

Shy Guy's Guide
To Success
With Women

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Introduction

There are thousands of websites, eBooks, guides, course etc. out there that teach you how to approach women. Yup, you can learn everything from what type of shoes make you appear more sexy in a woman's eyes, to sleazy straight to the point pick up lines that are more likely to get you slapped than in bed with a beautiful girl.

But no matter what these courses teach you, they have one thing in common. And that is they all teach that CONFIDENCE IS KEY to approaching women.

So knowing all the stupid pickup lines, magic tricks and "secrets" in the world might help out your day dreams, all this wont do you much good when trying to approach a women unless you have the confidence to look her in the eyes and tell her how you feel and what you want from her.

For many men, approaching a pretty girl they like can feel as if they have an anxiety disorder. The nervousness and anxiety can become so bad when trying to "pick up" a pretty girl, that you might actually experience symptoms that are similar to those of a panic attack!

Now let me ask you this, when you are thinking about or are about to approach a beautiful girl that you like. Do you experience any of these symptoms:

- Hyperventilating
- Jitteriness
- Racing thoughts

- Racing Heart Beat
- Feeling sick
- Stuttering
- Flustered
- Words come out wrong
- Difficulty breathing
- Lump in throat
- Difficulty swallowing
- Mind drawing a blank
- Butterflies in tummy
- Fear of stuffing up
- Fear of rejection
- Sweaty palms

If so, this guide will help you overcome your fears and approach beautiful women with ease and confidence. No fear of rejection, no sweaty palms, no overwhelming anxiety. Just "hey baby, how's it going" with no problems of any kind!

But before we get into the "meat" of this guide, there is some very simple facts you absolutely MUST know about women that are sure to make you feel better as you go over them:

Simple Facts About Women:

- Most women are just as nice and friendly as you and me, they are not mean to strangers and will NOT slap you or scream "Pervert" when you approach them.
- Most women will simply say "no thanks" , "sorry, I'm not interested" or "I have a boyfriend" if they are not interested instead of kicking you in the groin.
- There is no need to be scared of beautiful women, they are human just like you and me and interact with others on a daily basis.
- Women like sex just as much as men do.
- When a sexy girl is wearing revealing clothing, has her hair done and is looking as if she walked out of MAXIM... she knows she looks good, knows she is getting attention from nearly every man she passes and DOES NOT mind it.
- Pretty girls are used to getting approached by men. While this may not help your chances too much, it does mean that when you approach her she will not be scared or offended by you (unless you say something stupid). So take your best shot, she won't go crazy and scream for help.
- In many cases, the girl you approach can be just as shy and nervous as you... it's not just men who get overwhelming anxiety when talking to members of the opposite sex at a mall - girls get it too.

So now that you know some of these simple facts, I hope you realize that women are not some mystical creatures that behave unpredictably and are out to embarrass and brutally shut down every guy that approaches them.

Women are people, just like men are and the sooner you realize that the sooner you'll be able to approach a pretty girl walking down the street just as easy as you can ask another man what time it is.

Women are not giant 800 pound gorillas that can snap you in half like a match stick, in other words there is nothing to be afraid of.

What Are You Telling To Yourself?

When thinking about, planning to or actually attempting to talk to a girl you like for the first time. Your subconscious mind will often try to do everything within it's power to prevent you from doing what you want by telling you all kinds of nonsense.

This "nonsense" is easy to believe when you are already scared, and will have you fighting an uphill battle with yourself. So what's all this "nonsense" I am talking about?

Basically, it's the negative thoughts that go through your mind when you are about to approach a girl you like. These thoughts make you doubt that you have any chance with the girl you like and are often in the form of questions, statement and suggestions.

The most common questions and statements men often ask and tell themselves when or before approaching a woman were:

Statements:

"She's too pretty for me"

"I'm not good enough for her"

"Everyone's going to laugh at me for even trying"

"Why would she even be interested in me?"

"She could do far better than me"

"This girl is way out of my league"

"She must get this all the time"

"I have absolutely no chance"

Questions:

"Why would a woman like her want to be with a guy like me?"

