Q & A WITH GURU
NEEVAKORNAPURA

JIM WOLFE
During their time with Guru Neevakornapura, Jason, George, and Alex asked many more questions that we were unable to include in the main book…

So, I recorded some of their questions that may be useful to you along with the Guru’s responses below.

Enjoy!

~The Guru’s Official Scribe Jim…

**Topic List:**

- How to Get Your Ex Back
- Long-Distance Relationships
- Dating Younger (or Older) Women
- How to Deal with Nervousness and Anxiety in Dating
- Does Cologne Help You Attract Women?
- Should You Buy Women Drinks?
- Feeling Like a Failure with Women
- How to Deal with Her Ex(es)
- How to End a Bad Date
- Should You Use Emojis When You Text a Woman?
- How to Handle “Rejection” Like a CHAMPION
- The Best Mindset for Attracting a Woman
TOPIC: How to Get Your Ex Back

Q: “How do I get my ex back? Honestly, that’s the reason we all came here.” Jason asked.

A: “When you visited my website, you might have noticed that I don’t offer a course on ‘how to get your ex back.’

So, the question you should be asking is this: Is it ever a good idea to get back together with a woman after a breakup up or divorce?

Should you (ever) go back to an ex?

The short answer is no...

The general rule is that you get one chance per woman per lifetime. <=Read 3X...

It's not a good idea to go back for a second go-round.

No matter how ‘amazing’ she was and no matter how strongly you feel about her.

Why not?

Three HUGE reasons:

1. Things with her were NOT as good as you think...

Listen, if you still have strong feelings for a woman and she breaks up with you, chances are good that after some time passes you will create an idealized version of her and your relationship with her in your mind.

In other words, you'll remember the good times with her a lot more than the bad times.
So, if you do get back together with her your expectations of her won't match reality and you'll be disappointed.

And here's the truth: If she broke up with you (it's never completely mutual, btw...) then you will have to level up in order to ‘get her back...’

**And, when you DO level up, you probably won't even want her back anymore...**

I've seen this phenomenon over and over again: A guy is devastated by a rough breakup.

He'll do *anything* to get his ex back.

And that powerful, focused, obsessive desire for her motivates him more than a raging fire burning right behind him or a drill sergeant barking orders at him.

So, he decides to TAKE ACTION and do something about it (much respect).

He starts learning about dating, relationships, and general self-improvement.

He makes himself a better man.

And then, because he has made it to the next level (or two or three), he is no longer interested in the same kind of woman. <=>Ahh, sweet irony...

In fact, most of the time, he can't believe he ever was interested in his ex.

‘She's just not a good fit for me anymore...’ he thinks (or worse in some cases: ‘Wow, I can't believe I was so into a woman like that...’).
The main point here is that the woman you think of as your ex is most likely a fantasy that can't compete with reality.

And, if you truly get your act together, chances are good that you won't even want to be with her anymore.

Because you'll finally see her for who she really is.

Now, in some cases, a guy's ex really is an amazing woman...

Well, there are two more HUGE reasons it's still not a good idea to get back together with her.

2. The problems you had that led to a breakup are still there...

Whatever caused one or both of you to lose interest in each other and split will still be present if you get back together. They don't 'magically disappear' just because some time has passed.

Things might be good for a while when you first get back together but chances are extremely high that these cracks will start to show up at some point and destroy your connection again.

And the resentment one or both of you felt toward each other from these problems will still be there as well even if you have forgiven each other.

Now, if both of you have done a lot of personal growth since your breakup and the issues that caused the split are truly solved, it might work...

However, the odds are still TERRIBLE (maybe 1 out of 100 will work, at least for some length of time, and no, it's probably not going to be your relationship. Don't ever get
caught up in wishful thinking or start thinking that you or her are ‘different.’ That causes all kinds of problems for men).

Plus, you'll be different people when you get together and that can also cause you to lose interest in each other (you liked the old version of her and vice versa even if the ‘new’ version is ‘better’).

And then, lastly, there's one more CRITICAL reason that it's always better to start off fresh with someone new than it is to go back to an ex:

3. **She remembers everything you did to lower her interest and every mistake you made in your relationship with her before.**

No matter how awesome you are now, she will NEVER forget all the things you did that caused her to lose interest in you the first time you were together.

So, she'll NEVER think of you the same way a new woman will if she meets you now.

The image of you that she carries around with her can never be as good as it can with someone new.

And, if you think about it, we've all experienced this phenomenon:

When you've done some work to grow as a man in some way and then you go meet up with a group of old friends from childhood or your family, they still tend to see you as the guy they used to know...

It's very difficult to change their impressions of you when they knew you before your transformation.

And it's no different with an ex.
You're fighting an uphill battle and it's one you probably can't win in the end.

**However, a new woman will see the new you.**

Her image of you will be much better than your ex's image of you and she won't be carrying around baggage from the past all the time.

You get a clean slate that makes it much easier to build a good relationship with her.

There's no getting around the fact that once we form an impression of someone, especially if we've known them for a long time, it's EXTREMELY difficult to change it even if we want to and we know we should.

**And that definitely applies to going back to an ex: She will always remember the guy you used to be whether she wants to or not.**

And that means she can't fully see the guy you are now.

So, again, it's much better for you to start fresh with someone new.

Because you deserve to be with someone who sees who you really are now.

And because those memories she has of all the things you did ‘wrong’ will make your life with her much more difficult.

So that's why I will never create a ‘how to get your ex back’ program or teach you how to get your ex back.

I don't think it's (ever) a good idea and I'm on your side 100%.

Now, if you briefly hooked up with a woman a few times back in college or something like that and then you
randomly run into her a few years later at a coffee shop or something and then start something with her, that can work.

The main difference here is that you weren't in a relationship with her and you didn't really break up.

In other words, she's not really your ‘ex.’

So, in that case, it can work because she's essentially the same as a new woman you just met except that you already know that you used to be attracted to each other.

However, in all other circumstances, you should find a way to move on and start fresh with a new woman no matter how strong your feelings are.

Because, for the reasons we talked about above, it's never a good idea to go back to an ex and it's wishful thinking to believe that things can be different for you and a particular woman who happens to be your ex.

**It's always better for everyone if both people move FORWARD after a breakup.**

So, if I tried to teach you ‘how to get your ex back,’ that would be like a financial advisor telling you to buy lottery tickets for your retirement plan.

And remember: There's no such thing as ‘the one who got away...’

The truth is that there are thousands of ‘ones’ getting away right now because you're not putting yourself out there or following the Relationship Road Map that we talked about this week.
And starting off fresh with a new ‘one’ is ALWAYS better for all parties involved than it is to go back to an ex.
So, if you're ever tempted to go back, go forward instead.
One chance.
Per woman.
Per lifetime.”

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Q: “How do you follow the Relationship Road Map when your relationship is long-distance? I mean, what if I meet a girl on my college campus in April and then we both go back home for the summer for example?” asked Alex.

A: “Let’s say you meet a woman, go out with her a few times, maybe even hook up with her, and you’re REALLY starting to like her.

She’s amazing...

You might even be in LOVE with her.

Then, she moves away for college or goes home from college for the summer like you just mentioned...

Or, she gets a new job in a new city...

Or, she goes on a one-year volunteer trip...

Or, YOU move somewhere else or go somewhere else for an extended period of time.

How do you handle this situation?

In other words, how do you handle a long-distance relationship?

How to Handle a Long-Distance Relationship

This is a great question Alex...
Here’s the thing: Long-distance relationships can ONLY work if you ALREADY have an established relationship of 2-3 months or more, she’s completely 100% deeply in love with you, and one of you is moving closer to the other at a specific date in the future...

The bottom line?

**Long-distance works if she’s already in love with you because she makes it work...**

Otherwise, if you have to try to build it, it doesn’t work.

Why not?

A few reasons:

1. Staying in constant contact with a woman long-distance without being able to *actually* date her before you have a solid relationship established kills 2 of the 4 attractive male qualities that make her want you and make her like you more over time:

   Preselection *and* Challenge...

   Her subconscious mind will start thinking things like, ‘Doesn’t this guy have any women he can date near him? Why is he spending so much of his time and energy on me when we can’t even hang out or kiss? We haven’t even known each other that long and we really don’t even know each other *that* well when you think about it...’

   Then, she starts losing attraction more and more over time. She can’t even help it.
2. One of you will eventually meet someone in your city and start dating them...

3. If you DO end up together after spending so much time talking on the phone, on Skype, or online instead of building your relationship in person, the REAL person that you end up with isn’t as good as the IMAGE of her that you’ve built up in your mind.

