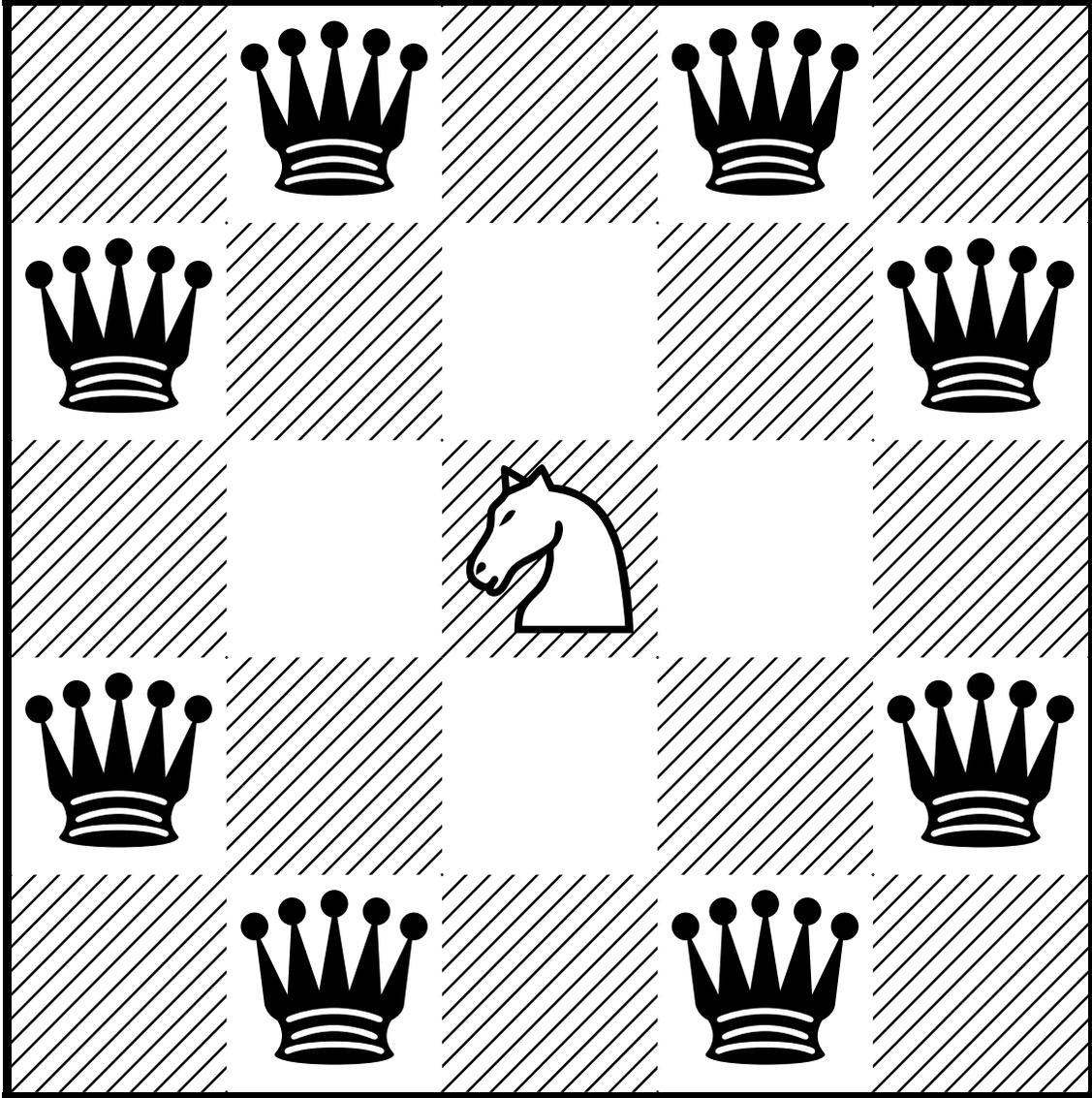


# DATING FOR CS MAJORS



VIRIDITY CAPITAL LLC



# DATING FOR CS MAJORS

---

VIRIDITY CAPITAL LLC

Copyright © 2023 Viridity Capital LLC. All rights reserved.