"What makes you think you are a Casanova all of a sudden?"

"She can have any guy in the world, why would she choose you?"

"What's the point? There's no way she's interested"

Suggestions:

"That girl is way to pretty, why not try someone in your own league"

"This is stupid, just go home and relax and you can try this again tomorrow"

"You are not ready yet, buy that dating course and then you'll be ready"

And on top of all those questions, suggestions and statements your mind will throw at you. You will also find yourself with all kinds of excuses to wiggle out of actually going through with what you want to do.

You might find yourself saying "I have to go to the washroom and check how I look before I do this" , or "why don't I get something to eat first". These are all stupid excuses, and the bottom line is:

All BS aside: if you want to approach a pretty girl you will have to ignore the BS your mind might be telling you and go for it.

Now I realize this maybe easier said than done, but here is what you can do to help yourself...

All those statements and questions are likely to give you a low self esteem and send you home alone, depressed and feeling defeated.

However I am sure you do not want to feel that way at all, that's why we must re-address each of these questions and replace them with a much more suitable question or statement to ask yourself. So it will in effect boost your confidence and self-esteem and dramatically decrease your anxiety when you're approaching women.

You may actually be quite surprised to learn how much the questions that you ask yourself will affect you. What you ask yourself WILL directly affect your self-esteem and confidence therefore increasing your anxiety when faced with approaching a woman.

We'll start by addressing the first statement.

"She's too pretty for me"

First of all, maybe she is and maybe she's not... it's up to her to decide and you to find out. And besides, haven't you ever seen an absolutely stunning girl with a guy that looks like he is nowhere near her standards?

And second:

When you make a statement like this to yourself, you are telling yourself you look far less attractive than her. When you do this, you will believe this statement and act accordingly to it.

She will pick up on the fact that the way you perceive yourself is lower than hers, therefore affecting your chances of scoring a date which will most likely cause more anxious feelings.

So let's work on a line here that you can replace this statement with. Here is a good one for you to replace it with;

"She's very attractive, in fact almost as good looking as me"

Ok, I know this can be quite a cocky little line to use. But you are only saying it to yourself, not out aloud.

By using this statement to yourself when a pretty little "bird" enters the room or the bus stop or where ever you may be at the time, you are placing yourself in the same category as her. Or maybe just a smidgen above, just to be a little more cheeky ;-)

She will pick up on this, and put you in "her league". And lucky for you guys, women are a bit of a sucker for a guy who can be a little cocky and show confidence.

Ok, let's now address statement number 2

"I'm not good enough for her"

Again, that is for her to decide and for you to find out. Besides, once you talk to her a little

you might be the one cutting the conversation short because you might not even like the girl.

When you tell yourself a statement like this, you are telling yourself that she is a much better person than you are. And of course when you truly believe this you will act this way towards her, causing you to feel more anxiety than need be.

And women, they are pretty smart people. They can pick up on it when you put yourself in that lower category. Your body language pretty much SCREAMS "I'm not worthy of you, your royal heiress"

Let's be straight here. Especially if this is a woman you have just met, what could possibly make you think that she is of such high superiority to you? We're all unique and we all come with our good points and our bad points. Nobody's perfect, and if we all were, don't you think that would make life a little on the boring side? ;-)

So what's a better statement to replace this line with?

How about this one;

"She seems to have a lot going for her, but I might be able to give her a running for her money"

Yes, a bit cocky again, but you are still acknowledging her good points to yourself while also reminding yourself that you sure have some good qualities too!

Ok, now for statement number 3

"Everyone's going to laugh at me for trying"

Now with this statement, you're not only running yourself down to the ground but you are also under the assumption that all your mate's think that you're a loser too. And you definitely do not want to give that vibe to your mates.

I'm sure there are plenty out there that given the opportunity to tease you at your expense will. I guess it's just one of those guy blokey type things ;-). But don't give them that pleasure. If you give them any self doubt they just might make it that bit harder for you when you do go to approach her.