It’s the same for her too...

Disappointment from this difference between perception and reality cracks open the relationship and then it ends.

So, unless she’s moving back to where you live or you’re moving to where she lives PERMANENTLY at some point soon, you can’t really develop a strong relationship with her.

Remember: We can ONLY build our connections with women in person...

So, you can stay in touch with her and flirt with her a little bit every once in a while if you want. And, when she’s in your city or you visit hers, you can have fun with her, kiss her, etc...

However, you should definitely start dating other women in your area and you shouldn’t spend too much time thinking about her.

As hard as it might be when you have very strong feelings for her, you have to find a way to move on.

Stop trying to build a long-term relationship with her or at least put it on hold until you move closer together.
Remember: Long-Term is LOCAL.

Again, if one of you moves closer to the other, you can take it normally from there...

Otherwise, it’s a waste of time to focus on her; time you could spend meeting women who are just as good-looking and awesome as her in your city who can actually date you.

So stay in contact with her so you can resume your relationship when you’re both in the same city again if you want, but don’t consider her as a legitimate option for a long-term relationship.

If you want, when she’s leaving, you can say something like, ‘Hey, I’ve been having so much fun hanging out with you and getting to know you...Let me know when you come back to town and we’ll go out again (and if you’re leaving change it to: ‘I’ll let you know when I come back to town and we’ll hang out again for sure’).

And then, keep your contact with her to a minimum while you’re not in the same city.

A good woman will understand that if you want to date her, you have to do it in person. So, she might not like it, but she’ll understand.

And, when you handle it this way, if you ever do end up in the same place again, you can pick up where you left off and it might work out with her...

However, if you just try to keep it going, she’ll lose interest in you at some point and it will never work with her.
And, by the way, if a woman is 100% interested in you, she won’t want to go ANYWHERE (at least for very long), because she’ll do anything not to lose you. She’ll climb over broken glass to stay with you.

Keep that in mind before you get hung up on a girl who’s 3000 miles away or buy into her excuses as to why she ‘has to’ leave…

Now, again, if she’s your official girlfriend or your wife and she’s deeply in love with you, it can definitely work if one of you goes somewhere for a few months…

**As long as it’s clear that you’ll be in the same city again at some exact point in the near future AND you already have an established relationship with her, you can make long-distance work.**

In that case, just stay in touch with her by texting with her a little bit every day, Skyping with her a few times a week for a few minutes, and then having ONE longer conversation with her each week. In this scenario, you still don’t want to be *too* available while you’re not in the same city…

So, don’t sit around Skyping her ALL DAY every day; keep living your life and then you’ll have things to share with her when you get to talk to her.

And, I shouldn’t have to mention this, but if you just met her within the last couple of months and she moves away, don’t move just to be with her.
Even if she’s your official girlfriend, don’t move to a new city with her unless you know she wouldn’t move without you for sure or you have a good reason to move there too.

**If she’s your wife, she gets a sweet job offer in another city, she talks to you about it before she accepts, AND you know she wouldn’t accept the job unless she’s sure that you’re okay with it and that you’ll go with her, THEN you can move with her.**

Otherwise, her moving away could be her way of ending things with you...

It’s not a good sign.

And, when you move somewhere just to follow her, it puts you in a horrible position and sets you up for extreme heartache.

That’s not what I want for you.

However, if you move somewhere and she wants to move with you, GREAT! That means she’s actually interested in you...So let her move with you in that case if you want to be with her.

**Lastly, the only exception to this rule is that if a woman’s interest in you is nine point five out of ten or higher when she first meets you, she might make a long-distance scenario work even if you met her recently.**

If that’s the case, trust me, she will find a way to keep things going with you.

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Remember: Long-distance is EXTREMELY TOUGH...even for established couples who deeply love each other.

So, build your relationships with women in your area and you’ll be much happier and much more successful.”

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Q: “Is the Relationship Road Map different if the woman you’re dating is a little older or if you’re an older gentleman who wants to date younger women? Or is everything the same?” George wanted to know.

A: “First of all, if you want to have a relationship with a woman, age matters a lot more than if you’re just having fun.

For example, if you’re thirty-five and you want to have children and you meet an awesome woman who's forty-three, she's probably not going to be the right woman for you.

So, you have to decide how important those kinds of things are to you and make the best decision for yourself when it comes to whether you choose to date a woman or not.

However, beyond that, here's a quick guide to age differences when it comes to dating a woman:

1. If she's legal (at least eighteen) and single and so are you, I think you should date her if you want to.

Who cares what other people think?

It's your life.

2. If she's between eighteen and twenty-two, her character isn't fully formed yet.
Her emotions are much more all over the map and she can fall in and out of ‘love’ in the blink of an eye.

**So, I WOULD NOT be in a relationship with her if she's under twenty-two.**

This is the ‘fun only’ zone.

Now, if you're under twenty-two also like Alex here, of course you can have a girlfriend who's also eighteen to twenty-two if you want.

It's just not a great idea to get *too* serious at this stage of life; let things play out and see who she becomes when she hits twenty-two to twenty-five.

Wait until you both grow up a little bit more before you get married so you'll know more about what you really want in a woman and know a lot more about what you're getting.

Again, this is the FUN ONLY zone.

3. Women tend to follow your lead on whether or not your age is a problem.

Most of the time, women are the ones who think *they* are too old or too young for you.

**So, as long as YOU are secure about the age difference and lead her about it, ninety percent of the time it won't matter at all.**

For some women, it will be a deal-breaker, but not as many as you'd think.

And if you're fifty and she's thirty-five then there's not really much of an ‘age gap’ anyway...
But if you're fifty plus and she's twenty-five that's a little more difficult. It takes strong leadership and a lot of internal security on your part to manage it.

Now, if a woman is OLDER than you, tell her: ‘You know, I'm really starting to like you...it's too bad you're a little too young for me...’ ;-

And if a woman is a lot YOUNGER than you tell her: ‘You know what, you seem like such an awesome woman...it's too bad you're a little too old for my taste.’ ;-

Flip the script, steal the frame, and playfully challenge her about your age difference instead of thinking it's a bad thing or an obstacle.

Make sense?
Excellent.

Other than that, everything else is EXACTLY the same.

A twenty-two-year-old woman goes through the same attraction and falling in love process as a forty-five-year-old woman (or a sixty-five-year-old woman).

So focus on doing everything right and following the Relationship Road Map consistently with every woman you date regardless of the age difference.

And remember, this is YOUR LIFE, so do what YOU want to do even if other people don't like it.

Be the leader; be so comfortable with following your true desire (as long as it's legal and doesn't hurt anyone) that other people eventually accept it too.
Because as far as I know we only get one shot at this game so we might as well play to win instead of getting to the end of our lives and feeling a deep sense of regret that we lived the way everyone else thought we should live instead of the way we really wanted to live. This is the number one regret of people who are dying, by the way...

I hope that helps my friend.”
Q&A with Guru Neevakornapura

TOPIC: How to Deal with Nervousness and Anxiety in Dating

Q: “If you’re about to meet up with a girl you really like and you want to make sure your nervousness and anxiety doesn’t cause you to blow your chances with her, what can you do?” Alex asked.

A: “I actually have seven powerful tips for you that will help you get through meeting a woman and all of your dates with her and that will make her more attracted to you at the same time...

However, before we get into those 7 tips, let’s do a powerful re-frame first:

It’s good that you feel nervous when you’re out there dating...and it’s completely normal.

It's 100% natural for you to feel that way and it means you're with a woman you're actually attracted to.

Our fears and anxieties often tell us exactly what we should do and what is good for us.

And, the most successful guys still feel nervous all the time; they just process it and think about it differently...

So, let’s make sure we have the tools we need to speed down the road our body is telling us we should go down.

Remember: Nervousness is just potential energy.
It’s all how you process it and think about it that counts. And, **feeling nervous or anxious DOES NOT predict the outcome of an event.**

People feel nervous and still succeed all the time...

Like the guys who get so nervous that they throw up before the Super Bowl or a World Cup Final and then end up leaving with a big trophy at the end of the game.

So, use the energy that comes with your nervousness or anxiety to help you succeed.

### 7 Ways to Crush Approach and Dating Anxiety...

Now let’s get into the 7 tips that will help you manage your nerves so you can relax and have fun on your dates and enjoy the success with women you deserve:

**Tip #1: Stop trying to get something from her.**

The two biggest reasons you feel nervous with a woman are:

Number one, you think she’s HOT. You think she’s more valuable than you are in your mind. You’re not sure if she’s attracted to you but you KNOW you’re attracted to her.