No part of this publication may be reproduced, transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, except as permitted under Section 107 or 108 of the 1976 United States Copyright Act, without either the prior written permission of the Author. To request permissions, please contact [viridity.capital@gmail.com](mailto:viridity.capital@gmail.com).

Limit of Liability/Disclaimer of Warranty. While the author have used their best efforts in preparing this book, the methods and exercises prescribed in this book make no representations or warranties with respect to accuracy or effectiveness. The advice and strategies contained herein may not be suitable for your situation, and may work with limited success. You should consult with a professional where appropriate. The author will not be liable for any relationship damage, bodily harm, or any other damages.

# Contents

<b>1</b>	<b>The Best You</b>	<b>1</b>
1.1	Health and Fitness . . . . .	1
1.2	Hygiene, Skin and Hair . . . . .	6
1.3	Fashion . . . . .	14
1.4	Hair . . . . .	27
<b>2</b>	<b>Dumbdamentals</b>	<b>31</b>
2.1	Cooking . . . . .	31
2.2	Domestic Duties . . . . .	35
2.3	Dancing . . . . .	39
2.4	Party Skills . . . . .	41
<b>3</b>	<b>Getting Dates</b>	<b>63</b>
3.1	Why Do People Want to Talk To You? . . . . .	63
3.2	Online Dating . . . . .	65
3.3	Meeting People in Person . . . . .	72
<b>4</b>	<b>Going on Dates</b>	<b>81</b>
4.1	Prepping . . . . .	81
4.2	The Date Itself . . . . .	87
4.3	Date Ideas . . . . .	93
4.4	Dating FAQ . . . . .	96
<b>5</b>	<b>Real Sex Ed</b>	<b>99</b>
5.1	Getting over Nerves . . . . .	99
5.2	Techniques . . . . .	100
5.3	Other ways to have Sex, Sex Toys and Add-ons . . . . .	112
5.4	Staying Safe . . . . .	115
<b>6</b>	<b>Debugging Relationships</b>	<b>121</b>
6.1	Disclaimer . . . . .	121
6.2	Love Languages . . . . .	121

6.3	Gifts . . . . .	126
6.4	Red Flags . . . . .	129
6.5	Arguments and Fights . . . . .	133
6.6	Long Distance Relationships . . . . .	140
6.7	Breaking Up . . . . .	142
<b>7</b>	<b>Some Last Words</b>	<b>147</b>
7.1	If you have any suggestions for us . . . . .	147
7.2	Advice from Various People . . . . .	147
<b>A</b>	<b>Life Lessons</b>	<b>149</b>
A.1	Being the bigger person . . . . .	149
A.2	Incel-thoughts . . . . .	150
A.3	Getting hung up on one girl . . . . .	151
<b>B</b>	<b>Potpourri of Topics</b>	<b>153</b>
B.1	Dating Statistics . . . . .	153
B.2	Pickup Artists (PUA) . . . . .	154
B.3	Hobbies . . . . .	154
	<b>Bibliography</b>	<b>157</b>
	<b>Glossary</b>	<b>159</b>
	<b>Index</b>	<b>161</b>

# Forward

While there are many books about dating advice, those books assume some sort of baseline about interaction with girls – that you can at least find them and man up to talk to them. Furthermore, those books often don't give actionable advice and you are instead just given a vague motivational pep talk.

This book is about level 0. You might be a virgin, you might play Fortnite 10 hrs a day and thrive on Mountain Dew and Doritos, you might have not even seen people, let alone a girl, in a few days, you are not confident about who you are. We wrote this book to get you from nothing to a bare minimum where society will accept you and you will feel confident about your place in the world.

We will help you get there by giving you direct, blunt advice. No more bullshit wishy-washy about mindset changes: if you are fat, go to the gym, if you dress like a high schooler, then buy some clothes. Every sentence in this book is meant to give you something to think about or something you can act on.