So a better line for you to say to yourself would be;

"The guys sure are going to be jealous when I score a date with this beauty"

Oh, did I forget to mention I am an aussie woman? ;-P. So if I sneak in a few jargon words, you know where it's coming from <grins>

Yes, yet again a bit cocky, but hey no-one else can hear it, and the self esteem and confidence boost will be really worth it!

The more reassuring statements/questions you ask yourself the less anxious you will feel when you do approach her.

Ok, on to this one.

"Why would she even be interested in me?"

Well the first thing I'd like to ask you here is why not? Do you have a twin out there with your

exact same personality that she happens to already know and spend time with?

The fact is, we all bring something different to everyone's lives, and something that no-one else can give. Of course to get her initial attention you need to come up with something crafty. But right now we are just focusing on taking away the anxious sensations when you approach women.

The truth is, if you don't think you're interesting, then why should she?

So let's work on a better line to ask yourself.

"She seems like an interesting woman, and I'm sure I can interest her with a few of my qualities"

Now you're telling yourself you think she is quite interesting, but also reminding yourself that you too have some great qualities that you can share with her in return.

And you DEFINITELY do, because there is no-one else out there like you!

And for the final statement

"She could do far better than me"

Ok then, you better put your tail between your legs and waddle on home then. I'm sorry, I'm sorry! I'm just kidding. Must be that dry humour in me?

And let's think for a moment, there are billions of men on this planet and I'm sure many of them are "better" than you. So statistically, this is true. And if that is true, than any woman can do better than you.

This all makes mathematical sense, but is complete stupidity when it comes to relationships.

When it comes to relationships: How can she do better than you? You are unique. There is NO-ONE at all that is the same as you on this planet. You may share some similar traits with others, but no-one else comes close to being just like you.

So what would be a better statement to replace with this one?

"She will never meet anyone just like me"

Its dam true isn't it?

There really isn't anyone like you. And that's what makes you unique and interesting!

REMEMBER: The way you question yourself will have a direct impact on the way you feel and will reflect on the way you will behave and present yourself.

It's extremely important you change your self questioning to positive statements in order to make you feel more confident which will directly effect how anxious you will feel when you approach a woman.

Building Your Confidence

There are many ways to build your confidence, you can work out to look and feel great, try to always look your best, or even drink a little alcohol to get a little "Liquor Courage". What I'm going to talk about is how to build your confidence by way of affirmation.

Using affirmations can be a very powerful tool. You can use it in many aspects of your life to achieve certain goals and to ultimately effect the way YOU want to feel. Using affirmations can mirror the world you want to live in.

If you are not sure of what an affirmation is I will explain this now. An affirmation is a statement that you repeat to yourself over and over again until it penetrates into your subconscious and becomes a belief.

This is what you do. You can either write your affirmation down or you can just make one up in your head. Think of something that you really want to achieve, or something you really want to feel.

What's important when you make an affirmation is that the words you use are positive words and they reflect the present, not the future. It doesn't matter whether you believe your affirmation or not, because the main goal is that you will believe in it in time. It will become your belief!

Words you want to avoid when making affirmations are: anxious (I know this is what you're trying to get rid of, but anxiety is a negative word and a negative feeling, you don't need to remind yourself of this).

Most people when first learning affirmations feel compelled to make statements like "I do not feel anxiety when approaching women". This is wrong, because anxiety is a negative world.

All affirmations should be short and straight to the point. Do not put big lengthy words in your affirmation. This will only clutter and confuse your mind and take much longer to work.

I strongly recommend only concentrating on one affirmation at a time until you receive those results. Some people might disagree with me on this. But I find using only one at a time brings faster results and stops.

It's extremely important that you repeat your affirmation to yourself as often as possible. I usually repeat mine in my head hundreds of times in a day.

Persistence is also very important. You may not get results right away, but do not give up on it. Stick with it, the results will be worth it in the long run.

When you use affirmation, you will find that after some time your mind will adapt what you repeat in your head over and over again as a fact.

So when you say to yourself, oh lets say "I am a good looking guy, and women do find me attractive". Eventually you will believe these statements and gain the confidence to approach a woman that you like.

