The SCRAMBLER
BOBBY RIO ★ ROB JUDGE
UNLOCK HER LEGS
THE OFFICIAL PDF REPORT
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The simple fact is that girls come into your life for a variety of reasons...but girls stay because they become attached to the emotions you create in them.

What The Scrambler does is it creates an “Emotional Spider-Web” that you’re going to weave.

And she’s going to get stuck in.

There are 5 basic building blocks for creating this “Emotional Spider-Web” we call The Scrambler that she will become attached to (even addicted to).
1. The Pattern Interrupt
2. The Power Shift
3. The Validation
4. The Unpredictable Rewards
5. The Physical Intimacy

And each building block must be carefully crafted and executed.

Everything has been designed to target specific outcomes and MUST be followed in the exact sequence. The #1 reason guys mess things up with a girl is because they do things out of sequence.

A few important points before we continue

Before going through the manual we recommend listening to “The Scrambler Audio” because that will give you a broad overview of your objectives. And will go deeper into the psychology behind the various components of The Scrambler.

We also recommend that you watch the “12 Seduction Weapons” videos BEFORE going through this manual. This manual assumes that you are familiar with the weapons and does not go into detail on the weapons.

This manual will only focus on the Pattern Interrupt, the Power-shift, and Unpredictable Rewards.

However, before we begin we wanted to walk you through a “Big Picture” framework of The Scrambler from beginning to end.
Think of this as your Road Map to reference to make sure you’re on the right track.

We call The Scrambler a “mind game” because it takes advantage of proven psychological loopholes in the human brain.

The brain is “wired” to chase certain things; and The Scrambler taps into this natural wiring.

We are not going to go too much into psychology and studies in this manual, however, at the end we will include an index for those of you who wish to dig deeper into the science behind this.

**Who To Use This On**

Your aim should be a girl you already know. Who does that include?

- A girl who put you in the “friend zone”
- A girl in your social circle you are acquainted with
- A girl you went on a date with, but she lost interest afterwards
- A girl in your class or workplace
- A girl who went to high school or college with, and remain in contact (even through social media)
- A girl you think you’ve messed it up with in the past

The girls listed above are the girls that this will work BEST on. The Scrambler has been tested, and proven effective over and over again on the girls listed above.
This is a roadmap of exactly what you’ll be doing throughout each step of The Scrambler. However, for more detailed instructions, examples, and techniques refer to all the material in the Unlock Her Legs member’s area...
The first thing you need to do is create enough “confusion” in her that you can slip in, and plant a new idea into her mind.

The issue you’re facing trying to seduce a girl is that she does not currently link you to someone she wants to be in a sexual relationship with.

She currently “links” you to something else.

Maybe she currently links you to being “a friend”. Maybe she links you to being the “quiet guy”, “the funny guy”, “the needy guy” “the creepy guy”… one thing is certain right now she is linking you to SOMETHING. And chances are (since you’re not with her) it’s NOT something that is beneficial to your cause.

That “link” is the first obstacle you need to overcome.
As long as that “link” exists she is going to fall into a familiar thought process when she’s around you. And that familiar thought process is going to prevent her from seeing you in the “romantic and sexual” way you desire.

Which is why you need to BREAK that “link.”

You break that “link” by using a pattern interrupt to create confusion.

There is a weird psychological effect where “confusion” draws us in.

Have you ever been half-watching a really predictable movie, and then all of the sudden something takes you by surprise and all of the sudden YOU SNAP to complete attention?

Up until now you have been THAT predictable movie.

And the first step of The Scrambler is throwing her that curve ball that confuses her, and opens up a window where you can create a new “link”.

And once that new link is created you can erase her mental chalkboard, and hit the “reset” button.

And that’s the first step out of the “purgatory” you’ve been in with her.
When a girl senses that she has the power or the “upper hand” it’s impossible for her to chase you.

She KNOWS she has you and that’s boring.

In every interaction one person tries harder, and the person who tries harder HOLDS LESS POWER.

So the second step of The Scrambler is to take the upper hand back.

In step one you interrupted her pattern, which means she is now paying closer attention to you.
Now you’ll begin reframing things so that she becomes the one trying harder, the one trying to impress you.

A very simple example is when you’re talking to a girl; do you take on the responsibility of keeping the conversation going? Are you always the one that fills the dead air? Are you the one running on that nervous energy of trying to impress her? Are you the one worried about doing or saying the wrong thing?

It’s time to reverse that. And get her doing more of the work.

And you do this in two ways.

Gradually, then suddenly.
Humans are validation junkies. It’s like a drug we need to survive. But here’s the thing, we must feel like our validation was earned.

If it comes too easily we sense something “fishy.”

And that is a big reason girls don’t like “nice guys.” Nice guys dish out validation too easily, which lets the girl know he wants something from her.

So in the previous step you began taking more of the power while interacting with her.

(Don’t worry- we explain all the methods for doing everything dis-
cussed here throughout the program.)