In addition, a special aspect of this book is we capture many experiences in words that you might want to know about but don't want to actually experience yourself. For example, have you ever thought about what it's like to get blackout drunk on bottom-shelf vodka and flail around in a dark room with drunk freshman on sticky floors and breathe sweat-infused air? We'll give you a rundown of what that's like, without you ever having to step foot in that abomination of a situation. Also, if you've ever simulated in your head what a date would be like, or making a move, but were afraid to do it, or needed consultation, we have several examples in this book that can give another view or ideas about what you're about to do. This book is like the brother you never had.

We wish you the best on your journey to becoming the best you. While we would love to see you cuff the girl of your dreams, we would be extremely happy if you feel more confident and proud of yourself after implementing the plans given by this book.



# Acknowledgment

Thanks to the vast number of people that have helped put this together. From the moment we came up with the idea of DFCSM, we knew it was going to be a hit. Just the title alone captured the attention of so many, and with the amazing content to support it, we just had to get it out. With the number of people that ended up working on this, DFCSM is pretty much an open-source resource.

Originally, we were only going to have some CS boys write this, but we felt that this would be more effective and useful if some ladies also contributed – which we ended up having.

Thanks again to everyone who contributed and hope it sits well with you that you are helping so many lost tech bros out there.



# Chapter 1

## The Best You

While you can get laid with fleas jumping on your dandruff-littered hair, smelling like rotten tomatoes and wearing oversized Amazon t-shirts, you are better off improving your physical appearance to increase your sexual appeal. Plus, if you have good physical attributes, you can feel more confident when you enter social situations, which increase the likelihood of you talking to people, and maybe more girls.

We'll go over some of the basic basics about how you can make your physical appearance better – these include your physique, what you wear and how you present yourself. These things might sound basic to you, but you'd be surprised; being well-groomed and looking put-together comes in many forms and in varying degrees. Also, if you're someone who doesn't care about basic hygiene or think you look like a Greek God just because you picked an outfit from the Silicon Valley Techbro starter pack, this chapter is a good reality check to give you some second thoughts on what you're wearing.

### 1.1 Health and Fitness

Girls want you to have a good body, but huge muscles don't matter. Once you grow past a certain size the only people you are impressing are other bodybuilders, aka in general other dudes. However, that should not dissuade you from trying to get big – we are all supportive of that – but you should not think that your muscle mass correlates to your likelihood of getting laid.

Now, for a warning:

*THE DAD BOD IS A FUCKING MYTH.  
EVEN IF IT'S NOT A MYTH GET THE FUCK INTO SHAPE (1.1)  
BECAUSE YOU'LL FEEL WAY MORE CONFIDENT.*

The reason we are saying this is people will often see some hot chick with some ugly-ass dude with a beer belly, and think that this is the norm and dad bods are the move – low effort and still effective. While it is not to say that people with dad bods will not get laid, it's just not too common, and generally not a desirable physique. When's the last time you went to the mall and saw an ad of someone rocking a dad bod?

## Motivation

A lot of people struggle to go to the gym in the first place because they keep telling themselves, “I’m going to embarrass myself at the gym, everyone else is so big and knows what they’re doing. Plus, there are some hot chicks that I’m going to clown myself in front of.” One of the recurring themes in this book is that if you’re a fucking pussy, you needa nut up to overcome barriers to bettering yourself.

In the case of the gym,

*Everyone starts from somewhere*

The massive dude that’s benching double plates at the gym? He wasn’t born that way. He might have certain genetics that helped him get big, or he juiced himself up with steroids, but he had to work his way up from the average human size to become big. For you, that means when you go to the gym, just remember that as long as you keep on going, you can become one of the gym bros.

If you get made fun of at the gym. So what? Those people are just being jerks. Most people will support you, and even be flattered if you ask them for gym advice. Just head to your local gym and you’ll get positive vibes.

You might be wondering how much you need to work out – general rule is that the more is better, but nobody has that much time. What really matters for the gym in order of priority is:

1. **Consistency:** If you just show up the gym for around an hour consistently, so around 3-4 times a week, you are already doing extremely well. You will start to see results pretty quickly if you just keep doing this. It honestly doesn’t even if your technique sucks. As long as you

are putting in the work and not injuring yourself, you're well on your way to looking more fit.