Your confidence will also show, and that is a big part of being attractive.

Now it is important to know that you can't directly affect other people by saying your affirmations in your head but you can affect other people by your actions.

And when you're in the right frame of mind, and you begin to live your affirmations or actions will change and this will in return reflect on others.

So this brings me to an affirmation I used

"I am worthy of a management position. And I will achieve this on my terms."

Now this one comes with quite an interesting story and I will share it with you.

After continually repeating this affirmation, I strongly believed I was worthy of this position. When I believed it, I then took action.

I "wow-ed" my superiors and tooted my own horn.

The usual way everyone got management positions was that they had to apply. However, I wanted to be offered the position. I didn't want to apply. It was around 3 weeks later that they asked me to apply for a management position and I said no. I told them the amount of work I put into this job, I deserve to be "offered" the position.

Of course this initially didn't go down too well.

But 8 weeks later when I was on holidays, I received a call "offering" me the position of management.

So it's a story with a twist, but yet, another happy outcome from using affirmations.

This of course built my confidence up. Confidence is a *huge* key to conquering anxious thoughts and feelings in situations like this.

But also keep in mind, this isn't the only method you should use to conquering the anxious thoughts and feelings when approaching women. You also need to apply the rest of what I tell you to do in order to practically eliminate it. For good!

Now if you think that self affirmation is just like the whole statements and questions method of building your confidence, I must clear it up a little..

A self-question or statement is something you often use when approaching a woman. They are your initial thoughts, and you can control these simply by rephrasing them to be more positive to help give you the confidence you need in the heat of the moment.

An affirmation is used to change your beliefs and how you feel on a certain subject or circumstance. It will change your inner world to help mirror on your outer world. You don't repeat your affirmations when you are approaching women.

You repeat your affirmations in your own time where you fully focus on the affirmation you have chosen to practice, preferably in a quiet location to give you the opportunity to completely absorb what you are repeating.

Just to make it easier for you, I've prepared a small list of affirmations you can use. Of course you can easily make up your own, but this should give you an idea of what your affirmations should be like.

- I am confident and in control
- I love myself for who I am
- I have the power to choose my own destiny
- I am happy and successful
- I am flexible and open to change in every aspect of my life
- I am strong and I am healthy
- I can and will achieve my goals
- Every day in every way, I'm getting better and better
- Having high self-esteem will make me more effective
- I am unique, and I am happy to be unique
- No matter what someone else says or does to me I am still a worthy person
- My worth as a human being does not depend on achieving a perfect body image or weight
- Persistence will help me succeed

- I have the power to act correctly in each moment
 - I trust myself
 - I can handle the situations in my life
 - I feel safe and protected
 - I have complete faith in everything I do
 - I do not have to prove my worth to anybody
 - I am appreciated and respected
 - I am loved and respected by everyone
 - I can accomplish anything when I put my mind to it
 - I am passionate and incredibly handsome
 - I have everything I need in life
 - I am confident and charming with the women I meet
 - I radiate confidence and relaxation
 - I start great conversations easily and effortlessly
 - I approve of myself and feel great about myself
-
- I have great inner courage and project a positive self-image

- I am confident, optimistic and look forward to new challenges
- I am ambitious
- I have the willpower and the discipline to do anything I desire
- I have the power and ability to create any reality in which I desire to live
- Every new day is a new opportunity. Life is a gift
- I can do it. I will do it. I am doing it
- I am now a powerful and charismatic personality
- My confidence and competence are exploding massively everyday
- I am friendly, outgoing and confident
- I have high self-esteem
- I look good, I feel good
- I am a chick magnet (hey I had to throw in a fun one)
- Women are attracted to me
- I am a fun loving person, with a lot to offer the world

You can choose to use any of these, or you can also create your own. It's best that it reflects you and your personality for your sub conscious to absorb it much faster.

You will also notice that a lot of the affirmations above are not too related to approaching women. This is ok, as all of them are meant to increase your confidence.

