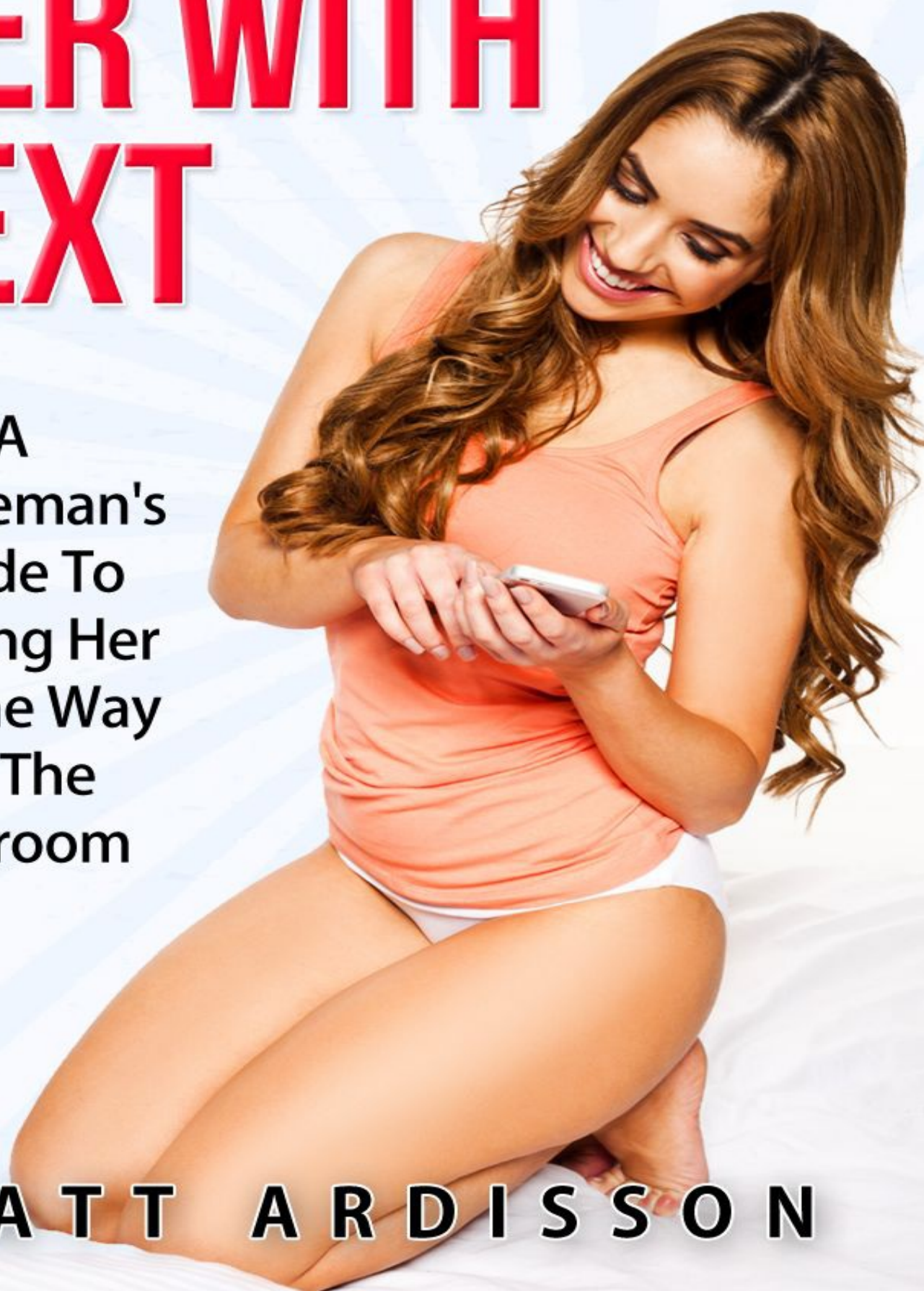


SEDUCE HER WITH TEXT

A
Gentleman's
Guide To
Texting Her
All The Way
To The
Bedroom



MATT ARDISSON

Seduce Her With Text

A Gentleman's Guide To Texting Her All The Way To The Bedroom

By Matt Ardisson

The Attractive Man, LLC

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Seduce Her With Text

ABOUT THE AUTHOR

Matt Ardisson aka “Artisan”, owner and founder of [The Attractive Man](#), has been revolutionizing men’s dating lives since 2008.

Ardisson, proclaimed by many as the “Texting Guru,” has been a featured speaker at numerous dating seminars and workshops including The Ultimate Texting and Online Game Seminar, the Global Pickup Conference, The Ultimate Pickup Conference and the Dating World Summit where he was nominated the award for Best Phone and Text Game in the World twice, as well as World's Best New Dating Coach.

Creator of the incredibly effective "Chase Me Method”, Ardisson’s other specialties range from rapid escalation and same day sex, to deep inner confidence and total lifestyle transformation.

Having taught over 4,500 students at numerous live events, day game boot camps, and 1-on-1 training sessions throughout USA, over 20 countries in Europe, Japan, China, India, Australia and the Middle East, Matt has become a master in the art of texting women, building instant attraction through texts, and going from text to sex faster than anyone else in the dating community.

Having taught next to some of the top dating gurus, including Vince Kelvin, Adam Lyons, James Marshall, Sasha, David Wygant, Tyler Durden, Bad Boy, Mehow, Neil Strauss and many others; Matt is extremely dedicated helping men achieve their dreams with women and is passionate about seeing his students succeed.

You are in good hands. Let's begin...

Table of Contents

| | |
|--|-----|
| LIVE PROGRAMS | 1 |
| ABOUT THE AUTHOR | 2 |
| PART 1 | 6 |
| MAY YOUR DATING LIFE BE | 9 |
| You will even learn: | 10 |
| BEST “TEXT GAME” ON THE PLANET | 13 |
| PART 2 | 16 |
| HOW TO USE THIS PROGRAM | 21 |
| WHO IS THIS PROGRAM FOR? | 22 |
| WHO IS THIS PROGRAM NOT FOR? | 24 |
| WHY TEXTING IS THE PERFECT | 25 |
| Texting Messaging Statistics: | 27 |
| WHAT KIND OF RESULTS CAN YOU | 28 |
| CRUCIAL CORE CONCEPTS | 31 |
| Crucial Core Concept #1: Power & Tenderness | 32 |
| Crucial Core Concept #2: You Cannot “Logic” Your Way Into Her Pants | 34 |
| Crucial Core Concept #3: Sexual Attraction Sequence | 36 |
| THE SEXUAL ATTRACTION SEQUENCE: | 36 |
| QUIZ | 38 |
| ASSIGNMENTS | 39 |
| PART 3 | 41 |
| GETTING PHONE NUMBERS | 43 |
| INNER GAME OF TEXTING | 45 |
| TEXTING DO’S AND DON’T’S | 47 |
| DO: Understand The Purpose Of Texting | 47 |
| DO: Send The First Text Within 24 Hours | 47 |
| DON’T: Ask Boring Questions | 48 |
| DO: Use Callback Humor | 48 |
| Example: | 48 |
| Another Example: | 49 |
| DO: Use Nicknames | 49 |
| Here are some examples of nicknames: | 50 |
| Pro Tip: | 50 |
| DON’T: Try To Impress Her Through Text | 50 |
| DO: Sign Your First Text | 51 |
| DO: Use Emoticons | 51 |
| Pro Tip: | 51 |
| Pro Tip: | 51 |
| DON’T: Use Excessive Caps Or Punctuation | 52 |
| DO: Have A Fun And Positive Texting Vibe | 52 |
| DO: Reward Good Behavior And Punish Bad Behavior | 52 |
| Example: | 52 |
| DON’T: Multi-Thread Your Texts | 53 |
| Example of Bad Multi-Threading: | 53 |
| DO: Try To Keep Your Texts Short And To The Point | 53 |
| Example of Abbreviation: | 54 |
| Popular abbreviations: | 54 |
| Pro Tip: | 54 |
| DON’T: Use Slang With Foreign Women | 55 |
| DO: Use The Word “We” Whenever Possible | 55 |
| DON’T: Text Just One Woman At A Time | 55 |
| If you only follow one rule in this entire course, THIS is the rule to follow. | 56 |
| DO: Go for a Date Quickly and Often | 56 |
| DON’T: Text Like a Wimp | 57 |
| DO: End The Conversation First | 57 |
| TEXTING VS. CALLING | 59 |
| Rule #1 | 59 |
| Rule #2 | 59 |
| WHEN AND HOW OFTEN TO TEXT | 61 |
| QUIZ | 63 |
| ASSIGNMENTS | 64 |
| PART 4 | 71 |
| BAIT, HOOK, REEL & RELEASE | 73 |
| STEP 1: BAIT | 74 |
| Examples of Good Bait First Texts When Meeting a Girl During the Day: | 74 |
| The Day Game Formula: | 74 |
| Examples: | 74 |
| Examples of First Texts (When Meeting a Girl at Night): | 75 |
| STEP 2: HOOK | 77 |
| “Challenging” Hook Question: | 78 |
| REEL & RELEASE | 80 |
| PUTTING IT ALL TOGETHER | 82 |
| Let’s see an example: | 82 |
| QUIZ | 84 |
| ASSIGNMENTS | 85 |
| PART 5 | 86 |
| THE SEXUAL ATTRACTION SEQUENCE: STEP 1 | 89 |
| For example, you might find this text funny: | 90 |
| TEASING | 92 |
| COCKY FUNNY | 93 |
| Pro Tip: | 94 |
| BAIT & SWITCH | 95 |
| ROLE-PLAYING | 101 |
| GAMES | 103 |
| ROLE REVERSAL | 105 |
| PUSH-PULL | 106 |
| RANDOM | 107 |
| QUIZ | 109 |
| ASSIGNMENTS | 110 |

| | |
|--|-----|
| THE SEXUAL ATTRACTION SEQUENCE: STEP 2 | 111 |
| QUALIFICATION | 113 |
| NEGATION | 116 |
| GETTING HER TO CHASE YOU | 117 |
| QUIZ | 122 |
| ASSIGNMENTS | 123 |
| THE SEXUAL ATTRACTION SEQUENCE: STEP 3 | 124 |
| THE FOLLOWING CAN BREAK TRUST | 125 |
| Texting Her Too Much | 125 |
| Not Texting Her Enough | 125 |
| Trying To Make Plans Too Early | 125 |
| Responding Negatively | 125 |
| Being Too Predictable | 125 |
| Being Overly Nice | 126 |
| MIRRORING | 127 |
| INTERESTING QUESTIONS | 128 |
| Here are some examples of Interesting Questions: | 128 |
| For example: | 130 |
| BRINGING HER INTO YOUR WORLD | 131 |
| CORE VALUE | 134 |
| Example: | 134 |
| FLIRTING | 136 |
| NON-PHYSICAL COMPLIMENTS | 138 |
| These are better: | 138 |
| INCEPTION | 140 |
| COLD READING | 141 |
| QUIZ | 143 |
| ASSIGNMENTS | 144 |
| THE SEXUAL ATTRACTION SEQUENCE: STEP 4 | 145 |
| COVERT COMMANDS | 147 |
| SEXUAL SUGGESTIONS | 148 |
| Let's see what I mean: | 148 |
| THE MINI ORGASM | 150 |
| USING ROLE-PLAY: | 152 |
| USING A CLIFF HANGER: | 153 |
| USING INTERESTING QUESTIONS: | 155 |
| USING FUN AND PLAYFULNESS: | 162 |
| Ginger: | 163 |
| USING NEGATION: | 164 |
| IF SHE'S HAVING A STRESSFUL DAY: | 166 |
| USING A COLD READ: | 168 |
| After you send her a Mini-Orgasm you could send her this Covert Command: | 168 |
| Or you could send this: | 168 |
| CREATING YOUR OWN MINI- | 170 |
| Role-Playing Scenarios: | 170 |
| Action Verbs and Phrases: | 171 |
| Body Parts: | 173 |
| Feeling Words/Phrases: | 174 |
| Descriptive Adjectives: | 175 |
| Like/As If: | 176 |
| QUIZ | 177 |
| ASSIGNMENTS | 178 |
| THE SEXUAL ATTRACTION SEQUENCE | 180 |
| Pro Tip: | 180 |
| Day 1: | 181 |
| Day 2 & 3: | 181 |
| Day 4: | 181 |
| Day 5: | 181 |
| Day 6: | 181 |
| Day 7: | 181 |
| Days 8 - 10: | 181 |
| Day 11: | 182 |
| Day 12: | 182 |
| Day 13 - 14: | 182 |
| TIMELINE BREAKDOWN | 183 |
| Pro Tip: | 183 |
| THE COLD NUMBER REINCARNATION | 185 |
| QUIZ | 187 |
| ASSIGNMENTS | 188 |
| PART 6 | 189 |
| GOING FOR A DATE | 191 |
| THE DOMINANT METHOD: | 192 |
| THE SLOW DRIP METHOD: | 193 |
| STEP 1: FIND OUT HER SCHEDULE | 193 |
| For example: | 193 |
| STEP 2: TELL HER YOUR PLANS | 193 |
| STEP 3: INVITE HER TO JOIN (Use Restricted Request) | 194 |
| For example: | 194 |
| Pro Tip: | 199 |
| Pro Tip: | 199 |
| TEXTING HER THE SAME NIGHT YOU | 200 |
| GETTING HER TO TALK ON THE | 201 |
| RESPONDING TO TESTS | 203 |
| IF SHE DOESN'T REPLY BACK | 206 |
| BYPASSING HER FEEBLE | 209 |
| ATTEMPT TO CANCEL PLANS | 209 |
| THE FLAKE FACTOR | 211 |
| ANSWERING HER QUESTIONS | 213 |
| NUMBERS THAT HAVE GONE COLD | 218 |
| TURNING THINGS SEXUAL | 220 |
| GETTING HER TO SEND YOU SEXY | 222 |
| USING A FUN GAME: | 231 |
| USING A HOOK STATEMENT: | 232 |
| USING A MINI ORGASM: | 233 |
| SENDING HER PICTURES | 235 |
| Examples: | 235 |
| Matt: [Send Cute Animal Pic] | 236 |
| AFTER THE FIRST DATE | 237 |
| AFTER YOU HAVE SLEPT WITH HER | 238 |
| MAKING HER YOUR GIRLFRIEND | 240 |

| | |
|----------------------------------|------------|
| <u>PHYSICAL COMPLIMENTS:</u> | <u>241</u> |
| <u>NON-PHYSICAL COMPLIMENTS:</u> | <u>243</u> |
| <u>IN A RELATIONSHIP</u> | <u>245</u> |
| <u>FACEBOOK, WHATSAPP,</u> | <u>246</u> |
| <u>MATCH.COM AND BEYOND</u> | <u>247</u> |
| <u>QUIZ</u> | <u>248</u> |
| <u>ASSIGNMENTS</u> | <u>249</u> |
| <u>PART 7</u> | <u>252</u> |
| <u>YOUR ACTION PLAN</u> | <u>254</u> |
| <u>ADVANCED</u> | <u>258</u> |
| <u>IN CONCLUSION...</u> | <u>259</u> |
| <u>LIVE PROGRAMS</u> | <u>260</u> |
| <u>THE END</u> | <u>261</u> |

PART 1

INTRODUCTION

Joe was anxious. These days most of his anxiety was hidden, over-ridden by a newfound confidence, but he was still glancing around, looking uncomfortable and making me uncomfortable. I wrapped my coat tighter around myself as I stared at him. It was an unusually chilly Saturday afternoon in downtown San Francisco and a constant breeze cut through Powell Street, making me dread leaving the house. But I was happy to be where I was, happy to know that I was helping a man in need. Joe was a student of mine, an overly anxious man who had suffered with social anxiety for most of his life. That anxiety had twisted and distorted his world and his mind, and — in his early twenties — Joe suffered with a crippling depression. I was doing my best to help him and he was making great strides, drastically improving every day.

Joe had recently ended a ten year relationship and didn't know what to do with himself. Ten years with the same woman had satisfied his lack of ambition and his crippling anxiety, but as soon as the relationship was over — as soon as he was thrown into the scary and exciting world of dating for the first time in a decade — he was lost and ready to curl into the fetal position until the rest of the world left him alone. Despite his fear of the unknown, Joe was making huge improvements since I first met him. It was only the second day of my 3-day one-on-one with him, and his future was looking bright.

The previous evening I had taught him the “James Bond Opener” and the “Chase Me Method” which had given him a much needed confidence boost and two girls' phone numbers. Not too shabby for a newbie.

I was about to show him a surefire technique to get a girl to chase him using cunning body language, strong eye contact, deep tonality and a few “magic” words that would convey dominant power and strength when, with a puzzled look on his face, Joe muttered, “Hey, Ardisson, last week we had a new intern at work named Wendy. I liked her and she seemed into me, she even gave me her number, but she hasn't replied to any of my texts. I don't understand. What am I doing wrong?”

“Well, let's see.” I quickly picked up his phone and read through his texts. “Great meeting you last night.”

“Hey, what are you doing tonight?”

“I hope you are having a great day, reply back when you have a chance:)”

I turned my attention to Joe, my eyebrows raised. He was smiling at me expectantly, seemingly oblivious to the bemused expression on my face. I sighed and placed the phone on the table face down.

“Well, Joe, here's the problem,” I said, sensing the dejection in his eyes. “You're giving her no reason to reply. You're coming across as average and boring. No girl wants average, no girl wants boring. If that's what you're like in text, she's going to assume you're no different if she were to go out with you. ”

“Okay, I understand,” Joe said, nodding his head. He leaned in closer, as if a forbidden scroll containing the secrets of the universe was about to be unsheathed upon the cafe table. “So, what do I do?”

I stared at him for a moment, making sure I had his full attention. “Women are emotional,” I explained. “You have to trigger and excite those emotions in order for them to be compelled to reply to your texts and want to see you.”

With a sly grin on my face, and without knowing a solitary fact about Joe's “one-itis” Wendy, I composed a simple text that was almost guaranteed to get non-responsive women to respond.

“If you are falling desperately in love with me, then don't reply to this text. ”

I put the phone down in-between us and stared at Joe, maintaining my smile. He didn't speak, but he nearly jumped out of his skin when the phone buzzed just a few seconds later. It was Wendy. She had texted him back: “Haha, sorry, I've had a crazy week :)”

I showed Joe the text and watched his jaw drop as if the hinges had broken off. He was astonished.

I quickly stirred up another text to showcase Joe's dominance and playfulness: “OK, I'll let it slide this time. I'm sure you were busy finding the cure for cancer or helping little old ladies cross the street. But, next time I will sic my team of midget ninjas on you!”

I ended with a hook that was sure to grab her attention and pique her curiosity, “By the way, I think you have a confession to make....”

With a few more simple, emotionally charged and cleverly composed texts, Joe won a date with Wendy at a bar just a few blocks from his house. Joe was stricken with excitement, blabbering like an excited child. I told him that as long as he maintained the “emotional momentum” until his date she'd not only be excited to see him, but would be primed and ready for a night of fun and adventure with him. As I watched the grin spread across his face, followed by a shadowing of confidence and pride, I realized that Joe wasn't so socially inept anymore.

MAY YOUR DATING LIFE BE FOREVER CHANGED

My name is Matt Ardisson and I'm about to transform your dating and sex life forever, and I'm going to do it all through the simple art of texting.

Women can literally be aroused by the push of a few buttons, and I'll show you which buttons need to be pushed and in what order.

