THE 9 BIGGEST DATING MISTAKES

by Chase Amante
Chase Amante is the founder of Girls Chase Inc., a "natural game" men's dating advice company. He teaches men to get more sex and girlfriends by moving fast, focusing on fundamentals, and learning key precepts of "game". 18+ million men have read his advice and articles since 2008.

Men make a lot of mistakes in dating. It's okay, we're mortal, we all do it. That doesn't make it any less painful when we do.

**When you mess up with a girl you like, you slow things down.** You make it harder to get her. Or you may not get her at all.

Thus, this book. I introduce to men's nine (9) biggest mistakes in dating... That way you know what you need to keep an eye out for.

Beat these mistakes back, and you'll quit losing girls you ought to get.

Let's dive in.
How often do you notice girls who want to meet someone? These can be girls anywhere: bars, parties, cafés, or cafeterias.

Women are constantly putting these signals out there*... But most men never notice them.

Everything from glances and eye contact to smiling to hair-tossing may be a signal she wants to meet someone†. Yet if you don't look for these, you'll tend not to notice them unless they're blatant.

Want to get way more opportunities with girls? Stop tuning out, and begin to look for the signals women put out everywhere you go.

* Moore & Butler, 1989 | † Grammer, Kruck, Juette, & Fink, 2000; Moore, 1985
The next one many men are guilty of? **Failure to approach.**

Even if you notice her signals, this won't do you any good if you don't go talk to her. Many times men go out, see girls they'd like to talk to, then... Don't say anything to them, and go home later and say, "It's impossible. No girl likes me!"

**Approach anxiety** is a ubiquitous fear, and it's one just about every man has to deal with.* However, it's one you must overcome to get anywhere with girls.

Don't make the mistake of thinking you can not approach, yet still have choice with women. The fewer women you meet, the fewer options you'll have.

* Crook, 1972; Curran, Gilbert, & Little, 1976
Many men are **much too timid** with girls they like.* Yet other men are **too pushy or direct.** Each of these is bad - for different reasons. You don't want to be like either man. Instead, you want to be like Goldilocks: just right.

Timidity is bad because it makes girls lose interest in you. They feel like you're non-**dominant** and not **preselected**... Both two key qualities women want.†

Over-directness (or pushiness) are bad because they kill all the intrigue. Anticipation is another key to women's sexual excitement. If you kill anticipation, you also kill your best odds to get her.‡
A lot of guys make the mistake of chasing girls too hard. This is very unattractive behavior, to be sure. Yet even worse is when a guy is just too cool. So cool that he's too cool to make a move. So cool he can't even tell her he likes her.

This is bad because of a little thing called attainability. What attainability says is that as you become cooler and more attractive, you seem harder and harder to get to her.* And if you appear too hard for a girl to get, she will reject you to save her own ego. No girl wants to be around a man who makes her feel she isn't good enough.

It's crucial you show interest in girls. If you don't, don't expect them to continue to hang around for you - they won't.
Some guys are just, well, kind of tone deaf. Or maybe they've spent too much time around guys and not enough time around girls.

Either way, you do not talk to girls the same way you talk to guys. Girls need flirtation* - something you probably (or hopefully?) don't do with men.

Knowing this is the first part of the battle. Yet even many men who know they should flirt still don't. Flirting is a habit, like everything else. And if you're not in the habit of doing it with girls, you'll slip out of it quick... And back into boring male-type conversation.

* McCormick & Jesser, 1983; Perpet, 1985
How many times have you had a wonderful conversation with a girl, hit it off, and then... You walked off and didn't take her phone number?

Men do this all the time. They usually kick themselves after. Missed romantic opportunities are 13% of all regrets, and the fifth most common type of regret. * The girl herself is going to wonder what happened if she liked you at all. If you never see her again, you won't get a second chance. But even if you do see her again, she may think you don't like her now... And close herself off to you.

If you have a great conversation with a girl, and you like the girl, take her contact details. It's the only way it goes from "a nice chat" to "something more."

* Gilovec & Medvech, 1994
Your follow-up strategy is what you do after you get her contact info. How do you engage her? What do you say? How long before you see her again?

Most men have terrible follow-up strategies. Or no strategy at all. Often, their strategies consist of trying to have lots of long conversations with a girl. Or sending her witty comments and remarks hoping for a response. Some guys will even jump straight to sexting, without using it to build anticipation or get her out in-the-flesh.

Follow-up should be tight, consistent, and simple. Your eye must be on the ball... That ball being, of course, getting her out in person.

Can't sleep with her or make her your girlfriend over the airwaves, after all.
If you were going to take a girl on a date right now, where would you take her? Would you do something classic, like dinner and a movie? Or maybe something fun, like an amusement park? Perhaps a fun jaunt to a dance party or nightclub?

Many men pick date setups that are either too traditional, or too unhelpful. Take her to dinner and a movie and she'll feel like you're courting her to be your wife. Which means, of course, you're going to have your work cut out - and sky-high expectations to meet. Take her to the amusement park and you'll be hard pressed to get a sensual, romantic vibe going. Take her to the party or club and she'll be distracted the whole time... Or maybe even meet someone else while she's there.

The key to a good date is to pick something interesting, intimate, and convenient for the both of you...* So you can get to know one another, rather than just waste time together doing something that fails to further the connection.

* Rose & Frieze, 1989
Our final big mistake? Waiting too long.

Men wait too long to make a move. They wait too long to ask girls out. They wait too long to change venues. They wait too long to invite her home.

A girl will give you windows to signal she's ready when she is.* If you don't jump through these windows when they open up, she'll assume you're uninterested... And will lose interest herself.

You only have a set amount of time before attraction expires.

* Muehlenhard, Koralewski, Andrews, & Burdick, 1986
Tomorrow, I'll send you Lesson 6 of your 7-day mini course, *Ironhearted Confidence That Makes Girls Swoon*.

If you know anything about confidence, you know it's girls' #1 most desired trait in men. But what is it, and how do you get it? I answer that question and give you some tools to use right away in tomorrow's book.

Two days from now, you'll receive my final video and Lesson 7 of this 7-day course. The subject of this video is how to use psychology's Reward Theory to get dates and sleep with girls. For now,

I hope you've enjoyed this report…
And I'll talk with you soon-

-Chase Amante