This is an extremely powerful tool when used correctly. You don't have to only use this to help in the women category, but just about any aspect in your life that you want to improve. I use it all the time in my life to help me achieve what I want to achieve.

Conversations And Body Language

Have you ever approached a girl, got her attention and then had nothing to say? That can be a big braw back because silence and awkward moments will NOT help you get anyone's phone number.

That's is why planning for your conversations in advance will help greatly to stop your mind from drawing a blank, your words coming out wrong and stuttering. And when you can eliminate those ailments you should feel much less anxious.

Now, if you know you are meeting a woman that you are attracted to, whether it be for a date, or at work or at the gym or where ever (as long as you know you will be seeing/meeting this woman) then you have the greatest advantage by pre planning your conversations in advance.

Before you meet up, or even approach a woman for a first time. It's a good idea to be prepared and have lots of stuff to talk about (this does not mean you have to be blabbing all the time, listening can do wonders)

Also, try not to stall in your approach because the longer you leave your approach and stand around admiring her or allowing nasty thoughts enter your mind, the more anxious you will be when you finally approach her.

So you want to make sure the moment you see her, you walk straight up to her and greet her. That way you hardly give your mind a chance to think of something negative or anxious.

When you do approach her, it is also very important to make eye contact. I know a lot of the reason why

people don't make eye contact is because they're shy or anxious.

Also check your posture. Make sure you are standing up straight; shoulders back head up (unless you need to look down to see her of course). This will show you have a lot of confidence. And women are suckers for a confident man.

I always pay attention to people's body language. It tells me a lot about them. And you should too. It can help you to determine your next move.

Now I know body language is not something you have thought about paying attention to in the past, but I am going to tell you some stuff that is sure to help you out when approaching women you like.

First off:

If a woman's pupils become much larger (dilate) then this means she is attracted, aroused or excited by you. And what's actually interesting is that apparently they say a woman's pupils dilate larger than men's when watching erotic movies.

Although women have always said they aren't turned on as much by these type of things, it could prove to actually be a lie. Eyes are actually used to subconsciously attract one another.

It's what a little kid uses to get our attention. You ever notice how when a little kid tries to get your attention to go throw paper airplanes with you their pupils are largely dilated? If not, watch for that next time.

Actually, pay strong attention to everyone's eyes. I have a lot of fun with this. It lets me know when someone is actually listening and is excited by the

story I am telling them. Or whether they're bored to tears and want me to put a sock in it.

If a woman shows you her palms this also means she is interested in you, and feels comfortable with you.

Also watch for where her feet are pointing. If they are pointing towards you this can also be an indication that she is interested in you.

Ways to tell if someone is lying to you, is they may scratch their nose, look away (although I've also been told that if someone looks up when you ask them a question, they're generally searching for information in their mind, isn't that a funny yet interesting thing to know?) they may also partial cover their mouth or blink a lot.

And something you may find interesting about your own body language is that guys actually thrust your pelvis forward at woman when you are attracted to her.

That's some quite interesting knowledge you can play with. And you can work it to your advantage. It takes time to master this skill, especially when you are trying to manage holding a conversation. But keep practicing it; it will eventually become second nature to you.

Ok, we'll get back on topic now..

Planning your conversations, where were we? That's right, getting out the pen and paper and planning what you will say, starting with your greeting.

Depending on how well you know this woman, will depend greatly on how you will greet her. But it's

always my policy to try coming up with something creative if I can. (This is usually what I use when making new friends, and is a big reason as to why I have so many). It's good to keep it interesting, unique.

Once you have sorted your greeting (just a little side note on that you could throw in a wink, or wiggle your eyebrows, this denotes how confident you are to her, and as I keep saying women love confidence), then work out a few other things you might want to ask her.

Write out a few questions that you think might spark her interest, and write out a story or two about yourself that you would like to share with her.

You don't have to write it down if you don't want to, you can just run it over in your mind. But it's actually proven to help you remember more and imprint it into your mind, that writing it out and then reading and re-reading it, is far more effective. You are much less likely to forget then.