Number two, you’re trying to get something from her. You want (feel like you need?) kisses, sex, love, attention, approval, acceptance, happiness, etc. from her and your main goal is to *get* these things from her.

So, first of all, remember that you don’t actually KNOW her yet.
She could be a serial killer...
Or a drug addict...
Or a secret agent sent to manipulate you to get information...

The point is that you don't know much about her besides the fact that she's good-looking.

So, withhold your excitement about her until after you've been out with her at least three times.

Try using the ‘sweatshirt trick’ if you want:

Imagine her wearing a hooded sweatshirt with no makeup on. Or, just remember that she's a person who eats, sleeps, goes to the bathroom, etc. just like you instead of putting her on some kind of pedestal.

She’s a human being, not a goddess, and consciously thinking about that helps take the edge off.

And, assume she’s interested in you until you find out she’s not.

Secondly, focus on getting to know her and having as much fun as possible with her instead of what you're trying to get from her.

Let go of any ‘outcomes’ and be fully present in each moment.

That way, you can DECIDE if you want to keep dating her or not instead of pre-determining that you want her no matter what.

**Remember: she’s probably nervous too...**
So get out of your own head and focus on your connection with her and how much fun you’re having with her instead of worrying about trying to impress her or trying to get something from her.

And, **create a life you genuinely love whether she’s with you or not and invite her to join you in your already awesome life instead of trying to get into her world to make your life better.**

Offer her a chance to level up with you instead of trying to level up through her...

Offer her something MORE than she already has in her life instead of ONLY asking her to add something to yours.

That’s true ‘power’ and ‘leverage’ when it comes to dating. This is when you see the biggest success in dating the kind of women you really want and when women are actually excited to be with you.

And, ironically, **focusing on these things instead of trying to get something from her makes it much more likely that she’ll want to keep dating you and that she’ll get physical with you...**

Because you’re truly offering her more than you’re asking of her from HER perspective. And that’s what it takes to create and maintain attraction and love.

This one mindset shift alone will help you feel less nervous and have a MUCH better chance with her.
**Tip #2: Add a third step to your breathing.**

Instead of just breathing in and out, breathe in, hold your breath, and then breathe out. Breathe in, hold your breath, and breathe out for the same number of counts or seconds...

Breathing like this physically calms you down.

It's a great thing to do right before you approach a woman, right before your date begins, or any time you feel nervous.

**Tip #3: Drink coffee.**

If you enjoy coffee, have a cup before you go out. It's been shown to make people feel less anxious and more sociable.

**Tip #4: Make quick decisions and stick to them.**

When you first get into a bar or club, calmly look around for a good spot for a second, pick one, and then walk there immediately. Don't change your mind on the way there. Stick to it.

When you go out for dinner, choose the first thing on the menu that sounds good and move forward.

On your date, choose a place to sit immediately. If your date wants to sit somewhere else, move there, but otherwise just pick a spot that you feel comfortable with and stick to your choice.

Thinking too much about these kinds of decisions adds to your anxiety when you're meeting a woman or out on a date. Stop it before it grows.
Tip #5: Call out your nervousness.

If you want, you can cut the tension created by your nerves by being direct and calling it out ONCE.

If you do it right, it demonstrates self-confidence.

Just say, ‘Just so you know I'm a little nervous right now haha...’ or something like that.

Calling it out directly can reduce the tension and relieve your anxiety. Just don't look for her to make you feel better; remember: you're doing it just to cut the tension a little bit, not to get her to empathize with you.

And, her response will tell you something about her personality. If she likes you and she's cool, she'll probably say something like ‘Haha, me too,’ or ‘Ah, don't worry about it...let's just have fun,’ etc. or she'll make fun of it in a PLAYFUL way to see if you can banter with her a little bit.

These are all GOOD responses.

Then, move the conversation forward and don't bring it up again. Don't make a big deal out of it.

Again, focus on getting to know your date and having fun with her.

Tip #6: Do things that you already enjoy on your own and invite her to join you.

Instead of trying to figure out a date she might like and then asking her to do that with you, ask her to do something with you that you enjoy whether she’s there or not.
If you're already comfortable with a certain venue and activity, you'll feel less anxious when you bring your date with you.

Make yourself feel comfortable first because when you do, your date feels more comfortable with you too.

And then here’s one last tip:

**Tip #7: Do things where you and your date face the same way, like you're on the same team, instead of things where you face each other directly, like you're enemies in a boxing ring.**

For example, having dinner isn’t a great idea because you’re directly facing each other and you’re stuck in that position for an hour. That kind of tension can add to your anxiety and crush your chances with her.

*Pro Tip: If you do decide to sit at a table with her, choose a square table and sit next to her at a 90 degree angle instead of directly across from her. This automatically relieves tension and makes both of you more comfortable.*

Instead, try grabbing a smoothie, ice cream, or coffee and taking a walk or a hike together.

Or, try playing a board game that allows you to sit next to your date.

That way, you’re both facing the same way, shoulder to shoulder, for a good portion of the time.

This kind of open body language helps reduce your anxiety and makes your date feel more comfortable at the same time.
Remember, your anxiety is completely natural and justifiable. It means you’re doing something you think is important...

‘I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.’ -Nelson Mandela

And, the good news is that if you can manage your anxiety long enough to get through three dates with a woman, your anxiety will generally calm down quite a bit after that and you’ll have an excellent chance to date her as long as you want.

So go **use your nervousness to propel you forward into the life you really want**, break some eggs, make some omelets, and go make at least one deserving female out there happy.

You can do it. Really.”

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Q: “Can the right cologne help you attract women?”
Alex asked.

A: “Here’s the thing about cologne: It’s not a magic pill but it can help you a little bit with women.
And, doing it wrong can hurt your chances with women as well.

So, here’s a quick guide to wearing cologne:

1. When you're with a woman, you want to be clean in general.
And, since you never know when you'll meet a woman you're interested in, you want to be as clean as possible all the time.

Hygiene is VERY important when it comes to attracting women...

So, if you use cologne to cover body odor, that's not good.
You must be clean underneath to attract women (from showering regularly, etc.).

Make sure your fingernails are trimmed with no dirt underneath, etc.

The more you take care of yourself (you don't have to be ‘metro;’ just clean) the more comfortable she'll feel around you and the more you'll improve your chances with her.
And, not being clean or smelling bad can easily turn a woman off even if she's very interested in you.

**Remember: Soap is more important than cologne.**

So, keep yourself clean sir.

Wash that beautiful body of yours.

Unless, of course, you're in a rock band...

Then feel free to be as grungy as you want. =)

2. Then, on top of that general hygiene, **use a little bit of cologne.**

**You want her to have to lean into you in order to smell it...**<==This is the key to cologne.

Most guys use too much cologne if they use any at all.

A little bit goes a long way.

Put a dab or two on your wrist, rub your other wrist on it, and then dab both of your wrists on your neck.

Or, just put a dab or two on your neck.

3. Use a neutral deodorant if possible.

They key is to stop the sweat and odor, not for your deodorant to be your cologne.

Honestly, though, I wouldn't worry too much about what deodorant to use unless it smells really strong (change to a lighter one).

Just make sure you use deodorant regularly.

And go easy on the body sprays...
Most of the time they’re too overpowering and they definitely don't lead to the results they try to show you on television.

You're MUCH more likely to get results from applying what we covered in this course than from covering yourself with a mass-produced aerosol spray in a cool-looking can.

If you want to use a little bit of body spray every once in a while to keep your private areas smelling fresh so they don't scare a woman away, that's fine...

Just don't project an ‘aura of body spray’ ten feet out from your body as you're walking around in public.

4. Research shows that women are naturally drawn to the smell of black licorice (men are drawn to vanilla).

On the other hand, some women report liking ‘Dad-like’ colognes (or aftershaves) like Old Spice...probably because it makes them feel like you're the kind of man who can make them feel safe...like their Dad used to.

It’s up to you, but I would stick with any scent you can find with black licorice or a cologne you like that isn't too overpowering unless you’re the kind of guy who fits well into the Old Spice mold.

And, again, use just enough cologne to make her WANT to lean in and smell it.”

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TOPIC: Should You Buy Women Drinks?

Q: “I see this on TV all the time: A guy walks over to a woman he wants to meet and then asks her if he can buy her a drink. What do you think about that?” asked George.

A: “As you just pointed out, ‘Can I buy you a drink?’ is one of the most common ‘pick-up lines’ in the world...

And, it's also one of the worst.

Why is it so bad?

Well, listen, saying ANYTHING to a woman to get a conversation started is better than never saying anything to her...