2. **Nutrition:** It might be obvious, but if you're not eating, then you're not going to get bigger. Usually people don't really struggle with eating, but what people struggle to do is *eat enough*. What is enough? There are some general rules out there, but one rule is to eat 1 g **per pound of body weight** if you're bulking, and you can tune down that number if you are not trying to bulk a lot. However, it is very common to feel like you need to consciously force yourself to eat more in order to get bigger. *That is ok*, and especially if you have a high metabolism, you will feel like you're force feeding yourself at times.
3. **Technique:** You might be surprised to find technique so low on this list. While technique can help you fine-tune how you build your muscle in certain parts of your body, and potentially help you be more efficient in your workouts, it's only a minor part of working out.

If you stop working out for a bit, **muscle memory** is surprisingly resilient, and even after months of taking a gym break, you can get pretty close to what you were lifting before the break in a few weeks or so. That is not to give you an excuse though, it's just to say that if you used to work out a lot, getting back into it is not too hard.

#### Note 1.1.1

The most important part of working out is **consistency**. Just get your ass to the gym and work on whatever is not tired on your body.

## Techniques

There are a ton of resources available for learning how to workout.

- **Youtube:** The most common resource you should use to get started. Don't worry about which channel is the most accurate or have the best tips. Diversify what you watch, and just try out everything. Don't just avoid certain exercises because one YouTuber said it was bad – that will limit your workout repertoire by a lot.
- **Workout Apps:** These will build workout schedules for you and give you brief explanations about how to do each exercise. These are great to carry on your phone so you can look up certain movements that you may have forgotten, or workout sets that you haven't done in a while.

- **Personal trainer:** Definitely a more pricey option, where you might spend anywhere from \$60 - 200/hr. But the impact can be very big if this is the boost you need to get started. A personal trainer can also teach you techniques for certain types of lifts, such as deadlifts, benching, squats, dumbbell workouts, etc that can be very useful and help you build confidence as you work out. In addition, they can help you build a workout program that works for your body type, which may be specific if you care about a certain physique.
- **Other gym bros:** If you're more social, you can just ask other people what they are doing. Most people aren't dicks and will help you out.
- **Books:** The most pedantic option (we are CS Majors, right?), but also can be very rewarding if you care about the science and fundamental explanations for how to work out effectively.

In general, the groupings of complementary muscles for workouts are

- Biceps, Back
- Triceps, Chest
- Legs, Shoulders

These are complementary in the sense that these muscles coordinate together, so they can be worked out together. Legs and shoulders are just completely separate muscles, so they can be worked out in one session. However, this is merely a guideline, and for example, if you have a tight schedule, you can just work on anything at any time. In addition, some muscles like biceps recover faster, so you can work them out everyday if you'd like.

One thing to watch out for is to not have **chicken legs**, which is the case when you only work out your upper body but neglect working out your lower body completely. This will result in a physique which you might think looks ok – Dorito shape – but is actually super unbalanced since you have a chunky torso balancing on some twigs. Unless you know what you're doing, just work out everything evenly for a generally good physique.

## Diet

When you are working out, you also have to pay attention to what you eat. It sounds obvious, but it's important that you eat a diet that supports your workout goals. It should be noted that there are genetics that can give some people advantages in what they eat, i.e. some people can eat

fast food and grease and get away with it, but in general, you should watch what you eat and try to eat healthier things. What does this mean?

In general, you want to put stuff in your body that you are aware of. That means if you are going out, in general you have no idea what chemicals and weird ingredients are going into your body. A Big Mac? How many of the 100 or so ingredients can you name? Chicken and rice (a meme, granted), just a simple set of ingredients that you are sure to recognize. To give some more workout and simple meals:

- **Spaghetti and meatballs:** Easy to make, cheap, and supplies your carbs and protein.
- **Spinach:** You can eat it raw, microwave it, stir fry it. Spinach is super good for you and has lots of nutrients and iron.
- **Chicken thighs:** while chicken breast is more popular, thighs are underrated since they are juicier, harder to fuck up, and just taste way better than the bland and dry chicken breasts. There are lots of options here, but the most common are baking and pan frying thighs. You can season these however you like, and throw them into rice, pasta, sandwiches, etc.
- **Salmon:** A relatively cheap fish, and full of fish fat, you can find salmon everywhere and it's generally pretty easy to make. Baking or pan frying a piece of salmon usually works out great.

