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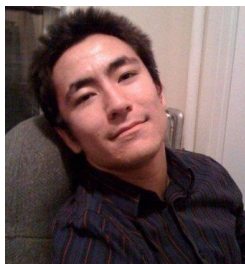
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## Dating Skills Podcast Episode #3

- with Daniel Rose of Sex God Method



**Daniel Rose**  
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## Great Sex = Trust, Sexual Confidence and Testosterone

**[Angel Donovan]:** Hey this is Angel Donovan from 'Dating Skills Review.' Today we have Daniel Rose from 'Sex god methods' with us.

**[Daniel Rose]:** Hi

**[Angel Donovan]:** Hi Dan. Ok, so '[Sex God Method](#)' came out in 2006. And is being revamped and going through a few different versions to its current second edition on eBook and video online training program as well. And it's been very successful and quite widely published in the press. So it's really good to have Dan here to talk more about that.

**[Daniel Rose]:** Good to be here.

**[Angel Donovan]:** So Dan, before we just jump straight into the overview of your method, which is very different to a lot of the other stuff out there which is very very pinpointed techniques focused. Whereas you has this overall framework, which had a lot of Psychology and had a completely different approach towards sex for guys. Can you give us an overview of that.



**[Daniel Rose]:** Yea, sure thing. And that's actually a question I get a lot because there's a ton of sex books out there, so a lot of people are wondering "why should I buy yours?" Now basically, what makes my book different is that, like you said, a lot of the books concentrate mostly on the physical side of sex, like the angles that you are thrusting into her or like different ways to stimulate her with your fingers, or something like that. My book is a bit different since it concentrates more on the Psychological side. It concentrates on what I call her 'four mental orgasm triggers,' which are four things that I know excite a woman psychologically. And the idea of my book is that if you give her those four things, then you can use pretty much any physical technique that you want and she's going to have orgasms and it's going to be great sex. I do teach some physical techniques too but I would say the main difference of my book is the emphasis on the psychological techniques and the 'four mental orgasm triggers.'

**[Angel Donovan]:** Ok. And those 'four mental orgasm triggers,' what are they?

**[Daniel Rose]:** So, the first one is 'Dominance.' This is one which a lot of guys in the dating community know about, but to a lot of main stream guys it's really foreign to them. Women are really turned on by masculine primal sexual dominance. This is basically being a leader in the bedroom. Taking control of her in the bedroom. And at times almost treating her like your property. Which I know can sound a little bit demeaning if you've never done it before, but it can be very very sexually pleasurable to women if you do it in the right way. So that's the first thing. Second thing is emotion. This is basically making her feel strong emotions during sex, whether they are positive emotions or negative emotions. Now what I've found out is that any emotion that she feels during sex is actually going to make it more intense. It's another kind of intuitive idea but you've got to be able to create strong emotions during sex for it to be good for her as a woman. Third is variety. This is basically mixing it up, always keeping sex fresh and interesting. Not only on the physical level with like using different sex positions and different techniques physically, but also giving her different types of sexual energy on the psychological level. You know, sometimes making sex really rough and dominant. Sometimes making love to her in a really soft and romantic, emotional way. And sometimes making really relaxed and intense feeling. And giving her those three different types of sexual energies and rotating through those is going to keep it exciting for her. And finally as I mentioned before, the



last one is emersion. And that is basically staying relaxed, staying present, staying comfortable during sex and not getting over excited, or tense or nervous in any way. It's a very simple concept and one of the most important to women during sex because once you really master emersion, then sexual dysfunction such as erectile dysfunction, and you know, having an orgasm, soon will basically vanish. It will be much easier for her to have an orgasm, and it will be much more pleasurable sexually for both of you. So that's basically it in a nutshell. Dominance, Emotion, Variety, Immersion. Give her those four things, it's going to be great sex.

**[Angel Donovan]:** Ok, great. For the guys you coach and so on, which do they find the easiest to get their head grounds, in terms of these four triggers and actually start doing and which is the hardest?

**[Daniel Rose]:** I would say, for a lot of guys it's the positive emotions because we've been socially conditioned to know that is something to sexually arouse a woman. You know, doing something which is more of a romantic love making energy. That tends to be the easiest emotion for a lot of guys. Probably the least intuitive is dominance. Especially for guys. Most of the guys who come to me are really genuinely nice guys, who care about their girlfriends and care about their wives, and they want to give them pleasure. So it can be tough to understand if you've never done it before. How saying "you belong to me" "you're my dirty little slut." It can be tough to understand how that can be pleasurable for a woman. But once you've done it and you've seen the reactions that it gets and how it really turns her on, then you realize that by doing those things you're really honoring her in a higher sense and respecting her in a higher sense.