However, this kind of line SCREAMS all kinds of negative things to her right away:

1. You're saying that you have to offer her something outside of yourself (a drink) in order to be worthy of her attraction and time.

You're starting out your entire connection with her saying that you're not good enough for her on your own...

Does that sound like a genuinely confident (attractive) guy to you?

2. You're saying that you think she's physically attractive, so you want to buy something for her...
You don't even know her at all, yet you want to buy her a gift?

That says to her:
A. You're shallow and only care about looks (even if that's not true).

B. You don't have standards for the kind of women you're looking for beyond physical characteristics (when you actually DO have standards and she thinks she might be able to meet them, she becomes much more attracted to you).

C. You think she can be ‘bought...’ (even if you don't really think so).

Most women don't want to be thought of that way.

D. You probably don't have many options in terms of women who want to date you (even if you do).

Otherwise, why would you try to buy a drink for woman you don't even know?

3. You're saying that you're not creative or unique AT ALL and just parrot what thousands of other guys have said to her before...

Is that the kind of first impression you want her to have if you want to hook up with her or date her?

Of course not.

Now, most guys open with this line simply because they can't think of anything else to say in the moment...
Well, whenever you can't think of anything ‘witty’ to say as you’re approaching her, just say, ‘Hi’ instead...

That way you won't immediately kill any attraction she might feel for you like you would if you offered to buy her a drink.

**Remember: You can always playfully tease and challenge her later on in your conversation...you don't have to try to do everything with your opening line.**

So, if you shouldn't open with that line, what should you do in terms of buying women drinks?

**Should you buy her a drink?**

1. Instead of offering to buy her a drink right away, you can reverse this classically horrible pick-up line to start challenging her immediately:

   ‘Hey, what drink are you thinking about buying me?’

This works really well if she's standing at the bar waiting to buy herself a drink. It helps if you have a little playful smirk on your face and you sell it by actually assuming she will buy you a drink and that it's no big deal: OF COURSE she's thinking about buying you a drink because attractive women buy you drinks all the time...When you use this line, play the part and stick to the bit.

It's funny and challenging and projects confidence because you **ASSUME** that she wants to buy you a drink.

Try this one out and see if it works for you.
2. **You can buy her a drink AFTER you establish attraction and get to know her a little bit.**

So, after you playfully tease her and she banters back and forth with you a little bit and then you ask her a couple of open-ended questions about herself and she answers them, you can get her a drink at that point if you want as a REWARD for being a cool person.

Just tell her she can get the next round...

**As long as you're not trying to get her to like you by buying her a drink, you can do it without crushing her attraction.**

Make sense?

Awesome.

3. **If you ask her to meet you at a happy hour or you take her to dinner and she orders a drink or two, you should pay for her drinks or at least assume you’ll pay unless she INSISTS on paying for herself.**

When you know her already and you ask her on a date, things are different: You **SHOULD** pay for her drinks because the person who asked the other person out is the one who ‘should’ pay.

And, in the early stages of dating, that will usually be you.

**It's very different when you buy a drink for a woman you just met vs. a woman you invited to meet up with you.**

So, if you've been talking to her for a while and she's having fun with you, go ahead and buy her a drink if you
want. And, if you ask her out and she gets a drink or two, you should pay for them.

Otherwise, let all the other guys out there buy women drinks and get NOWHERE with them while you just playfully tease them, have fun with them, get to know them a little bit, and lead everything forward one step at a time while also encouraging her to chase you.

Remember: Buying a woman a drink doesn't make her want you...So, only do it if you would buy a drink for a friend in the same situation and you'll do a lot better.”

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TOPIC: Should You Feel Like a Failure When it Doesn’t Work Out with a Woman?

Q: “A while back one of my friends broke up with his girlfriend after two years or so. And he told me that he feels like a failure even though he was the one who broke up with her. I thought that was weird...So, do you think we should feel like a failure when it doesn’t work out with a woman? What’s your take on that?” Alex asked.

A: “When a woman doesn't want to talk to you after you finally get up the nerve to go say hi to her...
Or she doesn't text you back...
Or she goes on one or two dates with you and then disappears...
Or she cheats on you...
Or she breaks up with you unexpectedly...
Or she divorces you after 40 years of marriage that you thought were good...
Obviously, it doesn't feel good.
After all, we're not robots, so of course we're going to experience some unpleasant emotions when it doesn't work out with a woman.
But should you feel like a failure?
That's a completely different question altogether.

**Should you feel like a failure when it doesn't work out with a woman?**

Listen, when it doesn't work out with a woman, 99% of the time it comes down to just 3 possible reasons:

1. She was never actually interested in you...
2. She doesn't have the qualities required to have a good relationship with you...
3. You made mistakes.

That's pretty much it.

So let's break this down in terms of being a ‘failure.’

**First of all, if a woman’s not interested in you, there is NOTHING you can do to make her interested in you.**

So, if something is literally impossible, should you feel like a failure when you're not able to do it?

I don't think so.

I mean, that would be like jumping off a cliff, trying to fly without any kind of device, and then feeling bad about yourself when you hit the ground.

So, instead of feeling like a failure when a woman isn't interested in you, be proud of yourself as long as you took action to find out.
Be proud of yourself for *asking her out*; don't beat yourself up when she doesn't agree to go out with you or she doesn't show up for the date.

I know, easier said than done, but we can only control *our actions*; not the outcomes of those actions.

So basing the way you feel about yourself on your actions and what you *can* control is much healthier than basing it on outcomes.

**Secondly, if a woman simply doesn't have the qualities that allow her to have a good relationship with you, there is NOTHING you can do to change her or make things work with her.**

You can't control or change other people; they have to do it on their own.

(And remember, a woman who *does* have the qualities required to have a good relationship with you is GREATT: Giving, Responsible, Emotionally Stable, Agreeable/Flexible Attitude, Trustworthy, and Trusting. And she's genuinely interested in you, available, and shares your most important values. If she doesn't have these qualities, she's not the right woman for you)...  

So, again, if she's simply not the right woman for you, it would be a mistake to feel like a failure when things don't work out with her.

Because there's nothing you could have done to make it work out.

Doesn't mean it doesn't hurt when it doesn't work out; it just means you're 100% NOT a ‘failure’ because of it.
Remember: The goal is not to *stay together...* the goal is to create a relationship that is healthy and satisfying for both of you. And that takes TWO people, not just one.

So, if *you* have issues that are preventing you from creating a good relationship with a woman, start dealing with them and healing yourself so you can do it in the future.

And, on the other hand, don't beat yourself up if *she* simply isn't capable of creating the kind of relationship you want with you.

Because that's absolutely not your fault and there's NOTHING you can do about it.

It's impossible to make good wine out of bad grapes.

**And then lastly, if it didn't work out with a woman because you made some mistakes, I still don't think you're a ‘failure.’**

Now listen, this is the hardest one to explain, so bear with me...

Basically, as you're living your life, you're doing it through one of two paradigms or mindsets:

**You're either living with a fixed mindset or a growth mindset.**

If you have a fixed mindset, you'll feel like a failure any time you make a mistake.

And, ironically, that feeling of being a failure can prevent you from actually improving.
On the other hand, if you have a growth mindset, when you make a mistake you realize that it’s an opportunity to improve.

If you correct that mistake in the future so you don't make it again, you will get better results.

And, if you don't beat yourself up too much after you make a mistake, you'll be able to take action again faster.

And consistently taking action is the only thing that leads to lasting success in life, including with women.

So, if you lose self-control and double-text a woman and then she loses interest in you because of your mistake, how do you respond to that situation?

Do you get down on yourself and start feeling like you're just a ‘failure’ with women in general?

Or, do you say, ‘Wow, that sucked. I made a mistake. And, I won't make it next time because I want better results and I don't want to feel this way again...’ and then move on to the next woman knowing you'll make one less mistake with her?

Here's one of the biggest keys to life and dating: There's no such thing as failure. Only learning exists. <==Read 3X...

So, whenever it doesn't work out with a woman because you made mistakes, do your best to take it as an opportunity to LEARN, improve, and grow as a man.

Again, this can be difficult to do, but it leads to the best results, so find a way to do it.
Use the pain you feel as powerful motivation to be better next time instead of using it to poison yourself and your future.

And then make sure you get everything inside The Happiest Man in Hollywood down completely so you make less mistakes by default.

And then, if a woman's not interested in you or she doesn't have the qualities required to have a good relationship, just realize that you have no control over that.

It's okay and normal to feel the pain that might cause you...

However, it's NOT okay with me for you to feel like a ‘failure’ because of it.

