, you can make up some excuse about how you have to “work”.

Don’t spend the day together, as this tends to create a “boyfriend/girlfriend” dynamic.

2. Don’t meet each others’ friends

Don’t meet her friends.

And don't invite her out to meet your friends.

3. Don't do any activities together

Avoid doing activities with her unless they're mainly based around sex.

It's fine to meet your FWB for drinks from time to time, but don't overdo it.

Don't take her to dinner. And don't do activities together in the daytime.

4. Don't rub it in her face that you're seeing other women

An important rule with FWBs is that although it will be very clear to her that you're seeing other women, *don't rub it in her face*.

Be polite and considerate in your dealings with her.

This can include the judicious use of "white lies" and "lying by omission" to avoid hurting her feelings.

For example, if she asks you what you were up to that weekend, and you were in fact dating another girl—you can tell her something vague like, "I had drinks with a friend."

Use common sense and basic empathy here.

Even if she knows you're probably seeing other girls on some vague level, don't draw attention to it, as it will hurt her if she's into you at all.

WHAT TO DO IF SHE ASKS
“WHAT ARE WE?”
OR
“WHERE IS THIS GOING?”

The best answer for questions like this is:

- *“I’m open to a relationship when the right situation comes along.”*

This lets her know that her FWB relationship with you isn’t a dead end, and that you *may* be willing to progress at some indefinite point in the future...

But only if she really steps her game up.

It leaves open the possibility that one day, she might be able to get you into a more serious relationship.

And it’s important for her to know that’s at least a *possibility*.

Additionally, this frame will **motivate** the girl to be more pleasing to you in the relationship...

It will motivate her to go to the gym and get fit and hot.

It will motivate her to dress better, look sexier, and be more of an “arm candy” type girlfriend who you’d be proud to show off to people.

So instead of making her feel like this FWB thing with you is going nowhere...

You’re actually showing her that **IF** she made an effort to become a true 10/10 for you, you *would* consider her for a serious relationship.

HOW TO GET A GIRL INTO A LONG-TERM OPEN RELATIONSHIP

The final kind of relationship is a kind of combination between a GF and a FWB.

This is a long-term open relationship.

On one hand, you have all the intimacy you'd have with a girlfriend—e.g. you do activities with her, spend a lot of time together and you're in love.

But at the same time, you're also sleeping with other women on the side, and your girlfriend is aware of this and is cool with it.

Getting a girl into this kind of relationship is actually surprisingly easy if you handle it in the right way.

The key is to start off being **friends with benefits** with her for several months...

Then gradually become more and more intimate, by doing activities with her, going to dinner, etc.

Now, earlier on I mentioned that you should avoid doing activities with a girl if you want to keep her as an FWB.

And that's true—*in the beginning of the relationship*.

In other words...

For the first several months of dating this girl, just hook up with her and keep it casual.

However, once the **FRAME** that you're friends with benefits is very firmly in place...

Then you can start getting more intimate with her and turning her into more of a girlfriend.

But now you'll have the best of both worlds.

In other words...

Since the relationship you've had with her has been in an FWB "frame" for several months, *she's long accepted the fact that you're seeing other girls.*

That's just been an implicit agreement between you (although not necessarily stated overtly) from the beginning.

However... because you've always always ultimately come back to her, she's gotten very comfortable with the fact that:

"Yeah ok, he sees other girls... but he always ends up coming back to me. I'm not in danger of losing him."

This will prevent her from feeling threatened by those other girls, because she ultimately sees that what you have together is solid and secure, even though you're fucking around on the side.

This is a very important point to understand:

The main reason a girl doesn't want you to see other girls is because she fears you'll leave her for them.

But in a long-term FWB relationship, this fear subsides.

If you've been seeing your FWB for 6-12 months or more, and you still haven't left her for someone else, she'll feel secure in her relationship with you because she knows you're not going anywhere.

Somewhat paradoxically, the longer you date her while still seeing other girls, the less threatened she feels by these other girls.

For her, that's just "part of the package" of dating you now.

In NLP, they say that “the frame you start with is the frame you’re stuck with.”

So to pull this off, it’s essential that you start things off in a FWB frame from the beginning.

Then later, you can transition to a more traditional relationship style while still seeing other girls on the side... therefore having the best of both worlds.

Whereas if you start off in a “traditional” relationship frame, it’s almost impossible to open things up later on without crushing her emotionally.

THE ESCORT GIRLFRIEND ANALOGY

Imagine that one day, you decide to pay for sex with a high-end escort.

This girl is an 11/10, absolutely stunning, and she’s your exact physical type.

Now imagine this escort falls in love with you, and you two start dating.

The sex is phenomenal...

You’re madly in love with each other...

But there’s one catch.

She tells you early on:

“Look, I adore you. I love you more than anyone I’ve ever met. And I want to have sex with you all day every day. But I’m not going to quit my job as an escort. I’m still going to have sex with other men for money. And if you want to be with me, you need to accept that. It’s just part of the deal of dating me. But on the plus side, you can also have sex with other girls whenever you want and I’ll be cool with it.”

So, the question is:

Would you take this deal?

I think it’s fair to say that the majority of men would.

Now, is it a perfect situation?

No.

You'd probably want her all to yourself.

You'd definitely be uncomfortable with the fact that your girlfriend is sleeping with other men... particularly as you became more and more attached to her.

However...

If it's a choice between having this amazing girl who's an escort versus not having her at all, I'm willing to bet you'd probably be cool with it.

But critically, this is because **you *knew* she was an escort going in.**

In this analogy, you knew exactly what you were getting into with her from the start.

But now, imagine a different scenario:

Imagine you start dating a normal girl, who isn't an escort.

She's also smoking hot, and the two of you fall in love.

You date for a year, and eventually move in together.

You're crazy about this girl, and you're thinking about marrying her.

But then... one day... she suddenly tells you that she wants more money than you can provide for her, and so she's decided to become an escort.

She tells you she still wants you to be her boyfriend, but from now on she's going to start sleeping with other men for money.

Now...

How do you feel about that scenario?

Not so good, right?

Yet, when you break it down logically, both of these are effectively the same exact situation.

In both cases, your girlfriend is an escort who sleeps with other men for money.

But in the first case, you're cool with it.

And in the second case, it's like a waking nightmare.

Why?

Because of how your **expectations were managed** from the start.

In the first scenario, *you knew exactly what you were getting into going in.*

The frame that this girl was an escort was set from the start.

And on that basis...

You were then able to calmly evaluate the situation, weigh up the pros and cons...

And decide that while it wasn't an ideal situation, on balance it was something you were willing to tolerate, because the positives outweighed the negatives.

In the second scenario, however, you felt betrayed because the frame you initially agreed to ***changed***.

You fell in love with this girl under the *premise* that this was going to be a normal relationship with a normal girl.