**[Angel Donovan]:** As you said, it sounds kind of contrary so I can imagine a lot of guys going "ooohh, that sounds like too much for me, it's really out of character" and "that's OK for some girls but for my girl, she's a nice girl and I don't think that's really for her."

**[Daniel Rose]:** **laugher\*** This is actually something that guys say a lot too. So a few tips for that. First of all you have to realize that there are such things as universal female desires. And you might think that she is a nice girl but maybe she's only a nice girl with you. And maybe she does enjoy these things and maybe if you introduce it in a way which isn't going to offend her, she would get



a lot of pleasure out of it. So first of all I would say don't dismiss it without trying it. And secondly, I would say the way to introduce it. A lot of guys actually screw this up because what they'll do is that they'll take like the most crazy advance, edgy sexual technique out of my book. For example, with dirty talk they'd say "you're my dirty little whore" right away as the first dirty talk they'd ever said. Cold turkey just from that. And if you try to start with something, like a crazy advance like that before you are ready for it, before you have the sexual confidence, that's when it comes off as weird. But if you start small. If you start with something like moaning, or making noises first, or just saying "it feels so good to be inside you" as the first thing that you say. That's impossible to reject. And from there you can build yourself up and say something a little more risqué, and a little bit more and a little bit more. So I would say start small and build up from there.

**[Angel Donovan]:** Are you talking about physical dominance? I heard you kind of bringing out like topics that sound kind of verbal the way you're talking about dominance. Could you talk a bit more about that. Is it just verbal or is it physical as well.

**[Daniel Rose]:** Yea. So I know when a lot of people think about dominance they think about b\*\*\*\*\*, giving her electric shocks or something like that. What I found is that, while that can work on some girls, that's not really the type of dominance they want. Really what they are after is the psychological sensation of being dominated. Like having someone take control of them. And sometimes that involves the component of physical pain. But the most effective dominance I've found is a heavy impact of psychological dominance without an overwhelming amount of physical pain. For example, take technique called the door slam. Where basically I will be kissing her and suddenly with no warning I'll take her and then I'll slam her back up against the door. This makes a really loud noise and it seems like she's being dominated but it really doesn't cause her any pain at all because the impact is distributed over her back and the door has a give, unlike a door. So it's not going to hurt at all. But it really makes her feel like she is being dominated without hurting her too much. And things like that I feel are the most effective type of dominance. Things which provide the psychological side of dominance.



**[Angel Donovan]:** Yea. I've got to say I read your book a couple of years ago, with my buddy. And it really opened up the things we were doing and I've seen crazy things over the years since. And it's been really great. It was very very mind opening. It was a gradual process. A gradual process of getting out of your comfort zone. So, for us, I think it was natural for us to go gradually. We didn't jump in cold turkey, like you said. It was a kind of gradual process. Especially the dominance stuff, which is a bit tougher. But what I found and think about it. I have found that girls are receptive to it in different ways. Is that your experience and do you think there's any kind of calibration as to what you can do and what she is going to enjoy the most? Or do you think it's just a matter of training or easing into it?

**[Daniel Rose]:** Yea. Most definitely. I think there are different types of women that will react to the stuff in different ways. Probably one of the most important differences is that we've been talking about in our members forum lately, is the difference between women who will use what I've called playful submission and women who use deep submission. What I mean by this is that a lot of times when you use a lot of dominance techniques, a lot of the times it will actually work right away, right off the bat. Where you'll say something like "you belong to me" and she'll like it right away and she'll say "yes I belong to you" the first time you say it. And that can be great but a lot of times when that happens it's what I call playful submission. Where she's just saying it as something to make sex better, as like a kinky sex thing. Which is good. There's nothing wrong with that. But eventually you want to progress to what I call deep submission which literally means she belongs to you, where she's yours. And a lot of women they don't have that whole playful submission phase. And it'll take them a little bit longer to get the deep submission. But once you get there then it means a lot more. So I would say that's kind of the biggest difference. Just realize that he may be getting sometimes playful submission rather than deep submission. And no matter what her initial reaction is always make it your goal to get to that deep submission.

**[Angel Donovan]:** Is there anyway that you can tell that it is playful submission versus deep submission.

**[Daniel Rose]:** Yea. Usually playful submission will come earlier, when deep submission will take a bit longer to get. Usually playful submission will come from



girls who are more sexually experienced. Deep submission will come from girls who are less sexually experienced. And this is kind of a stereo type that doesn't apply all the time but a lot of the times Asian women will go directly to deep submission and will skip the whole playful submission phase.