Because it's simply not true.

And, when it comes to making mistakes, you're only a ‘failure’ if you STOP because of it.

So keep taking action and moving yourself FORWARD so you can get all the good things you deserve in this life.

When you make a mistake, learn the lesson so you don't make it again.

And then give yourself a break and keep going.

That's the best any human being can do.

You can't control the past and you can't control a woman, but you can control what you do starting RIGHT NOW.”

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Q: “How do you handle it when a woman you’re dating brings up her ex?” asked George.

A: “Most women you date will have at least some dating history when you meet them...

So, how should you handle her ex(es) and should you worry about them?

Well, first of all, here's a hard and fast rule:

**Never put down her (or your) exes...**

Listen: Her exes are her exes for a reason. It's your turn now, so you seem very insecure to her when you say bad things about men from her past.

And, if you talk smack about your exes to a woman you're dating, she'll start thinking maybe you'll talk about her that way some day...

Not good.

So, when it comes to exes, try not to talk about yours at all, and, when it comes to one of her exes, just say something like, ‘Well, he must have had something going for him if you were with him.’

And leave it at that.

Even if she’s putting him down, don’t join in.
And when she asks you why you and your ex broke up, just say something like, ‘You know, she was a cool person for the most part but we just weren't a good fit for each other at the end of the day.’

Leave out the part about how she’s a horrible person who keyed your car and cheated on you with your best friend. =)

Because when you talk smack about her ex or your ex, it lowers her interest in you...

And it kills the light, playful vibe that allows female interest to grow.

**However, when you don't mention your exes too much and you compliment her on her taste in men when she talks about her exes, she thinks you're super CONFIDENT and it makes her more interested in you.**

Now, if she talks about one of her exes non-stop, she’s either not over him yet, not very polite, or both.

So, in my opinion, you should STOP DATING HER if she talks about other men a lot.

Just forget her number and move on.

After all, when you’re dating a woman, you're not getting paid to be her therapist and you don't want to be her male girlfriend.

**So, the best thing to do when you're in the beginning stages of dating is to avoid talking about exes as much as possible and start fresh with each new woman you date.**
And, when she brings up an ex, just say something mildly nice about him and move the conversation forward.

Unless, of course, her ex happens to be a super violent, jealous, unstable guy who could actually threaten your safety...

In that case, it's your call on whether or not she's worth it.

Now, there are some situations where you'll have to deal with a woman's ex if you want to keep dating her.

For example, if she has kids with one of her exes, you should expect him to be part of her life at least until the youngest one turns 18.

Should you be concerned about that?

Well, I’d be WAY more concerned about whether it’s worth it or not to help raise her kids than I would be about her ex.

Yes, he’ll probably be in the picture because they have kids together and that could be a problem for you until the kids go to college, but there’s also a reason they broke up and you’re up to bat now...

Take your emotions and hormones out of it and try to look at it objectively - is she worth the extra baggage?

Would she make an amazing teammate or would you be carrying the load?

Would you tell your best friend to be with her?
Situations like these require even more caution, more time, and taking it even slower.

**Remember: When it comes to women you can never move too slowly; only too fast.**

Stop, look, and listen just like you would before you cross train tracks at a major intersection.

That's the only way to avoid a major train wreck later on.

Make sure the rational part of you is making the decisions; not your lower brain that just thinks she's ‘hot.’

That guy will get you into all kinds of trouble if you let him.” =)

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TOPIC: How to End a Bad Date

Q: “Okay, so if I decide to start dating again, I have a question about what to do when you’re not interested in a woman: What if you meet up with a woman that you met online and she ends up looking nothing like her profile photos? Or if you have a great conversation or a really fun date with a woman only to discover that she’s not the woman you thought she was on the next date? Or if you decide you’re not interested in a woman AT ALL on a date and you want to get out of there ASAP? What do you do then?” asked Jason.

A: “That’s a great question because the way you handle this situation highlights the way a man who’s successful with women behaves in general...

First of all, if you’re using any online dating sites or apps, you should expect some women not to look like their photos...

And, if you’ve just had one or two conversations with a woman, she might not be as awesome as you think...

Again, that’s why you should always:

Ask a woman to meet you somewhere that doesn’t require a lot of investment for the first date.

Like grabbing coffee, meeting at a happy hour, getting a smoothie, etc.
That way, if you’re hitting it off with her, you can offer to take a walk with your drink or go to one more location for a few more minutes if you want.

And, if you’re not feeling it, you can easily get out of there quickly without making it awkward.

**Secondly, you should always finish the date (you can make it shorter if you want) and then just stop contacting her...**

You don't want to tell her directly that you don't like the way she looks, insult her, leave abruptly, or do anything strange.

You just want to be polite, say goodbye at the end, and then never contact her again.

So, if you meet her for happy hour, go ahead and have ONE drink with her for around 30-40 minutes, work on your banter skills or something like that if you want, and then just say, ‘Hey, it was really nice meeting you but I have to go now. Have a good night.’ =)

And then get out of there and move on with your life.

Make your exit as soon as you can; but do it as smoothly as possible.

And how does that apply to women you do want to attract?

Here's how:

**First of all, you want to ALWAYS act the same way no matter how interested you are in a woman with the exception that you stop contacting women you're not interested in.**
You want to get used to acting the same way with a woman you're extremely interested in as you do with a woman you're just a little bit interested in...

Because that's what makes you successful with the women you really want...

And a good way to practice that is to do all of the same things with a woman you end up not being interested in at all.

Except that you make the date shorter and then stop contacting her.

Just remember: When you act consistently with all women for the most part you win...

**However, when you react too much to how interested you are in a woman and change your behaviors and strategies because of that, you lose.**

You want to be as consistent as possible no matter what women are doing or how interested you are.

And this is a great way to practice that.

It's the other side of the coin.

**If you can be smooth with a woman you don't want to date, it's easier to be smooth with a woman you DO want to date.**

Because then you're just the kind of guy who handles dating situations smoothly.

It's just who you ARE.
And handling it this way is also the most socially aware thing to do.

Secondly, remember that you want to communicate with women with your ACTIONS, not necessarily your words...

So, for example, as we’ve talked about, you do NOT want to ‘tell a woman how you feel...’

You just want to attract her properly instead.

Make sense?

Awesome.”

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TOPIC: Should You Use Emojis When You Text a Woman?

Q: “When you’re texting a woman you want to date, should you use those emoji or emoticon things I see people using a lot on social media?” asked George.

A: “Well, here’s the thing:

Text messages (or messages sent via other online services and apps) can EASILY be misinterpreted...

Why?

Because you can’t see the other person’s body language or hear the way they’re saying something when you read a text message...

It’s a much less nuanced form of communication than talking to someone in person or even on the phone.

So, to put a little bit of context back into text messages, we invented emojis and emoticons.

And for those elder statesmen who might not know what we’re talking about, an emoji/emoticon is a symbol, small image, or abbreviation that expresses an emotion or idea like these: =) 😃:P 😃haha jk lol omfg etc...

Almost every phone now has a separate keyboard just for emojis so we can send even more elaborate symbols and large, sometimes animated emojis called “stickers” are extremely common in Asia and are picking up steam in the West as well.
And, when it comes to USING emojis/emoticons/stickers with friends and family, you can do whatever you want...

However, when it comes to attracting women, there are a couple things we should keep in mind when it comes to texting and using emojis/emoticons:

1. **The MAIN PURPOSE of every message you send to a woman you want to date is to set up the next date.** <=Read 3X...

Now, that doesn’t mean that *every* text you send to a woman should be you asking her out:

‘Meet me at Wine Bar X at 7pm on Thursday’

That’s a great text message asking a woman out because it’s direct and specific.

And, honestly, only sending messages like this is actually better than what most guys do when it comes to texting.

However, if you *only* send messages like this and NEVER respond to texts a woman sends you, you’ll come off as weird, socially awkward, and/or aloof.

So, you can text back and forth with a woman A LITTLE BIT before and in-between dates...

However, you should keep messaging to an absolute MINIMUM and get to know her IN PERSON.

So make sure each of your texts is *leading up to* asking her to meet up with you and making it *easier* for her to say yes to your date invitation (her interest is going up, not down)...
Otherwise, don’t send it.

Make sense?

Excellent.

And don’t tell her lots of things about yourself via texting or any other kind of digital messaging...

Why?

Because one of the MAIN reasons a woman goes out with you is that she’s interested in getting to know you...

**So, if you tell her everything about you via texting...**

**Why would she want to go out with you??**

Exactly.

She has no reason to.

So, you can decide:

Do you want to have a ‘digital’ relationship with a woman by exchanging lots of text messages...