So when she then outrageously decided she wanted to become a prostitute, it was shocking and completely unacceptable.

Well, it's exactly the same thing with getting a girlfriend who lets you sleep with other girls.

So long as you set this frame up from the beginning...

So long as you manage the expectations at the start so that she's vaguely aware you're seeing other women...

Then she's able to weigh up the pros and cons, and reason to herself:

“Ok, it’s not ideal. But I’m willing to accept this, because I really like this guy. *This is just who he is*. He’s just the type of guy who sees multiple girls. And if I want to be a part of his world, I have to accept the total package of who he is.”

And over time, as she realizes you’re not going to leave her for one of these other girls, she becomes more and more comfortable with the situation.

On the other hand...

If you *start* with a frame that this is a “traditional relationship”—but then *later*, try to change it into something more open, it will completely shock the girl and crush her emotionally.

Be the escort from Day 1

So it’s very important to *be the “escort” from Day 1*.

In other words, start things off as being friends with benefits.

Set that frame from the beginning.

Make it clear this is just who you are, and what dating you is like.

Then as the relationship deepens with time...

The fact that you see other girls will be something she’s already accepted and become acclimatized to.

And so you’ll be in a much better position to get her to *continue* to accept that even after you get more serious with each other.

CHAPTER XII:

HOW TO TURN YOUR GIRLFRIEND INTO A THREESOME FREAK

Or:

How To Turn 1 Girlfriend Into 2 Girlfriends

In the last chapter, we talked about how to set up the exact type of relationship you want that's customized to meet your needs.

We covered how to frame things from the beginning so that your long-term serious girlfriend is fine with you sleeping with other women.

In this section, we're going to build on that and go even further...

You're going to learn how to get a girlfriend who doesn't just *let* you fuck other women, **but actually brings you other women...**

In this section we will cover:

- how to get your girlfriend to do **threesomes** with you...
- how to **pick up girls with your girlfriend**...
- how to get your girlfriend to **invite her friends into the bedroom**...

REGULAR THREESOMES WITH YOUR LONG-TERM GIRLFRIEND: HOW REALISTIC IS IT?

At least 1/3 of girls are bisexual

Most attractive young women are either bisexual or have tendencies in that direction.

According to a study carried out by the *Journal of Sexual Medicine*, 1 in 3 North American women surveyed had experienced fantasies of having sex with another woman.

In my personal experience, when you select for girls who are young and hot (rather than just women of all ages), the percentage who are into other girls goes way up.

Personally, I'd say that about 70% of the girls I've slept with have told me they watched lesbian porn, fantasized about other women, had slept with another woman, and were very open (in some cases even eager) to do a threesome in the right circumstances.

Threesomes are mainstream

So, there's a surprisingly wide pool of women you can draw from in trying to get a girl who's into threesomes.

This is not some "niche" interest that only 5% of women will be into.

If you handle it right, and if you frame things in the right way, the data indicates you could quite easily turn at least 1/3 of the girls you're dating into threesome freaks.

It's all about your FRAME

Hopefully by now you've recognized that this is fundamentally a program about *frame control*.

Everything we do here comes down to:

1. setting a **frame** that favors the outcome you want,
2. having the girl **fall into that frame** so she sees it as self-evident “truth”

Perception is reality

Control her (and your) perception, and you control reality.

And getting your girl to do threesomes is no different.

It is merely an extension of your power to ***control the frame***.

3 WAYS TO PROGRAM THE “THREESOMES ARE GOOD” FRAME

You can get a girl to want threesomes using 3 of the core techniques we’ve covered in the PSYOPS section.

They are:

1. Examination:

Screen and evaluate the girl based on her suitability and eagerness to do threesomes.

Using screening to create the frame that her wanting a threesome is the way to win your approval.

Give her a metaphorical “gold star” whenever she expresses interest or enthusiasm in having sex with other girls.

Subvert traditional moral values, and promote an adventurous and hedonistic worldview.

2. Visualization:

Once you've encouraged her to express interest in the idea of a threesome, get her to vividly imagine it.

Use vivid descriptions and leading questions which get her to see, feel, touch and taste the experience of having sex with another girl and you at the same time.

Appeal to her erotic imagination by painting vivid pictures in her mind of what you and the other girl will do to her, or what you'll direct her to do to the other girl.

The mind can't tell the difference between vivid imagination and reality.

If you get her to visualize having a threesome in enough detail and enough times, it will not only build her desire for it—it will also make her feel more comfortable with the idea, as it will seem more familiar and less alien/unusual.

3. Inversion:

Reverse the roles by playfully accusing her of being the one wants a threesome.

Tell her you're an innocent angel who would never contemplate such a filthy act, but she's a bad girl who's manipulated you into thinking about it and talking about it because she's trying to get you to bring her other girls.

Continually reinforce the frame that she's the one who wants the threesome more, not you.

Muddy the waters by claiming she was the one who brought the topic up, not you, and say that she must have threesomes on her mind constantly.

Remember, if you repeat a big lie often enough, eventually it will be believed.

Getting threesomes is easy

Getting a girl to want threesome is easy if you use the aforementioned psychological techniques.

This is because sex with other women is something most girls *already want* on a subconscious level.

The vast majority of human beings (men and women) are not “straight” across the board.

It’s extremely rare that you will meet a girl who doesn’t have any sexual feelings towards other women. Such women *do* exist, but they are, in terms of rarity, “freaks”.

Repressed or conscious bisexuality is the rule rather than the exception in women.

Therefore, you do not need to “create” a desire for threesomes in the girl.

You only need to channel and direct the desire that’s already there, and give it force, direction and momentum.

There is only one caveat:

You need to begin this process *immediately upon meeting a girl*.

The threesome frame needs to be set from *the very start*.

Her willingness and enthusiasm for sex with other girls needs to be one of the main things you’re **screening** her on when you first meet her.

In other words, screening her about liking other girls needs to be something you’re doing on the initial approach (or on the first date, if you met her online).

It’s NOT something you introduce later, after you’ve already slept with her.

And it’s definitely NOT something you want to try to introduce after she’s been your girlfriend for months.

If you want a girl to do threesomes with you, you need to set that frame from Day 1.

It should be something you’re talking about on the initial approach.

In NLP they say *the frame you start with is the frame you're stuck with*.

If you set a frame that threesomes are hot from *the first interaction* with a girl, and if she goes along with that, she's not going to want to go against that frame later on.²³

So you need to begin setting the threesome frame from Day 1—from *Hour 1*, even.

Doing so will make getting threesomes so easy you'll be astonished that no one else is doing this.

Fail to do so, however, and your attempts to convert normal relationships into threesome relationships will be fruitless.

5 QUESTIONS THAT MAKE HER WANT A THREESOME

“The chains of habit are too light to be felt until they're too heavy to be broken.”

— Warren Buffet

Yes momentum

The method for getting a girl wanting a threesome is very simple.