**[Angel Donovan]:** Really. That's interesting.

**[Daniel Rose]:** I should actually say Asian-American women. I've actually never been to Asia.

**[Angel Donovan]:** I think you're right about that. I think the difference is by countries. I think the American Asians very different from some of the other countries here. But I get what you mean by some of the countries here are like that. Thailand for instance. OK. So you just touched on that thing of experience of the women. How much sexually experience they have. How does it differ depending on what kind of experience she has. Like for instance, if she takes a situation where the guy feels that the girl has more sexual experience than him, what should he be trying to do or you know, what should he feel comfortable doing?

**[Daniel Rose]:** Generally if you're with a girl that is really sexually experienced and sexually confident, a lot of guys will feel threatened by that. But overall, I mean, it's a a great thing. The more sexually confident she is the more experience she has, the more comfortable she is going to be in the bedroom, the more likely she is going to be to have orgasms. Really the only way you can screw that up is to get insecure about it and to wish that she didn't experience great sex with other guys and that she wasn't as sexual. Once you get into those types of insecure thoughts, that's when she's going to start to cover up her past and to be less sexual with you. So I would say if you're in a situation like that, with a girl who is sexually experienced, realize that it's a blessing first of all, and get rid of what's called the "Madonna / whore complex," where you believe that all girls are either Madonnas- nice girls and nurturing mothers or whores who have sexual desires. In reality you realize that every woman is both, including your girl. And really accept her feminine sexual desires as being natural and healthy.

**[Angel Donovan]:** Great, great. And a I'm little bit tired here man so I'm going to have to edit some of this. You touched on orgasms and every guy is really





concerned about his girl having orgasms. What is your method for generating orgasms with women? How much dominance, emotions, variety and immersion? Is there a combination of those things which is going to help her to have orgasms? How do these things relate to each other?

**[Daniel Rose]:** I would say you can give an orgasm using any of those sexual energies. But what I would say probably for the very first orgasm that you give her, what I would concentrate on is more the physical techniques that you're using actually. I know that kinda goes against my rules but in this specific situation there is one principled technique which is going to make it much easier for you to give her the first orgasm. And that's oral sex. I feel that oral sex, while it's not going to produce the most intense types of orgasms, because it's going to give her a clitoral orgasm. It's by the far the easiest way to make her cum. So if you're looking to give her the first orgasm, I would recommend going with oral sex and then progress to using your fingers and intercourse. And the more difficult to achieve but ultimately more powerful orgasms.

**[Angel Donovan]:** Ok great. Once you get her "orgasming" you can progress more with the dominance and the rest of your model I guess.

**[Daniel Rose]:** Most definitely, you know there are many ways you can enhance her orgasms with dominance and emotion or something like that. One thing which girls really love is if you're having intercourse with her and she's about to have an orgasm and she tells you that she's about to cum and right when she's about to, just whisper "I love you" in her ear. And that's really going to drive her nuts. Another example with dominance would be when she is about to have an orgasm, say "you're going to cum and there's nothing you can do about it." And just control her orgasms like that. You can see that by doing very simple things like this you charge the orgasm with different sexual energies. You can make it really dominant, or really romantic or whatever energy you want to infuse into it.

**[Angel Donovan]:** I mean reading and when you're talking about it, it really sounds like you're projecting a lot of confidence, a lot of assurance about your power to give her orgasms and so on. What if a guy is not sure about orgasms? If she's having them or he doesn't know if she's going to have one. It's quite a leap to start saying "you're going to cum for me baby" and so on. So what do you suggest to these kinds of guys?



**[Daniel Rose]:** So I would say, yea. As you said the sexual confidence is obviously very key to making every sexual technique work and there's a lot of thing you can do to improve your sexual confidence. One thing which has been good for me to be quite honest, has been gaining thirty pounds of muscle. This is something which I've done over the past few years. You can look at my old Youtube videos and look at me now and I'm significantly bigger. But I've come to believe that the way your physique looks is a tremendous factor in your sexual confidence. First of all because obviously having a great physique of having the direct effect of turning her on more. If you have a great physique just that will turn her on a little bit. But even more powerfully that happens first. That happens as the first thing in the attraction. If you have a great physique then you're going to see a great reaction right away. And that's going to give you more confidence for the rest of it. And that increase sexual confidence. It's actually even more powerful than the direct effect of your looks. And on the other side if your physique sucks and if she's turned off right away that's going to make you insecure and less sexually confident throughout the whole interaction so, it's going to kind of drain you. So I would say if you're looking to get more sexually confident, step one is to improve you're physique.

**[Angel Donovan]:** OK. So that's good. So for guys just starting out and he isn't really sure about sex. He wants to improve but he doesn't really know where to start. I mean he wants to start from base zero. Is working on your physique the place you recommend he starts first?