That might sound strange, even a little unbelievable, but it's true, and throughout this book I'll prove it. You are about to learn why texting is the key to a woman's imagination and how, with the correct string of words on your cell phone, you can ignite the fires of attraction and create a close affinity with any woman.

If you have her number but don't know how to proceed then this program will give you the answers. I'll teach you how to get her to meet up with you and how to fill her head with all sorts of dirty little thoughts before the date.

See, lame texts like, "*hey what's up?*" and "*how's it going?*" do nothing for a woman emotionally, and women make the vast majority of their decisions — especially when it comes to men and dating — based on their emotions.

Think about it objectively for a moment: Even if you exclude emotions and look at it from a male point of view, when did a lame greeting ever excite you? Let's be honest, it doesn't take much to get us into the mood; with some men all it takes is a subtle smile or an innocent wink and they're ready to go, but "*how's it going?*" is not a prelude to foreplay and will do as much for your sex life as a bushranger's beard and a pervert's smile.

Women act upon their emotions and you need to keep this in mind when texting them. So, when you can trigger feelings such as joy, curiosity and desire, while avoiding negative emotions like boredom, frustration and irritation, not only will she return your texts and meet you for a date, but she'll be fantasizing about you long before she even sees you in person.

Texting no longer becomes a simple mechanism for setting up logistical plans, but an almighty tool to set yourself apart from the herds of boring guys barraging her with lame text after lame text, causing her to constantly think about you, lust after you, and crave to be with you. That's what you want, right?

Seduce Her With Text will teach you exactly how to create positive emotions in a woman through text, make her feel excitement when she sees your text pop up, get her to meet up with you ASAP, and ultimately get her so turned on through text that she practically (or literally) rips your clothes off the next time she sees you.

In this program you will learn everything there is to know about attracting women using tiny little text messages. Not only will you learn effective techniques to spark strong emotions, boost the attraction, and make her aroused by your texts, but you'll also get a step-by-step blueprint for getting a date using deceptively simple, yet powerfully efficient texting secrets.

You will even learn:

- What to do if she doesn't text you back and how to get her to reply.

- How to handle her “tests” and turn them around on her.
- How best to respond to common questions she asks.
- How to get her to meet you wherever you are at that moment.
- How to innocently tap into her most lustful desires.
- How to create a deep bond and make her fall in love with you.
- How to make her your girlfriend.

As you learn how to tap into her primal sexual emotions — triggered by demonstrating your playful side, being a challenge, eliciting deep trust and sparking lustful desire within her — you will make her feel arousal for you even before she meets up with you.

All of this can happen through text, you just need to learn the correct methods, which is what I’m here to teach you. The best part is you can use these techniques whether you’re looking for a relationship or just looking to play the field.

The techniques and text messages within this course have been tried and tested on thousands of women. Guys of all ages, races and backgrounds have used these techniques to get women turned on to the point of unruly desire, in some cases rushing over to their place and skipping the date altogether.

Before we get into the meat and potatoes of the system I must warn you to **please use caution** when testing out the texts contained within these pages. If you are only *mildly* attracted to a girl, you don’t want to get her so sexually addicted to you that she’ll be breaking down your door and stalking you. Seriously though, use discretion and judgment when applying these methods; they should not be taken lightly.

It’s imperative that you carefully select texts that are in sync with your personality. The purpose of supplying you with hundreds of different tried and tested examples is to provide you with the opportunity to choose the messages that are appropriate for you and your situation. If she thinks you’re a total badass, or some super alpha sex- god via text, and you show up on the date looking like a conservative mama’s boy with Hello Kitty nerd glasses and a Star Wars tee-shirt, she might feel a little cheated.

To counteract this I have included a huge array of texts that can fit any style, from the bad boy to the sensitive guy; from the 16 year old virgin to the 60 year old veteran.

The text messages and techniques within these pages will not only skyrocket your texting skills, but will also improve your overall skills with women. As you journey through this program the concepts will internalize, allowing you to adapt to a new understanding of the dating game.

This program is more than just a simple guide to help you text. I’ve included some awesome bonuses to not only take your texting skills even further, but also improve your overall skills when it comes to getting dates.

Seduce Her With Text will make your texting flirty and fun to get you the date and make the girl aroused. However, you need to know how to continue that fun and flirtatious sexual vibe on your own. The texting can only take you so far, the rest is down to you.

So I’ve included a bonus video course for you on **How To Get A HOT Date In Under 3-Minutes** that will give you lessons on overcoming approach anxiety, approaching women in any situation, getting women to chase you and getting phone numbers and dates in a matter of minutes.

Go to www.TheAttractiveMan.com/THOTT-Bonuses

The bonus videos, along with this course, will turn you into a magnet, making sure women are drawn to you wherever you go. So watch the videos, do what needs to be done, because the sooner you start the sooner you can change your life.

I've also include some other great texting bonuses for you:

- **Private Stash:** 200 of my best texts messages to amp up the attract
- **The Texting Cheat Sheet:** All of the texts in THOTT conveniently at your disposal (includes a copy-and-paste document)
- **Textgasm:** How to give a woman you are dating an orgasm through text. I know it sounds unbelievable but it really does work!
- **3 Video Tutorials:** These texting tutorials dive deep into the most crucial concepts when it comes to texting and teach you how to use the texts in this program.

Go to www.TheAttractiveMan.com/THOTT-Bonuses

Before we dive into the meat of this program I'd like to tell you my story, to give you a better understanding of my personal journey and help you see why I was awarded "World's Best New Dating Coach" and "Best Text and Phone Game" on the Planet.

BEST “TEXT GAME” ON THE PLANET

I want to keep this brief so we can get to the good stuff, but I want you to know just how much went into the development of this program.

I’ve been on a journey of self development for fifteen years, improving my dating life. I used to be awful with women, probably exponentially worse than you are right now. But, after years and years of constant failure and rejection I woke up one morning, wiped the sleep out of my eyes, looked in the mirror and thought, “What kind of poor excuse for a man are you?”

I made a solid commitment to myself to get my dating life sorted out once and for all. No more would women run away from me, no more would my limiting beliefs control my dating destiny, no more would my penis remain flaccid and unused — you get the idea.

After a few years of commitment I became pretty damn good at approaching women, meeting them, getting them to like me, and getting their phone numbers. The only problem was: I really sucked at texting. I had their numbers but I had nowhere to go from there.

I didn’t have any issues getting the numbers, but very few of those turned into actual dates. I had no idea how to text a woman, no idea how to make her want to see me again. I was sending messages like, “*Hey what’s up?*” and they just weren’t working for me.

I felt frustrated. I was doing all this work and getting nowhere. I was exasperated, I was disheartened and, most importantly, I was starving for sex.

So, being the overly analytical guy that I am, I started studying what is now known in the dating world as “text game”. I became obsessed with it, determined to master this vital skill.

I researched everything I could get my hands on. I studied the greats of American literature, the best and worst romance novels, and the classiest and cheesiest Hollywood films. I even studied million dollar marketing campaigns and the work of other dating experts. I devoured everything I had at my disposal.

I sent women text messages that I thought would get a good reaction and I recorded all of my results. Some texts worked like magic, some completely tanked. I spent years texting and tracking my results, figuring out what worked and what didn’t. Eventually I came up with a list of texts, hundreds of them, that got the best responses and generated the most attraction in the quickest amount of time.

As a result, I discovered an incredibly simple system that could turn any number into a solid date even if I just met the girl earlier that day.

I became an expert at turning numbers into dates and dates into sex. I didn’t even have to call girls, I’d just use a few simple text messages, get her to meet me where I wanted, and have her eating out of my hand.

I went from turning 1 out of 10 numbers into dates, to turning 7 out of 10 numbers into dates. I was also able to escalate faster on the dates than ever before, and all because of the sexual frame I was creating through texting.

At the same time, I began teaching my own boot camps where I taught guys how to approach and attract women during the day. I taught them how to spark attraction, how to get girls to chase them, get a phone number and get sex on the same day. During these events my students often asked, “*What do I text this girl?*” after they would get a number. So I began teaching my students some of my most powerful texting strategies, and guess what? My students got the same success that I did!

I realized that anyone could use these ideas and techniques to get the dates that they wanted.

In 2009, I decided that more men needed to benefit from my discoveries so I created *The Ultimate Guide to Texting Girls*, which received amazing reviews and won several awards. Men all over the globe were singing my praises and telling me their success stories.

That guide taught guys how to be fun and playful so they could get dates; it told them how to stand out from all of the other guys texting her and how to handle any texting situation they found themselves in. It told them everything I had learned about the opposite sex and the texting game.

After the widespread success of *The Ultimate Guide to Texting Girls*, which crowned me “King of Text Game” and “Best Text and Phone Game on the Planet”, I decided to take things even further. It was my goal to see how far I could take this, to see how many of her “hot buttons” I could push through texting.

Could I make a girl so horny that she'd want to skip the first date and rush straight into bed? Could women really get that turned on simply by reading a few text messages? Could women actually fall in love because of a few messages? I was determined to find out and, as absurd as it may sound, the answer was a big fat yes. My phone became my magic wand; it was able to do everything that I wanted, everything that I had yearned to do for so many years.

Through my experiments and the persistence of trial and error, I found a formula for texting women that flat out worked. Even though I'd already had a huge amount of success with texting in the past, I was shocked at how I could tap into a woman's sexual desires using simple emotional texts, turning her on and getting her to think about me all day long.

Women were getting hooked on me, with very little effort on my part. At that point I realized that texting could be a portal to a woman's imagination. I had the key to a secret doorway that ushered me inside the female mind, and let me tell you, a woman's imagination can be very dirty if you know how to stimulate it the right way.

This course, and all of the information within, is that key. I am going to tell you what I have learned and give you the key to new women, new experiences and new possibilities.

Before we get to the really good stuff, I want to tell you what you can expect from using the principles and text messages contained within these pages. If you previously purchased *The Ultimate Guide to Texting Girls*, then *Seduce Her With Text* will be an in-depth extension of that guide, taking you far beyond what you previously learned. I've added so much new material to this course that you may not even notice any similarities. *Seduce Her With Text* really is the crème de la crème of texting.

Turn the page and let's get cracking!

PART 2

THE FOUNDATION

How to use this program, what kind of results you can expect, crucial concepts and more.

Nadir was sweating bullets; partially because the Mumbai heat seemed to be scorching the flesh from his face, but mainly because his new girlfriend, Samidha, wasn't texting him back.

This dripping mess of a man was in a quandary, compounded by the fact that it was all his fault. He'd had his first big fight with Samidha the night before. Nadir had voiced his suspicions that Samidha was flirting with one of her male coworkers. He had been incredibly stupid, letting his emotions get the better of him in a moment of madness; he had overreacted and he knew it.

He was worried that she would break up with him, that their first big fight would also be their last.

For most of his life Nadir had been terrible with women. He was anxious and awkward around them and, as a result, he had only ever been on three real dates by the time he was 28. He attended a Day Game Mastery Boot Camp with The Attractive Man back in January and, a year later, Nadir finally learned the tools that enabled him to score Samidha, the woman of his dreams.

She was a kind, elegant and stunning specimen whom, before his training, Nadir would have never stood a chance with. She was Nadir's first "real" relationship.

Nadir was in pandemonium, sweating, mumbling and shifting nervously as rickshaws screamed about him in every direction. The cafe was located at one of the busiest intersections in one of the most chaotic cities in the world, yet Nadir seemed oblivious to what was going on around him.

He took another gulp of chai tea and stared absently at his phone, glancing away only to lock eyes with the beautiful waitress serving him. His brain conjured up the perfect text:

"Can you imagine how it's going to feel when I slowly massage the contours of your neck as the tension in your body just melts away like a slow burning candle? As I delicately caress the curves of your lean luscious body a rush of calm energy fills your stomach and you let out a sigh and think to yourself, 'this is a perfect moment' :)"

He sent the message and held his breath.

An eternity seemed to pass, and he didn't receive a response.

His heart began to race and his muscles tensed as his Nokia knock-off lit up like a glow stick at a rave, chiming a cheesy dance tune that attracted the attention of a smirking passer-by who threw an unseen half-smile in Nadir's direction.

It was Samidha.

To Nadir's delight, the love of his life had responded with great enthusiasm. She mentioned nothing of the previous night's turmoil and seemed rather excited to hear from him.

The text had worked. Nadir had dodged a bullet.

He grunted in delight and self-appreciation and punched the air with exhilaration. He looked up to see that the waitress was staring at him, her lips creased into a baffled and quizzical smile, he opened his mouth to respond and to explain himself, but he quickly closed it when he realized that he didn't care. He had Samidha back, she was his again, and that was all that mattered.

His muscles relaxed and his heartbeat slowed. A calm sensation filled his demeanor and he began daydreaming about all the pleasure they would both enjoy that evening.

We will begin this journey by discussing how to use this program properly. In no time at all you, just like Nadir, will be able to turn any situation on its head with a simple text message; you'll be able to win favors, hearts and emotions with the press of a few simple buttons.

The completion of this course will require some effort on your part, but not a lot. To make sure that you get as much out of it as you can, pay close attention; this is gold and I want to make you rich.

HOW TO USE THIS PROGRAM

Seduce Her With Text is more than just a book. It is a complete transformational and interactive course packed full of revolutionary attraction principles and concepts that were strategically designed to transform your dating life one text message at a time.

It has been designed not merely to be read but to be experienced. You can acquire information from reading a book. But, to “experience” you must creatively respond to information. Acquiring information itself is passive. Experiencing is active. When you “experience,” something happens inside your nervous system and mesencephalon and new neural patterns are recorded in the substantia grisea of your brain.

This course has been designed to force you to “experience.” I have not included chapter summaries at the end of each section because you will digest the information better if you exercise your own imagination and memory. So instead, you will be asked questions and have assignments which must be done to derive maximum benefit from this program.

To get the most out of this program it is imperative to take the following 5 steps:

1. Read and reread each section until you fully comprehend.
2. Visit all of the website links as instructed.
3. Complete the quizzes at the end of each section. If you are unhappy with your score, go back and reread that section again.
4. Complete each assignment to transform your newfound knowledge into a practical skill set.
5. Read and watch all additional materials provided.

When you accomplish these 5 steps your cell phone will erupt with hot texts, sexy pics, and more dates than your day-planner can manage (a problem that none of us mind having).

But first, let's make sure that this program is right for you.

WHO IS THIS PROGRAM FOR?

This course was written for guys like you who want to turn phone numbers into dates and dates into sex — or relationships — as quickly as possible.

This course is for guys who:

- Are tired of getting phone numbers that don't lead to dates.
- Are single and want a gorgeous and compatible girlfriend.
- Want to date multiple women who are all okay with the arrangement.
- Are starting a new relationship and want to increase the woman's attraction and desire.
- Are in a long-term relationship and need to spice things up.
- Are eager to increase their overall skills and attractiveness with women.
- Struggle to create the right text for the right situation.
- Are ready to transform their sex lives for the better by sending some deceptively simple text messages.

If you're the kind of guy that wants to create a long-lasting and beautiful relationship with a highly compatible woman, then this program will speed up that process. If you're the kind of guy that just wants to date or sleep with a lot of women with no intentions of settling down, then this course will allow you to turn them on so quickly they'll be beating down your door with a sledgehammer. If you are already in relationship, these texts can make the relationship fun again, rekindling the romance, ramping up their libido and making them hot for you at the push of a button.

This course can also be used to meet beautiful women online; countless guys have told me about the success they've had on internet dating sites using the techniques within these pages. You'll be able to win the attentions of more beautiful women and will be able to do so much more to them when they're yours.

The results guys have seen with this course have been outstanding and have far surpassed our already ridiculously high expectations. These techniques have even helped virgins lose their virginity. No joke.

Guys that are new to the dating scene after years of loveless marriages have realized how shockingly easy dating can actually be, and are genuinely excited to be back in the game. If you are in the military and are involved in a long distance relationship, then the following texts can help to keep the relationship alive whilst you're away from home.

It doesn't matter if you have horrendous texting skills and have never gotten a date in your life, or if you're already skilled at texting and just want to take things to the next level; this program can work wonders for you.

WHO IS THIS PROGRAM NOT FOR?

This program is NOT for guys who want to manipulate or trick women into sleeping with them.

This course is NOT for guys who want to abuse or hurt women in any way.

It is NOT for guys who want to make women think they are someone they're not.

This course is NOT for guys who are not willing to do the work (even though it is easy work) that is required to get results.

This program is ONLY for guys who are dedicated to transforming their lives and want to build honest relationships (including sexual relationships) on a basis of integrity, trust, and amazing sex fueled by the principles and techniques of The Attractive Man organization.

WHY TEXTING IS THE PERFECT TOOL TO TURN HER ON

Texting is a powerful tool for your proverbial tool belt that gives off dynamic signals of who you really are as a man. It is a way for you to express the better parts of your personality, a way for you to win her heart, and to get her thinking about you when you're not even in the same room.

It is a slow motion conversation, a way for you to think about what you're going to say before you say it, the perfect opportunity to turn yourself into exactly the sort of man that she wants.

These days texting is the preferred method of communication for women in their 20's and 30's, and if you don't learn how to properly flirt with women through text, you'll be missing out on a huge opportunity. Many women communicate solely through text and in order to get those women on dates, you have to adapt to their preferred method of communication.

The reason women love texting so much is because there is no pressure to answer in a timely manner — or at all. They can respond to you when it's convenient for them, whereas in a phone call they have to decide right then and there if they want to talk to you at that exact moment. For a woman, that's a lot of pressure.

People on the whole are talking less and less on their cell phones these days. A lot of women even think it's weird and old fashioned to receive a call from a guy they just met.

If you're still one of those guys that prefers to call, maybe because you prefer to hear their voice or you prefer the natural flow of conversation, then I understand and to some degree I agree with you, but you're not trying to win my heart or to get me into bed (you're probably not my type anyway). So, forget about the phone calls; it's time to adapt and use the technology of the day to your advantage.

This is the information age, an age of technology, of abundance and of an unrelenting fast-paced society, and in this age, texting is king. Texting is the fastest and most direct method of communication between two people. Texting, unlike email or calling, is instant and the woman is almost guaranteed to get your message, unlike calling where she has to accept your call.

Even if she is busy and even if she doesn't respond straight away, you know she'll see your message. People don't always pick up the phone when someone calls, but they almost always check their text messages. People are obsessed with their phones. They check their phones every minute of every day, and use them to call, to text, to browse the web and to post on social media.

Since the screens are only a few inches in diameter, a woman can text to her dirty little heart's desire without anyone — except the recipient — ever knowing. Texting can be their sneaky way to create a private and intimate experience where they can say anything they want without the people around them knowing.

Texting is the perfect way for a woman to escape her mundane life and to get away from her boring job for a few moments, or leave her dull classroom to visit a limitless fantasy world that YOU can construct.

Texting is a powerful tool that can tap into a woman's imagination, meaning that your little cell phone can become the ultimate instrument to manipulate her mind and turn her on at will.

With this powerful tool you can simply tap out a few characters on a screen and hit send, and within milliseconds that message bounces off a satellite in outer space, plunges into your cutie's pocket and sends an exciting thrill through her body — assuming you used the techniques in this program, of course.

I know it's hard to believe that a few words can be “digital arousal” for her, but think about this: Women savor and devour romance novels to the point where they have even been labeled, “Chick Crack” and “Girl Porn”. Women get-off on the words within these books, so why wouldn't they get-off on text messages on their phones?

Texting, especially when used to evoke compelling emotions and specific feelings from a woman, is exponentially more powerful than some dull, poorly written, Harlequin novel; texting is interactive, whereas a novel is only one-sided.