Once a girl senses that you have the power, she is going to begin craving your validation.

Your job is to essentially become a “drug dealer.”

How does a drug dealer keep his customers coming back for more?

He gives them a little. And then takes it away. Gives them a little more. Then takes it away. He creates a dynamic where the customer is always craving more.

And that is the dynamic you’ll create with her. She is always chasing your validation.

**Side note:** The thing with all of these steps is that they are all building blocks upon one another. This means that if you have not done a proper job of interrupting her pattern and shifting the power, your validation will be meaningless to her. If you sense she doesn’t crave your validation yet, rinse, wash, and repeat steps one and two.

The second important element of validation is that you have to appear to be completely independent of HER validation.

We call it “Autonomous”.

This means that you’re unaffected by her opinion of you. A weird
thing happens is that when she senses you’re unaffected by what she thinks of you, she’ll begin trying harder and harder to get your approval.

Once this occurs it is time to move on to the MOST POWERFUL of all the steps.
This next step in the “Emotional Spider Web” is the investment phase. This step is where you’re going to escalate her commitment and attachment to you.

In the previous step you triggered her to take action, then rewarded her for it by providing her validation.

But her brain is going to keep searching for rewards; it adapts. Soon, something that seemed novel and interesting becomes common and dull.

Imagine playing a video game and ALWAYS WINNING.

Pretty soon you would be looking for a harder game to play.
And that is usually when a girl starts eying up some “player” or “bad boy” that appears to be more of a challenge.

This is why you’ve got to get her INVESTED in you.

This next step is different than what you were doing in the Validation Phase where it was standard feedback. (Meaning you rewarded her with validation when you approved of something she did.)

In order to create investment in you, she has to anticipate the reward, and NOT receive immediate gratification.

Unpredictable rewards are most powerful. Here are some examples:

- Gambling is addictive because you never know when you’re going to win.
- Checking email is addictive because you never know who will be contacting you

In both cases, it’s the anticipation of the reward that gets addicting.

Let’s examine this in action in regards to a girl chasing a “Player.”

The player has the “power” in the relationship so when he validates a girl she feels good.
She works for more of his validation. She dresses up sexier when she’s around him. She does everything she can to make sex with her as enjoyable as possible for him.

But the rewards she receives from him for this behavior is unpredictable.

Sometimes she gets dressed up real sexy, but he cancels plans on her. (Leaving her to continue to anticipate the reward.)

Sometimes after a night of amazing sex he cuddles in bed with her all morning, and treats her like she’s his girlfriend. Other times after sex he appears distracted and disinterested.

She always anticipates the “good behavior” but never knows which one she is going to get.

So she works harder and harder hoping for the “reward” but becoming addicted to the anticipation.

This is the nature of unpredictable rewards. You leave her in a constant state of anticipation.
The physical intimacy is the “oxygen” that keeps this all going.

One giant mistake men make is they get too caught up in the “game” and don’t make their move fast enough. Or they think, “She’s different” and decide they will be respectful and not make a move too fast.

Girls expect things to happen fast when there is chemistry.

**Let me repeat that:** Girls EXPECT things to happen fast when there is chemistry.

She expects to get swept up in the moment. To do things she nor-
mally doesn’t do. She expects to go back to her friends and say, “something just came over me.”

Now, we’re not going to discuss the Physical Intimacy step too much here, because the entire “LUST System” walks you through exactly how to get physical with her with as little obstacles as possible.

Are You READY?

What was just laid out for you is the basic building block of The Scrambler.

Anytime you feel confused or uncertain, review those 5 steps. They will remind you what your goal is in each of the 5 steps.

As you go through the rest of this manual, remember those five steps, and also remember, that you will be using the various weapons and techniques you will be learning through the Unlock Her Legs program to pull this off.

In the first section of this manual we’ll walk you through how to “interrupt the pattern” through something we called “Breaking the Rules”

However, if certain situations, like when you’re heavily in the “friend zone” or when you’ve acted overly needy and you can tell that her opinion of you is seriously impaired; then we recommend a “BLACK OUT” period.
Here is a specific sequence of “moves” and “tactics” you can use when executing The Scrambler; this section will help you better understand the thinking behind The Scrambler...
When It is Needed: If you are heavy in the friend zone, or if you have messed things up badly with a girl that was once attracted to you.

Guys make the mistake of “over-gaming” all the time. The definition of “over-gaming” is the idea that you need to do “more” to attract or seduce a woman. This is especially deadly in a situation where you’re already coming from behind with a girl.

The kneejerk reaction of most guys when they “mess up” with a girl is
to do more. They want the right thing to say or do to get back in a girl’s good graces. It’s like a kid with a scab on his arm that can’t stop picking at it. Even though he knows he shouldn’t, somehow he finds himself picking at the scab again and again, which just makes it worse.