It's all about creating **“Yes” momentum**.

If you get someone to say “yes” to a small request, it makes them more likely to say “yes” to a bigger request.

Likewise, the method here is to build up gradually to the idea of a threesome by starting with very light, innocent questions, and then building on her “yes” response.

²³ Due to consistency bias.

There's a simple series of questions you can ask a girl that take the conversation from boring and friendly, to discussing the possibility of a threesome.

If you're serious about finding a GF you can do threesomes with, you should find an opportunity to run every girl through this sequence immediately after meeting her.

(The side benefit of this is that it will give you something to talk about. So if you run out of things to say with girls, using this will kill 2 birds with 1 stone.)

The sequence of questions is as follows:

Question #1: Are you adventurous?

Question #2: Have you ever kissed a girl before?

Question #3: What's the furthest you've gone sexually with another girl?

Question #4: Have you ever had a threesome?

Question #5a: Would you like to? (*if she answered "no" to Q4*)

Question #5b: What did you like about it? (*if she answered "yes" to Q4*)

Question #1: Are you adventurous?

If you ask a girl this in person, she will almost inevitably say "yes".

Let her expand on her answer if she wants to.

The more she talks about being adventurous, the more she will "own" it and the more deeply she will identify with that role.

Question #2: Have you ever kissed a girl before?

The vast majority of girls have, and so if she's being honest, she will say yes.

Note that by pre-framing this with a question about being adventurous, you are clearly signaling to her that being adventurous is *good* and is the way to win your approval.

If she says she's never kissed a girl, she's either telling the truth (due to having legitimately no interest in girls), or she's lying (due to being a prude who is uncomfortable with her own sexuality and overly concerned with being judged).

In either case, if a girl says "no" to Question #2, she has *screened herself out* as a potential threesome girlfriend candidate.

Don't bother wasting any more time in trying to get her interested in a threesome.

There's plenty more fish in the sea. And there's a lot of girls who are not only interested in having a threesome, but desperately hoping they'll find a man who can arrange one for them.

So there's no point in wasting time with girls who are completely cold to the idea.

Remember: an important element of screening is that it's not a bluff.

You are genuinely willing to walk away from girls (or at least demote them to "low priority") if their values don't align with yours.

If she says "Yes", however, now you can proceed to the next question...

Question #3: What's the furthest you've gone sexually with another girl?

You'll get a wide range of responses to this question.

Some girls will say kissing a female friend was the furthest they've gone.

Others will tell you outright they've not only had sex with one of their friends, but actually do so quite regularly.

And these are girls who "present" as straight!

In any case, the purpose of this question is simply to feel out exactly where she is on the spectrum of bisexuality.

If she says that she has done something sexual (beyond just kissing) with another girl, you can follow up by asking her: **"What did you like about it?"** or **"How did that make you feel?"**

Get her to vividly describe what turned her on about that situation.

When girls talk about sex, they get horny.

So the more you can get her talking about any sexual experiences she's had with other girls, the more turned on she'll be.

(This helps you even if your goal is only to pick her up that night. Thus, this sequence actually works as a pickup "routine" in its own right *even if you're not interested in getting a threesome.*)

Question #4: Have you ever had a threesome?

(if she answers "no" to previous question)

Question #5a: Would you like to?

(if she answers "yes" to previous question)

Question #5b: What did you like about it?

Screen, screen, screen

It's critical that you ask these from a *screening frame*.

As we discussed in the chapter on Examination, screening means having a list of qualities you're looking for in a girlfriend, and asking any girl you meet very targeted questions to see if she matches up with what you're looking for.

Screening is critical in seduction because:

1. It makes the girl feel she's being "evaluated"
2. It makes her start chasing your approval by behaving in ways that are *consistent* with the things you're evaluating her on

In other words...

Screen a girl for being "smart", she'll try to show off her intelligence.

Screen a girl for being "adventurous", and she'll do adventurous things with you...

Screen her on being extremely “in touch with her sexuality” and, well... you get the picture.

So, if you’re looking for bisexual girls...

If you’re looking for girls who want to do threesomes...

Screen her for that.

And screen her for it early.

That’s what this sequence of questions allows you to do.

Be willing to walk away

If finding a girl who does threesomes with you is a priority, then you should be willing to walk away the moment a girl “screens herself out” by not being into this.

Or at the very least, you should be willing to demote that girl in your own mind from being a high priority to being a low priority.

It’s critical that your screening is not just a bluff—but is actually a real expression of the discriminating standards of a high value man.

There’s a world of difference between a guy who’s screening as a “technique to create attraction” versus a guy who’s *genuinely* screening girls out based on not living up to his standards.

Even though both guys might be saying the same words—the *energy* behind those words is totally different.

And the girl can *feel it*.

So with screening girls for being bisexual—the energy you need to project is a mix between being fun, light-hearted and positive (as always) while at the same time subtly conveying that she *will* significantly go down in your estimation if she doesn’t give you the “right” answers.

AFTER THE INITIAL “THREESOME” CONVERSATION

On the basis of running the 5-question sequence, you have accomplished three important things:

1. You will have **set the frame** from the very start of the relationships that for you, her interest in sex with other girls is a *good thing*, and that this behavior is a way for her to win your approval
2. You will have **got her thinking about the idea of threesomes**.
3. You have gotten a **clear sense** of where this girl stands in relation to threesomes, so you know how to proceed. Does she have absolutely no interest in them, and hasn't even kissed another girl? Or is she a threesome-addict who has sex with women regularly? Getting this information will give you a clear sign of how to proceed (and whether it's even worth proceeding at all).

Now, just proceed to pull this girl home and have sex with her the way you would with any other.

(Interestingly, running the threesome question sequence will actually make this more efficient, because any time you get a girl talking about sex, she usually starts getting turned on, and it's then easier to pull her.)

Don't bring the topic of threesomes up again until after you've slept with her at least once.

You've already set the threesome frame, and that's enough for now.

For the time being, just enjoy sleeping with your new girlfriend as you would normally before proceeding.

Once you've established a sexual relationship with the girl and are seeing her regularly, now you can begin to bring up the topic of threesomes again...

But this time with a clear path to actually doing it.

The way you do this depends a lot on how the girl answered your initial screening questions.

If she was extremely enthusiastic about threesomes, then you don't need to get fancy here.

When you're in bed with her one day, simply tell her, "we should have a threesome."

Or "let's go out and pick up girls together tonight."

Or even, "I showed a picture of you to a girl I know and she thinks you're really sexy, let's invite her over, get her drunk and take advantage of her together."

A lot of girls are actually chomping at the bit to sleep with another woman, but their shyness and fear of awkward situations / rejection prevents them from achieving this on their own.

So when you step in and promise to facilitate using your masculine assertiveness and social skills, you're doing them a huge favor.