It's like watching porn on your laptop versus having sex with a beautiful woman. Which would you prefer? It's obvious, right? You'd go for the porn every time. I'm joking, of course you'd choose the beautiful woman. Sex and texting are both interactive, unlike porn or reading a book. Most men are completely oblivious of just what that electronic instrument in their pocket is capable of.

You are about to possess a very powerful tool that most men don't even know exists, and it's right there in the palm of your hand. In the next section you will see a clear representation of the success you can expect as you begin to master the principles contained within this program.

Texting Messaging Statistics:

- People spend more time writing text messages than they do on the phone.
- Girls text almost three times as much as they talk on the phone.
- Typically, text messages are read within 15 minutes of being received and are responded to within an hour.
- Women text more than men.
- The peak hours for texting are between 9:30 p.m. and 11:00 p.m.
- Women are searching for “dirty text” terms on the internet 5-times more than men: Average monthly searches for “dirty texts to send a guy” is **580** Average monthly searches for “dirty texts to send a girl” is **110**
- Text conversations miss out on nearly 93% of the input that face-to-face interactions have, due to the lack of voice tonality, body language and facial expressions.
- Albert Mehrabian

WHAT KIND OF RESULTS CAN YOU EXPECT?

Trust me, I know how frustrating it is to finally work up the courage to approach a beautiful woman and get her number, only for her to not reply to your texts. In this course, you'll learn the techniques and principles that my students and I have used (and modified repeatedly) to attract women using text messages and to turn phone numbers into solid dates and hot sex.

Using this program you can increase the amount of phone numbers that turn into dates. You can also reduce the likelihood of women deleting you, blocking your number, flaking on you, and leaving you to the solitude of your hand, some x-rated URLs and a box of tissues.

If you spend a few minutes a day using the material and principles contained within this program you can increase the amount of numbers that turn into dates and sex. But, before you learn the actual texting sequence that got me more sex than a Ron Jeremy lookalike at the AVN Porn Convention, you must understand a few crucial core concepts.

The following concepts are not only essential for texting, but are pivotal for all aspects of human interactions involving the opposite sex.

CRUCIAL CORE CONCEPTS

Before we get into the nuts and bolts of Turning Her on Through Text and the 3-Step System for Getting a Date Tonight, we need to address a few crucial concepts and ideas about attraction, desire and sex.

Throughout this program you will learn concepts and techniques that will not only help you text the girl you like, but will also increase your attractiveness to the opposite sex. As you begin to utilize the powerful and sometimes controversial content within these pages, you will grow and mature into a more well-rounded, interesting man with a new set of conversation skills for seducing women.

Since texting is a slow-motion version of a face-to-face interaction, where you're allotted the time to create the perfect response, it gives you the ability to learn all the rules, tools and techniques that I am about to teach you, and systematically create a new and improved version of yourself.

As mentioned before, this program goes way beyond simply tapping out a few messages on your phone. After you read these words and complete these assignments, your world will expand and the concepts will transform you. So make sure you fully understand what I'm going to tell you, and make sure you read and absorb everything before you try to implement any of the strategies in this book. Think of it like having sex with a beautiful woman; it's always better to go in fully prepared and experienced, rather than bundling into the room with a virgin swagger, your pants around your ankles, a perverted smirk on your face and a penchant for giggling every time you look at her vagina.

The texting strategies will be revealed soon enough, but for now be open minded and pay close attention as you absorb these powerful and crucial core concepts:

Crucial Core Concept #1: Power & Tenderness

Life is all about opposites. You can't have an up without a down, a black without a white or a yin without a yang. Dualities exist everywhere; good needs evil, sweet needs sour — need I go on?

These concepts couldn't be any truer than when it comes to attracting women. To the very core of their being, women are instinctually attracted to a man who demonstrates a balance of power and tenderness.

Think back to the times of cavemen and cavewomen. The caveman had to display power, dominance and strength to prove he was willing and able to kill the saber-toothed tiger for his cavewoman. But, he would display his tenderness, gentleness and love to prove to his large-browed woman that he would not abandon her, leaving her unprotected, vulnerable and exposed to a callous environment.

Instinctually, women are still searching for — and are powerfully drawn to — men that demonstrate a balance of these two qualities. Women who pine for tenderness also secretly want a dominant man who can protect them and stand up for them; women who search for bulk and brawn also need a man who can hold them, love them and shower them with joyful emotions.

If a man has too much Power, he may come across as dangerous and untrustworthy. These alpha-males are bundles of testosterone and might that some women find attractive, but most are afraid of. Most women often refer to these guys as unstable — prone to violence or to attacks of anger.

Then you have the soft and sensitive guys, the ones who are too passive, too accommodating and too nice. As we know, nice guys finish last; they end up friend-zoned and become fashion advisers, coffee-friends and shoulders to cry on. Women love to befriend this type of man, but will never sleep with them.

Too much of either and the woman loses interest faster than a barefoot jackrabbit on a hot griddle. When you have a right balance of Power and Tenderness, however, you then become The Attractive Man (shameless branding reference).

When it comes to texting, you will demonstrate your Power through challenging texts such as the “Make it or break it question...” The phrase, “make it or break it” insinuates that if she gets the question wrong you'll lose interest, but if she gives a favorable answer then she'll score points with you. This keeps you in control of the situation.

You can also demonstrate Power through the use of command words and phrases such as “listen,” “cancel,” “we're hanging out” and “come meet me.” An example would be, “Listen, cancel your plans tonight....we're hanging out,” or by telling her what to wear on a date: “Wear a cute skirt and some 4-inch heels...non-negotiable :).”

Another presentation of Power is when you escalate the interaction and go for a date. This confirms to her that you are not afraid to go for what you want; it conveys leadership, showing that you are taking the initiative.

Your tender side is conveyed through fun and playful texts such as, “:p me sticking my tongue out at you” or “Hey I was thinking....let's fly to Vegas and get married by the fattest Elvis impersonator we can find!”

Creating trust is also an important factor when it comes to demonstrating your gentle side. Women always need a level of trust in order to sleep with a man. Trust can be established by letting her into your world, getting to know each other, showing your vulnerable side or simply by telling her about your day.

Balance is the key to all things.

Crucial Core Concept #2: You Cannot “Logic” Your Way Into Her Pants

Men and women are both hardwired differently. Initially, men are attracted to a woman based on her looks and therefore think that women must think the same way, so they constantly workout, get tanned and buy expensive things, only to be dumbfounded when they still have no luck with women.

The reason is obvious: women are emotional beings. People on the whole are emotional beings, but women are generally more in-tune with their emotions than men. Women make all of their decisions, especially when it comes to dating, based on how they feel. The key to a woman's heart is through her emotions, and stimulating the right emotions in the right order will make her feel attracted to you on an instinctual level.

Even if you are not her type, she'll automatically still feel attracted to you if you trigger the right sequence of emotions. When you have a face-to-face encounter (i.e., the initial approach), everything you do and say should stimulate her emotions in such a way that she feels an uncontrollable and primal attraction towards you.

For example, changing subtleties in your non-verbals, such as adjusting your eye contact or adding a few extra pauses in your speak, can ignite feelings of sexual tension and desire within seconds of you opening your mouth. This is why women say that they decide if they'll sleep with a man within seconds of meeting him.

This is great news, because it means that even if you're short, bald, ugly and fat (genetics really has been cruel to you, huh?) you can still score a hottie by stimulating her emotions and making her feel warm and fuzzy feelings such as joy, anticipation, desire and lust.

But there's a catch. Her emotional state is always changing, which means her attraction towards you may fade quickly.

It's different for us guys. Attraction is like a light switch. If she's hot, then we're attracted to her; if she's not hot, then we're not attracted to her. We're either on or we're off.

For women, attraction is like a volume knob on a guitar amp. If you push all the right buttons, her attraction level can be cranked all the way up, but three days later that emotional state can fade, and the sound begins to dim.

So, here's the deal: you managed to spark her emotions when you first got her number, so all you need to do is continue to spark her emotions through text. And here's more good news: through text messages, you can trigger powerful emotions and increase her attraction even more than when she first met you.

So, whenever you pick up your phone and start texting, you should know exactly what kind of emotional response you are trying to get out of her.

Every message that you send her should serve a purpose. It should either trigger an emotion that escalates the interaction further, or it should serve to set up the logistics of the date.

So, you text to either create more attraction and desire, or to set up the details of the date. That's it, that's the whole point of texting. Simple, right?

Crucial Core Concept #3: Sexual Attraction Sequence

Let's talk more about which emotions you should be triggering and in what sequence. There are four core emotions that, women need to feel from you before they will sleep with you. It is best to draw out these emotions in person, however, sometimes you don't have that option and that is where texting comes in.

THE SEXUAL ATTRACTION SEQUENCE:

1. **Fun (Tenderness)** – The bottom line is: women want to go on dates with guys that bring them joy. They don't want anyone dull, boring or lacking in humor. When you repeatedly send texts that are funny, playful, random, quirky and make her smile, she will want to read your texts and will look forward to receiving them. Every time she laughs or smiles it releases endorphins in her body, which are addictive chemicals that make her crave you. Furthermore, it convinces her that going on a date with you would be a lot of fun, since texting you is so fun.
2. **Being A Challenge (Power)** – It's your job to initiate the interaction, but then you need to quickly get her invested in the interaction by sparking her interest and maintaining a level of uncertainty. Once a woman knows that she's hooked you, she will likely lose interest. It's infinitely better to have the woman invested and chasing you than for you to constantly be chasing her. You can be a challenge and make her chase you through the use of challenging questions and commands, and by displaying your dominance.
3. **Trust (Tenderness)** – Since sex is very emotional for women, they want to feel a connection towards a man and they want to trust him before they begin to open up sexually. Trust can be established through vulnerability, getting to know each other and allowing her into your world.
4. **Desire (Power)** – Women are sexual creatures, and if you can demonstrate sexual confidence whilst tapping into her wild side, look out! Triggered through the use of descriptive sensual language (not too many guys are good at this one, but that's why you're reading this), sparking her desire will cause her to think lustful thoughts about you and can speed up the dating process exponentially. In fact, when executed correctly, she may want to go straight to your bedroom and skip the date altogether.

Are you ready to learn how to easily and effectively trigger these core emotions to make her hotter than two squirrels humping in a wool sock? Of course you are, but first I have some important Texting Essentials that are absolutely vital for setting the stage for all the awesome principles and texts to come. This is what separates the masters from the amateurs.

QUIZ

Research shows that the most effective way to learn and internalize something is to immediately apply it. In fact, in Latin the word educate translates to “draw out from within”.

In each chapter there will be assignments and a short quiz to help you internalize what you have read. To really get the transformational benefits that this course provides it is imperative that you complete the assignments and quizzes.

So, grab a piece of paper and let's get started.

1. True or False? You should be worried if a woman does not respond to your text.
2. To the very core of their being, women are instinctually attracted to a man who demonstrates a balance of _____ and _____.
3. If you display too much _____ she may think you are overly aggressive or creepy.
4. If you demonstrate too much _____ you may end up in the friend-zone.
5. Women make their decisions, especially when it comes to their dating lives, based on how they _____.
6. Stimulating the right _____ in the right order will make her feel attracted to you on a deep instinctual level.
7. What two emotions or attributes demonstrate your Power?
8. What two emotions or attributes demonstrate your Tenderness?

Answers are revealed at the end of this chapter.

ASSIGNMENTS

1. Think back to 3 specific past relationships or interactions with women. In what ways did you demonstrate too much Power or too much Tenderness? What could you have done differently to balance them out?
2. Login to your bonuses page a www.TheAttractiveMan.com/THOTT-Bonuses and watch your three bonus videos on **How to Get a HOT Date In Under 3-Minutes** that came with this program.

These short videos will teach you:

- How to Eliminate Your Approach Anxiety For Good.
- The Most Powerful Opener Of All Time That Will Sweep Her Off Her Feet.
- How to Avoid Using Lines And Routines And Appear Attractive And Confident.
- How to Spark Instant Attraction and Get Her to Chase You.
- The Simple 3-Step System For Approaching, Attracting and Getting Her Phone Number Or Date In Under 3-Minutes

Quiz Answers: 1.false 2.power; tenderness 3. power 4. tenderness 5. feel 6. emotions 7. being a challenge (uncertainty, interest), desire 8. fun (joy), trust

PART 3

TEXTING ESSENTIALS

Important do's and don'ts, texting mindset, when and how often to text and more.

Tim was stumped.

Things between him and Carmen seemed to be moving along perfectly. He'd sent her a handful of messages and she seemed to be falling for him, but every time he suggested they hang out, the messages dried up.

Tim met Carmen at the grocery store using Matt Ardisson's "Chase Me Method" and she took the bait like a hungry fish desperately in search of some delicious plankton. She looked perfect. With long wavy blonde hair; delicately tanned skin, big beautiful blue eyes and a rocking hard body, she was the epitome of a Californian bombshell. The problem was: She knew it.

Tim knew that she liked him, and he also knew that she was using her attractiveness to bait him to chase her, but he wasn't falling for it.

He groaned with annoyance, shaking his head in a miserable and self-defeating gesture. Despite getting the better of her, he was at a loss. He had escalated the text messages three times, trying to get her on a date, and he had received nothing in reply.

"What could I possibly be doing wrong?" he wondered. "Is she messing with me?"

*Scrolling through the pages of Seduce Her With Text on his iPad, the answer hit him like a ton of bricks. He had been sending fun and playful texts like, "What are you up to.....besides taking ninja classes so you can be my lil ninja body guard who karate chops sex-crazed girls that try to grab my ass? *HIYA!*" but had forgotten to get her to chase him or to be a challenge for her. He needed to get her to invest in him and to show his dominant side.*

He hurriedly selected the first text in the program that would entice Carmen to qualify herself to him:

"Make it or break it question....red wine or Mojitos?"

She replied, "mmm I love mojitos :)"

Tim wasn't surprised with the quick response as he had already set up a solid foundation of fun and flirtatiousness. He took his time before replying, his confidence on a high: "Yeah that could be fun.....cancel all plans Tuesday night....but promise me you can hold your liquor?" What a great example of dominance and a restricted request, he thought.

Just two and half minutes later she responded, "I'm making no such promises :)"

He was intoxicated by her playfully sexual vibe and smiled to himself as he began to set up a date for Tuesday at his favorite spot, El Ranchitos.

She complied and all it took was a little challenge and dominance mixed into the equation.

On Tuesday he would simply text her an "anti-flake" message that would ensure she'd show up, and after taking a life-changing boot camp with The Attractive Man in Los Angeles the previous summer, Tim was confident he could persuade Carmen to go back to his house, which was a mere five minute taxi ride from the bar.

Game on!

GETTING PHONE NUMBERS

Before you put your thumbs to work, you need to have someone to text. As fun as it is to use those idle fingers on yourself (we've all been there), it always works better when there's a woman involved; trust me on that one. The good news is that getting phone numbers is a thousand times easier than you might think.

Think about how many beautiful women you see on a daily basis, it's more than you can count. There are beautiful women everywhere, you just have to start meeting them. Most guys see at least 5 beautiful women a day while they are out shopping, on their way to work, on their lunch break, getting coffee, at the gym, leaving work, etc. Out of 5 interactions, you should be able to acquire at least 1 or 2 phone numbers — I am being EXTREMELY conservative with these figures. Guys who have completed The Academy or our live training programs report getting an average of 3 to 4 phone numbers for every 5 interactions, and that includes women who claim they have boyfriends.

And, since sparking attraction and getting a phone number during the day takes a couple of minutes tops, if you approached five women a day it would only take you 10 minutes to get an average of 2 numbers. This figure can increase with the correct training.

Using my super simple and effective "Chase Me Method", you can easily get those kind of results. This method is the way "naturals" approach and seduce women. It requires no canned material, fake routines or pick-up lines. It allows you to be sincere and authentic while conveying massive amounts of confidence, charisma and sheer sexual attraction to literally sweep her off her feet. This is by far the most powerful way to approach, attract and get a woman's number in any situation (especially during the day time).

Teaching the method here wouldn't do it any justice, but you can learn it much more effectively through the 3 video lessons on **How to Get a HOT Date in Under 3- Minutes** that you received as a bonus for purchasing this course.

To watch your bonus videos just log in at [www.TheAttractiveMan.com/THOTT- Bonuses](http://www.TheAttractiveMan.com/THOTT-Bonuses).

Never ask a girl for a phone number. Asking makes you look weak and unconfident; it presupposes that there's a possibility she will not want to give you her number. Instead, simply tell her to give you her phone number in a confident manner. Say, "*Here, put your number in my phone,*" as you hand her your cell. Or, "*You seem cool, let's exchange numbers and if you are cool on the phone maybe we'll hang out. Do you text?*" The key is to expect her to give you her number, not to ask.

You can add some humor into the mix by telling her to, "*Enter your tax ID and bank account information as well,*" while she's entering her number.

When she hands you back your phone, say, "*I'll give you a quick missed call so you know it's me when I call and you can get really excited and jump up and down and do a little happy dance.*"

Then, to make it even more fun you can even leave her a message on her voicemail right there on the spot, something along the lines of, "*Hey it's [Your Name], I met this cute girl, she seems pretty cool and I like that she [Something Unique About Her], but she might be a little crazy, I'm not sure yet.*" This adds some great "callback humor" when she listens to the message later. It also tells her that any further texts from you will be fun and unexpected whilst suggesting that any engagements with you will be just as fun.

You should always have at least 7 to 10 phone numbers that you are working on at any given time. That way, if one girl stops texting you back it doesn't really matter and you won't care because you still have many more irons in the fire. This is the best way to increase your chances and to permanently eliminate neediness.

If you don't have 7 to 10 phone numbers to text right now then you need to go out and meet some more women. Once approaching and attracting women is second nature to you, getting phone numbers will be as easy as tying your shoes. Then, with the use of this program, your dating and sex life will reach new heights, gushing with the sticky, sweet juices of — well, you get the idea.

The foundation of your success when it comes to getting numbers, texting and getting dates, will rely on your mindset and your focus. So, now it is time to go in-depth and break down one of the most important elements of texting: the inner game aspect.

This section is vital. If you do everything in this guide but skip the next section, I can assure you that you won't get the results you crave. Pay close attention because you need a solid mental foundation to get maximum results.

INNER GAME OF TEXTING

You may have heard the mantra, your internal world determines your external world. In other words, **your mentality dictates your reality**.

So, even if you are simply copying and pasting the texts from this program and appearing to be a fantastically desirable dude, if your thoughts are not in line with those messages then eventually, sooner rather than later, she'll realize it's all a sham.

You need to fully understand and start utilizing the following concepts: Your thoughts dictate your beliefs.

Your beliefs dictate your actions.

Your actions dictate your results.

If you want to have positive results with women (or anything in life) you must have positive thoughts.

An effective positive thought process to have is, "What would I do if I already had 10 gorgeous women in my life?" You wouldn't stress out about texting one of them, that's for sure! You'd just send a fun, playful text and let it be. You definitely wouldn't overthink, nor would you care if she even responded. You would just **send it and forget it**.

Don't keep checking your phone to see if she responded; don't keep checking your outbox to see if you spelled something wrong. Just send the text, put your phone on silent, slip it into your pocket and move on. In the long run, this will condition you, you'll adapt, you'll stop putting so much effort into one girl and you'll stop giving a shit about her response, or lack thereof.

Remember, she does not have to respond. Don't get all worked up or take it personally just because she didn't get back to you right away. You have no idea what the reason is.