Likewise, most guys “know” they should just remove themselves from the situation. Yet their desperation, insecurity, and pride in always being “right” prevail, and it leads to guys to over-gaming women.

So step one in any situation where you’re trying to win a girl back over is this: BACK OFF. Remove yourself from any contact with her for 14 straight days. Not only should you not directly contact her, you shouldn’t even THINK of her. Don’t check her Facebook. Don’t reread her texts to you. Don’t try to put yourself in situations where you’ll see her.

This may sound unnecessary, yet I assure you: it’s absolutely crucial. To remedy a situation with a girl, you need to work from the inside out—meaning you need to master your OWN emotions before you master hers.

The blackout phase requires you remove ANY inkling of contact with the woman you’re trying to seduce. No excuses. Embark on a new hobby or a distraction if you need to, but don’t let her cross your mind during these 14 days. Not even once.

Once you pull yourself “out of the game” for a breather, you hopefully will gain some altitude. You’ll see things from a higher, more detached vantage point. Hopefully you’ll pinpoint exactly what you
did wrong, and what you could have done right.

As you’re assessing your situation, if you’re remaining “silent” (and not over-gaming), a woman’s emotions are “resetting.”

In other words, you’re “growing” a second chance.

By giving her two full weeks of not hearing from you or not seeing you you’re slowly “disengaging” that link in her mind.

You should feel assured that by giving her space that her negative emotions have died down, and you’ll get (another) fair shot at her.

But remember: hitting that reset button is all about letting go of trying to control the outcome and backing off.

During this phase you may feel tempted to contact her or “check up” on her. Don’t. Don’t try to mitigate your past failures. And especially don’t try and “game” her. Simply sit back, let these two weeks pass, and get an objective view on things.
That old saying, “You never get a second chance to make a first impression” is not applicable to attraction. That can hurt or help you. For example, there’s probably a time where you hit it off with a girl, but later “messed it up.”

In that instance, the mutable aspect of attraction worked against you. It can, however, work FOR you. Whatever a woman’s perception of you is subject to change. That’s because attraction is based purely on EMOTIONS. Human emotion is like the tide of the ocean: it’s always changing.

A woman’s emotions are changing, day-to-day, hour-to-hour. She may HATE you one moment, only to love you the next. So, rather than fight the wave, ride it. Use her emotions to your extreme advantage.
The best way to “use her emotions” is using it to change her perception of you. Likely her perception of you isn’t what you want it to be. That’s no problem! By using a “pattern interrupt” you can “disrupt” and “fragment” the way she perceives you.

See, women often perceive a man based on a few short encounters. You may be the most suave, charming man alive, but if you slipped up once or twice in front of her on a first date, she may think you’re a clumsy dunce! It’s not fair, but it’s reality.

Likely the perception she currently has of you is less-than-flattering. Maybe she thinks you’re too nice. Maybe she thinks you’re cowardly. Maybe she thinks you’re creepy or an asshole. It doesn’t matter. What DOES matter is that you have SOME idea of what that perception is.

If you’re using The Scrambler on “a girl who got away” or a girl who placed you in the friend zone, of a girl who suddenly lost interest in you then it’s time to start going back over the text conversations, Facebook messages, and memories you have of her.

What happened? (Be as honest with yourself as you can.) Were you too boring? Too generous? Too aggressive? Too quiet? Too passive? Did you “try” too hard (over-gamed)?

Try to bring yourself back to the exact moment things began going wrong. What did you do RIGHT BEFORE that moment?

Hopefully you have a rough idea of what went wrong. As long as
you’re in “the ballpark,” then you’re golden. Because all you need to
do now is:

“Break” her perception of you by doing something that’s the ex-
act opposite of her “bad” perception of you.

Now, you’ll hear some examples of how to do this in a moment, but
first a word of warning: DO NOT MAKE THIS OBVIOUS. The best
pattern interrupts are incredibly subtle! So your first communication
with her shouldn’t involve you going right for the jugular and trying
to execute your pattern interrupt. Be cool about it; be patient.

So, as an example, let’s say you were too nice, and now there’s no
sexual tension. A great way to “break” that pattern is by seeing her
in person, talking to her, and dropping in some “nasty” language.
For example, you might comment on some guy who looks like a
douche, a girl who looks like cunt, or something along those lines.

You may feel uncomfortable executing a pattern interrupt, but it’s
crucial you do it. A great line from the movie The 40-Year Old Vir-
gin rings true here: “Dawg, what you’ve doing just isn’t working. It’s
time for a change!” Understand: the pattern you’ve fell into with this
girl JUST ISN’T WORKING.

You need to break it. This radical shift doesn’t need to be super
obvious, and you don’t need to be excessive about it, but she
needs to see there’s an “edge” to your personality that she wasn’t
aware of before.

Let’s walk you through an effective way to do this…
As we discussed, your first objective is to “interrupt her pattern.” This is will be the first step in “resetting the link” in her mind that she has tied to you.