**[Daniel Rose]:** Yea, definitely. I would recommend working on your physique. If you don't have a girlfriend right now getting touch would be some basic dating advice. I recommend Vin DeCarlo, he's the guy I learned from but there's a lot of great guides out there you can learn from. And then once you get a sexual partner to just start, even if you haven't that much experience with this type of crazy wild out type of sex, just try something small every day. Something that's impossible to reject and it'll build up from there.

**[Angel Donovan]:** Ok, great. You talk really fast by the way.

**[Daniel Rose]:** It's a struggle. Had two cups of coffee trying to wake up.  
\*laughter\*





**[Angel Donovan]:** You talk a lot about orgasms and I know it's a big thing to guys. I can't remember seeing a book with a lot of content about orgasms in there. I think in your videos though you talk quite about that. You going to quite a bit of description about that with some of the physical techniques and so on?

**[Daniel Rose]:** Yea. The full description of the physical techniques of how to give her orgasms. There are some techniques but basically the idea is do the basic physical techniques and then enhance it with all the different types of psychological energy. Like the stuff I was talking about before with making an orgasm dominant or making it really emotional. I think that that's really where the powerful sexual variety comes from. From the ability to charge sexual experience with different types of energy.

**[Angel Donovan]:** OK, good advice. So you don't freak out your girl. Looking at when we're talking about dominance and you talk a lot about how these four elements are going to charge the experience, to give guys a bit of an idea of what that means, what are the kind of reactions you get from women because for all they know, women are already turned on and enjoying their sexual lives. But maybe their expectations are lower than what it could be. So for you, what is the difference for adding these things and not for the women?

**[Daniel Rose]:** It's all the difference in the world because when I first started learning about sex, I thought that women kind of work a machine, where if you rub the machine in a certain way for a certain amount of time, it produces an orgasm. I thought that what you are doing on a psychological level didn't really matter that much. I really found out that nothing is further from the truth than that. I found that you can be rubbing her in the same exact way as another guy and doing the same exact thing literally on the physical level but if the other guy is stimulating her psychologically, giving her that dominance, emotion, variety, and all that stuff and you're not, she's going to have orgasms with the other guy and nothing with you. So I really do believe that the psychological side makes all the difference in the world.

**[Angel Donovan]:** Is it just about orgasms. We're talking about orgasms here. It that how you quantify the sexual experience of women? As long as she's having orgasms can a guy feel like "oh yes, she's really enjoying this. This is probably the best sex she's ever going to have with me"?



**[Daniel Rose]:** That's actually a good point because that is something we emphasize a lot in our marketing. That's one major thing that guys are looking for. And it is important. It is important that you give her orgasms but there are also other things that's she's looking for in sex. It's possible to give her great sex without her having an orgasm and its possible to give her not so good sex even if she does have an orgasm. So I would say really at the deeper level what he is looking for is those four things that I talked about before. If you can make sex for example intensely dominant, even if she isn't able to have an orgasm at that specific time, then it's going to be really good. But if you for example say you were to get really technical and she was like fantasizing in her head about something else and by fantasizing about something else she was able to have an orgasm, it wouldn't really be so hot.

**[Angel Donovan]:** Is there an element to you being in sync to where the girl's at right now ? Because obviously girls have fantasies sometimes and they might be thinking something. When you talk about variety, you're kind of saying different stuff. Is that different stuff to what she's expecting or does it mean it has to vary over the time you're with her?

**[Daniel Rose]:** Yea, basically it should be different from what you've done in the past. It should be stuff that is preventing you from falling into habits or ruts. For example I know a lot of married couples will typically fall into a routine. They will have sex, at the same time, on the same place on the bed, in the missionary position, with the same exact type of energy and it will just get very monotonous because nothing ever changes. So basically the idea of variety is that you don't do that. \*laughter\*. Basically you make sex very different from one time to another. One time you make it like super dominant where you're spanking her and saying she yours another time you can make it very immersive where it's almost like tantric sex. And you can actually take it to another level and you can mix in these different types of sexual energies within one sexual encounter. For example you can be very dominant one minute and switch it up and get very emotional next. So there are a lot of ways you can do this but basically the idea what it comes down to is, giving her the different type of sexual energies in unpredictable ways where it never gets boring, never gets monotonous and always stays exciting.

**[Angel Donovan]:** So you're really always leading her.



**[Daniel Rose]:** Exactly yea.

**[Angel Donovan]:** Leading her and seeing where it's going.

**[Daniel Rose]:** Exactly. You're leading her on a new adventure. It's never just the same old same old. It's always like a fresh new exciting experience.