Maybe she has a boyfriend that you don't know about, maybe she forgot, maybe she had a bad day, maybe there was a family emergency, maybe she's getting a sex change, maybe she's pregnant with your baby. The point is, you don't know what's going on in her world, so stop assuming the worst and forget about it.

Even if she can't actually see you pacing back and forth in your apartment, eagerly awaiting her response, the fact of the matter is you're still being needy, and it doesn't matter whether she sees you doing it or not because you are conditioning your mind to act needy. Condition yourself to NEVER act needy, even when no one is looking.

Also, don't give up too soon. Like I said before, you never know what's going on in her life. Maybe she has a boyfriend, so she can't text back all the time. But, they may break up in a few weeks — if you give up too soon you'll miss out on that opportunity.

Another great way of thinking when it comes to texting women is pretending that she is having a boring day and you just want to cheer her up — make her smile and laugh — and add value to her life. Isn't that much better than thinking you need to send the perfect text to win her over?

My last point is this: any new girl you are texting should NOT be the most important thing in the world. If you're in the middle of something important and a woman you like texts you, don't stop everything you're doing just to text her back. Have other priorities and text her back when it's convenient for you. This will condition you to stop putting women on a pedestal.

Women, or any particular woman, should not be the most important thing in your life. As a man, you should have a purpose and a mission in life that doesn't revolve around the opposite sex. Women find this type of man — one who doesn't base his worth on whether women like him or not — extremely sexy.

TEXTING DO'S AND DONT'S

In this section you will learn the most crucial points to make your texting interaction successful. There is a good chance that you made some of these mistakes in the past, but let's keep the past where it belongs — in the past — and create a bigger and brighter future. You need to internalize these principles, so I encourage you to read the following pages several times.

DO: Understand The Purpose Of Texting

The average guy mistakenly believes that texting is about making the girl think about him, that its purpose is to send the right messages so that all of her attention is diverted to him. He uses texting as the primary means of getting to know the girl and consequently he ends up sending boring texts like *“hey there”* and *“what are you doing?”*

Seriously, when have those lines ever worked? You need to understand that your sole purpose when it comes to texting a woman you've just met is to get her on a date as soon as possible. That's it!

The process for getting the date may include reinitializing contact with her, and building more attraction and trust.

When I say “date” I am referring to any sort of meeting, and while I'm on the subject, dinner and/or movies are a bad idea for a first date!

DO: Send The First Text Within 24 Hours

Attraction dissipates over time because, for women, attraction is emotional and emotions slowly fade away. She might be extremely attracted to you when she first met you, but if you wait a few days to message her then the attraction will decrease. The old adage that you should wait three days to make contact is false.

You must send your first text within 24 hours of meeting her so that she remembers as much as possible from the initial interaction. During the day, I always send a text approximately 15 minutes after meeting to keep the emotional momentum going and to create an awareness that I am now a part of her life. This might seem too soon, but if you text her in a fun, non-needy way, it will work a lot better than waiting a few hours. The idea is to strike while the iron is hot, keep the attraction as high as possible and avoid the deflating, “Who is this?” message.

If I met her during the day then I always end the face-to-face interaction with, “I'll text you in a minute,” so that she's anticipating my first text, then I wait a few minutes to really ramp up her anticipation. I would recommend doing the same.

When meeting a woman at night — assuming you weren't able to invite her over directly from the bar — you can either text straight away, hoping that she will come over after she has parted with her group of friends, or you can text her the next day to reignite the attraction. This will all be explained in more detail later on.

DON'T: Ask Boring Questions

Asking too many dull, generic questions gets annoying fast and is what women expect to receive from boring guys. When you do ask questions, ask them in a more interesting and playful manner. Instead of, *“hey what's up?”* you could text, *“hey goof, what are you doing...besides building my love-shrine? :p”*

DO: Use Callback Humor

Callback humor is when you refer back to humorous topics or events that happened during your previous interaction. This returns her to the same emotional state she was in when you first met.

Let's say you meet a girl at a club and text her the next day. It's pretty safe to assume that she won't be in the same emotionally charged state that she was in at the club, but, if you recall a conversational topic or something funny from the previous night's interaction, her feelings will return and the spark will reignite.

Example:

Let's imagine that you were talking with her in the club and you pointed out a girl wearing some hideous overalls, and secretly had an inside joke in which the two of you gave her the nickname "Shorteralls". You might text her the next day,

"I decided to ask Shorteralls to marry me....wanna come to the wedding?"

This also gives you an opportunity to text her later saying you divorced poor Shorteralls, allowing you to go into a marriage role-play with her (refer to the chapter on "Role-Playing"). It will make her laugh and return her to the emotional state she was in the previous night, when she first met you.

Another Example:

Let's say you met a woman who is a nanny from England, and you teased her and called her Mary Poppins all night. You could text her,

"Hey Mary Poppins don't forget to give the kids their spoon full of sugar today."

DO: Use Nicknames

Who typically uses nicknames? Think about it. Nicknames are generally reserved for family members and close friends, right? So, when you call her by a nickname it creates a sense of comfort and familiarity as if you've known each other much longer than you actually have.

A great way to fuse a nickname with callback humor is to give her a nickname during the initial approach and then call her by that nickname when you send her a text. If you met her at a bar and did a funny role-play with her then her nickname could be based on that role-play. For example, if you did a marriage role-play, then her nickname could simply be "wifey". If you role-played that you were going to rob a bank with her, you could call her "Bonnie" or "lil partner in crime."

Another easy way to come up with a nickname is by calling her something based on her interests. For example, a short girl named Diana who loves to dance and whom you had a sexual conversation with could be "*Dancing Diana*", "*Tiny Dancer*", "*Dirty Diana*" or "*Devilish Diana*". Get the idea?

A great time to come up with a nickname for her is when you save her number in your phone. You can say, "*I already have 3 Diana's in my phone, so we need a nickname for you,*" at which point both of you can come up with a fun nickname together.

Here are some examples of nicknames:

Girly Nicknames: Girly Face, Sassy Pants, Glitter Princess, Otterpop, Strawberry Shortcake, Smurfette, Little Miss Pretty Face, Sugar Buns, Luv Muffin.

Teasing Nicknames: Queen Nerd, Dork, Goober, Nerdball, Crazy Pants, LadyFace, Dorkalicious, Midget Ninja, Skittle Breath, Brat, Punk, Playa, Flaya (female-playa).

Sexual Nicknames: Sex Kitten, Sex Ninja, Evil Little Temptress, Naughty Pants, Cock Wiesel, Horny Toad, Porn Princess, Butt Nibbler, Sexy Face.

You can even rhyme the end of your texts using a nickname, such as:

“Peace out, girlscout”

“Cya later, masturbator” (*my personal favorite*)

“Have fun, cinnabun” “Cya soon, my lil baboon”

Pro Tip:

An awesome way to create intrigue and sexual tension is to save your name in her phone using a cocky, sexual or funny nickname for yourself, without her knowing. After you get her number, take her phone and save your number as something creative and funny. Think about how funny it would be for her to receive a first text from, “Sex Panther”.

Examples: Sex God, Sex Ninja, The New Crush, Man of Your Dreams, Prince Charming, Future Ex-Husband, Sex Machine,

DON'T: Try To Impress Her Through Text

Attempting to compose something that you assume will impress her usually has the opposite effect. Leave your stories for when you're talking on the phone or face-to-face. There should be no bragging via text. In fact, bragging doesn't work in real life either. Concentrate on stimulating her emotions and making her feel the four core emotions (Sexual Attraction Sequence) and she will feel attraction to you on a primal — rather than a logical — level.

DO: Sign Your First Text

If your name (or nickname) wasn't saved in her phone, make sure you sign your name on the first text so she knows who you are. If she texts you, “Who is this?” it can slow down the emotional momentum.

DO: Use Emoticons

When sending a text that could be misinterpreted as rude, mean or negative, use emoticons so she knows you are just joking around. There is nothing worse than sending her a funny joke that she takes as rude or offensive. However, do not overuse emoticons. If you are constantly smiling and laughing at your own jokes it'll look like you're trying too hard to please her.

If you send a text that is obviously a joke then there is no need for a smiley face. A smiley face can kill the tension of the joke, so make sure you only use it when necessary, which is when the joke could be misconstrued as something else.

Pro Tip:

Use uncommon emoticons. Everyone uses :-) and :) so instead use:

/ =/ =} =] {:-) [-{)
:-] : {} :^) :-# :-| |:-() ;~)

Pro Tip:

Use ;) sparingly as some women find a man winking at them kind of creepy. I know what you are thinking: It's just a stupid emoticon, but multiple women have expressed their concern (women overanalyze everything) so it's best to refrain from using it in the beginning.

DON'T: Use Excessive Caps Or Punctuation

Excessive caps and punctuation (particularly exclamation marks and question marks) make you seem overly excited and come off as exceedingly needy. Keep the caps and punctuation to a minimum.

Example of Improper Use of Punctuation: “HEY!!! WHAT ARE YOU DOING???”

You'll sound like a bitter old man screaming at the kids on his lawn — not the image you want to portray. She's not playing football on your lawn or pissing on your patchoulis, she's a woman — treat her like one.

DO: Have A Fun And Positive Texting Vibe

Be fun, flirty, random and interesting from the start. Hot women get texts from guys all day long, so you need to stand out from the barrage of needy guys bombarding her with boring texts. Intrigue her, make her curious about you and it'll pay off in the long run.

Keep everything positive and playful, but also show different sides of your personality. Tease her, make jokes and be random, all while mixing in being direct, dominant, and genuine and you, my friend, will have a recipe for success. Just keep her guessing so she can never tell what you're going to do next.

DO: Reward Good Behavior And Punish Bad Behavior

The idea here is to condition her to act the way you want, to make her compliant. So, if she is complying to your requests, then reward her with flattery — don't overdo it — or positive emotions. If she is not complying or is giving you a hard time, then it's a good idea to punish her by playfully teasing.

Example:

Heidi: “I can't make it Friday night sorry” (*non compliance*)

Matt: “ok dork well that's minus 2 cool points for ya :p” (*punish using a tease*)

Heidi: “seriously???ok I'll have to make it up to you” (*compliance*)

Matt: “ok princess, are u any good at back rubs?” (*rewarding her with flattering*)

nickname, while being a challenge)

In the above example, the girl is flaking out on me and therefore being noncompliant, so I tease her (not in a mean way) by calling her a “*dork*” and telling her she’s losing “*cool points*”. Then, she starts being compliant by saying she’ll make it up to me, so I reward her by calling her “princess”, but at the same time I’m still being a challenge: “*u any good at back rubs?*”

Another way to punish bad behavior is with dead air. Dead air simply means you don’t reply, evoking a feeling of loss.

DON'T: Multi-Thread Your Texts

When you ask more than one question per text it allows her to pick and choose which question she wants to answer and which question she wants to ignore.

Example of Bad Multi-Threading:

Jim: “what are you doing tonight? btw how’s your dog?”
Silvia: “oh Chompy’s back to his old self thanks :)”

Notice in this example how Silvia ignored Jim's first question. To avoid this, simply ask one question, wait for an answer, then ask the next one. But remember, keep your “average” questions to a minimum.

DO: Try To Keep Your Texts Short And To The Point

You want your texts to give the impression that you’re a busy guy and that she's not the most important thing in your life; the shorter your texts, the less you’re investing. You want her to write long texts in reply so that she is investing much more than you are.

An easy way to shorten your texts is to abbreviate, but it all depends on the vibe you'd like to portray. If you are texting a young chick and you want to appear hip, cool, and laid back, then use abbreviations. If you are a more refined, sophisticated man — or that is the image you would like to portray — then by all means refrain from abbreviating.

Example of Abbreviation:

“By the way, you should meet me at Jim’s house tomorrow night he’s having a huge party you should come!”

VS

“btw...Jims. 2morrow nite. Party. B there!”

Popular abbreviations:

WTF: What The Fuck
TMI: Too Much Info
SOL: Shit Out of Luck
OMG: Oh My God
LOL: Laughing Out Loud
BRB: Be Right Back

BTW: By The Way

Pro Tip:

When you are sending Mini-Orgasm texts — texts that use descriptive and sensual language that you will learn about later
— the rule of the short message no longer applies.

DON'T: Use Slang With Foreign Women

Don't use a lot of slang, big words, abbreviations, teasing — or anything that could be misconstrued or could have multiple interpretations — when messaging foreign women. Women that have trouble with the English language will most likely have trouble understanding what you're saying. Tone things down and keep it simple to make sure she gets your point.

DO: Use The Word “We” Whenever Possible

The word “we” fosters togetherness. So, substitute the word “we” or “us” for “you” to create a sensation of intimacy with a woman, even if you've just met her. So make it a point to concoct “we” texts, the kind people reserve for friends and lovers, instead of “you” and “I” texts as much as possible.

Example:

“I've been wanting to see you.....I can try for next weekend” VS

“I know we've been wanting to see each other.....we should aim for next weekend” (*Better*)

DON'T: Text Just One Woman At A Time

If there are only one or two women that you're texting, what are you going to do if either of them stops texting you back? Most guys start freaking out and get super needy and desperate when that happens, which inevitably pushes the girl(s) away completely.

Avoid this pitfall by making sure you have 7 to 10 girls that you are actively texting and seeking dates with at any given time. After all, I'm assuming you want to find a girl or girls that are compatible so you don't have to settle, right? Well, this is the best way to achieve that goal.

Texting that many girls at a time will also hone your skills and allow you to become a top notch texter much faster.

If you only follow one rule in this entire course, THIS is the rule to follow.

DO: Use Over-The-Top Descriptive Words

Use outlandishly descriptive and clever words and similes whenever possible to showcase your intelligence, wit and humor while painting a vivid picture in her mind. But, like everything else pertaining to texting, make sure not to overdo it or use the same word and phrase too many times.

Example:

Use “*Culinary Masterpiece*” instead of “*Meal*” or “*Food*”

Use “*Tasty Adult Beverage*” instead of “*Drink*”

Use *"They Will Rock Your Face Off"* instead of *"They Sound Good"*

Use *"Crafted By The Hand of Zeus"* instead of *"It Was Great"*

Use *"Cinematic Adventure"* instead of *"Movie"*

DO: Go for a Date Quickly and Often

This is another crucial point that most guys mess up on. The end goal of texting is to see her again, so go for the date quickly and often. Don't wait after a few days of texting to ask her out, do it the day you meet her or next day at the latest. You should never send more than five texts before you go for a date. As you follow this rule you will see a huge increase in the amount of dates you get.

DON'T: Text Like a Wimp

Women HATE it when guys are unsure of themselves. It is imperative that you text like you are the head honcho. Speak like what you say will happen. For example, let's take a look at two different texts:

"Hi! I was just checking to see if our date is still on for tonight? I ran into some problems so I might be a little late! Can we do 7:15 instead? :D"

V.S.

"Things came up. Let's do 7:15 instead. See you there."

Do you notice the difference? Did you notice the difference in tonality? Speak like you are sure she wants to see you and she will. Also, notice how using a question mark makes the sentence sound weaker. Start leaving out the question mark and instead turn it into a statement. Speak like a man and always assume that she wants to see you.

DO: End The Conversation First

Most guys drag the texting interaction on and on. This is very bad because it shows you have nothing else going on in your life. Even if she is always texting you back, it's important to maintain control by ending the interaction first.

When she sends a text and you decide to stop texting to end the interaction, she'll likely keep checking her phone hoping that you texted her back. This conditions her to want and crave more from you, especially when you end it on a high note. This is extremely powerful. So, avoid sending the last text. There's no need for texts like, *"ok."* Instead, just end it and then restart a new interaction later. This maintains your power and control of the interaction, which is something women instinctually desire.

You can also just end the interaction by texting something like, *"got to get back to work.....will text you later....if you're lucky :p"*

Now, two common questions I often hear are, “Should I call girls or should I only text?” and, “When should I call versus text?” Let's tackle these questions right now, shall we?

TEXTING VS. CALLING

Believe it or not, I've had plenty of success simply by calling the girl and asking her out on a date. In fact, my first phone interaction with my last girlfriend of four years was via talking, not texting. You'd be surprised how often that can work, but **only if you made a really great first impression**.

There is no clear-cut right or wrong when it comes to deciding whether to call or text. Sometimes you just need to go with your gut. That being said, two good rules of thumb that I highly recommend are:

Rule #1

Always text her before attempting a phone call, because replying to a text is a much smaller compliance for her compared to calling you back. Compliance is built by getting her to abide to small steps first, like a quick text back, and then working your way up, like getting her to send you naughty pictures or to have phone sex.

There are exceptions to every rule, such as women that sleep with guys within minutes of meeting them, which is an example of a girl jumping straight to large compliance. Later, I'm going to show you how to move the compliance from small to large as quickly as possible.

Rule #2

If it's not working, then try something else. What I mean by this is: if you've tried texting and you are not getting a response, try calling her. When leaving a message, make sure to use a hook statement such as, "*I think you have a confession to make, call me back,*" to get her to call you back. The point is, if something isn't working then you need to try something else, which is always a good rule of thumb when it comes to attracting women.

One of the advantages when it comes to texting is that you know she is going to read your text at some point. Whereas if you call, get her voicemail and then don't leave a message, she'll never know the reason for your call. No attraction was sparked, no emotions stimulated.

Another advantage of texting is that you have the option to respond whenever you want. Texting gives you time to craft a clever, witty or sensual response. Due to the non-confrontational aspect of texting, you can escalate things sexually without any risk of embarrassment, rejection or immediate pressure.

Texting also allows you to better manage your time, since you can text her anytime and anywhere you want. You can literally set up a date with a woman while you are sitting on the toilet doing your business. Plus, you can send mass texts to multiple recipients. Instead of calling each girl to meet you at the bar, you can just send a mass text to all your female prospects at once. Just make sure that each girl won't know you messaged multiple recipients. Use an application that allows sending multiple texts without the recipients seeing each other.

And lastly, younger women grew up texting and, as a result, they usually prefer it over calling. People are talking less and less on their phones these days — you can't fight the trends. Plus, before you and her are actually "dating," there's really no valid reason for you to call her unless she's an older woman who just hasn't caught on to the whole texting fad.

With all that being said, it doesn't mean you should never call girls. If you think the initial interaction went really well and you know it's *on*, then you have my permission to call her quickly and set up a date. If it's *not on yet*, then you can use text to stimulate her emotions before going for a phone call or a date.

If you do decide to call, a great time to do it is after you've been texting for a few minutes, since you know that she's near her phone and is more likely to pick up. She'll also be in a great emotional state (assuming you used the tools from this program). When she picks up your call you can say, "*My fingers hurt from all our*

texting.....how good are you at finger massages?"

Also, if you are in the dating phase with a girl whom you've already slept with multiple times and you would like to turn her into your girlfriend, then talking to her on the phone is a must as it can build trust quickly and allow the two of you to open up, thus speeding up the committed relationship process, assuming that's what you want.

“How often should I text a girl?” you ask? Great question, and the answer might surprise you. So let's talk about it.

WHEN AND HOW OFTEN TO TEXT

I know how easy it is to get all worked up about texting a girl that you really like, but that type of mindset puts you on a fast track to needy behavior. Don't worry too much about when and how often to text her. Just don't overdo your messages. Even if she always texts you back that doesn't mean you should keep responding to her. You don't want to be texting a girl all day, everyday; that'll give you a one-way ticket to the dreaded friend zone.

If you keep replying to every one of her messages it will lower your value, making you look like you have nothing better to do. So, if you notice you are in a super long texting interaction that isn't going anywhere, stay in control by simply ending it.