In this section we’re also going to introduce the concept of “breaking rules.” Because when you move to the “Power Shift” it is crucial that you begin playing by a new set of rules.

The reason you can’t get the girl you want is very straightforward: YOU’RE PLAYING BY THE WRONG SET OF RULES. Probably you’re wondering, “What ‘rulebook’ are you talking about?” To answer that YOU would know better than me!

Indeed, you’ve created an extensive “rulebook” without even realizing it! In some ways, you constructed “the matrix” that now keeps you from the girl whose legs you want to unlock! But that is also good news for you because if you “created” the rules, you can also break them!

First though, it’s absolutely CRUCIAL to your success that you identify EVERY “rule” that defines your interactions with the girl you like. Some rules may be very obvious, such as: who calls/texts who first? Who usually pays for dinner/drinks? Who usually drives? Who says “hi” to who first?

But some rules may be subtler, such as: who paces the conversa-
tion? Whose humor is more dominant? What sorts of clothes are you “expected” to wear? What sort of language is “appropriate?”

Here’s a quick, subtle example from my life: when I was fighting my way out of the friendzone with a girl that I had been chasing for years, one of the first things she said to me was: “Lower your voice, Rob! Why are you suddenly talking so loud?!” I never realized it, but a “rule” that had been established between us was that I was expected to “keep my voice down.” When I spoke up, with more confidence in my voice, it surprised (and unnerved) the girl who had put me in the friendzone. I was breaking the rules… and escaping the friendzone!

Identifying the “rules” is the foundation upon which all the other phases will build upon SO DO IT RIGHT! Don’t half-ass this step… actually get out a pen and paper and write AS MANY rules as you can think of. The more detailed and specific you can get, the better!

These “Rules” will serve two main objectives:

1. Interrupt her pattern
2. Begin the “power shift”

Play back the last few interactions you had with your girl. Try and remember as much about the conversations as possible. Read over your text conversations with her and your emails. Analyze Facebook. Really try and pinpoint as many rules as possible.
Examples of potential rules:

- You “censor” yourself around her to appear more “PG”
- You tell little white lies to impress her
- When you hang with her you she controls the conversation topics
- When she fishes for a compliment you always give her one
- She chooses the venue or activity when you hang out
- You generally agree with her (even when you don’t)
- You always say “hi” first when you see her around
- You never say “no” when she asks for a favor
- You don’t talk about other girls around her
- She always ends the conversation, hangs up first, or stops replying to a text exchange
- You conform to her “view of the world” ie) act pessimistic even if you’re an optimist…
- You fill the “dead air” during conversations
- You are the “clown” she expects to make her laugh
• You conform to her sense of humor

• You let her hog the spotlight and attention when you’re around others

• You’re her “puppy dog” and follow her around at social events

Really ask yourself: what does she EXPECT from me? If you wore “cooler” or even “flashier” clothes, how would she react? If you started flirting with one of her friends in front of her, how would she react?

Please note: I’m not telling you to actually go out and do ANY of these things…but considering her REACTION might help you identify an important rule or two. Maybe a rule is: You’re expected to act asexual around her and never show interest in women or sex. If so, WRITE IT DOWN!
"Playing dirty" is obviously an overarching theme of this course. Only “nice guys” play by the rules. And, until you knew there WAS a rulebook, you were just another one of those nice guys. But not anymore…now it’s time to play dirty.

But simply knowing the rules won’t help you. You have to know the rules and know how to break them. For some rules, there’s probably only one or two ways you could break them. Say, for example, a rule was you always said “hi” to her first when you’d see her out. Really the only way you could break that rule is by not saying hi first.

With other rules, however, there are multiple ways to break them. Take, for instance, clothing. There are an unlimited number of ways you could change your clothes. You could dress more thuggish, grungy, stylish, flashy, over-the-top, etc. In instances where you could break a rule in a multitude of ways, the important aspect is figuring out the BEST way to break that rule.

To do that, consider the “options” that provide the greatest emotional impact that are also congruent to your personality. In the clothing example, think of one or two styles of dress that would surprise your girl, but that you could still see yourself pulling off.

To make this clear, let me explain my experience with this. If I were to break the “clothing rule,” I’d probably dress a little bit flashier. I’d go to the mall and find cool-looking designer clothing that an eccen-
tric celebrity might wear. Is dressing like this a little outside my comfort zone? Absolutely! Yet, it’s not totally incongruent to my personality because I like dressing up and think male celebrities who dress this way can look pretty damn cool (even if I wouldn’t necessarily feel comfortable dressing this way all of the time myself).

What I would not do, however, is dress like a rapper. While it might shock a girl who knew me to see me dressing in baggy clothing and bling, it wouldn’t be congruent to my personality. Being someone who grew up in the suburbs, and who formally worked in magazine publishing, if I suddenly began dressing like a rapper I’d just look foolish. Moreover, deviating so much from my personality would make it obvious I’m trying too hard, which is exactly what you don’t want to do.