**[Angel Donovan]:** Great. I think the word experience is the right thing. From the places where you have sex. The things that my girlfriend has said is that we've had sex in different locations. Maybe a bit public or something a bit on the edgier side. These are the sort of things they remember as very special sexual experience. So you know when you use the word experience, I think it kind of captures what you're doing with the psychology.

**[Daniel Rose]:** Yea definitely. Things like that like you just said, like occasionally having sex in public, that can be fantastic in the context of a relationship. And I think every guy should think of things like that, things that they can do to mix things up and make sure they're not falling into that typical rut.

**[Angel Donovan]:** Those who often like having sex in one specific way, there's a specific directional or physical angle, something that kind of really works for her in terms of an orgasms. So if she feels good about that, does that mean you have to stop with the variety if she's always asking for it that way or should you ignore what she's saying and what she's asking for sometimes and do it different ways?

**[Daniel Rose]:** That's actually a really good point. Here's what you want to do, at the beginning of the sexual interaction and in the middle, this is generally the points where you want to add in your variety, you want to experiment with new things. Generally before she's about to have an orgasm, while foreplay is still going on, like before she's really sexually excited, that's when she's going to appreciate the variety. However girls do have their unique sexual preferences, there will usually be one thing that is usually more effective for giving orgasms. When she's feeling a lot of sexual pleasure and when she's about to have an orgasm, then you want to forget about variety and just do that one thing which is going to drive her over the edge. So, variety up front but once she's about to have an orgasm then just bring her over.



**[Angel Donovan]:** And coming back to the orgasm again and talking about experience, I think you've been saying the experience is more important than the orgasm. So if a girl doesn't have an orgasm but the experience is different, which one is going to be better for her?

**[Daniel Rose]:** \*laughter. Ideally it would be both so it's a little bit difficult to separate them. I would say the experience if I had to make the choice because I know there are some women who have difficulty having orgasms and it'll take them a few months to get up to that point. But if you can give them a great experience even when they are preorgasmic then it's still going to have the effect of making her loyal to you and making her fall in love with so, I would say the experience is actually more valuable than the orgasm.

**[Angel Donovan]:** A lot of the books out there, if you go to the bookshop will be telling to listen to the girl and open the lines of communication. That much rounds up a lot of the books out there especially the ones with women. Is that the tactic you take a well? You should be listening to her, talking to her about her sexual needs a lot?

**[Daniel Rose]:** Yea. Here's what I think, I think that you should listen to her at the right time. I think that most guys do listen but at the wrong time. What I mean by that is that most guys will talk to her in a non sexual, non bedroom situation and ask her what her needs are in the bedroom. For example they will bring it up over dinner. For example like trying anal sex or how to give her an orgasm when she's completely in a non-sexual frame of mind. And the feedbacks that you're going to get when she's in a non-sexual frame of mind is going to be terrible. I mean it's not her fault, she's not trying to lie to you but when she's in that frame of mind she can't really articulate what's going to turn her on very well. So before she's in a sexual frame of mind, don't pay too much attention to what she's saying. But when you really really want to pay attention to what she's saying is after great sex. After great sex she's going to be completely open to you. She's going to tell you her fantasies if you know how to listen to them in the right way. She'll tell you exactly how to turn her on. What she likes about you. That's when you're really going to get the gold. So I would say do listen to her but don't focus so much on the things she's saying in non-sexual situations. Listen to her fantasies and really get her to open up to you after great sex.



**[Angel Donovan]:** Great points. Because after great sex she's going to be a lot more open to talking about it. And more relaxed about it I guess.

**[Daniel Rose]:** Yea definitely. I mean I've had girls confess the craziest sexiest fantasies to me after they've had great sex and it seems natural, like the thing to do. But the same thing I'm trying to imagine having it said in a logical dinner situation. It would seem very weird. So definitely, after great sex is where it's at.

**[Angel Donovan]:** What is your take on, I've known guys who would never talk about any previous sexual experiences with their girlfriends because I guess they don't want to hear about them. What's your take on that because should you be secure enough to kind of just discuss all of these things? Would it hurt the relationship and the sex if you're not going to talk about them? How should you approach past sex and if she's bringing up something else from the past?

**[Daniel Rose]:** Yea. That's actually another super important point too. Because I feel that by not being willing to talk about past sexual experience, then you're really shooting yourself in the foot because this is something I do all the time. And what I do is have the girls talk about their best sexual experience in the past. The best sex they've ever had with some other guy and then basically all I have to do is listen to what the other guy did to turn them on and then copy the other guy's technique and do the exact same thing. And I have a very easy way to give her powerful sexual pleasure. And I've done this so many times its ridiculously easy and hardly any guys are doing it. And the reason why is because it not so much that they don't know how to do it, it's just because they are not really secure enough to hear that the girl was having great sex with other guys. So what you have to realize is that if she's a female and she's attractive and she's sexually healthy, she was having great sex with other guys. Whether or not she tells you about it. And you have to be secure of yourself as a man to know that if she's having great sex with other guys, this doesn't diminish you. It doesn't take anything away from the relationship that you have. So I would say if you're having trouble hearing about your girlfriend's past sexual experiences, or even telling her about yours, that's something I would really concentrate on working through. Again start small. Start by telling her about a sexual experience which isn't too edgy, which isn't too risqué. But which has a very low tense projection. And then from there work up and work up and work up to more and more edgy things.