One way to end the interaction is to just stop replying. This keeps causes her to wonder whether or not her last text was appropriate. Think back to when a girl you liked stopped texting you. Did you keep checking your phone to see if she sent another text? Did you start to second-guess the last text you sent her? That is exactly what you want her to do because it makes her eager to receive another text from you, thus conditioning her to always want more from you.

You can also end the thread with something along the lines of, *"gotta get back to saving the planet...I'll call you later :)"*. That gives you a choice, you can either call her that night or not. If you do call her then you can set up a date. If you get busy and can't call it's not a big deal because it shows you're a busy guy and conjures up feelings of anticipation, mystery and confusion. She may think, "Why didn't he call me? Could he be with another girl?" This keeps her on her toes. Don't use this as a purposely manipulative tactic, just be a busy guy who is pursuing his purpose or mission in life and it will happen naturally.

Another general rule is: never text back within the same timeframe every time — sometimes text back right away, sometimes wait 5 minutes, sometimes wait 15 minutes, sometimes wait a day and sometimes don't text her back at all. You should be a busy guy — busy getting more phone numbers if nothing else — so your texting should be somewhat random.

As a general note, don't text a girl that you just met between the hours of 8 p.m. and 3 a.m. on Friday and Saturday because it will make you seem like you have nothing better to do on the weekend. Anything after 1 a.m. will probably seem like a booty-call text.

And if she doesn't reply to your text, don't sweat it, just wait a day, pick a text that will spark emotion, and try again.

If the number goes completely cold after a few days, you can always reengage in the future with one of the texts from the *"Numbers That Have Gone Cold"* section and/or use the *"Cold Number Reincarnation System."*

More on these and other concepts for handling non-responsive girls later.

QUIZ

1. Give three examples of playful nicknames.
2. True or False? When you text a girl you like, your texting should NOT be random.
3. True or False? You should make up your own texts so they are congruent to your personality.
4. When it comes to sending a girl a text, you should send it and then _____.
5. You should send your first text within _____ hours of meeting her, and much sooner if you met her during the day.
6. True or False? You should reward good behavior and punish bad behavior.

ASSIGNMENTS

1. Quickly skim through the Texting Do's and Don'ts and think back to 3 specific instances when you broke any of those rules. With your new knowledge, how could you have done things differently in those 3 situations? Write down your answers.
2. Inner Game Exercise: Condition your mind for success.

Visit our members only forum at www.TheAttractiveMan.com/Forum and post a success story. This will help to condition your mind, allowing you to find success in all of your texting interactions. I recommended you do this regularly.

If you send a text, don't get a desired response and begin feeling bad, then you're conditioning yourself to foster negativity towards texting women, and negativity breeds more negativity since negative feelings and beliefs cause negative actions and results. The remedy is to look at every interaction as a success. If it didn't go exactly the way you expected simply ask yourself, "What can I learn from this experience?" In life we learn from our past mistakes to better our current situation, we learn from the past to benefit our future; texting shouldn't be any different.

Get into this habit and I promise you that your entire life will be transformed. An easy way to reprogram this thought process is to post all of your success onto our forum. Forget the negative interactions and remember: if you are learning from them then they can't be negative. Focus on the positive and more positive interactions and experiences will come your way.

3. If you haven't done so already, register for your \$1 trial membership to The Academy.

In this training program you will learn:

- Inner Gamer Secrets to Completely Transforming Your Subconscious Mind
- How to Eliminate the #1 Thing Holding You Back from Success with Women
- How to Always Be In State No Matter How You Feel
- How to Never Get Rejected By Women Again
- How to Become the Man that Women Are Naturally Drawn To Wherever You Go

Quiz Answers: 1. Cutie Pants, Luv Muffin, Sugar Buns (these may vary) 2. false 3. true 4. forget it 5. 24 6. true

PART 4

3-STEP SYSTEM TO GET A DATE TONIGHT

The simple system for getting a date the same day you meet her Alan held his phone as if it contained the secrets to the universe; gripped tightly in his palm, watched by his beaming grin. He probably looked like an idiot at that moment, like a grinning simpleton or a mischievous child, but he didn't mind.

While walking back to his Hong Kong apartment after a long hard day at work, Alan had seen one of the most gorgeous women he had ever feasted his eyes upon. She had dark hair, a curvy figure and eyes that sent a shiver down his spine. She was like something out of a dream or a wild fantasy. She also happened to be Miss Malaysia, and was by far one of the hottest women Alan had ever seen.

Many years before, Alan might have walked on, resigning this beautiful woman to his memory bank, yearning and lusting after her for years to come but never seeing her again. But he was a different man now. Thanks to his training with Matt during the previous year's [AsiaTrip](#) in January — where he traveled with Matt throughout the Philippines, Singapore and Indonesia — Alan knew exactly how to approach her, how to spark an attraction, how to get her number and how to leave her wanting more.

He now had the number; but what next?

He was dripping with enthusiasm as he remembered what Matt had told him about texting her in order to get a date immediately. Alan was confident he had built a strong enough attraction that she would be inclined to see him and wouldn't see any texts as needy or weak.

Alan fired off one of Matt's favorite bait texts: “Random meeting you just now....are you always so friendly? - Alan”

She took the bait and his phone buzzed, sending chills of excitement and anticipation through him. “Hey, yeah I try to be....are you?”

Alan wasn't sure if he should answer her question or not, but then he remembered what Matt had told him: “Only answer if you can spark more attraction, make her laugh, or get her aroused. Else, do not address her question. Every text you send should serve a purpose.”

So he wrote, “Usually only when it comes to saving orphans from burning buildings and helping little old ladies cross the street. BTW most models I meet are really pretentious....but you seem more down to Earth....am I wrong?”

He feared he might have gone too far with the “pretentious” remark, but he wanted to come off as a challenge, he wanted to seem like the type of guy that regularly dates hot models.

To his relief, his phone chimed a response: “lol I think I'm very down to earth...I'm so not high maintenance at all :)”

She had qualified herself to him and he knew he was on the right track. He sent, “Good then I guess we can hang out...but promise no funny business :) what's your schedule like this week?”

It seemed like an eternity went by, but Alan knew better than to get all stressed out waiting for a response. He put his phone down and distracted himself with a quick game of Grand Theft Auto 5, trying his best not to think about the beautiful woman and her mesmerizing eyes as he ran over civilians and murdered drug dealers.

Whilst he was sucked into his game, Alan heard his phone go off. He saw it was Miss Malaysia, but he decided to resist his urge to look at it and just keep playing his game. No sense in getting needy; Matt had taught him better than that. He thought, "she was probably waiting to reply so she didn't seem desperate. Girls and their silly little games."

Finally, upon ending his game, Alan finished the conversation and casually set up a meeting with his new fling for Friday.

Mission accomplished.

Alan slid in another game, relaxed into his chair, tossed his phone at a pillow behind him and grinned as he blithely began maneuvering Lara Croft in an epic game of Tomb Raider.

BAIT, HOOK, REEL & RELEASE

The 3-step system I am about to reveal works incredibly well with women whom you've made a great first impression with. You don't need to work harder than necessary, if she's already attracted to you then you need to get her on a date as soon as you can.

I've coached many men and many women and the biggest complaint I hear from the women is that men don't ask them out soon enough. They just sit at home, twiddling their thumbs and getting increasingly frustrated because the men they like are playing hard to get and are refusing to make their move.

The following system will demonstrate that you have the balls to ask her out quickly, and will help you score the date right away. I've used it time and time again and it works incredibly well. However, before you do this you need to make sure that you have already intrigued her, sparking her interest during your first encounter.

You will learn how to approach without any effort, spark immediate attraction, get her phone number quickly and hook her in so she'll be desperately hoping for you to make your move and ask her out, as you complete your lessons in The Academy.

STEP 1: BAIT

The first text you send a woman after you get her number should never be boring or generic. It should be fun and interesting, string up emotions inside of her and baiting her to reply back.

"Hey, it's John nice meeting you today!" is an awful first text and is what most guys send. If you can, include a playful nickname that uses callback humor — recalling something funny from when you met her. Your first text should also include a question or statement that baits her to respond so she becomes conditioned to reply to your texts.

Examples of Good Bait First Texts When Meeting a Girl During the Day:

If you meet a girl during the day cast the bait after 15 to 30 minutes of meeting her. That might seem too soon for a first text, but trust me, it's not. We live in a fast-paced information age, everybody gets everything they want quickly; they don't have the patience and they don't want to wait. You could wait in the past, patience often paid off back then, but that was a long time ago. The idea is to text her while you are still fresh on her mind, before she gets distracted by everything else in her world.

When you meet a girl during the day you don't need to go overboard on the "fun" or "sexuality" because a woman's normal everyday life is usually not inherently fun or sexual. We'll start adding more fun and sexuality as we progress.

A great technique is to send a bait question that is light, confident, and assumes she has a strong level of attraction towards you, such as, "are you always so friendly?" or "that hug was a little long don't you think?" When you imply that she is attracted to you she will take the bait and begin to unconsciously think, "I'm not usually like that with random people, so I must be attracted to him."

The Day Game Formula:

"Hey [Nickname] + crazy/random/cool/fun meeting you just now... + [Bait Question/Statement] + [Your Name]"

Examples:

Matt: "Hey Talented Tanya so crazy meeting you just now....do you always do that to guys you just meet? :) -Matt

Note: This will drive her crazy wondering what she did to you

Tanya: "Haha do what?"

Matt: "Totally distract cute guys
when they're innocently minding their own business lol"

"Hey Silly Sarah so random
meeting you just now....are you always so friendly?
:)"

"Hey cutie so crazy meeting you just now.....I love how nervous you got when I said 'hi' "

"Hey crazy pants cool meeting you.....what horoscope sign are you? Don't say Gemini! :)

”

“Hey cutie so random meeting you just now....I just realized which celebrity you remind me of”

“Random meeting you just now....great story to tell our grand kids lol”

Examples of First Texts (When Meeting a Girl at Night):

If you meet a girl at a bar or club then be sure to ramp up the fun and originality because she has probably encountered many other guys that night and you want to set yourself apart from the herd.

Send your text within 24 hours of meeting her.

You can also send her a text the night you meet her in an attempt to get her over to your house straight away. This can work great if there was strong sexual tension between you but she had to drop off her friends first, which prevented her from going home with you. But, more on that later.

Matt: “Hey crazy pants....too soon for casual text? :) -Matt” **Alexandria:** “Ha yeah I mean text can be dangerous” **Matt:** “I mean I barely know you...maybe we should wait.” **Alexandria:** “hmmm yeah that might be best :)”
Matt: “I could tell you’re a raging text addict...I see you at the meetings all the time”
Note: A play-on-words using the word “text” instead of “sex”.

“Are you textually active? :) -Matt”

“Hey it's Matt guard this number with your life!”

“‘Something naughty’ :)”

Note: Ok, let me explain. After you get her number say “I’m gonna text you something naughty, so you have my number” and then 5 minutes after you’ve walked away just text her; “something naughty” in quotations. This works great for women you meet at bars and clubs or women that appear a little more sexually adventurous.

“Last night = awesome. My head = stampede of elephants running over broken glass!”

Note: She will relate to this if she was also drinking the night you

“Now you have my number....promise you won’t stalk me!”

STEP 2: HOOK

Your next text should really hook her in, make her invest further and get her accustomed and conditioned to reply to your texts. I call it a “hook text” because it hooks her attention to you like your phone is some kind of super charged electromagnet.

We're going to use a marketing technique that I like to call a “Cliff Hanger” to create curiosity and interest, and make her wonder what you're going to say next. Million dollar advertising agencies and Hollywood movie writers have used this technique for years to hook buyers into reading and watching their ads, luring them into buying their products. A “cliff hanger” is a short, incomplete question or statement that is very hard to ignore and requires a response, thus hooking her into the interaction and increasing her investment.

It's kind of like a Quentin Tarantino movie. You have no idea what is going to happen next so you're on the edge of your seat with your eyes glued to the screen. The power of the Cliff Hanger text comes from the ellipsis (a set of dots: “...”) at the end, causing her mind to run wild as she wonders what on Earth you're going to say next.

Since we are going for the date rather quickly in this system, send a Cliff Hanger statement that transitions into getting her out on a date. However, you can use a Cliff Hanger any time you want to see if she's free to start a new texting interaction.

It's a good idea to include an emoticon at the end of your Cliff Hanger Statement after the ellipses so she knows that you're finished with your text and that it's her turn to reply.

Matt: “I think you have a confession to make.... :)”

Girl: “?? what's my confession?”

Matt: “That you want to see me badly. Okay, I give :)”

Matt: “Can I ask you a very personal question....”

Girl: “Umm sure”

Matt: “Do you like milkshakes?”

Girl: “That wasn't personal haha but yes I do!”

Matt: “That'd be fun.....meet me for milkshakes tomorrow....”

Matt: “I have some super exciting news... :)”

Helga: What is it?

Matt: “You don't get to know until Thursday because it is more fun to tell you in person :)”

“You are so.... :)”

“I can't stop thinking about.... :-)”

“Challenging” Hook Question:

Another way to “hook” her is to use a qualification question that appears to be a playful challenge. Most guys are way too supplicating and accommodating when it comes to texting women, but women enjoy a man who challenges them because it shows he's not needy or desperate.

Believe it or not, women want a man that they have to work for. If you make everything too easy they'll lose interest, but if you challenge her in a serious way — such as texting, “*what do you have going for yourself besides your looks?*” — it may be too harsh and not playful enough, therefore pushing her away too much.

So instead, simply challenge her in a fun and playful manner:

Matt: “Make it or break it question.....ninja's or pirates?”

Note: If “ninja's or pirates” seems too immature for you then you can text, “...favorite funny movie?” and then send a funny quote from that movie or, “...favorite rock band?”, etc.

Girl: “Ninjas!”

Matt: “My psychic ninja powers are telling me that you like to have fun.....I know this really fun place. Have you ever played laser tag?”

What makes this text a challenge is the statement, “*Make it or break it question...*” This can also be sent as a Cliff Hanger, splitting the first text into two separate texts. You'll learn more about Challenging Questions later in the “Challenge Her” section.

REEL & RELEASE

Reeling her in simply means getting the date. And, think about this: When you reel in a big fish, do you passively and gently reel it in? Or, do you have to be more dominant than the fish and show that fish who's boss?

When you go for a date with her, the key is to be dominant, NOT passive. Don't ask her if she wants to hang out. Assume that she wants to see you and tell her in a commanding manner that you and her are going to hang out. Women love it when the man takes charge and tells them what to do.

Furthermore, I've heard many women complain that they hate it when guys wait too long before initiating a date or a hangout. It makes the guy appear afraid and indecisive. So, reel her in quickly and strike while the iron's hot — go for the hangout sooner rather than later.

Start by finding out what her schedule is like and when she is free, then simply invite her to do something fun with you. Or you can just keep it vague, but always make sure to put a restriction on it (Release). The release/restriction conveys that you are not overly eager to see her and that she has to meet your standards in order to hang out with you. It puts you in a place of power by adding an additional challenge to your invitation to hang out with you. It's basic human psychology for one to value and appreciate what is hard to achieve and to reject and not appreciate what is offered too easily. So, subtly release the invitation and make her work for it by using a restriction at the end of the invite.

Example:

Matt: "What's your schedule like this weekend.....besides coming up with our power couple name?"

Girl: "haha I work Fri and Sat but off on Sun why whats up?"

Matt: "I have a super fun idea...but promise me you'll behave! :p"

Girl: "I can't make any promises :)"

Matt: "You're such a bad girl....public spankings are definitely in order lol Meet me Sunday for milkshakes....but don't try anything on me....I'm bringing my handcuffs just in case :p"

Girl: "haha ok deal :)"

Note: Notice this example has two restrictions, "promise me you'll behave" and "don't try anything on me"

PUTTING IT ALL TOGETHER

When you put it all together you have a dynamite system for getting a date within minutes of meeting her.

Let's see an example:

I met a girl named Jen at the bookstore, got her number, but forgot to set up a date on the spot. So, in twenty minutes I texted her this:

Matt: “So random meeting you just now....are you always so friendly? -Matt”

Jen: “Yeah there's no reason not to be...are you?”

Matt: “Can I ask you a really personal question....”

Note: I ignored her question because I couldn't think of a way to answer that would spark any emotion.

Jen: “I suppose :)”

Matt: “Red wine or mojitos?”

Jen: “mojitos!”

Matt: “Yeah that'd be fun, let's grab a mojito later....but promise you won't try any funny business! What's your schedule like?”

Note: Notice how I assume that when she answered the prior question SHE was also suggesting a date

Jen: “I might be free Tuesday?”

Matt: “Let me ask my secretary.....”

Matt: “Franz said no, but I think I'm gonna fire him anyways. He keeps stealing paper clips. Need a job? The pay sucks but you get to hang out with me all day”

Jen: “poor franz maybe he's just making a paper clip sculpture for you lol”

Matt: “lol Tuesday will work. You're not going to ruffee my mojito are you? A guy can't be too careful these days”

Note: Notice the restriction

Jen: “I'm not making any promises about the ruffies :)”

***More examples in the section on “Going For A Date”

This 3-step system works like magic if you made a decent first impression and didn't wait too long to send your first text. This killer Bait, Hook, Reel/Release formula has been tried and tested by hundreds of students; it works and it works well.

If you find that it doesn't work for you, then there is something going wrong with your initial approach. It's nothing to get upset about, it's just feedback. My team of coaches and I are here to help you and make sure every aspect of your interaction is flawless. We'll help you perfect your approach, trigger sexual attraction and maximize your results.

Don't worry if you didn't intrigue her enough to get a date immediately using the system, I've still got you covered. Next I am going to show you what to do when it's “not on yet” and how to use the sexual attraction sequence to boost attraction and get her sexual juices flowing — even if she's an ice queen — using a few innocent little text messages.

QUIZ

1. The 3-Step System to Get a Date Tonight consists of these steps, Bait, _____, Reel & Release.
2. Give an example of a “Bait Question.”
3. Give an example of a “Hook Statement.”
4. Give an example of a “Release.”
5. True or False? Sending a text to a girl within 20 minutes of meeting her during the day (day game) is way too soon.

ASSIGNMENTS

1. Your only assignment is to use the Bait, Hook, Reel/Release System on a woman whose number you have just received. If it doesn't work the first time don't worry; in the next section you will learn how to spark more attraction so you can go for a date again.

If you don't have any phone numbers then your assignment is to go out and get at least one number. If you are not used to getting phone numbers then this will be a little out of your comfort zone, but that's a good sign; it means you are growing as a man. Simply re-watch the 3 videos on **How to Get a HOT Date in Under 3- Minutes** that you can access at www.TheAttractiveMan.com/THOTT-Bonuses and then get out there and get busy!

If you are freaking out at the thought of approaching a woman then you probably need to work with a live coach. You can visit www.1On1DatingCoach.com for private coaching or www.DayGameTraining.com for group coaching to get over your fears, learn how to easily and effectively approach every beautiful woman you see, get instant feedback on all of your approaches, and get the results you want.

Quiz Answers: 1. Hook 2. "Are you always so friendly?" (this answer may vary) 3. "Can I ask you a personal question..." (this answer may vary) 4. "Promise me you will behave" (this answer may vary) 5. False

PART 5

THE SEXUAL ATTRACTION SEQUENCE

How to send fun, challenging, trust and desire texts to make her want you badly.

Felix had been texting Sofia, the beautiful Latin bombshell he had met at Starbucks, for four days, making her laugh, showing his dominance and building a deep connection. He even got her to draw him a picture of a drunk monkey falling out of a coconut tree, which she sent to him via text.