So consider the rules for yourself, using your own personality as a barometer. Maybe for you, dressing like a rapper is congruent but an eccentric celebrity is not. The point of this exercise is to consider your options for rule breaking that give you the greatest chance to elicit an emotional response without making it seem like you’re trying too hard or acting weird. Remaining congruent is the key to normalcy.

Now that you understand HOW to break to the rules, go ahead and write down how you could see yourself breaking each rule in your “Unspoken Rulebook.” And if you can see yourself breaking a rule in a few different ways, feel free to write down more than one option.
Some Examples of how you could break rules:
(These only work if you normally do the opposite)

• Say “no” when she asks for a favor
• Unexpectedly be the one to end a text conversation
• Disagree with her
• Force HER to fill the dead air or silences in a conversation
• Get her to buy YOU a drink
• Call her out on rude behavior
• Display more “sexuality” around her
• Appear “disinterested” while talking to her
• Make your sense of humor more dominant
• Hog the attention in a group
• Pay little attention to her at a social event
Step 3: Rate “the rules” in terms of emotional relevance
What You’ll Need: The Unspoken Rulebook you just wrote out

Now that you have your rules along with your options on how to break those rules (hopefully you have a few pages worth!), it’s time to “rank” the emotional impact that breaking each rule will have. You’re the best judge in determining how breaking a certain rule might affect your girl.

Consider each rule on a 1-10 scale. A 1 would be really no effect at all (e.g., she probably won’t even realize you’re doing anything different). And a 10 would be getting her so shocked that she’d probably freak out and stop talking to you. As a median, imagine a 5 or 6 to be something that she might ask you about or bring up in conversation.

Just to give an example, I remember I once made plans with a girl I was in the friendzone with, and then said, “Okay, why don’t you pick me up in an hour and we’ll go out to the bar!” I was purposely breaking a “rule” we had established where I was always the one to pick her up. With a tremor of surprise in her voice, my girl responded, “Oh... so you want me to drive tonight?” To which I replied, “Yeah, I figured I always drive, so tonight it can be your turn!” There was a moment of silence, and then she said, “Okay... yeah, I guess I can pick you up.”

That sort of reaction is about a 6 or a 7. When breaking a rule causes a moment of awkwardness or tension, then it’s definitely a 6 or above. To go back to another example, when my girl “called
me out” for talking too loud, she was visibly upset. As I said earlier, she scolded me, “Lower your voice, Rob! Why are you suddenly talking so loud?!” That sort of reaction is closer to an 8. If she’s getting upset, excited, happy, frustrated, angry, or any emotion that causes her to raise her voice, you’re at about an 8.

On the lower end of the scale, if she doesn’t say anything, you’re probably below a 5. For example, if a rule is that when you meet her out at a nightclub, that you always walk around until you find her, but instead you simply post up by the bar, text her, and tell you to meet you by the bar. Most likely your girl will comply, meet you by the bar, and won’t mention it. Rarely do girls come out and say, “Why did you have me meet you! You’re supposed to come find ME!” Yet, you know that she probably noticed there was a small “change” in your relationship dynamic. That would probably be around a 3 or a 4.

Now that you understand how to rank your options, go through each option and HONESTLY assess how you think each will affect your girl on an emotional level. Don’t worry so much about WHAT emotion you’re affecting…just make sure you’re eliciting some sort of emotion.

Go ahead and assign a numerical value to each of your options. Again, the more accurate you are in these “foundational” stages, the easier (and more potent) you will be when you begin executing the steps in later stages.
Now that you’ve completed the 3 “recon steps,” you have a blueprint of how to succeed with your girl. Of course, that blueprint is worthless unless you act on it. And so this second phase is all about action. Here we introduce some “friendly fire,” which are small under-the-radar ways you’re going to begin rewriting
the “Unspoken Rules.

Now before we delve into any specifics, we want to make sure you plan the right rule to break, and the right way to break it. One thing we stress throughout this course is that you’re not trying to attract a stranger. You already know this girl. You already have some sort of relationship with her. If you act too bold or aggressive or even too weird, you’re going to do more damage than good. So it’s better to ease into things.

Which is exactly why we call this phase “friendly fire.” Essentially all you need to do is to subtly break a rule or two, but do so in a way that’s still “friendly.” Again, I just want to remind the guys who are good at approaching women or seduction: this is different than how you’d make a “first impression” on a girl you don’t know.

In this instance, this girl already knows you, and she already has an impression of you. Therefore, if you do anything too deviant or too crazy—especially too soon—it’s going to be obvious and transparent that you’re up to something. The sort of “rules” you want to break are anything between a 3 and a 5.