**[Angel Donovan]:** Yea. That's certainly the way I've seen that develop in my relationships as well. It just kind of develops. In fact I don't know if you've had this experience but it becomes like a team effort to kind of explore the realms of 'edginess' from time to time, with girls that kind of get into this, that are interested. And that kind team effort towards sex. Like what can we explore next. I found that to be very strengthening to our relationship. I don't know if that's your experience.

**[Daniel Rose]:** Yea. Definitely. Because I think a lot of guys especially from the pick-up artist community, they kind of have this adversarial mindset where they think "I'm going to win and the girl is going to lose." That's a dumb way to think about it. A much better way to think about it is that the two of you are working together to get a great sex life. I encourage my guys to show their girls the 'Sex god method' and to have them read it. An typically the girls are going to get really turned on by it and they are going to like the fact that the guy is trying to give them more sexual pleasure. And caring about their sexual pleasure. And they are going to be onboard and be on the same team. It definitely takes that mentality to realize that she's your teammate not your opponent.

**[Angel Donovan]:** Awesome. And around that we have been just talking about the girl's sexual experiences. If the girl starts asking about your sexual experiences and say you had a lot of girlfriends. Say you were a pick up artist, and you were a player for a while or whatever. Should you be open about that? Or is it something you don't want to be too open about, in case she feel uncomfortable about the situation? How would you approach that?

**[Daniel Rose]:** So here's how you want to do it. You want to be honest about everything that you're doing, like if she asks you about what you've done in the past. Like If you were a pick-up artist or whatever, I would say be honest about that and tell her about it. But there is a difference between telling her and rubbing it in her face. For example with the sexual technique. If you tell her, 'I have read the 'sex god method' and I used it to make her sex life better,' there's no problem with that. But if you tell her, 'the last time we had sex and the way that you had that orgasm, I was actually using this technique and I was rubbing at this angle and using that type of sexual energy' and you really get super technical and break everything down, that goes into the territory of rubbing her face into it





and really overemphasizing it to the point where it kills her attraction. So I would say don't rub her face into it but be honest and tell her what you're doing.

**[Angel Donovan]:** Great. And how about jealousy. I think we've all had this situation, where our girl asks us about past girlfriends and sexual experiences, and maybe you tell her a story about one thing you've done and afterwards this kind of jealous vibe comes out or something a bit negative. Is that something you have any advice on?

**[Daniel Rose]:** It really depends on the context in which it comes out. I feel that if you're sharing this stuff after sex and she's sharing stories about the best sex she ever had and you're sharing stories about the best sex that you've ever had, and it's all in the context of just sharing experiences of pleasure with nobody being diminished by that, then you're not going to have any problems from that type of situation. Typically where guys get jealousy problems, is where they start talking about their past sexual experience and they give the vibe that that past somehow threatens the girl. And if you do this then sometimes the girl will get jealous if she gets the impression that what you had with those girls somehow takes away from what you have with her. But if you give the impression that you had those experiences with those girls but it doesn't take away from your relationship right now, then it's not going to cause any problems.

**[Angel Donovan]:** Great. Thanks for those specifics. That's really helpful. I guess one of the things that we're kind of dancing around here is trust in the relationship. Because sex is a very intimate experience and you have to develop trust between you to start opening up and a lot of people have a lot of insecurities about sex. That's kind of the way it is. So, do you see that as important and if it is, how would you help the girl to have more trust in you and be more open to you over time?

**[Daniel Rose]:** As you said, obviously super important. I would say in order to make her have more trust in you, there's actually a couple different types of trust which you have to build. First of all she has to trust you as a person. And this goes back to the thing that we talked about before with the honesty. You have to always strive to be as honest with her as possible. And not only in a way that we typically think about it as men but to also honestly express what you are feeling towards her. Which can be a lot more tricky and a lot more important. As



woman she is going to be very interested in you at all times and if you misrepresent that like we do all the time with guys, she's really not going to like that. So you really want keep her honestly updated on your emotional state at all times. And the second thing is what I call a level of sexual trust with you. Where she not only trusts you as a person, but she trusts that you are going to give her a good sexual experience. The way that you build this up is by, number one, mastering that immersive sexual energy. Really making sex comfortable and natural and being present during sex. To really nail that down. And that's going to give towards sexual trust a lot. The other that's thing is going to help is having a lot of experience with you of having good sex. And knowing that sex in the future is probably going to be good because sex in the past was good.