Or, do you want to ACTUALLY date her by sending her a few text messages every once in a while and then just ASKING HER OUT once every 7-10 days or so and getting to know her in person?

Now, once you’re in a committed relationship with her and you’ve been dating her for 2-3 months, you can relax about this a little bit and text her a little more often.

**Until then, when you’re ATTRACTING her, don’t be like every other guy out there who tries to ‘build something’ with her via texting (or other messaging**
apps) because they think that’s what they’re supposed to do.

Because it doesn’t work...

What happens in those scenarios is that she eventually starts *actually dating* a guy who doesn’t spend all his time texting her and then she starts showing him all the texts other guys keep sending her thinking they have a chance with her just because they have her contact info.

So, instead of texting her all day long, keep your texts short, light, fun, and very infrequent.

Then, ask her to meet up with you and get to know her in person.

And, if she doesn’t want to meet up with you in person, she’s not interested in you. In that case, you’re wasting your time anyway, so you should just MOVE ON.

By the way, this concept has ALWAYS made a guy stand out above the competition to a woman...

It used to be that guys would call women and leave them (multiple) messages on their answering machines (that wasn’t a good idea either)...

In those days the guy who was disciplined enough NOT to leave her a message had a HUGE advantage...

And now it makes you stand out EVEN MORE because it’s so easy to just send her ‘one more little texty text’ that you deserve a gold medal of honor if you don’t. =)

So, *show her that you like her AND that you’re awesome at the same time* by controlling yourself with your texting and
simply asking her out for a specific date, time, and activity and she’ll see how awesome you really are.

2. **If you feel like you’re trying too hard to compose a perfect text, stop yourself and send an imperfect one.**

I got this one from another teacher out there named Neil Strauss...

He has a rule for texting women and it basically goes like this:

Any time he catches himself trying too hard to be clever or to come up with a perfect line, he immediately deletes that sentence and sends the text without it.

If a best-selling author and excellent writer like Neil who knows women can’t always think of the perfect thing to say to a woman in a text message and thinks he shouldn’t even try for that, we probably shouldn’t either.

I LOVE this rule and I think we should follow it too.

Listen, when you try too hard when you’re texting, it SCREAMS the kind of desperation that women RUN away from as fast as they can, even if they were very interested before.

So, don’t try to always send the most perfect text possible.

**Remember: When it comes to texting women, the CONTEXT of your texting matters a lot more than the CONTENT of your text messages.**

So, the fact that you don’t text her very often, the fact that her text to you is often the last one in a conversation, and
the fact that her texts to you are a little more frequent and a little longer than your texts to her in general is WAY more important than making sure every word of every text is perfect.

And now, with those things out of the way, let’s answer the main question you asked:

**Should you use emojis? 😊**

Well, first of all, some of the research I’ve seen shows that men who use emojis are more successful with women than men who don’t...

However, that doesn’t mean that if you add smiley faces to all of your texts you’ll improve your results with women...

What it *probably* means, in my opinion, is simply that SOCIALLY AWARE men do well with women and those guys know HOW to use emojis *properly*.

And, luckily, using emojis and emoticons properly is something any of us can LEARN.

So, to get that process started, here are two general rules for when and how you should (and should not) use emojis and emoticons when you’re texting women you want to date:

1. You SHOULD use emojis and/or emoticons as ‘softeners’ to make sure a woman knows that you’re being playful and/or teasing her.

Again, we can’t read non-verbal context clues when we get a text message, so it’s extremely easy for a woman to misread what you mean.
For example, if you say:
I HATE you.
OR
I hate you =)

Which one sounds like you’re being playful?
Exactly, the one with the smiley face at the end.

Now, some women will just get that you’re being playful because they know you, they know you’re a fun, playfully challenging man, and because they understand and enjoy playful banter and teasing at a high level.

However, before you know that for sure, it’s best to use emojis and emoticons to soften your messages and make sure she doesn’t misunderstand what you’re saying for no reason.

It just creates more problems and unnecessary drama for you.

**So, any time you TEASE a woman via text message, you can use an emoji or emoticon to soften your message if you want.**

However:

2. You should NOT use an emoji or an emoticon to APOLOGIZE for what you’re saying.

For example,
You’re so nerdy...jk

is apologetic.
When you say jk or just kidding at the end of that sentence, you’re communicating that you feel a little bad about what you’re saying, which is NOT playful...

On the other hand,
You’re so nerdy haha
AND
You’re SO nerdy 😊
AND
You’re SUCH a nerd =)
age playful.
What’s the difference between jk and haha?
When you say jk (just kidding), you’re going back on what you said a little bit and apologizing for it a little bit; however, when you say haha YOU are already laughing and you’re encouraging her to laugh WITH YOU.
The fact that what you’re saying is playful is *implied* when you use haha or a smiley face or a winky face. With jk it seems like you’re afraid she might not like it. And, if you present your message that way, she might not like it because you set it up that way.

Make sense?
Awesome.

This might *seem* like a small thing but these little communication details can make you or break you when it comes to females.
Also:
I have to work on Wednesday night, can we meet on Thursday night instead? Sorry!
AND
I can’t on Wednesday :/ :/ :/ are apologetic texts.
I’ve got a work thing on Wednesday...can you do Thursday? =)
is okay.
You don’t need to add an emoji, emoticon, or ‘haha/jk’ at the end of this sentence, but you CAN use a smiley face at the end if you want depending on your personality and your feel for how she’ll take it.

Here’s the main gist: Don’t use emoticons to apologize, undermine what you’re saying, or show her how much you like her; use them to communicate PLAYFULNESS and soften your challenging statements.

And then, again, keep your messages to a minimum in general and let her get to know you in person when you meet up with her for dates.

Then, once you’re in a relationship with her and SHE starts sending YOU all kinds of emojis, hearts, emoticons, and ‘stickers,’ you can send her ONE for every TWO she sends you if you want.

Until then, don’t try to attract her with messages because it doesn’t work (and, in fact, can ONLY work against you over
time even if you’re really good at texting...so **be just good enough at texting to get her to actually meet up with you and take it from there).”

***PRO TIP***

**Don’t end the last sentence of any text message with punctuation.**

So:

Sounds good

is much better than

Sounds good!

OR

Sounds good.

If you want, and if it follows the principles we covered above, you can add an emoji:

Sounds good 😊

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Q: “I want to date again. On the other hand, I don’t really feel like getting rejected. Is there a good way to deal with the fear of rejection so that we can enjoy the process of dating more, take more chances with women, and be more successful?” asked Jason.

A: “Did you know that experiencing ‘social rejection’ fires up the same neurons in your brain as actually getting punched?

Yep, ‘rejection’ literally hurts...

So, if you feel nervous when you think about approaching the gorgeous woman at the bar or the coffee shop, or if you get anxious when you want to go for a kiss, it makes perfect sense...

After all, who likes getting punched?

On the other hand, in order to experience dating SUCCESS, you have to take social risks (unless you’re in the top 1% of social status and/or looks and never have to approach women or risk rejection)...

You have to risk getting ‘punched’ in terms of potential ‘social rejection.’
The most successful guys don’t necessarily get rejected less; they just handle rejection better, think about it differently, and seek more opportunities more quickly.

And, they RISK rejection a lot more.

They GO FOR THE KISS instead of trying to avoid a ‘negative outcome,’ etc.

Now, you can definitely ‘reframe’ what it means to be ‘rejected’ and that definitely helps…

However, at the end of the day, you have to find a way to TAKE ACTION in spite of the fact that it will probably hurt a little bit if she doesn’t want to talk to you, doesn’t give you her number, says she’s busy when you ask her out, turns her cheek when you go for a kiss, etc.

You have to find a way to lead things forward even when you’re a little afraid, so:

Your level of ‘rejection tolerance’ is one of the main factors that determines your level of dating success.

Almost every guy can have a good attitude and believe in themselves when a woman says, ‘Yes!’

The question is this: Can you take it (well) if she says, ‘No?’

Rejection tolerance is two things wrapped into one:

1. Your ability to feel fear and TAKE ACTION anyway…

2. Your ability to handle it well when things don’t go your way (how you interpret it, your emotional control, how long it takes you to recover, etc.)…

In other words, your ability to take ‘social punches.’
The BIG PROBLEM

The problem I see out there in the dating world is this:

Most guys try to ‘turn on’ their ‘game’ when they see a super attractive woman and either psych themselves up artificially to ‘go for it’ (not a bad thing but usually not successful) or chicken out and hold back (they don’t go talk to her, ask her out, go for a kiss, etc…because they don’t want to get mentally or emotionally punched).