Go through your “Unspoken Rulebook” and pinpoint all the rules you identified as having mild emotional impact. These are the rules you want to break to initiate some “friendly fire.” Nothing you’re going to do during the “friendly fire” phase should even get her to raise her voice or question your actions. It should simply raise her eyebrows, make her second-guess the dynamic, and show her that she can’t treat you like her emotional “comfort food.”
Now that you have a few options on the table, and you know which rules you’re going to break, it’s time to sprinkle in some strategy. The two-part “Weapons of Seduction” videos give you an arsenal of ideas that will get you thinking strategically.

Some of the ideas that Bobby proposes in the Weapons videos may be things you’ve never tried—or even considered—before. Introducing a new style of communication (for example, creating the “Partners in Crime” video) is a great way to “break” a rule. Now you may be wondering, But wait… how does using a flirting technique like “Partners in Crime” break a rule? It all goes back to the “Unspoken Rulebook”…

If you’re not currently using some of the tactics Bobby lays out in the Weapons videos, that’s because a “rule” in your relationship dynamic is that you DON’T flirt. You may not have realized it, but it’s a “rule” that almost every guy on this course is abiding by. Therefore, a great “friendly fire” weapon to employ during this stage is some flirting tactics during your communication with her! For me, when I learned the proper way to flirt with women, just doing that catapulted me out of the friendzone with plenty of women!

To sum up this second step of “friendly fire,” you’re going to:

1. Figure out a few rules (e.g., 3-5 you can break that will cause a minor emotional response)
2. Strategically pick a few “weapons” to use

3. Add a few flirting/seduction tactics (from the weapons videos) that you hadn’t considered before

A word of warning: don’t go overboard here! You don’t to go out and apply EVERY weapon that Bobby mentions. Nor do you have to break EVERY rule you identified that’s a 3-5 in emotional impact. If you can do 5 or so things IN TOTAL then you’ve established “friendly fire” and you’ve completed this stage!
Alright! It’s game time! Finally we’re actually going to put our plan to use. If you’ve done your homework, and put effort into these last 5 steps, then by now you know exactly what you need to do. When you see your girl—whether it’s at work, around campus, at a party, with friends, whatever—you know you need to break a few rules.

Now, you can break those rules however you see fit. For me, I usually like to break one or two rules right away. Then, I usually scale it back a bit, go back into our “regular” communication (following the rules), but then, later on, break two or three rules right towards the end of our communication. Of course, you can be throwing in some flirting tactics the entire time. As we said though, just don’t go overboard! This is marathon, not a sprint!

Establish “friendly fire” over the next 2-4 encounters you have with your girl. You want her to slowly begin to realize that the rules are changing.

**Step 3: Execute Friendly Fire**

**What You’ll Need:** Opportunities with your girl
It’s time to amp up the intensity of your approach. This “D-Day” phase is where the rubber meets the road. You have to be ready to inject some serious tension into your interactions with your girl. This may be uncomfortable. This may seem counter-intuitive. You may even want to back down, apologize, and appease her. But we promise you: whenever there’s friction it means you’re progressing.

**Step 1: Up the Emotional Intensity of Rule Breaks When It is Needed?** Your “Unspoken Rulebook,” the Weapons of Seduction videos, and some Courage
your relationship forward.

So don’t take the easy way out! Make a commitment to yourself AND your girl right now that you’re going to do the right thing—even if it’s a challenge. If you truly believe you’d treat your girl well, and make her happier than she is now, then it would be an INJUSTICE for you to just take the easy way out.

However, know going into this: to get anywhere with her, you’re probably going to have to upset her a little bit. Now, this isn’t to say you’re going to do anything rude or immoral. Nor are you going to insult her, intentionally make her feel bad, or act like an asshole. The reason you’re going to upset her is because you’re going to twist her expectations. She expects certain behavior from you, and you’re no longer going to conform to that behavior.

Is that wrong? Absolutely not. But does it upset people? Usually it does. For example, let’s say you’ve never flirted with another girl in front of her. It’s part of your “Unspoken Rulebook” that you act like a neutered androgynous friend who never expresses sexual interest in women. If the next time you hang out, she suddenly sees you not only flirting with another girl, but making out with her, she’s probably not going to react nicely!

She might pull you aside and yell at you. She might pretend to be concerned about your “safety.” She might even cheer you on or congratulate you. But one thing is almost sure to happen: she’s going to have a reaction!

In fact, the only way to fail during the D-Day phase is if she has no
emotional reaction... and if that’s the case, it’s probably because you picked the wrong “rule” to break!

As you can imagine, during this phase, the rules you’re looking to break during D-Day have to be anything from a 6 to an 8. This is what we call a “pattern interrupt,” which means it has to disrupt the way she sees you. If she’s not seeing you as a romantic prospect, or she’s lost feelings for you, then you need to “interrupt” the platonic feelings she has for you.

To do that, go through your “Unspoken Rulebook.” Look at all the broken rules you labeled between a 6 and an 8. Going as high as 9 or 10 might be too much, and could push her too far over the edge. You want her emotional enough that she’s bringing the behavior to your attention, but not so much that she doesn’t want to see you anymore. If she’s saying to you, “Why are you acting like this?” that’s a very good sign!