If you're unsure of what stories you would like to tell, I can give you a few pointers to get you on your way. I usually stick with something that's a little humorous, even if it's a little embarrassing on my side of the fence.

Often when you hear a story it usually can trigger a memory of similar value to tell a story on similar lines.

Questions will also give you a good understanding and feel for the person (woman in your case) that you want to get to know. And people truly love talking about themselves.

Personally I think speaking about the "weather" is a bad topic. It's usually what people ask or talk on when they can't think of anything else to say. Besides it's a little over used.

I'm not saying to stay away from all types of "common" questions. You need to ask common questions in order to learn new things about someone.

In fact, I'll even give you a list of good common questions to ask (so you can get to know her even more and I'll give you a list of not so common questions that you could ask her that may spark some excitement rather than the excitement of what common questions bring.

I have quite a large number of questions I have banked up that I use often on people. But I won't list all of them here. Besides some of them may not be suitable for me to mention here and I don't want to offend anyone.

Common Questions you could ask:

- How many brothers and sisters do you have?
- Where were you born?
- Where did you attend school?
- What's your favourite colour?
- What's your favourite number?
- What's your favourite movie?

- What's your favourite song?
- Who's your favourite band?
- What's your favourite food?
- What's your favourite drink?
- Where were your parent's born?
- Do you have any pets?
- What do you do for a living?
- What's your dream house look like?
- If you could holiday anywhere in the world, where would you choose?
- What's your favourite item of clothing?

Yes, I know to a lot of you, they're pretty dam simple questions, but if you have them written down, or ever drawing a blank when writing your list at least you can always refer to this list to help keep you on the fast track.

Now for some not so Common Questions you could ask:

- **What's the most embarrassing moment you've ever had?** If she does not want to tell you, you can tell her an embarrassing story to get her laughing and maybe open up to you.

- **What was the best birthday present you ever received as a kid?** (you could also use Christmas present, or leave out the kid part.)
- **What's the most unusual dream you have ever had?** (oh and for the record most women could talk to you about their dreams all day, I often get into conversations with my friends about dreams)
- **Do you pee in the shower?** (if your feeling brave enough to ask that, it might get a giggle as well, watch for her body language, see if she tells you the truth on that one)
- **What's your 5 year goal plan?** (now depending on the age group you're in, or more to the point, the age of the woman you are speaking to, the response to this can greatly vary, to a lot of the younger one's they'll stare blankly at you for a minute or two until they can rummage up something, but a lot of older people can usually rattle off a pile of things they are auctioning for the next 5 years, either age group, I'd still ask this question, it's always nice to know what their plans are)

Ok, so a quick recap on what we've covered in this chapter.

- Plan your conversations in advance (write it down, it will help imprint it into your mind)
- Prepare your greeting
- Prepare a story or two to share

- Prepare some questions you could ask
- Meet and Greet her straight away for your mind doesn't have time to create obstacles and anxious thoughts for you
- Crash course on body language

All this is not rocket science, it's actually quite simple. There are no real "secrets" to approaching women and being successful at it, it's mostly logical thinking.

Proper Breathing

Before I begin, this part of the eBook is not for everyone. But if you hyper-ventilate or find it hard to breathe when approaching women, then this part of the book can be of great help to you.

When we hyper-ventilate or get really short breathed in anxious times, it's because we aren't breathing properly. I know you are already aware of that, and the reason I am telling you this is because most people actually have poor breathing techniques?

Now proper breathing techniques and exercises can be a book all on their own, so I will not go into great detail. I will just give you the basics, which should be enough to help your approach..

Point one, you can check to see if you are breathing properly by placing your hand on your stomach. Does your hand rise each time you breathe in? Does your hand fall when you breathe out? If you answered no, then you aren't breathing correctly.

The most important thing you need to know on correcting your breathing is taking longer slower breaths upon inhale and exhale. So concentrate on that.

A way I have found to help stop hyper-ventilating is to place your hand over your mouth and nose so you can feel your breath's and regulate it back to normal quickly.

Also another key note is your posture. Are you sitting or standing up straight? Shoulder's back, head up to allow maximum air flow into your lungs.