That would be like trying to learn boxing and only fighting against and taking punches from Floyd Mayweather and Conor McGregor...

And then, feeling like a FAILURE when you get knocked down or get too scared to step into the ring.

That’s not a very reasonable or effective strategy...

So, how can you increase your ‘rejection tolerance’ so that you can more confidently take action, lead things forward, and also handle it well if it doesn’t work out?

Simple: PRACTICE MORE.

Take more little social punches more often and build up your tolerance...

(And, develop an abundance mentality: It’s okay if it doesn’t work out with one particular woman and it doesn’t mean anything about you. Set reasonable expectations for yourself).

Here’s a good analogy:
There are some MMA fighters out there who can literally take a baseball bat across the shin with minimal pain and without damaging the bone...

Their shins are almost like steel.

And how is that possible?

Well, when you get kicked hard enough in the shin, it creates what’s called a microfracture: a small break in the bone that doesn’t go all the way through...

And, when that microfracture heals, the bone becomes MUCH harder and tougher than it was pre-kick.

And when you get thousands of microfractures over time and they all heal, you now have a shin bone that’s a DEADLY WEAPON.

It simply doesn’t hurt to get kicked in the shin anymore (well, maybe it does a little bit).

And, the same idea applies to social punches: You can train yourself to tolerate more social rejection.”

**The BIGGER SOLUTION**

**How to Raise Your Rejection Tolerance...**

“So, here are seven ways you can increase your rejection tolerance so you can be more successful with women:

1. **Practice your approach and bantering skills on EVERYONE.**

Getting onto an elevator?

In line at the grocery store?
Risk saying, ‘Hi’ to someone…and then banter with them if you can.
Banter with your co-workers and tease them playfully a little bit.
Introduce yourself to any woman any time, even if she happens to be 97 years old.
Etc.
Take small social risks everywhere you go. Then, when you get comfortable with that level, take bigger ones.
This might sound really out there, but one of my students used to randomly lie on the floor in the middle of a crowded building once a month or so just to keep building his tolerance.

2. Get in the HABIT of ALWAYS asking for a woman’s number if you’re even REMOTELY interested in her.
Whenever you meet a new woman and you like her or you might like her, GET HER NUMBER (or at least ask for it).
That makes it a lot easier to do with a woman you consider a ‘10’ vs. never asking for numbers and then all of a sudden trying to ‘turn it on’ with her.
And, you never know, maybe a woman you initially think of as a ‘7’ will turn into a ‘10’ for you once you take her out and realize that she’s awesome (happens all the time)…
Start ‘training’ at whatever level you can handle and then slowly move up until you can actually take a punch from ‘Floyd Mayweather’ and survive.

Also, once you start going on dates with a woman, ALWAYS go for a kiss by the end of the second date...

Take a few ‘rejections’ if you have to because each one gets you closer to success with the NEXT woman.

Break some eggs so you can make a delicious omelet.

3. **Learn to handle ‘negative’ comments from women.**

Listen, women will usually try to IGNORE you if they don’t like you...

So, if a woman’s giving you a hard time, it could simply be a TEST.

**How you handle incoming ‘negativity’ is one of the biggest factors that determines your level of social and dating success.** &gt;&gt;&gt;Read 3X.

I was thinking about bullying in grade school the other day...And you know what’s *really* interesting about bullying to me?

Sometimes the MOST POPULAR guy actually takes the MOST crap from people:

Back when I was young, the most popular guy in my school got his head dunked in the toilet to the point where he got a cut in his forehead, had soapy lunch rags thrown at him and wiped across his face, was given the MOST BRUTAL ‘wedgies’ of anyone in the school, had his lunch stolen multiple times, etc...
However, it never once made him think he wasn’t cool. And, he WAS cool.

Now, the ‘lowest-status’ guy in our class also got bullied… However, *much* smaller forms of aggression affected him MUCH MORE.

It reinforced his low self-worth.

There’s a scene in a cheesy American movie called *John Tucker Must Die* that really illustrates this point:

The girls at John Tucker’s high school want to get ‘revenge’ on him basically because he could have any girl he wanted and they couldn’t control him.

So, they came up with a plot that ended up with him being caught by his basketball teammates, coaches, some other classmates, and school administrators wearing nothing but women’s thong-style underwear at a hotel…

They also took pictures of him wearing the women’s underwear and made sure that all the other students at their school saw the photos to try to embarrass him as much as possible.

So, what did he do?

Did he get angry and try to get back at the girls?

Did he decide not to show up for school the next week out of embarrassment?

Did he walk around with his head down?

NOPE.

He went right into it and WORE THE THONG TO SCHOOL.
Then, at basketball practice, he showed his teammates that he was *still* wearing it and that it wasn’t a big deal...

He even came up with semi-convincing arguments about why it was so awesome to wear women’s underwear.

And, by the end of the scene, all of the other guys started wearing women’s underwear at basketball practice too. He made it ‘cool.’

He completely flipped it around.

Silly example?

Definitely.

Great way to think about how to handle social ‘punches’ and how life works?

For sure.

And that’s the space that I want you to get to as well.

4. **Do one thing every day that scares you...**

Practice facing your fears as a HABIT.

That way, when you feel the tension that comes with approaching or going out with an attractive female, you’ll be used to dealing with it.

5. **Stop rating women on a ‘1-10’ scale...**

If you rate women on a 1-10 scale, you’re putting EXTRA pressure on yourself and lowering your rejection tolerance before you ever even say hi to a woman you think of as an ‘8,’ ‘9,’ or ‘10.’
So, if you stop rating women on a 1-10 scale, it takes some of that pressure away, raises your rejection tolerance, allows you to approach more women, and allows you to apply successful dating principles more consistently.

And, that’s what leads to the most success: applying successful dating principles exactly the same way with EVERY woman you’re interested in.

**So, from now on, instead of rating women on a 1-10 scale, start thinking of them as 0’s (you’re not interested in them) and 1’s (you are interested in them) when it comes to dating.**

That way your behavior will be more consistent with all the women you’re attracted to and you’ll actually have a chance with the women you want the most.

You’ll instantly take your dating success to the next level.

And, there’s really no such thing as a ‘10’ anyway: One man’s ‘10’ is another man’s ‘7’ and vice versa.

Plus, who cares what her ‘rating’ is? The only thing that matters is if you’re attracted to her or not.

So, if you rate her above other women you’re attracted to, you’re simply hurting your chances with her and lowering your rejection tolerance for no reason.

And here’s the thing: Gorgeous women are NOT goddesses; they’re just slightly more physically symmetrical and well-proportioned HUMANS (and they have more options in terms of dating).
Even the most beautiful women in the world have to go to the bathroom just like everyone else and they have problems and flaws just like everyone else.

Some of them are incredibly sweet, intelligent, caring, and fun to be around...

Some of them are terrible people.

And, you can’t tell what kind of person they are just by looking at them.

So stop thinking of women as ‘10’s’ before you ever even talk to them...

And, have some standards for the internal qualities and personality traits you’re looking for because that makes dating more fulfilling, makes you much more attractive to extremely good-looking women, gives you a competitive advantage over almost every other guy out there who’s chasing them, and raises your rejection tolerance at the same time.

**Remember: Every woman you’re attracted to is on the exact same ‘level’ from now on.**

Not only does taking good-looking women off of a pedestal help you be more relaxed and confident with them, it also allows you to treat them the way they deserve to be treated: as human beings.

And, when you realize that even the most physically attractive women are just humans with flaws and problems like everyone else and you stop rating certain women ‘10’s,’ it takes some of the pressure off of you, increases your
rejection tolerance, and increases your chances of success with every woman you meet.

6. **Go where the women are...**

This might sound obvious, but the more options you have, the more likely you are to succeed.

No matter how good your ‘game’ is, if you’re taking consistent action to attract the right women for you, chances are you’re going to make some mistakes sometimes, especially with extremely attractive women.

So, in order for you to allow yourself to make those necessary mistakes, you have to have as many options as possible.

If you only ever try to apply successful dating principles with the ONE cute woman in your town, that’s way too much pressure...

So, do the best you can when it comes to putting yourself in a strong position to meet large numbers of the kinds of women you like:

- Sign up for more than one online dating profile and download multiple dating apps...
- Do activities that you GENUINELY enjoy that have more women than men...
- If you live in a small town in Alaska, consider moving to a bigger city if you can...

Because the more real options you have, the more rejection you can tolerate, the easier it is for you to apply successful
dating principles, and the more likely it is that you’ll be successful.