**[Angel Donovan]:** So from the guy's side. You must have had quite a few clients by now and I guess you've seen a lot of different situations. What are the extremes of how long it takes guys to apply it and actually start getting mileage out of it, getting it to work for them? And are there any sort of best practices you've found about how people learn and how it's better to try and learn this stuff?

**[Daniel Rose]:** Yea, so there have actually been guys who have come in and they start doing a lot of my advanced stuff right away and literally right away they saw results. Obviously that doesn't happen all the time. And then on the flip side, there were guys who took up to like six months to a year to really start having the type of sex that I talk about in the book. And the difference between those two guys is just the first guy came in with a high level of sexual confidence and sexual experience already. So basically he was just doing the techniques but he already had the sexual confidence to back it up, whereas the second guy, he has to build up sexual confidence. So I've never seen it take longer than a year to start that huge transformation. So I would say that is about the most but depending on or your level of sexual confidence, that you're coming in with, it might take not that long if you already had a lot or it's probably going to take a little bit longer if you have to build it up.

**[Angel Donovan]:** OK. Do you have any advice on what kind of experience is good for a guy? Does he need to see more than one girl? Or should he just be seeing one girl? If he's just kind of dating pretty casual, just seeing different girls, is there limits on his sex life? What kind of benefits are there from your



perspective when he's learning and want to enjoy this stuff, what should he be doing, having more girlfriends or focusing on one girlfriend? How's he going to learn quicker and get more out of it?

**[Daniel Rose]:** If a guy currently has a relationship that he's happy with I wouldn't recommend that he have multiple relationships or anything. You can learn. As long as you are having sex, you're going to learn and you're going to make progress and become better. That being said though, if you are currently single right now and you're looking for the absolute fastest way to improve, the way that I did it is basically having open relationships with three women at the same time. They all knew about each other and I was having sex with all of them. And basically for about three or four months, I made sex like the focus of my life. I was seeing them, I mean seeing a different girl like 5 or 6 days a week. So I was having a ton of sex because for most of the time they weren't dating any other guy so I was there only source of sex. So I was having more sex than I had every had at any point in my life and I just got so much sexual experience with different girls so fast and the learning that took place about the different elements of 'sex god method' and the different things that turn women on was definitely the fastest during that period. So open relationships are definitely the fastest way to learn but monogamous relationships can definitely work too.

**[Angel Donovan]:** OK. So I guess when you talk about open relationships you're talking about relatively deep relationships as well. I mean, they are not one night stands or they're not friends with benefits kind of relationships, or casual relationships. Are they going a lot deeper in order to develop the psychological experiences side with women?

**[Daniel Rose]:** Yea definitely. And I think that's why I differ from a lot of the dating gurus because I do recommend open relationships but I really don't like the concept of a friends with benefits or F\*\*\* buddy. Because that implies casual, emotionless uninvolved sex. Which is the opposite of what we want to do. So I really recommend that you have these open relationships but to recognize that there can be a lot of emotional depth in these relationships. When I has open relationships I would say "I love you" to multiple girls at the same time and I would really mean it. And I don't see anything wrong with that. I think that we can enjoy multiple polyamorous connections as human beings and I think that's a natural way to do things. Again, there's nothing wrong with monogamous



relationships, I've had those as well and those can be great. But you can definitely experience a lot of emotion depth in a polyamorous open relationship.

**[Angel Donovan]:** Great. And this basic thing also. We've been talking a lot about the bedroom and what goes on in the bedroom but how does your relationship outside the bedroom affect sex? Is that something guys should be thinking about as well? If they want to improve their sex lives, does it mean that there relationship should be a certain way outside the bedroom as well?

**[Daniel Rose]:** Yes. And what guys do is actually screw this up because what they do is they will act totally one way outside the bedroom and shift gears and actually put on a different personality inside the bedroom. And that's when it can really cause a disconnect. So basically what she's looking for outside the bedroom is basically an extension of what she's looking for inside the bedroom. She wants you to be like the dominant alpha male outside the bedroom. She wants you to lead the relationship outside the bedroom. Again she wants to experience strong emotions outside the bedroom as well as inside the bedroom. And she wants to feel relaxed and comfortable like she can trust you outside the bedroom. So I would say my biggest tip for guys in that area is avoid all of a sudden shifting to just acting dominant. Rather than acting dominant or acting romantic or acting anything, you just want it to be an extension of you natural personality. And that's really where it's going to be the most effective.