If the girl was more shy about the idea of a threesome, but she was clearly somewhat interested, then you can lead up to the conversation in the following way:

When you're laying in bed with her after sex, ask her if she has any sexual fantasies or kinks.

You can lead up to this with questions like:

- "How often do you masturbate?"
- "What's one of the last things you thought about when you masturbated?"
- "What's something you get turned on thinking about, but you would probably never do in real life?"

After you've opened the conversation with questions like these, you can proceed to asking her:

- "What are your biggest kinks?"

or,

- "What are your biggest sexual fantasies?"

After she answers, she'll almost inevitably ask you the same question in return.

And this now provides you with an innocent excuse for you to start talking about how turned on you are by the idea of having sex with two girls at once.

The nice thing about this is that it makes it seem like *she* instigated the talk about threesomes, not you.

If a girl feels like you have an "agenda" to get her to do a threesome, she will reflexively resist this.

However, if she asked you what *you're* into, and then you answered that you like threesomes—it makes her feel as if this conversation about threesome just emerged "spontaneously" without anyone having planned it.

At this point, you can tell the girl you're extremely turned on by the idea of being with two girls at once.

Be honest and sincere here, and speak from the heart about what you find most arousing about this situation.

Tell her what you'd like to do, or have done to you.

Tell her the positions you would put the girls in.

Don't tell her what you think she'd be turned on by.

Rather, tell her what sincerely turns you on.

And then that *genuine emotion* of sexual arousal will transfer onto her through the process of *emotional contagion*.

For example, my favorite threesome position is the "Triangle":

I lay on my back with one girl sitting on my face, and the other girl riding my cock, and both girls facing each other so they can make out at the same time. In talking about threesomes with a girl, I tell her how much that position turns me on.

I can speak to that in detail, and because it's coming from a genuine place of sharing how much that excites me, she usually becomes excited too.

Even if that wasn't something that would have appealed to her before, hearing how much it turns me on will usually turn her on.

I mention this because a mistake some guys make (and which I made early on) is trying to figure out "what the girl would be turned on by" and then speaking to that.

But the problem is, if it's not something *you're* extremely passionate about, that lack of enthusiasm is going to come across in your delivery.

Whereas you'll find that if you talk very genuinely and sincerely about the elements of a threesome that you're extremely excited about, the girl will get turned on as some of your excitement transfers onto her.

Enthusiasm sells!

Once you've got the girl talking about threesomes, she'll be turned on by the idea.

At this point you can now begin talking about arranging for the two of you to meet a girl you can "play" with.

WHERE DO I FIND THE SECOND GIRL?

If your main girl has had threesomes before with one of her friends, you can ask her to invite the friend over.

If no such girl is available, you're going to have to find the third girl yourself.

Option #1: Simply repeat the same process again to find the second girl

The easiest way to do this is simply to repeat the same process on another girl.

If you can do it once, you can do it a hundred times.

So make it a habit to run every girl you meet through the 5-question threesome screening sequence... and make a note in your phone of the ones who seem like suitable candidates.

Then when you're talking to Girl #1 about setting up the threesome and she's enthusiastic about it, you can say something like:

"I actually have a female friend who was saying to me just the other day that she'd love to have a threesome but can't find anyone to do it with. Let's ask her."

(And of course, you say the same thing to Girl #2.)

Boom.

Now you've got 2 girls who are down for a threeway, and all you've gotta do is set a date.

Option #2: Hire an escort

DISCLAIMER: Prostitution is illegal in many places. Find out what the law is in your country is and do not break it. This book does not advocate breaking any laws.

This is a touchy subject.

Some girls will be totally fine with the idea of having a threesome with you and an escort.

In fact, she may even find this idea *preferable*, because she doesn't fear that she'll lose you to an escort... who will be totally out of your lives the next morning.

Other girls may be more squeamish about the idea, however, due to fears of STIs, and what is perceived to be the squalid nature of prostitution.²⁴

Because this is a sensitive topic, it's better to begin by suggesting it to your girl in an indirect way.

Don't just hit her out of the blue with "we should hire an escort to have a threesome with."

This is almost certain to trigger resistance and reflexive emotional discomfort in all but the most degenerate women.

Instead, after she expresses enthusiasm for setting up a threesome, you can say something like:

"Yeah, you know my friend and his girlfriend actually hire an escort whenever they want to have a threesome. His girlfriend was the one who insisted on it, because she was paranoid that if they had a threesome with one of their friends he'd leave her for the friend... but with a professional, there's no fear of that happening."

Use this story to see how the girl takes to the idea of hiring an escort.

Many will actually find it a very agreeable solution... so long as she gets to be the one who has final word on which escort you hire.

Option #3: Find her on Tinder (Credit: Modern Mikhail)

This is a great technique invented by a guy called Modern Mikhail on Twitter who regularly uses it to find girls to do threesomes with.

Any time you match with a girl on Tinder or wherever, you open her with the line: **"my girl thinks you're cute"**

A surprising number of girls will respond positively to this. You'll often see things like "wow, didn't realize it was that kind of party, but ok!"

As MM notes, you don't even need to have a girlfriend for this to work.

²⁴ Misguided concerns in my opinion, given that most professional escorts get tested for STIs weekly and are probably a lot cleaner than the average girl you'll meet on Tinder.

You can simply run this technique on girls on Tinder until you find 2 girls who are into it, then introduce them.

Option #4: Tandem hunting

This is where you and your girlfriend go out to a club or bar with the intention of picking up a girl to have a threesome with.

The two guys I've learned the most from about this are Jeffrey Allen and Todd Valentine... both of whom have had long-term girlfriends who they regularly picked up girls with.

Something useful I learned from Todd, in particular, is the idea of **"code-words"**.

As he explains, it's not practical in a club for him to point out the girl to his girlfriend and say "what about her?"

Because by the time his girl makes a decision, the chance for him to approach that girl will usually be gone.

So what he does instead is... when he's in the club with his bisexual girlfriend... he sees a girl who's hot, and immediately approaches her.

He doesn't even ask his girlfriend.

He just leaves and approaches the new girl and brings her over.

But he has a "code" set up with his girlfriend, where she can then approve or disapprove.

For example, when the two of them are talking to the new girl, he asks his girlfriend something like, "how do your feet feel?" or "are your feet hurting?"

Because girls often get sore feet when they're out in nightclubs wearing high heels.

And this is code for: "What do you think of this girl? Yes or no?"

If his girlfriend says, "yeah... my feet are kinda sore", that's a no.

But if she says, "I'm good", that's a sign she's down for sex with this girl.

Another code Todd uses is to ask his girlfriend, “what time is the DJ coming on at?”

And that’s a code to tell her to *sexually escalate* on the other girl... e.g. by putting her arm around her, hugging her, or touching her in some way.

Going out with your girl to find a chick to do threesomes with is not much different to a regular pickup.