For people who work out, there is a concept of **bulking and cutting** season. As the names imply, bulking season is when you just want to get big. You want bigger muscle mass, whether that means fat or muscle. During bulking season, people will eat anything, and just try to put on as much weight as possible. This is the time when gym bros often start eating fast food and junk, even though it is better to keep your diet healthy. To bulk, people usually do less reps, but go for heavier weights. Cutting season on the other hand means that you want to get rid of fat, but maintain some muscle. The idea is to tone out your body and give yourself more definition. Because cutting season usually involves losing weight, often some muscle is lost as well along with the fat, but the overall result is good since the body fat goes down a lot. In general, cutting season workouts involve cardio and more reps.

As supplements to diets, people often also eat protein powder. While this has become a gym meme, protein powder really does work. It is hard to get a lot of protein from just natural diets, especially if you're not eating a ton of meat all the time, so protein powder provides an affordable and effective way to increase your protein consumption. When you get protein

powder, whey protein is one of the more popular and also more effective types of protein. Gold Standard is a brand that a lot of people get, but honestly get anything that doesn't look too sketchy and tastes good enough for you to chug after a workout.

Finally, some lifters choose to take pre-workout so they can get more pump during their workouts. This is not mandatory, as you can have a great workout without any supplements. But here, there are creatine pre-workout supplements that give you a boost of energy and help your muscles lift more during a workout. Pre-workouts, e.g. C-4, generally also have a host of other chemicals in there that are supposed to give you a better workout, including caffeine and a bunch of chemicals.

## Exercises

1. Sign up for a gym membership. Literally anywhere – doesn't have to be top notch like Equinox. Planet Fitness is fine if that's what's nearby. If you have a free gym in your apartment or local community, that's great as well.
2. Watch some YouTube videos and come up with a workout routine you can do when you go to the gym.
3. Buy some protein powder. Whey protein is generally the best in this category.
4. Plan to go to the gym at least twice a week, and work your way up if you can.
5. Call up a friend to be your workout buddy.

## 1.2 Hygiene, Skin and Hair

You don't have to look like a KPOP star or Brad Pitt, but you should take care of your body enough so that you have generally desirable physical characteristics, like:

- Clean face (doesn't mean hairless, just means well-groomed)
- Soft skin in general
- Soft hands
- No dry skin or rashes all over your body
- No messy facial hair

- No body odor
- No bad breath

## How You Smell

There are 2 main categories when it comes to how you smell. The first one is body odor. While there are certain ethnicities of people that have less body odor than others, that should not be an excuse to not try to smell better.

The main way to make sure you smell good is to shower. There is an ongoing meme that CS Majors don't shower. While this may be funny and you can get some laughs out of people this way, not showering is also disgusting and people will have a weird impression of you from the inside. Showering schedules do vary depending on what you do, how much you sweat, and what your body odor is like, but in general showering more will help you stay more clean. Even if you're a gamer that just sits on a gaming chair all day in your room and have vampire hours, your hair oils will build up, which can be disgusting if you let it accumulate for a long time.

For quelling body smells, you should look into a few products:

- **Deodorant:** This usually comes in a tube, and you rub it under your armpits, and wherever you feel like you have body odor. Deodorant is more of a preventative measure for body odor, meaning it's not supposed to make you smell like flowers, but just mask the smell of whatever you have going on your body.
- **Body Spray:** This is an in-between of deodorant and cologne. You can usually just skip this, but some people like to spray this instead of cologne because it's not as strong, and is a bit more aromatic than deodorant. This is popular after a workout since sweating can release lots of body odors.
- **Cologne:** This is the guy's equivalent of perfume. You usually use this for going out, like a party or a date. This will definitely smell, and people will notice it. However, the subtle art of cologne is to not spray *too much*. Too little is honestly fine, but too much and people will be fainting over the intense nauseating smell of your cologne, not because you're attractive.