Needless to say, it was on.

It was Tuesday and Felix had already set up a date with Sofia for the coming Thursday night at his favorite karaoke bar. Everything was going great, but Felix wanted more; he wanted to turn up the heat so that she'd start thinking about him in a sexual manner. But he didn't want to come across as needy, nor did he want to appear creepy. He didn't want to ruin the foundation he had already created.

Sofia was a smart girl, and Felix really liked that. She was the complete package, with both looks and personality. She truly was the perfect girl. She had mentioned to Felix that she was stressed out about an important job interview the following day. She was fresh out of college and it would be the perfect job to utilize her newly gained skills. But she was dreading it, terrified because she hadn't had a proper job interview since her short stint as a barista in high school.

Felix thought he'd take advantage of the situation and practice his texting skills, seeing if he could get Sofia relaxed, and even slightly aroused.

"Take a deep breath and imagine I'm sitting behind you slowly massaging all of the tension out of your shoulders as you feel all of your stress just melt away..." Felix smiled as he sent the message, amused at his own cleverly crafted words.

"Oh that would be amazing. I feel more relaxed just thinking about it :)" was Sofia's reply.

Felix grinned as he began feverishly composing another text.

"Can you imagine feeling my strong hands slowly moving down your back as I lift your shirt up teasing you slightly, you can feel my warm touch on your skin. You take a slow deep breath and relax into my arms as time stands still. As I continue to massage your back you feel pure pleasure shooting through your body as my hands roam and gently caress your...:)"

Sofia immediately replied, "You can't stop there...what a tease! :)"

"...lower backside as I admire the beautiful curves of your body. You feel unstrained as your imagination begins to drift. Where is this going to lead, you wonder as you slowly place your soft delicate palms on top of my brawny knuckles, admiring the girth and size of my hands as you move them down. I wrap my arms around your stomach as a warm sensation shoots through your spine. I pick you up and...:)"

Felix's heart started beating faster. Had he taken it too far? He was leading the interaction like he thought he was supposed to, but maybe it was too sexual, too soon?

He was relieved when he saw his phone light up. Sofia had sent him a favorable reply: "Mmm I kinda like

where this is going...

So, you got a phone number from the girl you like, but the “Bait, Hook, Reel/Release Method” didn't get you a date because there just wasn't enough initial attraction or she was just too busy. What are you going to do?

Don't worry, you can still get a date, you just need to demonstrate your Power and Tenderness to ignite some more attraction, get her invested, build some trust and get her thinking naughty thoughts about you all day long.

Do you remember the 4 emotions that you want her to have and to associate with you? They are:

1. **Fun (Tenderness)** – Joy is a prerequisite to getting a date; triggered through the use of funny, playful, random and often wacky texts.
2. **Being A Challenge (Power)** – Sparking her interest by getting her to invest in the interaction through the use of challenges, commands, requests and cliff hangers.
3. **Trust (Tenderness)** – Generally a prerequisite to sex; triggered by building rapport and bringing her into your world. Women need to have a connection with you before they'll sleep with you.
4. **Desire (Power)** – Getting her to think naughty thoughts about you; triggered through the use of descriptive and sensual language.

So let's dive into the first one...

THE SEXUAL ATTRACTION SEQUENCE: STEP 1

FUN

*“When the working day is done, Girls - they want to have fun.
That's all they really want.”*

~ Lyrics to Cyndi Lauper's hit song “Girls Just Want to Have Fun”

Whether she's 18 or 80, a girl just wants to have fun, especially with the man they're dating or are in a relationship with.

The opposite of being fun is being boring. Most guys are boring during the approach, they are boring through text, they are boring on the date, boring in bed and boring in a relationship. Women hate boring, but most of them settle for boring because that's all they think is out there.

But you're not going to be boring; you're going to be fun and exciting, and that starts from the initial approach and continues through texting. Remember: For women, attraction is always fading. Fun texts will keep them on an emotional high and strengthen the attraction that you established during the first encounter. Even if there was little or no initial attraction, sending her fun texts that stimulate her emotions will create an attraction for you that she didn't previously feel.

Fun needs to be your foundation when it comes to texting. When you make her laugh and smile through text you set a precedent that you're a fun guy; women want to go on dates and hang out with guys that they can have fun with.

When she is having fun texting back with you she will feel emotions of joy and will unconsciously realize that going on a date with you would also be very enjoyable. Furthermore, when she sees that you are fun and that you have a great sense of humor, it lays the groundwork that allows you to get away with a lot more in the future. What I mean is, when she sees that you have a fun positive outlook on life and that you don't take things too seriously, you can get intimate with her a lot faster and easier than if you displayed a stale and dull personality. Since you laid the foundation of fun and she now expects crazy and over-the-top texts from you, it allows you to get away with being sexual through text and also lets you escalate a lot quicker on the date.

The idea here is to train and condition her to expect fun, flirty texts from you, so that every time your texts pop up, her endorphins immediately kick in and she instantly begins to feel a sense of excitement and joy. Through this conditioning process — once she's used to feeling positive emotions when she receives your text — you can actually send her (although I don't recommend it) *“hey what's up,”* and she will still feel the same emotions as if you sent her something witty, random or hilariously charming. This is Pavlov's Theory in full effect.

The key is to capture her full attention and distract her from the monotony of her daily routine, which will give her a rush of positive emotions that will regenerate her day. You will essentially become her texting hero.

So, start off with fun texts, and if you're ever in doubt about what to say, just keep it fun!

Make sure the text you send is fun for you. You should be laughing as you are sending it. If not, then choose a different text or come up with your own. If you are chuckling, then she will most likely be chuckling too.

The key to being fun and attractive is this mindset: “I am having fun FOR ME, not because I want her to like me.”

Guys that want girls to like them are seeking approval, and men of high status would not do that. It repels girls and will put you in the friend zone.

Before you craft your own fun texts ask yourself this very important question: “What does this text sub-communicate about me?”

For example, you might find this text funny:

Average Guy: “What do you call a guy who masturbates more than twice a day?”

Girl: “Um not sure?”

Average Guy: “Terrorwrist”

Girl: “Lame :(“

Now that's kind of funny, but what does it communicate to your woman? Probably that you masturbate all the time, or in the least that you think about whacking off, which is not inherently attractive. Instead, you want to use playful texts that show positive qualities about yourself, texts that display your dominance, imply she's chasing you, or texts that whisk her away from her mundane life.

Fun texts should contain elements of humor, teasing, flirtation (without being overly nice), role-playing, randomness, misinterpretation, unpredictability or role-reversal (reversing the typical "guy chases girl" so that she chases you).

As with any principle in dating, don't overdo it. Anything that is used too often, even if it's fun and playful, will get old and lose its effectiveness, making her see you as just an entertainer. You don't want to be type-casted as a tap dancing monkey or a silly clown. No girl wants to sleep with a clown.

After you've sent her a few fun texts and you have spiked her emotional state (in sales this is known as spiking someone's “buying temperature”), it's the perfect opportunity for you to go for a date, hang-out, day-two, meet-up, field trip — whatever you want to call it.

The problem with going for a date out of the blue is that you have no idea what state she's in at that moment. If she's in a negative state then she'll probably refuse the date. So, it's a zillion times more effective to make her laugh before you attempt to make plans with her.

The following text messages are examples of fun texts. You are welcome to use them word for word; however, it is advantageous for you to come up with your own material as it will be congruent with your personality and will help your creativity when it comes to being fun and playful. If you do use the following texts, choose texts that are fun for you.

TEASING

Teasing is when you playfully make fun of someone — their mannerisms, style, demeanor, or personality.

Most guys are afraid to tease a girl in fear that she will get mad and lose interest, so they end up just playing it safe. When you can playfully tease a woman it shows her that you are not an overly nice guy who is going to succumb to her every whim. It shows that you are 100% fine with losing her, which — counterintuitively — is highly attractive.

You should never tease in a mean-spirited fashion, but instead make sure that it always adds value to her day and makes her feel good. If the teasing text you are about to send seems too harsh, then add an emoticon so that she knows you have positive intentions and are trying to brighten her day, as opposed to bringing her down.

“How’s my 3rd favorite little brat doing?”

Note: This demonstrates pre-selection in that you have other “favorite brats” in your life besides her.

“I just made you open your phone for no reason...looks like I got you in check =p”

Note: This is a great teasing text that playfully demonstrates your dominance.

“=P me sticking my tongue out at you”

“You're a total closet dork aren't you? Minus the closet! :p”

“Its me, your cell that is, not wanting anything in particular right now, just wanted to get out of your pocket, it stinks down there :p” *Note: Use this only if she has a good sense of humor.*

COCKY FUNNY

Women know that cocky guys are usually confident guys. However, cockiness alone can appear rude and arrogant, and most women don't want to date that type of guy. Try to mix cockiness with a touch of humor as this is very effective, and will set you apart from the average (needy) guys who try to seek her approval. It also jokingly sets the framework that she is chasing you, which baits her to play along and agree to that role.

Matt: "Stop it.... :)"

Patricia: "stop what?"

Matt: "Thinking about me...you'll get
to see me again soon enough :)"

Matt: "Congratulations!"

Isabella: "for what?"

Matt: "I was just thinking of you. Congratulations =)"

Matt: "So are you in love with me yet?"

Rylie: "Ha we just met lol"

Matt: "Wow your lasting longer than I thought, give it a few more minutes :)"

"I know you're thinking about me. So I thought I would say hi!"

"What are you doing.....besides missing me and doodling hearts on a piece of paper?
:)"

Note: This can bring her back to an emotional state of when she was a little girl and had her first crush, drawing hearts on her

"This guy is so hot you should add him :p....facebook.com/[your name]"

Pro Tip:

It's a great idea to get a girl to add you on Facebook because then she can see that you are a real person with a cool life and friends, making her feel more comfortable with the idea of hanging out with you.

BAIT & SWITCH

This technique is commonly used in comedy writing. You essentially bait her into thinking that you are saying one thing — like being totally overly into her — and then switch to something else — like teasing her or being cocky. It's like lowering her attraction for a moment so that you can increase it even higher.

Matt: “I can't stop thinking about.... :-)”

Chanel: “me? :)”

Matt: “No. Lollipops. Why would I be thinking about you? jk :p”

Note: This uses a cliff hanger.

“Maybe it's the booze talking, but
I want you to know.....I love.....booze.”

Note: You can use this the same night you meet her if it was at a bar or club and she knows you were drinking.

“Those innocent eyes, those juicy lips, a great smile, that awesome bod, so hot! But enough about me, what r u up to?”

“Hey! I really miss you and want to see you badly BUT this dumbass security guard won't let me in the zoo. Can you escape?”

“Hey I was just thinking about you, wish you were here.....so you could fetch me a drink and give me a foot massage :)”

“I know it's wrong, I know it's too early and I know I'm probably jumping the gun, but I really have to tell you this, I can't hold it back any longer. You'll probably think I'm insane, that I fall head-over- heels too easily, and you might even despise me a little for saying this, but please understand that I'm only doing it because I think it's right, because I can't hold back my true feelings any longer....I think Jessica Alba is really hot. There, I said it, phew!”

Note: This works great especially if she's told you who her female crush is. Replace, “Jessica Alba” with the name of her female crush.

ROLE-PLAYING

Role-playing is another very powerful tool because it whisks her off to a fantasy world and paints a picture of the two of you doing something exciting together. This allows her to actually picture and feel the emotions of whatever fictitious reality you are describing to her.

The psychological effects of role-playing are vast. Most of the time women will respond by role-playing along with you. This creates further compliance and allows them to imagine what it would be like if that role-play were real. Role-playing also allows you to be outlandish, to get away with sexual scenarios that would normally be inappropriate. A role-play also brings one back to a child-like state since role-playing is a common way for children to interact and play. Remember playing doctor with the little girl down the street when you were a child? Trust me, role-playing as an adult is way more fun; you have more experience, more imagination and more clearly defined goals. I'm sure you can find more interesting illnesses in more interesting places that need diagnosing or curing.

There are no boundaries, no limits to what can turn a woman on and ignite her imagination, so have some fun and experiment.

Matt: "hey I'm bored...wanna rob a bank?"

Jen: "haha ur crazy"

Matt: "seriously I need a partner"

Jen: "ok I'm in!"

Matt: "awesomeness, but we need disguises....whats yours? I'm thinking stilettos and a pink ski mask..."

Jen: "and a machine gun!"

Matt: "ok we'll tie everyone up, take the cash and find a cheap hotel in the next town over so we can lay low"

Jen: "But what are we gonna do with all that cash?"

Matt: "We? after a night of passionate love making fueled by the adrenaline from the crimes we've just committed...you'll wake up to find the cash gone and a note that says "its been nice, had to run, have a nice life""

Jen: "haha your such an ass! Well at least there was some good sex haha"

Matt: "meet me at X bar tonight for a drink and we'll discuss the heist...bring ur mask and heels :)"

Matt: "You're my new text message girlfriend for the next 5 minutes."

Kelly: [No Response]

Matt: "Aww now we're broken up. Its not you its me. Was fun though."

Kelly: [No Response]

Matt: "Aww now I kinda miss you. I'll do whatever it takes to get you back."

Kelly: "Just seeing this now....you are crazy! :)"

Matt: "You's the crazy one....ya just lost the love of yer life :p"

Note: If she does give you a response within 5-minutes of your initial text, still break up with her after 5 minutes.

Matt: "Brr....it's cold here.....think its warm in Belize?"

Clarice: "I've always wanted to go to Belize!"

Matt: "Ok pack your bags, I'll pick you up in an hour. Just don't bring your damn hairdryer this time! :p"

Clarice: “Okay but only if we can fly first class lol”

Matt: “Honey muffin...you know I have a private jet with a hot tub in the back....and already had the super model stewardess' stock up plenty of Dom Perignon”

“I’m bored...lets go to Vegas and get married by the fattest Elvis impersonator we can find!”

“What's your take on having a love-child together? I mean he would be ridiculously good looking, I'm talking Ryan Gosling good looking” *Note: Chicks love Ryan Gosling.*

Other role-play ideas: old married couple, getting a divorce, tongue-in-cheek romance, pimp and ho, adopting her as your bratty niece.

GAMES

Who doesn't enjoy a fun game now and then?

Everyone associates playing games with having fun, so interrupt her boring mundane day with a fun game and she will always think of you as the fun guy that makes her feel good, making her feel constantly excited to receive more of your texts.

Matt: "I'm winning" [Attach a Random Picture]

Gabrielle: "Winning at what lol?"

Matt: "The random phone picture game" [Send Another Random Picture]

Note: Ideas for random pictures include Chuck Norris, sumo wrestlers, a hamster wearing a santa hat, a fat guy riding a scooter...well, you get the idea.

Matt: "Let's play 'Rather-Or'....If you were on a deserted island would you rather have a musical instrument or a pen and paper?" **Helga:** "definitely a pen and paper because I don't know how to play any instruments lol"

Matt: "good answer....ok your turn to ask...."

Matt: "Let's play the question game"

Nancy: "Ok how do we play?"

Matt: "We ask each other questions back and forth...but there are 3 rules. #1 The questions have to be good! #2 you can't ask a question that's already been asked. #3 YOU go first :)"

Note: See the section on "Interesting Questions" for a list of good questions to ask.

Matt: "Let's play the word association game. I say a word and then you say the first thing that comes to mind"

Paula: "kay go"

Matt: "ocean"

Paula: "depth"

Matt: relaxed"

Paula: "soothed"

Matt: "bite"

Paula: "down"

Matt: "spank"

Paula: "harder"

Paula: "lol"

Matt: "dripping"

Paula: "yes you're turning me on. you win"

Paula: "my turn?"

Matt: "no, one more"

Matt: "dominated"

Paula: "pass haha"

NOTE: This is a great way to get her incredibly aroused and associate that feeling with you, thus increasing her sexual desire towards you.

“I’m bored, lets play a game, ask me a question...”

NOTE: The idea is to get her to ask you trivia questions. Make sure you are at a computer so you can look it up. After you answer her questions, ask her a tough question and then make fun of her if she gets it wrong. She may also ask you personal questions, which is even better because it builds trust and gets her invested in the idea that she wants to get to know you better.

“Finish my sentence: Can you imagine how good it's going to feel when I...”

Note: She may respond sexually or she may turn it into a joke. Either way, it's all good.

ROLE REVERSAL

Role reversal texts are fun because they reverse the typical “guy chases girl” into “girl chases guy”. Women will usually respond positively to these because it is the opposite of what they’re used to, you really would be surprised at how often a girl will go along with the role reversal.

It is an extremely powerful tool because when she goes along with “pursuing you”, it subtly and unconsciously causes her to buy into that frame of mind and conditions her to start pursuing and chasing you. Use this technique throughout all of your interactions (including face-to-face) and watch the attraction skyrocket.

Shelly: “Guess What!”

Matt: “You want to get me drunk so you can take advantage of me? You are so naughty :p”

Henrietta: “Ok well I'm going to bed now :)”

Matt: “Wow slow down we just met I can't go to bed with you yet!”

“Ewww stop thinking about me, I can feel your thoughts all over me... pervert!”

“Hey sex ninja, orgy starts at 10:00, be there early so you can get me while I’m still fresh”

Note: After she responds follow up with: “Guess you’ll have to settle with what you can get then :p”

“I am way too high maintenance for you”

Note: Send this after she’s sent you something ball busting.

PUSH-PULL

Push-pull is one of the best tools to use with women in general. If you are not using it in your real-life interactions, then start using it right away. The concept is simple. If you push too much by appearing too aloof or uninterested, then you will usually push her away to the point that she loses interest, because she will assume you are just not into her. However, if you pull too much, by delivering too many compliments or telling her you like her, she'll likely lose interest because you aren't enough of a challenge and may appear overly eager.

When you put the two together, you can maintain a good balance of showing interest and being a challenge, the result of which is pure dynamite!

“Out of all the [her name] I know... I think you're my favorite.”

Note: This also shows that you have other women in your life.

“You just popped into my head so Hi...now please stay out of there”

“You just popped into my head...you must be using some weird ninja magic on me... I'm onto it...but I'm not gonna let it slide!”

RANDOM

The following texts will deliver a Pattern Interrupt (another great marketing technique), pulling her out of her normal boring routine and making her smile, often in utter confusion.

Confusing a woman is a good thing because it will make you appear mysterious, like someone she just can't put her finger on (ironically causing her to want to put her fingers on you). This is the exact opposite of being predictable, which is a quality in men that most women loathe.

Remember, being random also means being random in your response time. After she sends a text, sometimes text her immediately, sometimes wait a few minutes, sometimes wait an hour, sometimes wait a few hours, and sometimes don't text back at all. Keeping your response time random keeps things interesting so she can't quite figure you out and makes her further anticipate your next text, increasing her investment.

Matt: "You know what I hate? When you're minding your own business then...
BAM! You're being attacked by flying monkeys." **Jenna:** "I didn't know monkeys
could fly"

Matt: "I knew it! You're one of those flying monkey lovers, aren't you?"

"Snapple Fact: A one-minute kiss burns 26 calories."

"I've got this problem I need your help with it...why was the energizer bunny arrested?"
Note: The Answer is "he was charged with battery". Almost any joke will do.

" $192y - (62 \cdot 84) = 12x + 45y$ solve for x and then graph"
Note: She'll be confused but it's best not to explain or even reply.