This is the quickest and easiest way I know of to correct your breathing.

Importance Of Exercise

Obviously, you are likely aware that exercise is good for you. But are you also aware that exercise can also help reduce anxiety and depression?

And of course it does all those other things, like gives you more energy, helps you sleep better, makes your heart stronger, helps your circulation, increases your lung capacity expand, makes your muscles stronger etc. etc.

Now there are 4 main types of exercises.

These groups are:

Endurance exercise: This is the type you mostly want to focus on. It's the one that helps reduce your anxiety, and is also good for depression, heart, lungs etc. You don't have to do a lot of it for it to be of benefit for you. Just light intensity of a walk for 10 minutes each day will help.

Strength Exercise: This is the type that builds muscles. So if you want to get a figure like Van Damme use this ;-)

Balance Exercise: This is mostly for older people, to help prevent them from falling down. I believe one of the exercises that they do is standing on one leg briefly. (Thought I'd just let you know that out of interest)

Flexibility Exercise: This is mostly stretching type exercises

The main one you want to focus on is the endurance exercise and maybe the strength exercise. That will

lift a lot of anxiety and also build self-esteem. If you're the type of guy who always likes to go that extra mile, then go the whole mile and get that gym membership for that mean looking six pack.

Otherwise just 10 minutes a day of walking can help do the trick. Maybe you could even offer the woman you are about to meet up with, if she'd like to go for a walk with you along the beach - that's a sexy idea.

Or you could just ask her if she wanted to do a few laps around your backyard. Ok ok, she might think you're a little strange if you asked her to do that. But I'd probably find you interesting, and rather entertaining.

Keeping The Negativity Out

What can happen once you actually approach a woman, start talking to her and is that you might go blank for a second and might start getting negative thoughts. When you haven't had time to prepare yourself and all else is failing, go for diversion tactics.

The last thing you want is for an anxious or negative thought to enter your mind. You know you're doomed as soon as you start thinking, "She's too good for me" or "She is way out of my league"

As soon as you allow your anxious thoughts to enter your mind, you're likely to experience the anxious symptoms of racing heart beat, hard to breathe, lump in throat, stuttering, flustered, racing thoughts, butterflies in your stomach.

All the things you don't want to experience because you want to have a good chance of taking things further with this woman. These symptoms are not only irritating and feel unpleasant but they are also holding you back from enjoying the moment and getting everything you possibly can from it.

So what do I exactly mean by diversion tactics? I mean distracting your mind, changing your thinking, what ever it takes to prevent any negative or anxious thoughts to enter.

It takes time to learn this trick, but once you can master it, it can save your backside in a lot of anxiety building situations. Not just approaching women.

So what kind of stuff can you do to distract your mind from thinking negative thoughts?

Diversion Tactics you could use:

- Chew gum
- Suck on candy
- Place something in your hands to play with
- Sing a song you know off by heart in your head
- Recite the alphabet in your head
- Put all of your concentration into doing just one thing, and solely one thing
- Create a difficult sum in your head and try figure out the answer
- Think of what you got to do next week at work
- Think of a funny joke you love
- Try to remember what you did last Tuesday

It doesn't matter what it is, as long as it isn't an anxious or negative thought! That will only make you feel worse, and self doubt yourself, you don't want to do that!

Conclusion

In the beginning of the book, I gave you some simple facts about women. I reassured you that most women are just like men, they are not evil rejection machines that are out to embarrass every guy that approaches them.

Women are not the enemy, in most cases men are their own worst enemy when it comes to approaching women.

It is your negative thoughts, anxiety and fear of rejection that stops you from getting the girl you like. Of course you already know this, so what's my point?

My point is that instead of learning all kinds of crazy pickup lines, sleazy tricks to get women into bed and tricks to get women to like you. You should simply work on your confidence and in most cases the rest will take care of itself.

And the sooner you realize that you are worthy of just about any women on the planet, and know that women are simple people just like you and me you will be able to approach girls no problem with your confidence growing every time you talk to a girl.

Happy Dating!