7. Keep Going and You Can Do It...

If you keep training, you will be successful with women.

Just know that success may require a little bit of what you might think of as ‘rejection.’

So, burn it into your brain now that you’ll keep going and push through those experiences because your success lies on the other side of them.

If you want, you can even challenge yourself to actively try to get more ‘rejections’ faster so you can raise your rejection tolerance and speed up your success.

And remember: **There’s no such thing as ‘rejection;’ only LEARNING exists...**

So, if you take consistent action to apply successful dating principles with women, you learn everything you can from every experience you have with a woman no matter how ‘bad’ it seems, you keep calibrating your behaviors based on the feedback you get, you keep building your rejection tolerance, and you keep going, you will definitely get where you want to go.

You got this.”

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Q&A with Guru Neevakornapura

TOPIC: The Best Mindset for Attracting a Woman

Q: “From a mental standpoint, what’s the best way to approach attracting a woman?” asked Jason.

A: “Listen, every time you approach, talk to, date, or have a relationship with a woman you’re doing it through a certain FRAME...

And the frame you’re operating within can have an enormous effect on your results with her.

So, let’s talk about a few of the possible frames you could find yourself in and the one that gets you the best possible RESULTS.

Now, here’s the thing: We don’t just stay in one frame all the time...

We can be in one frame with one woman and be in a completely different frame with the next.

And, we can change the frame we’re using ANY TIME.

So, the key is to become aware of the frame you operate within most often and make sure it’s working well for you.

Frames to Avoid...

Let’s start with a couple of frames that lots of men find themselves in that don’t serve you well:
1. The BEGGAR frame...

One of the ways you can approach dating is to (unconsciously) BEG women to like you (and/or love you).

A guy operating in this frame sounds like this:

‘When can I see your beautiful face again?’ =) (Please spend time with me again sometime...any time YOU want!)

‘You are SO hot…’

‘Can I buy you a drink?’

‘I’ll do anything for you...’

‘I’m sorry to interrupt, but I just had to talk to you...’ (I’m not worthy of your time, but please just like me anyway).

‘When can I see you again?’

‘Can I come over and mow your lawn for you? I’m not doing anything this weekend, so...’

Etc.

Clearly, this frame doesn’t work very well. Yet, it’s easy to fall into it if we’re not careful.

Why do guys operate within this frame?

Because they think the woman they’re interacting with is more valuable than them (and if a guy doesn’t think he has value to offer a woman, why would she think so?).

And, because they have this belief, they behave in a way that repels even women who are attracted to them at first.

So, let’s avoid this one from now on...
2. The Seller frame...

Another way you can approach dating is to try to CONVINCE women to like you (and/or love you).

This frame feels like showing up at a stranger’s house at dinner time, knocking on their door, interrupting their dinner, and spending an hour trying to convince them to buy a timeshare while their food gets cold.

And that’s if you’re AWARE of it (most guys aren’t…).

A guy operating within this frame sounds like this:

‘So, I was driving my Corvette over to my pro baseball game the other day and…’ (See how awesome I am?! You should totally like me).

OR

‘Nobody can ever possibly love you as much as I do…’ (It would be a good, ‘rational decision’ for you to like me because I’m SO interested in you).

OR

‘I do a lot of charity work…Oh and I LOVE horses! I also spend lots of time with my mom and my sisters. It’s kinda hard with my job as VP at the bank, but I try to make it work. Oh, did I tell you the story about how I saved a dog from a tree? Let me tell you...(then he keeps talking about HIMSELF for 30 straight minutes...This is the most common one; simply talking about himself too much and not letting her talk about herself because he thinks he has to try to convince her to like him).’

OR
*He agrees with everything she says* ‘We have SO much in common!’ (So, obviously, we should be together!).

OR

‘I wrote you a poem (bought you flowers, bought you a gift, etc. *BEFORE she’s in love with him and he’s her official boyfriend)...’ (So, you should totally like me more now...right?!)

‘All the other guys in here are so LAME...’ (putting others down to raise his value).

Etc.

Obviously, some of these are a little exaggerated, but you get the idea.

**Whenever a woman feels like you’re trying to SELL YOURSELF to her (i.e. you’re trying to convince her to like you), she starts losing attraction immediately.**

Remember: No man has ever **convinced** a woman of anything...

You’re not likely to be the first. =)

She’ll use her own rationalizations for why she’s attracted to you and they’ll be MUCH better than any ‘reasons’ you could give her.

Why?

Because, they’re HER reasons...

Why do guys operate within this frame?

Because they believe that it’s the man’s job in dating to ‘convince’ the woman to be with him.
That’s the frame that society sets up for us. However, that’s not actually how it works...

**In fact, the more you try to convince her to like you, the less she likes you AND, the less you try to convince her to like you the more she likes you.**

So, let her convince herself instead of selling yourself to her (like almost EVERY guy she meets ALWAYS does), and you’ll do a lot better.

Besides, she convinces *herself* that you’re amazing automatically when you operate within this next frame:

**The most ATTRACTIVE dating MINDSET you can have...**

This third frame is a good one to find yourself in most often:

3. **The Buyer frame...**

How do you approach buying a car?

Do you just go up to the first car that looks okay and buy it immediately (or try to convince it that it should allow you to buy it)?

Of course not...

You look around the inside...

You take it for a test drive...

You find out what features it has...
You probably even look at several other cars and compare prices, features, etc. and **try to find the one that’s the best fit for you right now.**

Then, you *negotiate* the best price you can get...

That’s what the buyer approach feels like: Seeing IF a woman might be a good fit for you right now.

And isn’t deciding which women to spend your extremely valuable time with at least as important as shopping for a new car?

Who do you think does better on a first date:

A guy who’s already **SOLD** on a woman he barely knows and (unconsciously) *begs* her to like him?

A guy who’s already **SOLD** on a woman he barely knows and *tries to convince her* to like him?

Or, the guy who goes out with a woman to *see if she might be a good fit for him right now*?

Exactly.

Now, in reality, BOTH of you are the buyer AND the seller at the same time when it comes to dating...

It’s just that most men NEVER take the buyer view at all, so even operating from that frame *a little bit* can set you apart from your competition.

Why don’t guys operate within this frame more often?

1. They believe they have to convince women to be with them, to sleep with them, etc. They think ‘that’s just how it
works…” (even though that’s not how attraction works at all).

2. They’re afraid that a woman won’t see their value unless they tell her all about it (she will see your value more the less you try to show it to her).

3. They haven’t tried it before so they don’t believe that it works (what do you mean be a challenge? Women won’t like that at all! …except challenge is exactly what women REALLY want because when a guy is selling himself to her, she doesn’t feel very good about being with him but when it’s her idea to be with him and she’s selling herself a little bit to him, she’s extremely happy to be with him – same guy, different results).

Now, because the buyer frame works 1000X better than the seller frame when it comes to attracting women:

**I highly encourage you to operate from the buyer frame with every woman you date from now on.**

Especially the ones you’re *really* attracted to.

And, if you want to take this concept even further, you can try another highly effective frame:

**Bonus frame**…

4. **The Recruiter frame**…

This one can work for general attraction, but it works even better if you’re looking for a long-term relationship.

This approach feels like recruiting someone awesome to join your (All-Star) TEAM.
When you go out with a woman, approach it like this:

Would she be a good teammate?
Can you trust her?
Is she reliable?
Does she have a good attitude?
Does she want to be part of the team or is she only out for herself?

**Does she have the qualities required to be on your team?**

If not, stop contacting her.
If yes, ask her out again (and attract her properly).

Remember: These frames might seem like a small thing, but they have a big effect on how a woman ends up feeling about you and they also have a big effect on how you experience dating.

The frame you’re in while you’re dating her affects everything:
- The way you talk to her...
- The questions you ask her naturally...
- Your body language...
- **How confident and relaxed you feel**...
- The way you text her...
- How you decide if you want to see her again or not...
- Etc.
And, if you operate within frames 3 and 4 instead of 1 or 2, you’ll be MUCH more attractive to women without changing your personality at all.

So, whenever you’re with a woman you’re attracted to, get her talking about herself as much as possible and do it from an attractive frame instead of begging her to like you or trying to sell yourself to her.

The best part: It’s SO much easier than trying to figure out what might make her think you’re awesome and much more effective at actually achieving that result. And it’s what she really wants too.

Remember: She likes you more when she (subconsciously) tries to convince you to like her, not the other way around... <==Read 3X

And: She can’t be selling herself to you, even a little bit, and be ‘rejecting’ you at the same time. =)

So flip that script on every woman you date from now on and start enjoying the success you deserve.”

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