If anything, it can be easier because having your girlfriend there gives you *social proof*, and thus lowers all the resistance other girls normally feel towards you when you approach them on your own.

So having a girl with you can actually make the approaching part a lot easier.

As to pulling, all the same principles apply.

You go and approach the girl and bring her over to your GF.

Once she’s there, you and your GF can chat with her, qualify her, physically escalate on her, and lead her around through multiple locations until you ultimately pull her home.

Basically you do all the same stuff as in a normal pickup, except now you’ve got a “partner in crime” with you.

And in terms of instructing your girl what to do, just make sure that she is *escalating*, so the two girls don’t end up just falling into being “friends”.

Get your girl to escalate on the other girl

Tell your girl to compliment the other girl, tell her she’s sexy, tell her she’s hot.

Get her to touch the other girl.

Tell her to touch her arm, hug her, stroke her hair, etc.

And then you can escalate by hugging both girls close.

If the target girl is receptive, you can start kissing her neck, and then get your girlfriend to kiss her neck.

You can make out with her, then your girlfriend, then all make out together.

Closing

Just as with a regular pickup... pre-seed the pull.

You can drop in a little line like:

“Yeah, we’re actually pretty beat, I think we’re gonna head back to our place in a while to have some drinks.”

Don’t invite the second girl just yet.

Just drop that little line to plant the idea of leaving in her head and see how she responds.

Then a little bit later, you can pull her.

Take her by the hand, take your girl by the hand, and lead them outside.

Don’t ask. Don’t request. Just say, “let’s go,” and lead them out.

If the girl asks where you’re going, say “adventure”, or “we’re going to get drinks at my place.”

Don’t say “we’re going to have a threesome.”

Remember: *plausible deniability*. The need for it applies here just as much as in a regular pickup, if not more so.

SO YOU’VE GOT 2 GIRLS BACK AT YOUR PLACE. WHAT NOW?

Once you’re home, you can use the “Dual Induction Massage” invented by Neil Strauss in order to escalate to the threesome.

Basically the premise is that you just tried a new kind of massage, and you want to show the girls.

You can say something like:

“I had the most amazing massage recently. It’s called the Dual Induction massage. Basically, they get *two people* to massage your back in

synchronized movements at the exact same time. And because there are four hands massaging you at once, your brain can't process it and it feels like you're being massaged by thousands of hands. It feels *amazing*, I have to show you... Lie down and I'll do it to you now."

You get your girlfriend to take off her top and lie down on her front, then you and the "target" girl massage her back.

Next, you take off your shirt, lie down on your front, and get the two girls to massage you.

Finally, you get the target girl to take her top off and, if possible, take her pants off...

Then you get her to lie down while you and your girlfriend massage her, but this time you start making it more sexual.

You massage up her legs. You rub her inner thighs. You start massaging her ass.

And you get your girlfriend to do the same.

Then midway through, you stop massaging her, and you and your girlfriend start making out

When the new girl looks up to find out why you stopped, you lean down and make out with her.

Finally, you gesture for your girlfriend to lean down and make out with her.

And at that point, you can launch into the threesome.

Happy hunting ;-)

CHAPTER XIII:

SEX MAGIC

+

How To Put This System Into Action

It's a feeling we've all experienced.

You're standing at the bar and a girl walks past.

She's got bubble tits bursting out of her bra...

Legs bare...

And her perfect curves are squeezed into a skintight dress that has every guy there trying not to stare.

You can't take your eyes off her.

Suddenly she stops.

She's standing all alone in the center of the room.

She's looking around expectantly.

She has a look on her face that says:

I just spent 5 hours getting dolled up and making myself look like a pornstar, yet I haven't been approached by a single guy all night.

I wish someone would just man up and make a move!

It's getting late, I'm going to have to go to bed soon, and I don't want to have wasted all this effort I put in.

At this rate, I'll go home with the first okay-looking guy who comes up to me!

So what do you do?

We both know the answer...

Nothing.

You don't do a damn thing.

Instead you just stand there drooling over her perfect body, occasionally sipping your beer.

You'd do anything to get your hands on a woman like that.

But no matter how much you want to talk to her, you just can't do it.

You're frozen by fear.

Your body won't cooperate.

Here's the uncomfortable truth:

There's a world of difference between knowing what you "should" do and actually doing it.

It's fine to read books about how to talk to girls.

You think, "oh that's clever", or "yes, that's a good line, I should use that one next time."

From the comfort of your chair at home, it doesn't seem like such a big deal at all.

But it's a whole other thing to actually be in the situation, in real life...

We don't have much time left, so I'm going to cut right to the point:

Your fear of approaching women is the number one, and only thing, holding you back from having everything you desire.

Trust me on this.

I've been in this game for ten years.

If you *just* got over your fear of approaching...

If you *just* approached women regularly...

Then you could have everything you possibly wanted.

All the girlfriends...

All the sex...

All the adventures...

Everything.

It can all be yours if, and only if you will commit to ***consistently approaching***.

First, because the more girls you approach the better your odds of getting one.

(Duh.)

But also because with every approach you do...

And even with every rejection you get...

You learn a lesson.

And over time, once you've learned enough of these "lessons" and internalized them, it becomes **impossible to fail**.

So it's all about approaching.

That's the key.

And that's what we're going to talk about in this last, final and most important chapter...

HOW TO FINALLY GET YOURSELF TO APPROACH HOT WOMEN SO YOU CAN TRANSFORM AND SUCEED

Currently, you do not approach women.

And even if you're one of the few men who do, you probably aren't approaching *enough*.

But today, all that changes.

Because today I'm going to give you **secret knowledge** that is going to transform you on a subconscious level.

And I am going to show you how "program" yourself in a way that approaching hot girls becomes **easy and fun**.

This will NOT require "will-power".

It will **NOT** require "discipline"... "forcing yourself"... or "bravery".

It won't require "high energy" or "state".

Once you internalize the secrets revealed in this chapter...

Approaching a girl when you're feeling horny will be as natural to you as getting a glass of water to drink when you're feeling thirsty.

Approaching will be as fun and easy to you as playing your favorite video game...

Or pumping out a set of dumbbells curls at the gym.

The way we will do this is very "zen"...

It's not about forcing yourself to approach.

It's not about doing anything unnatural, or artificial.

Rather, it's about creating certain inner conditions that will make it more uncomfortable to *not* approach than it is to approach.

And when you do that, approaching happens naturally.

MAN IS RULED BY TWO GODS

Every man on this earth is governed by two primary drives, or “gods”:

The **survival drive**, and the **sex drive**.

The survival drive has placed in man the **fear of death**, as well as a closely related fear known as the **fear of the unknown**.

In success with women, fear of the unknown is your chief enemy.

It is fear of the unknown (rooted in fear of death) that prevents you from approaching

Without this fear, you could have everything you ever wanted.