One important aspect to note: DO NOT make a move on her or even a sexual advance during D-Day. You can flirt or indirectly attract her, but at no point during the D-Day phase should you flat out try and get romantic with her in any way. There will be plenty of time for that later!

Right now, you simply want to severely disrupt her pattern.

If you correctly executed the “D-DAY”, then there should be a substantial amount of tension between you and the woman you’re pursuing. If you really did a good job of interrupting her perception of you, then you may find she’s already asking you questions.
In fact, that’s the signpost you’re looking for during the D-Day Phase: she’s asking you questions.

Whenever a woman is asking you questions, she has an “unsolved sentiment.” That’s a fancy way of saying she’s got an itch that she needs to scratch.

Think about it: when do you ask questions? It’s when you want an answer. However, once you get your answer, you feel satisfied. You do NOT want a woman to feel “satisfied” during the D-DAY Phase…so don’t give her any real answers!

In fact, once a woman asks you a question, you want to stoke the flames even more! You can “stoke the flames” by using open loops and tension. For example, you might text a girl something like, “Just saw Night at the Roxberry on TV…reminded me of you.” Why does it remind you of her? Don’t tell!

Likely a woman will respond to that text, “Why did it remind you of me?” DO NOT ANSWER THE QUESTION! Remember: the point of the Pattern Interrupt is to get her CURIOUS and INVESTED. If you deflate the tension and “confusion” you’re creating in this phase, it ruins all the work you’ve already done!

Now, use some common sense when applying techniques like the open loop and tension. Don’t become a one-trick pony, constantly trying to get a woman to ask you questions. Instead, sprinkle these techniques into your conversations and text interactions with a woman over the next 8-10 days.
If you can get a woman to ask you 3-5 questions over these next few days, you’re in great shape! Moreover, if a woman REPEATEDLY asks you the same question (e.g., “Seriously, I want to know why that movie Night at the Roxberry made you think of me!”), then you’ve really nailed this phase!

You want there to be some attractive tension during these 8-10 days. And you absolutely DO NOT want to break that tension!

He who reacts least in this situation of tension wins. Remember that.

Ideally, if she “calls you out” 1 to 3 times, you succeeded in the D-Day phase. If she hasn’t called you out for anything, then go back and keep breaking rules until she does. However, WHEN she called you out, it’s important you do not argue with her or make a big deal over what she’s saying. While you obviously should not apologize, you also don’t want to make it into a big deal.

This is so important because by not making a big deal about it, you’re leading her into an emotional trapdoor! The more you leave to her imagination, the more she’s going to wonder about you. And as we explain throughout this course, the more she’s thinking of you in her alone time, the more her perception of you is changing!

Therefore, play it cool when she throws friction in your face. For example, I remember when my girl pulled me aside, and yelled at me for making out with some girl at the bar while she was in the bathroom, I just grinned a little and said, “Was I? Haha, alright…let’s get a drink!” To her, it was a HUGE deal I was making out with another
girl, but to me, it wasn’t.

Put it in context: my girl (as well as your girl) has absolutely NO logical reason to get upset with you. It’s not like the two of you are dating! In fact, for most of us, our girls rejected US! That means it’s completely in our right to act however we please. We don’t need to adhere to her rulebook! And while we never get combative or aggressive about reminding her of this, we also don’t make a big deal about it.
By now, the seeds of attraction have been sown. If asked, your girl probably doesn’t even know she’s attracted to you yet… but she is! However, you need to bring that attraction to a flashpoint, which means you need to make her realize what you now mean to her.

If your girl had an emotional reaction to your rule break, and she...
called you out on it, then you have her exactly where you want her! The fact she crossed the line and betrayed her emotions means the ball is in your court. I mean, think about it, if she really just saw you as a “friend” or a guy she had no feelings for, then why would she even have an emotion reacting to begin with?!

This does not, however, mean that you’ve already won. Don’t mistake a victory during D-Day as a total win. D-Day is simple a battle, and there’s still a war to be fought. And now is where you need to dig in and hold your position!

If you followed our advice, and had little reaction to her melt down over your rule breaking (ahem, playing dirty hehe) then you sent your girl right through an emotional trapdoor. And where does that trapdoor lead? A pit of emotional quicksand! In the minutes, hours, and days that will follow her “meltdown,” she will sink deeper and deeper into emotional quicksand.

Here’s where she’ll be running back to her friends, asking for their advice. Here’s where she’ll be Googling stuff on the Internet, trying to figure out your motives. Don’t be surprised if her friends ask you weird questions or even talk a little trash to you. This is all par for the course! But the most important thing during the “Chilled Ice” phase is: DON’T BREAK YOUR EMOTIONAL SILENCE!