"Hey nerdball [or other nickname] I just saw the funniest X and thought of you"

QUIZ

1. True or False? You should never ask a woman for her phone number.
2. Sending her fun, playful texts will increase her level of:
a)Attraction
b)Trust c)Lust
d)All of the above
3. True or False? Every single text you send a girl should be fun and playful.
4. Name 3 different categories of fun texts (three things you can do via text that are fun).
5. True or False? The texts you send a girl should be congruent with your personality.

ASSIGNMENTS

1. Generate 3 of your very own fun texts in any of the above categories. Be creative and make sure the texts are in-sync with your personality.
2. Pick 3 girls in your contact book and send each of them one of the 3 original fun texts that you created.

Keep in mind that this is just practice.

Compose and send the 3 texts before you move on to the next section.

Make sure to share your texts with
other guys in our community at
www.TheAttractiveMan.com/Forum.

Quiz Answers: 1. true 2. a 3. false 4. cocky-funny, role-playing, random (your answers may vary) 5. true

THE SEXUAL ATTRACTION SEQUEN
CE: STEP 2

BEING A CHALLENGE

"It's human nature to appreciate what you have to work hard for"

~ Unknown

After you've set the stage that texting with you will be fun, random, quirky and playful, it's time to get her more invested and starting to chase you.

Women love to feel desired and crave it on an instinctual level, but they need to earn that desire first. If you are attracted to her too easily then you will appear desperate and needy, and it will seem like you don't have any other options. No woman wants a man if she is his only option.

Furthermore, if you show too much interest too soon then she'll wonder why you're so into her, and since she didn't have to earn it, she'll assume it's only because of her looks. Women do want to be desired for their physical attractiveness, but they don't want that attractiveness to be the only object of your desire.

A prerequisite to demonstrating your desire for her is to make her earn it first. This is done by challenging her, getting her to qualify herself to you and subtly disqualifying yourself to her, getting her to further invest in the interaction, and showing a mixture of interest and disinterest. When you are a challenge, the woman has to work hard to attract you and you will appear as if you have a lot of other options (other women in your life), which is highly attractive. It's human nature to want and appreciate something that is hard to get.

Think about it, if you had to work your ass off for five years to afford a nice car, wouldn't you appreciate it a lot more than if someone just handed you the keys for free?

Still, as with all concepts in this course, be careful not to overdo it or you can come off as aloof or disinterested.

QUALIFICATION

Qualification questions are challenging questions that show you are testing her to see if she meets your standards. Qualification through texting is best done in a playful way.

When you qualify a woman it shows that you are high value because only a high value man with a lot of women in his life would screen, qualify and/or test a beautiful woman. Would a guy who has no other dating options challenge a woman to see if she meets his standards? Of course not. If he had no other options then he'd probably do everything in his power to make her like him.

Qualifying and being a challenge for her shows that you are not desperate and that you have other options, which makes her chase you and increases her attraction towards you.

Matt: "Let's see if we are candy compatible....Skittles or M&Ms?"

Gretchen: "I love Skittles!"

Matt: "I'm sorry I'm an M&M kind of guy, I don't think this will work out. Okay two out of three.....Hershey Kisses or Nestle Crunch?"

Gretchen: "Ummm kisses :)"

Matt: "Did you just say that because you want to kiss me? You are so bad!"

Gretchen: "Haha well kissing is fun too ;)"

Matt: "When you have a kiss are you the kind of girl who can just have one then stop or are you the type of girl that wants more and more?"

Gretchen: "I usually can't stop haha"

Matt: “Super serious important question to see if we are a snack food match....cheetos or smores?”

Suzy: Haha OMG this is hard :p I love marshmallows but I also love cheese.

Suzy: I'll go for cheetos

Matt: “I just ate a bag of cheetos that changed my life! Not the best post workout meal, but what can you do.”

Suzy: “aww i'm so jealous”

Matt: “Make it or break it question.....ninjas or pirates?”

Jackie: “NINJAS!”

Matt: “That's it I'm making you my little ninja body guard.....how are your nunchuck skills?”

Jackie: “I'm a badass remember!?! What do you think?” **Matt:** “Hmm you're a little too cocky to be my body guard....so you're dismissed!”

Matt: “And you're upgraded to being my new text msg gf....congratulations!”

Jackie: “haha lucky me!”

Matt: “I'll make you my #6 txt msg gf”

Jackie: “what! only number 6? boo!”

Matt: “Ok fine you're number 5....hey number 5 tell me... whats your best quality and don't say your looks!?! Lol”

Jackie: “Don't call me #5!!! lol....I'd have to say my loyalty to my friends”

Matt: “Well you've officially cracked the top 3 :)”

Jackie: “aww you're so sweet lol”

Note: you can replace “ninjas or pirates” with any question you want to ask like, “favorite music?”

“How adventurous are you on a scale from 1 to 137?”

“Please tell me you don't secretly like Justin Bieber.....that's kind of a deal breaker?”

What makes these questions Qualification Questions, rather than just Interesting Questions, is that she should feel like you are screening her. This is accomplished through phrases such as, “make it or break it question,” “this is really important,” or “this could be a deal breaker.”

To make sure she knows that you are qualifying her, you can always respond to her answers with something along the lines of: “*Hmm OK good answer but I'm still not sure about you yet :)*”

NEGATION

Similar to a “restricted request,” Negation is the basic concept of telling a girl she can’t have something, thereby making her want it more. We all want what we can’t have, it’s human nature.

The technique of negating something is more powerful than you might think, because our unconscious minds don’t know the difference between a positive and negative statement. For example, if you tell a woman, “We are not having sex tonight,” her logical mind hears the phrase as is, but her unconscious mind hears, “We ARE having sex tonight.” This plants a seed of “we are having sex tonight” into her unconscious mind without her knowledge. That may seem sneaky, but it works, and it works well.

So, when you tell a woman that she can’t do something, it makes her want to do it since it’s human nature to want what we can’t have, and it also plants the seed of doing it into her unconscious mind. It’s a double whammy!

Pretty potent, huh?

“I could never hang with you...you’re trouble :p”

“Ok meet me at the bar...but don’t try anything on me :p”

Note: This is also a role reversal.

“Promise you won’t try to take advantage of me when we hang out!”

GETTING HER TO CHASE YOU

It's generally always the man's job to initiate the interaction. This is true for the approach, texting, asking her on a date, etc. But it's also the man's responsibility to get the woman to invest and start chasing him.

This is accomplished through text, by getting her to do something for you or by enticing her to write back and ask you questions. You can ask her to take a picture of something, draw a picture of something, or you can simply use a Cliff Hanger to pique her curiosity.

The following texts will hook her in, causing her to invest more. The more invested she becomes, the more she will fear losing you.

Matt: "Send me a picture of you balancing a pencil on your nose"

Jenny: "I'm not that talented"

Matt: "I'm not texting back until I get my pic ;)"

Jenny: [she sends pic]

Note: You can keep escalating this until she sends you naughty pics.

Matt: "I think you should draw me a picture.....I really like monkeys :)"

Heather: "[she sends a pic of a monkey she drew]"

Matt: "Wow you're the next Van Gogh.....I know you love me just don't cut off your ear for me!"

Note: Remember to always reward good behavior.

“Quick! El Pollo Loco or Subway?”

“You're never going to believe what just happened.....:)”

“I just saw something that totally reminded me of you...:)”

Note: Make sure to use an emoticon after the ellipses so she knows your message was over and that she must respond.

QUIZ

1. True or False? A woman needs to feel that she has earned your attraction towards her.
2. If a person has to work for something he/she will_____it more.
3. Name one way that you can express to a woman, through text, that you are challenging.
4. When you tell someone to not do something, it plants the idea of doing it into their _____.
5. The concept Push-Pull allows you to show the perfect balance of _____and_____?

ASSIGNMENTS

1. Create a list of 5 non-physical qualities that you'd like your future girlfriend to possess, and be specific. For example, if you want her to have a good personality, what exactly does that mean to you?
2. Pick 3 of the non-physical qualities above to generate 3 of your very own Challenging or Qualifying texts. Make sure the texts are congruent with your personality.
3. Send the 3 texts to any girl in your phone. Her response may be an indicator that you should tweak your text. Keep in mind that this is just practice; there is no failure, only feedback.

Send the 3 texts before you move on to the next section.

4. Make sure to share your texts in the members' forum so we can learn from your wisdom: www.TheAttractiveMan.com/Forum.

*Quiz Answers: 1. true 2. appreciate 3. Any of these: qualification, negation, getting her to chase you (invested)
4. unconscious mind 5. interest, disinterest*

TRUST

*“All the world is made of faith, and trust, and pixie
dust.”*

~ J.M. Barrie, Peter Pan

The thing about trust is that it is not essential for getting a girl on a date, only “fun” and “being a challenge” are important for getting her to want to see you. However, women need to trust you in order to be intimate with you. So, if you want to have sex with her the next time you see her, or if you want to get sexual with her through text, then building trust is essential.

A woman wants to feel a connection with the man she’s sleeping with. She wants to feel safe with him, and wants to feel like he understands her.

Before we talk about how to increase her trust in you, it's important to understand — and thus avoid — everything that can break trust.

THE FOLLOWING CAN BREAK TRUST

Texting Her Too Much

Texting her a lot when she has a slow or infrequent response will damage your chances of building a connection with her. If her response is always slow, she doesn't engage, she seldom writes back or she never initiates the conversation, then you're probably texting her too much.

Not Texting Her Enough

It is also possible to not text her enough, which is especially important if she is really attracted to you. If this is the case, she'll likely lose interest and move on to someone else who shows more of an interest in her. If she initiates conversation, responds quickly and moves things forward, then you're probably texting her enough.

Trying To Make Plans Too Early

Trying to make plans too early can damage comfort levels if she doesn't have enough compliance (she's not texting back often). Comfort is built through time. If she doesn't feel comfortable enough to go on a date with you, it's better to wait, sending fun playful messages in the meantime to build more trust.

Responding Negatively

Women will sometimes test you to gauge your response, allowing them to decide if they want to go on a date with you. They might send you a text that completely throws you off, is insulting or makes you mad, or they may simply not respond to your messages or purposefully flake on you. If you text her something angry or rude, it shows her that you are deeply affected by what she did and reveals that you are a weak man who is easily affected by women. Be unaffected and never respond negatively through text.

Being Too Predictable

If you overdo anything you become predictable, which is why I have provided so many examples in this book. For example, if you always send her role-play texts, they'll lose their effectiveness and will cease to stimulate her emotions. Mix it up, keep it random.

Being Overly Nice

Being a nice guy isn't anything to be ashamed of, but when guys seem too nice it tells women that they're just trying to please them, and women don't want men who are pleasers that they can just walk all over. Don't try to accommodate all of her needs, don't try to do everything for her, don't seek her approval in anything you do and don't be apologetic. Be a strong man and a leader, a man who has his own will and his own things going on.

Now that you know what not to do, let's talk about what you should do. The following will increase trust in the relationship:

MIRRORING

One way to subtly establish a degree of trust and comfort is through “mirroring”. Mirroring means that you match her actions, without making it obvious to her. This makes a person unconsciously feel more comfortable because people generally trust those who are similar to themselves.

You can mirror her through text, by matching her texting style. You can use abbreviations, emoticons, acronyms, sense of humor, wit, text frequency and length of texts that are similar to hers.

Make sure to do this subtly and don't overthink it, as you are not trying to please her.

INTERESTING QUESTIONS

Boring questions like, “*how are you?*” can cause a woman to become disinterested fast, but asking Interesting Questions drags her out of her mundane routine; they intrigue her, capture her attention, spark her imagination and allow the two of you to get to know each other better.

It's really hard for someone to ignore an Interesting Question, and the natural tendency will be for her to ask you the same question in return, allowing you both to open up. As you are getting to know each other better your trust will grow, which leads to dates, sex and more.

What's interesting is that some women actually prefer to have serious and deep conversations over text rather than in person. That may sound strange, but these days a lot of people use their phones as a shield that they can hide behind, causing them to feel safe and more comfortable and allowing them to open up via text.

Here are some examples if Interesting Questions:

Matt: “tell me something...” *Note: Example of a Cliff Hanger* **Rita:** “shoot”

Matt: “if you could have any super power what would it be and why”

Rita: “x-ray vision for sure”

Matt: “what a perv I feel so violated now”

Note: Notice how I am also mirroring her texts through my lack of capitalization and punctuation.

“If I were a genie and could grant you three wishes what would they be?”

“Would you rather be on a train, feel no pain, or dance in the rain?” *Note: Women almost always pick, “dance in the rain” so you can transition that into an over-the-top romantic role-play.*

“Have you ever done anything you could have gotten arrested for?”

Note: Can transition into a crime spree role-play.

“If you were in the circus what performer would you be?”

“If you had to choose one thing you need to have in order to feel like life is worthwhile, what would it be?”

“If you knew you had a week to live what would you do?”

“Would you rather have a guy who is a great kisser or a great dancer?”

“Would you rather have a guy that is an amazing lover or has a lot of money?”

“If you could meet anyone dead or alive who would it be?”

“Spy, bank robber or escort? Which daring lifestyle would you have if you had to pick one?”

Note: Transitions great into a role-play.

“When was the last time you felt sincerely, irrefutably, ridiculously happy?”

If you get something along the lines of, “*I don't know,*” then use reciprocity to get her to respond. Simply answer the question first, then text, “*what about you?*” and she will likely reciprocate with an answer of her own. When one person gives, the other person is more likely to give back; that’s how reciprocity works.

For example:

Matt: “If you could be anything in the world without any chance of failure what would you be?...and don't say princess!”

Rose: “hmm...I don't know”

Matt: “I'd be a rockstar....there's just nothing like being on stage in front of thousands of people....it feels incredible”

Matt: “what about you?”

Rose: “wow I bet! um...I always wanted to be a doctor bc I love making people feel good :)”

If she asks you a question in return, be sure to give more than one-word answers. Women connect and build trust emotionally, so give her an emotional answer. Use a lot of descriptive details and imagery to tell her how (whatever your answer is) makes you feel.

BRINGING HER INTO YOUR WORLD

By sending her random texts about your day you are slowly letting her into your life. As you paint a picture of who you are in her mind, more and more trust and comfort will be established.

Be honest with your texts and don't brag. Women appreciate honesty and find bragging and boasting abhorrent, so even if your Lamborghini is in the shop, leave that detail out!

If she provides information about her day, then that means she is trying to build a connection with you, which is good. Acknowledge it, relate and then go for a date, but don't turn it into a joke. If she is trying to open up and establish a connection then it's not the time to tease her. However, if she opens up to you in a humorous way, then you can text her back in the same manner. Remember to mirror her style of response, while carefully maintaining your own style as well.

Matt: "I had the craziest day today...have you ever had a co-worker that just won't leave you alone?"

Mary: "OMG yes!"

Matt: "Our secretary Emily keeps making excuses to come talk to me in the middle of the day and I'm trying to get my work done so I can leave early to the gym. How can I let her off gently?"

Note: Most hot women can relate to having a coworker of the opposite sex who won't leave them alone. This text also demonstrates that women desire you and that you have an active lifestyle, without going overboard and coming across as bragging. Remember, these are just examples.

Matt: “Do you have pets?”

Kerry: “No I want to get a little dog :)”

Matt: “I came home to find my dog “Tank” and cat “Chewy” cuddled up together on the floor. Cutest thing ever! Hold on I'll send a pic...”

Matt: [Sends Picture]

Matt: “Whats your favorite funny movie?” **Melissa:** “Hmm...I'd say The Hangover” **Matt:** “Good choice!”

Matt: “You probably get this a lot. This isn't the real Caesar's Palace is it? Haha”

Note: This doesn't necessarily bring her into your world, but it does show her that your worlds' fit together. Then, every once in a while, you can send her a funny quote from her favorite movie

Matt: “Wow.....the craziest stuff always seems to happen to me.... :)”

Lulu: “what happened?”

Note: Notice how I used a Cliff Hanger to hook her on being interested in what I'm about to say. Now she's invested.

Matt: “I was at Venice Beach walking my dog and two different people ask me if I had drugs.....do I really look that hardcore? lol” **Lulu:** “haha no way! what do you do anyways?”

Matt: “It's hard to explain over text....I shall tell you over an adult beverage instead. Let's meet up tonight....but you have to hold your liquor. Promise?”

Lulu: “I'm busy tonight but tomorrow works”

Note: I don't give in and tell her what I do, instead I use it to transition to a date.

“The craziest things always seem to happen to me all the time. I don't know why, but it sure makes life more entertaining :)”

“Sorry I didn’t get back to you I was X”

NOTE: X = rocking out on guitar, writing a speech, working on a piece of artwork, working out, etc. This text works great sent an hour or two after her last text. It’s an easy, non-bragging way to tell her about your attractive hobbies, which also gives her an opportunity to ask you questions about your interests.

“Sorry I didn’t get back to you I was X.....yeah I’m a huge nerd like that”

NOTE: X = playing magic the gathering, watching anime, at chess club, etc. Being unapologetic about your nerd hobbies is very effective as it shows women that you don’t care about impressing them or hiding your “less attractive” qualities, which ironically, increases their attraction towards you. Secretly, all women have a dorky side, so when you allow yourself to be vulnerable it encourages her to feel more secure and open up about her weird little quirks as well.

“I’m at this crazy movie premiere.....the actors are so impressive...how are you?”

“This must be the weirdest day ever....how's yours going?”

CORE VALUE

This is a great routine created by Neil Strauss that delves deep into her core values and teaches her something she may not have known about herself, which, as you can imagine, helps you to establish a connection.

Let me first explain the routine and succession of questions, then I will provide you with an example.

1st Question: “If you had to choose one thing you need to have in order to feel like life is worthwhile, what would it be?”

2nd Question: “If [Answer to 1st Question] is in your life, what kinds of things does that allow you to do?”

3rd Question: “Let's just say that at some point in the future you have [Answer to 1st Question] in your life, which allows you to [Answer to 2nd Question] fully. Imagine you have that perfect scenario. What would be the feeling you get from this?”

Core Value: “So this feeling of [Answer to 3rd Question], you had to feel it a little to give me an answer right?”

Conclusion: “So now that you've felt your core value, we've fulfilled your life goal through text lol. This was your core value, [Answer to 1st Question] was just your path to [Answer to 3rd Question]. That feeling, your core value, is what you're truly searching for in life.”

Example:

Matt: “If you had to choose one thing you need to have in order to feel like life is worthwhile what would it be?”

Brittany: “Hmm that's a good question. I'd have to say traveling”

Matt: “If you were able to travel, what kinds of things does that allow you to do?”

Brittany: “See all the places I've always dreamed about seeing”

Matt: “Let's just say that at some point in the future your life is full of traveling, which allows you to see all the places you've dreamed of seeing. Imagine you have that perfect scenario. What would be the feeling you get from this?”

Brittany: “Excitement and freedom! :)”

Matt: “So those feelings of excitement and freedom, you had to feel them a little to give me an answer right?”

Brittany: “Yeah I feel excited just thinking about it right now ;)”

Matt: “So now that you've felt your core values, we've fulfilled your life goal in 10 minutes through text lol. Those were your core values traveling was just your path to excitement and freedom. Those feeling, your core values, are what you're truly searching for in life.”

Brittany: “wow you just blew my mind! what are your plans this weekend?”

FLIRTING

Showing that you are interested in her in a fun and flirty way creates trust; it shows you are not trying to hide your interest in her (like most guys). Contrary to popular belief, women actually do like guys who like them back. The idea that women love guys that treat them like crap only applies to very insecure women and very shoddy romantic comedies.