The second category for smelling is your breath. There are a few ways to combat bad breath:

- **Brushing your teeth:** You should already be doing this, but if you aren't properly brushing your teeth, now is your calling. Try to get

all parts of your mouth, brush around 2-3 minutes, and you should feel like you have a clean mouth afterwards. Flossing is also critical to prevent random leftover food sediment in your mouth that can cause bad breath.

- **Using mouthwash:** If you feel like mouthwash hurts your mouth, there are a lot of mouthwashes out there that are non-alcoholic now, so you won't feel the burn. Either way, this is a great way to reduce bad breath if you use it consistently. Also great for an emergency bad breath cleanser in case you need it.
- **Mints or gum:** These are not as effective, but a decent way to clean out your bad breath after a meal.

## Skincare

Skincare might be seen as girly but it is for everyone. Your face the highest density of pores on your body. If you don't know what to do, just pull up to Sephora or Ulta<sup>1</sup> and just grab some reasonably priced products and see how they are for you. If they don't work, you can always try other stuff and keep experimenting. The general rule of thumb is

### Note 1.2.1

Light and gel texture for oily skin. Thick creamy for dry skin.

The last thing you want is something that your skin does not absorb and you look oily.

If you do not know whether you are oily or dry skin, try this at home before you go to the store. Wash your face and pat it dry. Check back in on it in 15-20 minutes. Feel your face if your face is more dry or oily. It could be neither or you are normal skin. Or if T-zone is oily but your cheeks are dry, you are combo skin.

The following are the most basic products you should use consistently for your face:

- **Moisturizer:** A fancy word for face lotion. This helps keep your face moisturized, and not dry. Some drug store brands to get you started at CeraVe, Versed, and Neutrogena.
- **Cleanser:** Another word for face wash. Helps clean oils from your face to prevent acne and other breakouts. You can't really go wrong

---

<sup>1</sup>Remember, beauty stores are not just for girls. Nobody is going to assume you're gay, and nobody is going to judge you if you pull up to a store like Sephora.

with a cleanser. Common drug store brand that dermatologists would also recommend are Cerave and Cetaphil. Both of these brands have many options for cleansers you can choose from for your skin concern.

- **Sunscreen:** You should wear this every day to prevent skin cancer and premature aging. Some people think that you only need it in the summer or you only need it outdoors, but sunscreen is useful everyday. It is a burden to put on sunscreen all the time though, so many people end up skipping this step. If your skin is oily, you can choose to replace moisturizer with sunscreen in the mornings. Sunscreens are a little bit more difficult to shop for because some will have a white cast or too oily. Some safe choices are Sunbum and Neutrogena oil free, easily found in all drug stores.

If you want to get more fancy, you can look into:

- **Eye cream:** Moisturizer is often too thick for the delicate skin under the eyes, so people use eye cream. The skin around your eyes are some of the most fragile and thinnest skin on your body, so give it some special attention.
- **Serums:** Serums are used more to target certain skin concerns of yours. There are serums that are a "buffet" of ingredients that tackle many skin concerns and there are also serums that is concentrated in one ingredient to focus on only one main skin concern. The Ordinary is an example of a brand that is ingredient focused for one skin concern.
- **Masks:** These are thicker versions of moisturizer that are often put on overnight. These help maintain moisture, so are helpful if you have very dry skin.

If you have health insurance, talking to your dermatologist is a great way to get exposed to some more tips about your skin, and perhaps get a prescription for some drugs that can help make your skin more clear. If your main skin concerns are acne, cystic acne, large pores and unbalanced skin, speaking to a dermatologist would be a good choice. If your acne appears in spot and is very small bumps, you may have fungal acne, in which you should see a dermatologist because over the counter skin care products for normal acne could make your fungal acne worse. Retinoids and benzyl peroxide are common prescriptions that help promote exfoliation and collagen production on your skin and fight acne bacteria, which usually leads to healthier and better looking skin. Here are some general skin concerns that you may have and certain ingredients to look out for (See Table 1.1).