These two drives, fear of the unknown and desire for sex, are always acting on man.

But in the vast majority of men, without special training, the fear of the unknown (rooted in fear of death) always outweighs the sex drive.



In short, the reason you can't approach is because your **fear** in that moment outweighs your **desire for sex**.

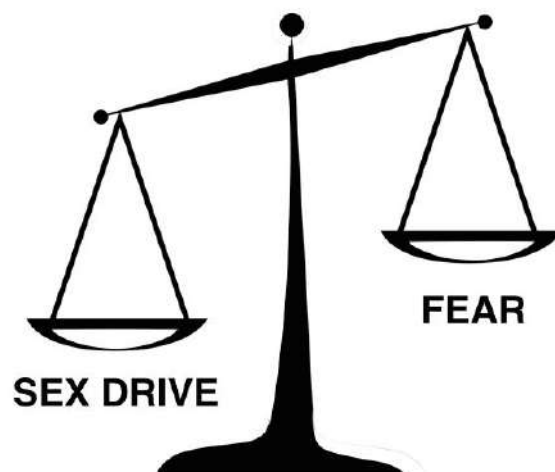
And this is entirely normal and healthy.

If it did not work this way, there would be total chaos.

Nevertheless, on an individual level, this must be changed if you wish to get any results whatsoever.

SEX ENERGY HAS TO BE STRONGER THAN FEAR ENERGY

For you to approach girls consistently, your **sex energy** must outweigh your **fear of approaching**.



This is **NOT** to say you should have no fear at all—which would be impossible (and actually undesirable).

But simply that if you build enough **sexual energy** in yourself (and stop it from “leaking out”), then you will actually **WANT** to approach.

You'll feel so horny that approaching becomes less uncomfortable than not approaching.

And you'll feel genuine joy and enjoyment from the act of approaching, whether it results in sex or not.

The key to this process of making desire outweigh fear is **semen retention**.

SEMEN RETENTION IS THE SECRET

“The reabsorption of semen by the blood is the strongest nourishment and, perhaps more than any other factor, it prompts the stimulus of power, the unrest of all forces toward the overcoming of resistances, the thirst for contradiction and resistance.”

— Nietzsche

For thousands of years, religious and mystical schools have taught about the possibility of using *semen retention* to attain union with the divine and bend reality to your will.

And semen retention can also be used for its original purpose—which is not only to reproduce, but to *attract mates* in the first place so that one is *able* to reproduce.

Sex energy is contained in semen

When you retain semen in your body, you will raise your level of sex energy and, with it, your ***animal magnetism***.

This will make you more attractive to women, through the influence of hormones, pheromones and other subtle emanations of your organism.

It will also give you the energy, the confidence, but above all the desire to approach women.

Semen retention makes you uncomfortable

And that's a good thing.

It's *supposed* to.

You're going to be tempted at all times to spill your seed through masturbation.

But if you can struggle against this desire...

And instead **channel it** into approaching real women...

You will quickly have more sexy young girlfriends than you know what to do with.

Benefits of semen retention

The longer you go without ejaculating, the greater the force of sex energy that's accumulated within you.

Sex energy gives you power, vitality, confidence, personal magnetism and various other abilities that you never knew or suspected you were capable of.

Your voice becomes deeper.

You find you're able to make calm, unwavering eye contact with women as you go about your day.

You have more energy, you wake up earlier, and you have less need for sleep.

You may even start to notice that girls check you out, make extended eye contact with you, and even approach you at bars and other social environments.

Not a magic pill

Semen retention is not a magic pill, of course.

You still need to dress well, eat well, sleep well, be hygienic, and keep yourself in good shape.

And above all, you still need to **approach**.

But it's as close to a magic pill for getting girls as anything there is.

WHY 99% OF MEN DO “SEMEN RETENTION” WRONG

What I’ve said so far is not “new”.

There are already millions of guys out there who practice semen retention for the benefits I’ve mentioned.

This movement is broadly known as “**NoFap**”.

NoFap is coming from the right place.

These guys have good intentions, and they’re on the right track.

However, there are a few major problems with how guys do NoFap.

Most of the men who do semen retention are doing it in a way that is not only wrong and useless, but even dangerous.

There is a Right Way, and a Wrong Way to do everything.

Most guys do semen retention the Wrong Way.

And so they get few or no benefits from it (apart from the occasional tantalizing “glimpse” of what’s possible).

In order to get the benefits of semen retention, you have to do it the Right Way.

That means having an accurate understanding of what it is you’re actually trying to accomplish here.

There is much more to this than just “not ejaculating”.

Semen retention is about subtle higher energies

It’s not just about physical matter.

There are energies and forms of “matter” which are so fine and subtle not even our most sensitive scientific instruments can measure them.

But they can be *felt*, internally.

They can be experienced.

And it is just these *higher energies* which we are attempting to get our body to produce more of, like a “chemical factory”, when we engage in semen retention.

Q: Is sexual abstinence useful for the work or not?

A: It is useful if there is abstinence in all centers.²⁵ If there is abstinence in one center and full liberty of imagination in the others, then there could be nothing worse. And still more, abstinence can be useful if a man knows what to do with the energy which he saves in this way. If he does not know what to do with it, nothing whatever can be gained by abstinence.

— Gurdjieff ²⁶

The energy of thought

Sexual transmutation is not just about retaining physical semen within the body.

It's also—and perhaps *even more importantly*—about preserving finer, higher energies which can't be seen with the physical body, which are related to the ***energy of thought***.

To make semen retention work, you need to maintain not only physical purity (i.e. by not ejaculating) but also **perfect purity of thought**.

This is precisely where most people go wrong, and why they get no results (or even negative results) from doing “nofap”.

²⁵ Gurdjieff divided man's organism into three centers: the moving-instinctive center, the emotional center, and the thinking center. Thus he is indicating here that abstaining from sex in a purely physical way is not enough; one also has to abstain from sexual thoughts, and even from sexual “emotions”.

²⁶ Quoted in *In Search Of The Miraculous: Fragments Of An Unknown Teaching* by P.D. Ouspensky

Subtle sex energy leaks out through thought

Whenever you have a sexual fantasy...

Whenever you indulge in a sexual thought for more than a moment...

Some subtle sex energy “leaks out” of your organism.

If a man doesn’t physically ejaculate, but continually dwells on thoughts of sex when he’s alone—that energy will leak out of his system.

He will not acquire the **animal magnetism** which sex transmutation would otherwise give him.

Because even if he’s not wasting his seed, the subtle energies are still “seeping out” of his organism through his consistent habitual sex thoughts.

Keeping sexual energy “hermetically sealed”

Maintaining purity of thoughts means that, along with not ejaculating, a man must also:

- not engage in sexual fantasies
- not look at pornographic images or videos (even for a moment)
- not even allow himself to think about sex, unless there’s a real physical woman in front of him

The esoteric meaning of the Hermetic Seal

A “Hermetic seal” is a type of sealing that makes something air-tight, so nothing can get in or out.

