

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 ;-)