**[Angel Donovan]:** Great. Some awesome points there too.

**[Daniel Rose]:** So one thing which I've been thinking about a lot lately is sexual confidence. And one thing which guys think about which is a problem for a lot of them is that they're not having sex right now, so this kind of takes there sexual confidence down and this in turn leads to less sex, which leads to less sexual confidence. And I've been in dry spells like this before and it's a very damaging cycle so, if you're in a situation like this right now, I would say in addition to improving you're physique which I mentioned before, really do other things which are going to improve your testosterone. And I think that this is going to be the thing that you can to have the most leverage to improve your sexual confidence. Real quick, just a few things you can do to improve your testosterone is number one, taking risks in your non sexual lives, financial, emotion risk. Any type of risk that is going to make you have more testosterone



and going to make you a more sexually confident and a more dominant male. And number two, competition. Doing anything competitive, whether its martial arts or even something like chess. As long as involves going head to head with another human being and competing. This is going to have another positive effect on your sexual confidence. And number three, a lot of guys can be a little unrealistic about where they're at. In terms of the caliber of girls they are able to attract right now. So I would say during a dry spell, don't be too choosy about the type of girl you are going to break the dry spell with. Just start having sex with somebody and once you start having sex with somebody, then that's going to boost your sexual confidence and it will be much easier to attract even higher quality partners. So those are a few things a guy can do to improve his sexual confidence if he's in a dry spell.

**[Angel Donovan]:** Great. So basically testosterone correlates with sexual confidence.

**[Daniel Rose]:** Yea. Basically. I've actually done a ton of study into this. And for example, one interesting thing that I've found out is with my friend, he was in a fraternity and in the fraternity a lot of guys were doing steroids. Unfortunately they were idiots and didn't work out while doing the steroids and so they didn't look good. They had like crappy physiques but what he noticed was that when the guys were shooting up on the steroids then they would attract women like crazy because they were literally injecting testosterone straight into their blood stream. That of course has terrible side effects because in the long run it decreases your testosterone, so you don't actually want to do steroids but that right there kind of illustrates the power of testosterone and how important it is for your sexual confidence.

**[Angel Donovan]:** I don't know if you've noticed this, but I've noticed that when I go to the gym I afterwards I think you get a real shot of testosterone, really kind of immediately afterwards. Like 10 / 15 minutes afterwards. And personally I found that that can actually like this cycle during the week that goes up and down with your workouts. I don't know if that's something that you've seen as well.

**[Daniel Rose]:** Yea. Most definitely. I've noticed like for example when I skip a workout I feel emotionally screwed up and I don't feel right. I don't feel as



sexually confident as I normally do. And I know that guys who don't work out at all, that's the way they feel all the time and they wouldn't know about it because it's constant, so they assume that that's just the way it is. So yea I would say improving your testosterone can have massive effects on your sex life and relationship life which is very difficult to see if you haven't done it yet.

**[Angel Donovan]:** And just quickly. Going for a workout doesn't mean going for a lot of cardio right?

**[Daniel Rose]:** Most definitely not. I don't do any long distance slow cardio because that actually saps your testosterone. It makes you less sexually confident. The things which I do a lot of which are lot of heavy style exercises. Almost like power lifting style. For example like squats, dead lifts, bench press, military press. Things like this are first of all going to build insane strength and athleticism, going to build a great physique which is going to visually turn her on. But even more importantly, it's going to really really build that testosterone and make you much more masculine and alpha male. So exercise is basically the squats, dead lifts, bench press. Basically anything that's heavy and compound is going to have a really positive effect on your testosterone.

**[Angel Donovan]:** Right. And that sounds like a much easier way to go about it than trying to re-engineer your mindsets and sexual confidence from inside for your own self control.

**[Daniel Rose]:** Yea, basically I think that there's a lot of things you can do to build sexual confidence but I think the wrong way to go about it is to sit down in a chair and try to hypnotize yourself or repeat affirmations or to basically try to talk yourself into being sexually confident, without having any positive experience to back that up. I feel, the best ways to improve sexual confidence are taking some form of action and by demonstrating to yourself that you have the confidence to back that up and you should be confident. And that's what's going to build real authentic sexual confidence.

**[Angel Donovan]:** Well Dan, thank you for the chat today. We've covered a lot of ground. And I know your stuff is good because I tried it before and I've learned a lot from it myself. So it's been great talking to you about all this stuff and I hope we get to chat another time.





[Daniel Rose]: Yea definitely. Thanks for having me on and I really appreciate your site by the way. Appreciate all the reviews you have up there. And I like how you are providing trusted and real dating reviews for the community.

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