Now, of course, it’s perfectly okay for you to communicate with your girl a little. In fact, we’d recommend it (and especially if you can subtly slip in a weapon or two!). But don’t let any conversation or interaction go for too long. And especially don’t ever get caught talking about the rules you broke.
Trust us, if you did the rule break right, she’s going to want an answer about that pronto! That will probably be one of the first things she brings up when you talk to her. Fight the temptation to indulge her curiosity. Simply say, “Oh haha... so anyway...” and move on to another topic. That will drive her crazy and keep her in the quicksand!

To do that, you need to detach yourself emotionally from her. Now, this doesn’t mean you should ignore her... in fact, that would hurt your chances. You simply need to interact with her in an emotionally detached way.

To conceptualize how to act, imagine how you’d talk to a friend or someone like your accountant (presupposing your accountant isn’t smoking hot!). While you wouldn’t be rude, you also wouldn’t try too hard. You wouldn’t worry if they thought your jokes were funny and you wouldn’t go out of your way to make them feel comfortable or happy.

You’d simply have a nice, polite conversation with them, and then you’d go about your day.

The same holds true during the Chilled Ice phase: don’t put any real effort in here. That probably means you’ll have shorter conversations, send less text messages, and make less of an effort to see your girl. While you should not go completely silent, you should absolutely cut your efforts back by 60-75%.

The Chilled Ice Phase is also a great opportunity to sprinkle in a
little jealousy. Be careful with this, because too much jealousy can ruin everything, though your girl should at least see you talking to other girls during this phase. You don’t even necessarily need to flirt with these girls (though you can!), but it should look like you’re “keeping your options open.”

To make sure you succeed during this phase, avoid using her friends to make her jealous. What’s really important here is that she doesn’t fully know what your relationships are with these girls. If you use her friends to get her jealous, she can simply ask them what you wanted. If, however, she sees you talking with girls she doesn’t know, she won’t be able to figure out your relationship with them!

While this phase should only last somewhere between 5 days to 2 weeks, you need to remain strong. If you crumble and start talking to her all the time—tempting as that may be—you’re going to deflate all the good momentum you have going. In fact, if it’s hard not to talk to her during this “Chilled Ice” phase it probably means you’re doing it right!

Always remind yourself: emotional quicksand is where infatuation happens. Because this girl already has an impression of you, the only way to “undo” that old impression and implant a new one is by giving her time to change her mind. That’s exactly what you’re doing during this phase. So step back and let the change happen!
It all comes down to this. All the previous phases lead up to an opportunity for you to change the way your girl sees you. While you don’t necessarily need to have sex during this phase, or even have a rated R interaction, you do need to initiate some physical contact. Even if it’s just you trying to kiss her, and her turning her head (but not reprimanding you about it), you’ve essentially won.
But before we get into “the moves” you’re going to make, let’s cover everything you’re going to do before any moves are made. In the videos and manual, we extensively outline exactly how to make your in-person interaction progress smoothly. Use that material to guide your in-person interaction.

Here I’d like to stress the importance of “setting the stage” for the L.U.S.T. timeline. Ideally, you’ll get your girl in a one-on-one situation. It certainly does not have to be a “traditional” date (in fact, it’s better if it’s not) but try for something where it’s only you and her. Grabbing drinks, smoking hookah, or even just taking a walk are ideal settings for the L.U.S.T. timeline.

Obviously, in some circumstances, that just will not be the case. You may only get your chance to execute the L.U.S.T. timeline at a party or at a social event. This is okay too, but make sure you have your girl isolated before you start getting into the “U” (understanding) part of the L.U.S.T. timeline.

As long as you set the foundational work (adhering to the earlier stages), and you do a decent job of executing the L.U.S.T. timeline, then you should have no problem transitioning yourself into a romantic prospect with your girl. Keep in mind that you MUST make some sort of physical advance on her. At the very least, try and kiss her. It may not end in a kiss, but if she doesn’t reprimand you or make a big stink about it, then it worked.

Refer to the L.U.S.T. manual and videos for more guidance on how to progress the in-person interaction. At the point, though, you’ve arrived at the culmination of your journey. If you’ve done everything
right up until this point, your girl should have no choice but to feel attracted to you.
The Psychology Behind The Scrambler

Here is a collection of articles that go further into detail on a lot of the psychology behind The Scrambler.

While we find all of this important, we chose to avoid going to far down the rabbit whole of brain science because we wanted to stay practical in application.

However, these articles will give you an even firmer of understanding of each step, and why it is so powerful.
Recommended Reading

Unpredictable Rewards


Chatfield, Tom (Filmed July 2010), “7 Ways Games Reward the Brain”. TED Talks: http://www.ted.com/talks/tom_chatfield_7_ways_games_reward_the_brain.html


Berns, Gregory et al., (April 15, 2001,) “Predictability Modulates Human Brain Response to Reward”. The Journal of Neuroscience: http://www.jneurosci.org/content/21/8/2793.full
Pattern Interrupts

