

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.