Issue	Causes	Solutions	Ingredients	Recommended Products
<p><b>Acne:</b> Pimples, blackheads and bumps</p>	<p>Clogged pores by oils and dead skin cells</p>	<p>Cleanse regularly to prevent oil clogging up.</p> <p>Use exfoliating and bacteria killing serums.</p>	<p>Salicylic acid – a form of Beta Hydroxy Acid (BHA) that exfoliates pores deep below to unclog oils and dead skin cells.</p> <p>Benzyl peroxide reduces acne causing bacteria</p>	<p>Cerave Salicylic Acid Cleanser</p> <p>Cerave Acne Foam Wash</p> <p>Paula’s Choice BHA Exfoliant</p> <p>5 – 10% Benzyl Peroxide spot treatment</p>
<p><b>Fungal Acne:</b> Very small bumps that look like pimples</p>	<p>Over growing yeast in hair follicles</p>	<p>See a dermatologist for the best options. Do not use treatment of normal acne because it will most likely make it worse.</p>	<p>Because this is a bacteria caused acne, some doctors will prescribe ointment and creams not available over the counter. Oral medication might also be prescribed.</p>	<p>Some at home treatment you could try at your own risk: ketoconazole lotion 2% exonazole nitrate cream 1%</p>
<p><b>Cystic Acne:</b> These are pimples but very big under skin nodules that hurt. It is commonly very read, papules, with pus.</p>	<p>Main cause is homonal. Commonly seen with age teens and early 20s.</p>	<p>See dermatologist for best diagnosis as the causes for cystic acne is more complex. Some treatments such as benzyl peroxide, retinol and oral antibiotics are used.</p>	<p>Benzyl Peroxide - fight acne causing bacteria.</p> <p>Retinol - unclog pores and help aid antibiotics</p>	<p>Be careful what you use. Over the counter retinol differ in 0.1% adapelene</p>

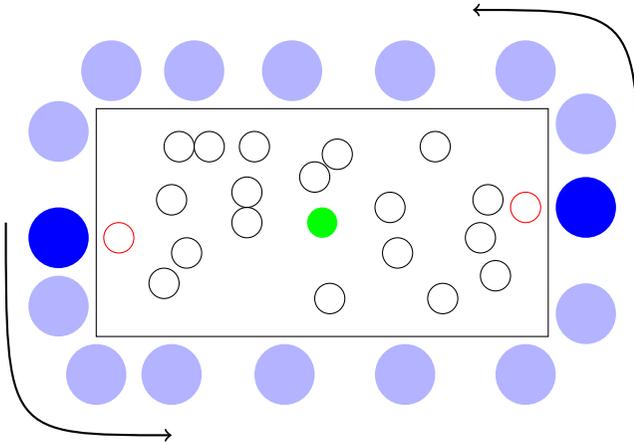


Figure 2.2: Setup for Stack Cup. Dark blue are the active players, light blue are potential players. Green is the bitch cup, and red cups are the ones they are trying to bounce the ping ball into, and stack. This particular game is going counterclockwise.

1. A table is setup with a bunch of cups with drinks filled up not very high, around one shot
2. A cup in the middle of the table is filled to the brim, colloquially known as the bitch cup
3. People huddle around the table, forming a ring
4. Usually 2 cups are started in the ring, at opposite ends, and a direction is chosen. <sup>15</sup>
5. The goal of the game is to bounce the ball in your cup quickly, so you can pass it to the person who is next
6. If the person who is next is still trying to bounce the ball in their cup, you have to stack their cup with your cup. You want to do this quickly so that they have no chance of bouncing the ball in the cup right as you are stacking them
7. Once a person is stacked, the cup stack goes to the person next of the person who just got stacked. The person who got stacked has to

<sup>15</sup>Sometimes, instead of starting with 2 empty cups, two people at opposite ends of the table take a cup from the cluster of cups in the middle of the table, drink them, and that's how they start