This type of seal got its name from Hermes Trismegistus, the famous ancient wizard, who was said to have been the first one to invent this technology.

But there is an *inner meaning*, as well as an outer meaning, to the idea of the Hermetic seal.

The secret meaning of this term is ***sealing oneself off from outside influence***, while at the same time, ***sealing in*** the sexual energy and other higher energies that are produced by your body, without letting them seep out.

This is indicated by Hermes as well as by the medieval alchemists, the ancient Taoist sex magicians, and all other initiates of occult knowledge as being the first and cardinal step to doing real magic and achieving supernatural powers.

You must maintain a Hermetic Seal within yourself.

To do sex transmutation properly, in a way that will give you the desired results, you must maintain a Hermetic seal.

This means:

1. Not ejaculating
2. Not indulging in any sexual thoughts whatsoever (unless you're with a real woman)

Discipline

Now, to do semen retention while *also* not even allowing yourself to think of sex requires a lot of discipline.

It is far more difficult to achieve than merely “not jerking off”.

Especially because the longer you go without ejaculating, the hornier you'll be and the more your mind is naturally going to dwell on thoughts of sex.

The problem would in fact be impossible if it were not for a very nice symmetry which is:

KEY CONCEPT:

The harder you find it to do semen retention, the faster and better will be your results from doing it.

LISTEN:

The whole benefit of sex transmutation isn't about just storing the physical semen or even the sex energy itself.

The benefits come from the ***inner struggle*** that's produced by this work.

This struggle inside you is what produces magnetism.

The inner struggle between “yes” and “no” produces friction.

And this friction creates inner fire... magnetism... love... and what the alchemists called “gold” (and what still others call “God”).

The benefits of sex transmutation come not from the sex energy you retain but from the inner struggle that the *attempt* to retain this energy produces.

It therefore follows that the harder you personally find this struggle, the better will be your results.

The iron law

This is an iron law, and it is a good example of the fact that at the deepest levels of reality, the universe is fundamentally just.

The more difficult a man's struggle, the greater will be his reward.

The more a man suffers in the present moment, the sweeter will be his pleasure in the future—and *vice versa*.

Low sex drive is not an advantage

Some guys have a low sex drive and consequently find it quite easy to do “nofap”.

But this does not mean they're more “advanced” than men who are horny.

Nor will they attain greater benefit simply because of the “time served” doing semen retention.

The key to this practice is not in the “time served” doing it but in the *intensity of the inner struggle it produces*.

In other words:

If it's difficult, that means you're doing it right.

And the *more* difficult it is, the better will be your results—assuming of course that you don't give into temptation.

The harder you find it to maintain mental purity in your private life, the easier it will be to talk to girls in your public life

If you constantly give into all your petty desires in your private life (masturbation, looking at porn, dwelling on sexual thoughts), then you'll find it very hard to approach when you're face to face with a real girl.

But if you struggle against these things and overcome them, this will produce within you a force, and when you're face to face with a pretty girl, approaching her will come naturally.

Additionally, you'll find women like you more.

They just seem to trust you and want to be around you.

Girls are like animals

Girls are more in touch with their emotions and they're more instinctive than men.

They have a better intuition, and a better sense of people's energy and intentions.

They're like animals in this way.

One thing you'll notice after doing semen retention for a long time is that animals seem to like you more.

They trust you.

They can sense you have good intentions.

And it's the same with girls.

Women are more animalistic than men, and like animals they are much more sensitive to these subtle energies.

THE “MAGIC POTION” FOR SEX ENERGY

We have said that semen retention is the secret to producing higher levels of sex energy.

But in fact, this is only one half of the secret.

The other half is to eat certain **foods, vitamins and minerals** which are known to speed up the body's production of this sex energy.

There's one particular “stack” of supplements which I've found works like magic to increase my testosterone and sex energy and make me more attractive to women.

(I originally found this in Tim Ferris's book *The 4-Hour Body*, which I strongly recommend...)

DISCLAIMER: Consult your physician before taking health supplements. Supplements can have side effects. This guide is not intended as a substitute for informed medical advice and you should not take any action before consulting with a healthcare professional.

Take the following twice a day, each morning upon waking and each night before going to bed:

1. Zinc (about 40mg per day)
2. Vitamin D (6,000-10,000 IU of Vitamin D per day, until you reach blood levels of 55 ng/mL)²⁷
3. Cod liver oil, largest safe dose possible²⁸
4. 1 large spoonful of grass-fed butter upon waking and before bed
5. Three brazil nuts upon waking and before bed
6. Copper (about 2.5mg per day)²⁹

Taking these supplements for testosterone will greatly enhance the benefits you get from semen retention and accelerate the results.

²⁷ 4,000 IU is widely considered the “safe upper limit”. However, doses up to 10,000 IU have not been shown to cause toxicity in healthy individuals according to [healthline.com](https://www.healthline.com). Tim Ferris (who I got this supplement stack from) recommends taking 6,000-10,000 IU of Vitamin D per day, until you reach blood levels of 55 ng/mL. I personally take 3,000 IU of vitamin D in the morning, and 3,000 IU at night, and that seems to work for me.

²⁸ There is no set recommendation for the amount of fish oil you can take. I take around 4,000-6,000mg per day (dividing between morning and night), and that seems to be fine (although it should be noted this is way above the recommended dose on the label, so I’m not recommending it to others.)

²⁹ Copper in itself is not necessary for sex energy. However, taking high amounts of zinc can cause a copper deficiency, which can result in things such as premature greying of the hair, so it’s important to take copper supplements to balance out the zinc. (Generally, it’s said you should be consuming around 1mg of copper for every 15mg of zinc.)

I now get the same energy from semen retention in about 2 weeks that it used to take me anywhere from 1-2 months to build up to—and I directly attribute that to getting this supplement stack dialed in.

Remember: if you're doing this right, it will be *hard*.

You will constantly be horny.

You will have a constant desire to “cheat” by watching porn.

But struggle against this temptation, **channel your horniness into approaching**, and you will soon find yourself sleeping with very beautiful girls.

DISCLAIMER: Consult your physician before taking health supplements. Supplements can have side effects. This guide is not intended as a substitute for informed medical advice and you should not take any action before consulting with a healthcare professional.

THE PROBLEM OF “WET DREAMS”

Many guys who do semen retention are constantly frustrated by wet dreams.

A wet dream is when you ejaculate while asleep.

If you masturbate regularly, you may not have had a wet dream since you were a teenager.

But when you start doing semen retention, wet dreams come back with a vengeance.

Your body is trying to expel the “excess” semen, and it will cause you to ejaculate in your sleep.

I used to be very frustrated by wet dreams, because it would kill all my “gains” from semen retention.

Suddenly, I would lose that confidence and glint in my eye I'd had from a few weeks of not ejaculating.

I wouldn't feel the same level of energy and desire to approach.

However, I found that by supplementing with the testosterone stack mentioned above, this stopped being a problem.

When doing sex transmutation, I still have a wet dream occasionally—once every few weeks, perhaps.

But because I'm taking tons of zinc, vitamin D, and so on—my body immediately produces a new surplus of sex energy and so wet dreams usually don't slow my progress down at all any more.

Another thing I should mention is that any time you ejaculate (whether from a wet dream, or after real sex), make sure to drink **lots and lots of water** afterwards.

After you fuck a girl, down 1-2 pints of water, then take another pint into the bedroom to sip on while you recharge.

If you do this, you'll find you're ready to go again very quickly—sometimes after just a few minutes.

Drinking lots of water massively lowers the refractory period.

And the same thing applies after you have a wet dream:

The next day, drink tons of water, and take the supplements, and your sex energy will come roaring back.

THE BOTTOM LINE

The key to success with women is to approach more.

And the secret to approaching more is *sex transmutation*.

That is, you accumulate a surplus of sex energy in your body through semen retention and mental purity, and then you *transmute* it by approaching women.

This process can be greatly accelerated by consuming certain vitamins and minerals listed above.

Lifting weights, eating healthy natural foods, drinking lots of water and getting plentiful sleep are also important.

If you follow the protocol in this chapter, you will have the energy and motivation to approach hot women.

And once you get in the habit of approaching women regularly, it gets addictive.

You'll even start to take a perverse pleasure in rejection once you realize that every rejection is a valuable learning experience.

Success then starts to become a self-sustaining process.

The more you approach, the better you get.

And the better you get, the more addicted to doing it you become.

You have now reached the end of this program, and you now have everything you need to attract a “perfect ten” girlfriend.

That said, bear in mind that getting your ideal girlfriend is usually an ***iterative process***.

It's very unlikely that you're gonna go from having no girlfriend to having your dream girl right away.

More likely, you'll start out getting a girl who's okay, but not really what you're looking for.

So after a while, you'll leave her, and get a slightly hotter girl.

But you'll realize she's not quite what you want either, so you'll replace her with a slightly better girl (hotter, better personality, more compatible, etc).

With each iteration, you get closer and closer to your ideal, until eventually you meet that truly "wife-worthy" type of girl who you're crazy about.

That's how the process looks.

I wish you all the best in your journey to greater success with women.

I've had a lot of fun writing this, and I hope you've had fun reading it.

Before closing, I'd like conclude with a story...

THE MAGICIAN AND THE DEVIL

Once upon a time, there was a magician who wanted to awaken the hidden powers and forces he believed lay dormant within himself.

And so he started to practice sex magic (semen retention), and he began to unlock the secrets of the world.

But the world does not want its secrets to be known, and so the Devil (who is the prince of this world) placed obstacles in the magician's path to derail him.

At first, the Devil sent demons to torture the magician with visions of sexual ecstasy to tempt him into spilling his seed.

And for a time the magician's powers were greatly weakened as he struggled against these demons.

But eventually the magician found a way to outwit the demons so that their hallucinations could no longer influence him, and once again his powers and his knowledge began to increase.

This surprised the Devil, who realized that the magician was a worthy foe, and that he was going to have to go to greater lengths than usual to defeat him.

And so one day, the magician heard a knock on his door and when he answered it, there was an attractive young woman standing there.

She offered herself to the magician, and said that he could do anything he wanted to her.

But the magician realized the woman had been sent to him by the Devil, and he politely declined her offer and sent her on her way.

And so the Devil doubled down.

Each day, he sent a new woman to the magician's doorstep to offer her body to him, and each one was more beautiful than the last.

But each day, the magician politely declined the woman's offer.

And every time he refused to give into temptation, his power and his understanding of the universe's secrets were multiplied exponentially.

It was at this point that the Devil started to become seriously worried.

He realized that if he didn't get the better of the magician soon, eventually the magician's powers would exceed even his own.

And this frightened the Devil greatly, for it had never happened before.

One day the magician travelled up to a cloud where the Devil (who is also called the demiurge) was observing events down on earth.

And the magician appeared to the Devil as an enormous giant, miles high, who towered over him like a skyscraper.

The Devil went pale with fear, and his hands shook.

“Look you, Devil,” thundered the magician, laughing, “your days are numbered. My powers will soon be greater than your own. And when that time comes, there’ll be a new sheriff in this piece of shit town.”

Then the magician disappeared in a cloud of smoke as quickly as he’d arrived.

Now the Devil was really starting to panic.

And he began working day and night on a plan to find some way out of this dangerous situation he had somehow found himself in.

And so he commissioned all his demons and all his angels, and all his seraphim and cherubim, to create *the perfect mate* for the magician—a beautiful young virgin girl who the magician would find irresistible.

And so the Devil created the perfect woman, a girl who was more beautiful than any on earth, and who would never age.

And then he made her fall madly in love with the magician, and he sent her to appear on his doorstep.

When the magician saw the girl, he fell in love with her immediately.

And to the Devil’s delight, the magician and the girl embraced, and they immediately began to make love.

They continued to make love all day and all night, and soon the girl became pregnant, and she and the magician were married.

And the magician’s progress came to a halt. And his powers declined. And the secrets of the universe were once again hidden from him.

But the Devil was paranoid that the magician would eventually escape the trap he had laid for him.

And so he made the magician the master of all physical matter, and he gave the magician riches beyond the dreams of avarice, and he turned him into the king of all he surveyed.

Then the Devil sent the magician-king 333 wives and 333 concubines, in addition to his beloved young wife.

And he cast a spell on the girl so that she would not only be happy for the magician to possess these other women, but she herself would want to be an active and enthusiastic participant in such delights.

And the Devil's plan worked, and the magician-king was well-pleased by these diversions.

And finally the Devil could rest.

Some time later, the Devil came down to earth.

And after doing his rounds, he stopped by the magician-king's palace to talk with his old adversary.

The magician received him happily, and the two caught up like old friends.

As he was about to leave, the Devil mocked the magician for giving up so easily.

He said the magician could have penetrated to the secret nature of reality, and acquired knowledge and powers that rivaled not only his, the Devil's, but even those of God himself.

But the magician just laughed.

"You silly Devil," he said. "Don't you realize I never had the slightest interest in learning your secrets? I merely wanted a beautiful young wife, but I knew that you, being the Devil and therefore hating man's happiness, would try to stop me from getting what I wanted at all costs. Yet look! Not only did I prevent you from blocking my path, I tricked you into moving heaven and earth to give me all I desired, and more."

At this, the Devil smiled, and he was about to respond but he stopped himself from saying anything further, because he knew perhaps better than anyone that it's better to let sleeping dogs lie.