In fact, the two emotions that gradually lead to the feeling we call “love” are Joy and Acceptance. So, if you want a woman to actually fall in love with you then you just need to facilitate the feeling of Joy (Fun) and Acceptance (Flirting + Appreciation) over time. But be warned: If you show too much interest too early on, and if you haven’t built up enough fun/joy, it can backfire. Also, you need to make sure that she's earned your interest first through the use of challenging texts.

As with any technique, don’t overdo it. The idea is to make her confused and keep her guessing so that she never knows what to expect from you. When you flirt with her by complimenting her or by telling her what you appreciate about her personality, make sure you use plenty of details so that it appears genuine. A genuine compliment can go a long way and, believe it or not, is a hundred times more effective than buying her a gift or giving her flowers.

Matt: “You smell...”

Joy: “Delicious lol”

Matt: “Wow, it's like we even finish each other's sentences lol”

Note: This uses a Cliff Hanger.

Matt: “I keep wondering....”

Dolorous: “What?”

Matt: “What it's going to feel like when I kiss you”

Note: This uses a Cliff Hanger. Also, notice how I say, “when I kiss you” instead of, “when you let me kiss you”, which demonstrates power and confidence that “I” am going to take the lead and kiss her, instead of asking for permission. Women are attracted to men that confidently and unapologetically take action and go for what they want, thus demonstrating their dominance as a man.

Matt: “Stop it.... :)”

Keri: “Stop what?”

Matt: “Distracting me with that beautiful smile of yours. How's your day going?”

Keri: “ :) Amazing thanks!”

Note: Notice how I move on to something else after I have given her the compliment, as to not dwell and put all the focus on it.

“Something about u seems to always make me smile”

“I just wanted to start your week off on a high note by saying hi...so without further ado...hi!”

Note: This is just a cute text to make her smile. It works great on a Monday morning.

“I would so flirt with you right now if I didn't have to get back to work”

Note: Uses Negation. Can be used to end the texting thread.

NON-PHYSICAL COMPLIMENTS

Non-physical compliments allow you to show your interest in attributes other than her looks, which will make her feel special and begin to facilitate feelings of love. If you don't want her to fall in love with you then keep the appreciation texts to a minimum.

These work great after you've sent her a Fun text and bantered for a while, or after sending an Interesting Question that leads into deep conversation.

“I love how fun you are....you don't take life too seriously and that's rare these days”

“It's hard to find someone as weird and random as me.....keep up the good work :)”

“You really are a deep person....I like that”

“There is definitely more to you than most girls”

“I've never met someone so inspiring....cheers!”

If you do want to give her a physical compliment then it's best done in a fun and flirty manner, as opposed to just giving her a generic compliment like, “You are so beautiful.” That might seem nice, but when sent through text it won't do much for her on an emotional level.

These are better:

“We'd make the hottest love child”

“I'm pretty sure we're like the hottest people in this entire state...nay, the entire country”

“We'd be too damn perfect together....that could be trouble”

Did you notice the use of “we” instead of “you” in these examples? If I were to say, “*You are so hot you'd have the best looking child,*” it would be way too complimentary. Using the word “we” helps tone it down a bit. It makes it slightly cocky and it offers a touch of togetherness. So, get used to using the magic word “we” in your texts.

INCEPTION

Inception texts can be used to pre-frame a positive attribute that you desire a girl to have by telling her that she already has it. By telling her that you like a certain quality that she possesses, she naturally wants to be consistent by continually demonstrating that quality to you. Simply pick a positive quality that you would like her to demonstrate, tell her she seems to possess that positive quality, and then watch as she begins to demonstrate it to you (this may not happen immediately).

This also creates comfort and trust because people always want to feel like they have a lot of positive qualities. It will make her feel like you really “get her” and appreciate her.

“I love how responsive and fun you are....I am going to keep you as a texting buddy :)”

“It's fun texting with you....I bet you are fun on the phone...I'll call you later...if you're lucky :p”

“You seem like a very trustworthy person...I like that.”

Note: Use before getting sexual with her.

“You seem like a girl that keeps her word...that's rare these days :)”

Note: Use this so she doesn't flake on you.

COLD READING

Cold reading is a cool technique used by mentalists, psychics, fortune-tellers, mediums and illusionists to determine details about another person, building a connection and demonstrating that the reader understands a lot about that person's thoughts and life.

When you read a woman in this way, telling her something about the way she thinks or behaves, it can — and often does — create a sense of trust and rapport. The beauty behind this technique is that you can use female truisms — things that are true for all women — to create the illusion that you possess a deep understanding of her world.

When people feel understood they feel connected, and this is what we want to achieve. The key is to tell her something about herself that she hasn't told you yet. If she tells you that she loves adventure and then you say, "You seem like an adventurous person," that doesn't mean you read her, it just means you listened to her.

A lot of cold reading is based on black and whites, on one extreme or the other (like/ dislike, want/don't want) but people have a lot of grey areas. So, a simple formula when composing a cold read is to tell her that she possesses two opposite, yet favorable, qualities.

Begin your cold read with phrases like, "*You seem like....*", "*I can tell you have/are...*", "*I bet there's a part of you that....*" or "*I can sense....*".

"You seem like on the surface you're a very good girl. Like people think you are very well mannered. But, I think underneath it all you have a very naughty side. Like I bet you have a very dirty imagination"

Note: This is true for just about every woman on the planet. All women have a naughty side that they'd prefer to hide from mainstream society.

“I can tell there's a part of you that is very outgoing and you just go for what you want, but then there's a part of you that wants a guy to just take the lead”

“I bet you go on dates with guys and at first you like the guy and want to give him a fair chance, but after the first date or two you lose all interest in him....and you have no idea why.”

Note: This is generally true for really hot women. They lose attraction quickly because they guy is boring and/or he doesn't make a move.

Do you think you're ready to ramp up the arousal and get her completely turned on and craving you through text? I assume you are so pay close attention; this next section is pure gold.

QUIZ

1. True or False? “Mirroring” refers to a technique that involves matching her actions, while making sure she knows you are doing it.
2. True or False? You should never respond negatively to a woman through text.
3. Name 2 methods for increasing Trust via text.
4. True or False? You should never show your interest in a woman you like.
5. Fill in the blank: By telling her you like a certain quality about her she will likely want to be _____ by continually demonstrating that quality.

ASSIGNMENTS

1. Take a moment to create 3 of your very own Interesting Questions.
2. Send each of the 3 Interesting Questions to girls that you've already sent Fun and Challenging texts to. Keep in mind that this is just practice; there is no failure, only feedback.
3. Post your own Interesting Questions (or other Trust texts) in the members-only forum and share your ideas. You can also see the wealth of texting knowledge from others as well: www.TheAttractiveMan.com/Forum.

Send the 3 texts before you move on to the next section.

Quiz Answers: 1. false 2. true 3. Any two of the following: Mirroring, Eliciting Her Core Values, Asking Interesting Questions, Flirty Texts, Inception Texts, Cold Reads. 4. false 5. consistent

DESIRE

“To this day, I feel a fierce warmth for women that have the same disregard for the social conventions of sexual protocol as I do. I love it when I meet a woman and her sexuality is dancing across her face, so it's apparent that all we need to do is nod and find a cupboard.”

~ Russell Brand

This is probably the part of the course you've been waiting for. I have to hand it to you for not skipping straight to this section.

Here's the deal, diving straight into graphic, erotic texting right off the bat — without laying a solid foundation of Fun, Being a Challenge, and Trust — will ensure your skin boat does not make it to tuna town. Catch my drift?

Once you've triggered attraction and have shown that you are quirky and playful using the fun texts; made her qualify herself to you and invest in the interaction using the Challenging texts; and built trust and rapport, it's time to turn things up to the nuclear level and dive into her deepest desires, making her fall to her knees... figuratively speaking of course.

By implementing everything in this course so far, you may be utterly shocked at how comfortable she will seem when you transition into sensual texts. In fact, she may even be the one to initiate them, which is what a lot of guys fantasize about.

As the man it's your job to be in charge of the set-up, to take control and to lead her emotions, bountifully liberating the fantasies locked deep within her devilish imagination. How far you take this is totally up to you and depends on what kind of relationship you want to have. You'll be astonished at how far you can take it, how much fun it can be, and how much it can turbo charge her desire towards you.

Remember, texting is like having a doorway into a woman's imagination; a doorway that you have access to any time you want. Your goal at this stage is to enter that doorway and build a fantasy world where she feels comfortable doing whatever her naughty imagination desires.

Women easily get turned on through the use of descriptive language and fantasies. Don't believe me? Just jump on Amazon.com and download yourself a romance novel. You'll be shocked at the dirty subject matter and erotic language; it'll make the sex stories you and your buddies exchange seem tame and juvenile in comparison.

For men, romance and desire is physical, but for women it's mental and emotional. It's up to you to tap into her imagination using vivid words and stories that make her heart pound and her loins tingle. Fill your texts with as much descriptive detail as possible. Create an elaborate picture in her mind; the more real it seems the more compelling and intoxicating it will be for her.

As you text, focus on describing her feelings and her reactions to what is going on in your story. Keep in mind that a woman wants and desires to feel pursued and appreciated by a man (after she's earned it). However, it's not a good idea to dive straight into the ultra-sexual stuff. You want to ease into it, let her imagination run wild and direct her thoughts to exactly what you want her to visualize.

Take your time and tease her. Keep your texts drawn out, take things slow, and tease her to the point of explosion. That's when she will invite you over for some non-digital foreplay.

So, let's have some more fun with her imagination, shall we?

COVERT COMMANDS

The covert command is a sneaky hypnotic technique that injects a command, in which she will start to act upon, in the middle of a sentence so that it appears in context with the rest of the text.

For example, if you texted her the command, “*Hey you should get incredibly turned on right now,*” which is NOT a covert command, she would probably respond with “WTF!?” and think you were a pervert.

Whereas, if you sent her, “*Hey, do romance novels cause you to get incredibly turned on?*” it would cause her to feel the emotion of getting turned on without it being obvious what you are doing.

In the rest of this section the covert commands will be underlined. I recommend going back and seeing if you can find any other covert commands previously used in the course.

Matt: “Do you know what it's like to feel an instantaneous connection with someone?”

Stephanie: “Yeah of course”

Matt: “That's interesting because for me it takes longer. It's those moments when you are away from that person and you just think about them and how they make you feel.”

“Do you know what it's like to be totally fascinated with someone? Like everything they texted you just seemed to fascinate you that you just long for that person's text?”

“What causes you to get really excited?”

*More examples in the next sections.

SEXUAL SUGGESTIONS

The Sexual Suggestion is a technique in which you mention something sexual that someone else did or said. This allows you to send her outlandish content in an indirect fashion, because you are not the one who did it or said it. She cannot get mad or upset because you are just the messenger. *Don't shoot the messenger.*

It's all about context. In the context of someone else's experience you can get overly vivid and sexual very fast. On the other hand, out of context it could be very offensive or inappropriate.

Let's see what I mean:

Matt: "I was at this bar last night and you won't believe what I heard this guy say..."

Courtney: "what did he say?"

Matt: "He walks up to this random girl, gets really close to her and says, 'can you imagine me going down on you all night long, and you get so hot and horny that you beg me for more?"

Courtney: "That's crazy what a weirdo!"

Matt: "I mean can you believe that? Did he actually think she would picture that and she'd get so incredibly hot and turned on?"

Matt: "Do you know what it's like to feel really attracted to something out of no where?"

Kara: "yeah I guess :)"

Matt: "I was just at this bookstore and I started to get mesmerized by this text and it just made me feel really turned on."

Kara: "haha what book was it?"

Matt: "It was this book called Fifty Shades of Grey....'He grabs me suddenly and yanks me up against him, one hand at my back holding me to him and the other fisting in my hair. He kisses me, forcing my lips apart with his tongue, taking no prisoners'

Matt: "and that wasn't even the best part :)"

*More examples in the next section

THE MINI ORGASM

Being in control of a woman's imagination can feel like having a remote control to a woman's sex drive and can leave her wanting to get physical with you very quickly.

You can build an enormous amount of sexual tension by sending her emotionally stimulating text messages designed to arouse her mind and imagination. I call these texts “Mini Orgasms” because they are designed to deliver a spike of emotional and sexual stimulation (like an orgasm) through the use of detailed sexual imagery and bold verbiage.

Make sure to use these kinds of texts sparingly to begin with, as they are designed to be used after you've built a sense of trust. Used correctly, these semi-erotic texts will deliver a surge of sexual excitement and will make her want to pounce on you the next time she sees you.

Before we get into the actual texts, there are two vital pieces of information you must understand. First, a lot of guys have this weird notion that women don't like sex, which is false. Women love sex, after the age of 35 a woman's sex drive is actually much higher than a man's.

A woman just doesn't want to feel like a slut so she waits (usually way too long) for the guy to lead her towards sex in a way that makes her feel safe and non-slutty. If a woman initiates sex then she is in danger of being treated as a slut. Women love being slutty in the context of a safe situation, but they do not like being labeled a “slut”.

As a man, it is your job to lead her in feeling safe as you “innocently” and gradually direct her towards sexuality and sensuality without making her feel like a slut and without coming on too forcefully.

Statistics show that women search online for sexual texts to send to guys almost ten times more than guys search for sexual texts to send girls. This proves that women are eager to express their sexuality through text.

The idea of the Mini-Orgasm text is to use detailed, sensual language to paint a picture in her mind of what you would do to her; this way she experiences those feelings and imagines herself receiving all the pleasure you are describing. This gets her aroused and incredibly turned on in a very safe, secure and non-judgmental context.

You must also use the “magic” key words: **IMAGINE** and **FEEL**, to command her to begin visualizing and even feeling what you are describing. You'll be surprised at how well this actually works.

The cool phenomenon about the word “imagine” is that when you tell someone to imagine something, their brain begins to conjure up every thought and memory that it has stored up concerning that particular image, allowing them to see it clearly in their mind.

Similarly, when you tell someone to “feel” something, either an emotion or in a physical sense, that person cannot help but experience those feelings and sensations in their body. Instructing someone how their body reacts and what they are feeling emotionally can be deeply intoxicating and incredibly addictive.

These words are pure dynamite, so make sure to use them within your Mini-Orgasm texts, describing in detail what you want her to imagine and how you want her to feel. You will use these words to narrate what you are doing and how she is reacting.

It's absolutely necessary to convey confidence, direction and control the entire time. Women are incredibly turned on by men who can take control and be sexually dominant, while maintaining a calm sense of confidence and self-assurance all the while.

Lastly, focus on her experience and tell her what she is feeling and how she is reacting in the present tense, as if it were happening in the present tense. This makes the experience real for her in that moment.

The only way it can backfire is if you get too sexual too fast. If you sound like you're Ron Jeremy on the set of "21 Hump Street" then it probably isn't going to work. Start small, keep it simple and work your way up.

Are you ready to feel like you can instantly send a beam of dangerously erotic electricity into a woman's mind and activate her sexual imagination within seconds?

I hope so!

USING ROLE-PLAY:

Matt: "I'm bored, let's fly to Vegas and elope..."

Zoey: "I was just thinking the same thing lol"

Matt: "but where should we go on our honeymoon?" **Zoey:** "I've always wanted to go to the Bahamas for my honeymoon!"

Matt: "Could you imagine us in our little beach villa watching the sunset as I wrap you in my strong arms and look deep into your eyes and....your turn :-)"

Zoey: "no keep going!"

Matt: "...I scoop you up in my arms, you feel a surge of energy flood your body as I spin you around leaving you slightly faint and dizzy, and then I lay you swiftly upon our fluffy bed, the sheets feel smooth against your skin as if you are laying on puffy clouds in the sky..."

Matt: "Hey I'm free next week let's hang out again, I have a fun idea..."

Olga: "Sure...what do you wanna do?"

Matt: "I was thinking I would just pick you up in my private helicopter and we'd land on the top of the empire state building to watch the sun set over the city and drink a hearty glass of red wine that feels like a sensory explosion in your mouth..."

Olga: "I guess I'd be up for that lol :)"

Matt: "Then we'll go to a quaint cafe in Paris for some coffee and Tiramisu. You'll be wearing a silk blue dress that clings to the curves of your body. As you take your last sip and savor the taste...I will pick you up and swing you around holding you in my arms and slowly press my lips firmly against yours as you feel a nervous excitement shoot through your entire body that feels like a breath of fresh air." **Olga:** "OMG that sounds so amazing!"

Matt: "Or we can just grab a bite at Denny's lol"

Note: Only send this last part (Denny's) if she sends a negative response or doesn't respond at all

USING A CLIFF HANGER:

Matt: “Hey I need your opinion on something... :]”

Veronica: “Sure :)”

Matt: “My friend Kelly was reading this novel and was starting to get really turned on....so I grabbed the book from her grubby little paws lol and saw what she read and begin to get really mesmerized by this text..

Veronica: “What did it say???”

Matt: “It said, 'He lunges at me, pushing me against the wall of the elevator. Before I knew it, he's got both of my hands in one of his in a vice-like grip above my head, and he's pinning me to the wall using his hips. His other hand grabs my ponytail and yanks down, bringing my face up, and his lips are on mine..”

Matt: “I moan into his mouth, giving his tongue an opening. He takes full advantage, his tongue expertly exploring my mouth. I have never been kissed like this.”

Note: This is a pretty long text message so you can break it up into two or three parts if you wish. It uses the “Sexual Suggestion” technique.

Matt: “I think you have a confession to make... :-]”

Felicia: “Oh do I?”

Matt: “Yeah, I caught you last night....when I came out of the shower dripping wet I spotted you outside of my window perched up in a tree trying to sneak a peak! You are so bad.”

Note: This is a role-reversal

Felicia: “Oh man yeah that was totally me...I just couldn't help myself you know. lol”

Matt: “I know because I startled you and you not-so-gracefully fell out of the tree and the fall bruised your poor little knee. So I carried you in my strong arms, the smell of my musk turned you on but you tried hard not to think naughty thoughts as I throw you down on my bed. I slowly and gently unbuttoned your jeans and pulled down your tight denims.....to examine the *ehm* bruise”

Felicia: “You need to refresh my memory a bit more lol”

Matt: “So you remember how I sweetly kissed your bruise with my soft lips which shot a bolt of electricity through your legs into your stomach? Your heart starts beating faster and faster as you begin to feel incredibly turned on and your whole world lights up as if time is standing still. Your mind races as you begin to imagine what it would be like if I kissed every inch of your slender body with those magical lips of mine and how amazing that would feel..

Felicia: “Mmmm I can feel it now!”

USING INTERESTING QUESTIONS:

Matt: “What is something that you think is just absolutely romantic? Like if the guy you like did this to you you would just melt?” **Yolanda:** “I love romantic walks on the beach!”

Matt: “So if you were to imagine us on a romantic moonlit beach holding hands and you feel the cool sand between your toes, what would you want to happen next?”

Yolanda: “I would want you to hold me close as we watched the sun set”

Matt: “So as you lean back against my muscular chest and breath in my enchanted scent that makes you feel like a little girl lost in my arms, I hold you tight as we watch the sun peer over the ocean casting luminescent rays of pink and orange through the feather white clouds. All your worries melt away as a rush of heat fills your stomach and chest, and then what?”

Yolanda: “Wow! Then we would share a romantic kiss under the sunset ;)”

Matt: “So as you feel me slowly kissing up your neck, taking my time to savor the taste, as my lips softly graze your earlobe you feel my breath and it makes your heart flutter with excitement. My mouth pushes against yours like you’re quenching a thirst. Your entire body is tingling. You feel this beautiful energy swarm from your lips to your stomach. My strong arms around you pulling you in close making you feel safe and desired. What would happen next?”

Note: Then just keep going and describe what she says in detail.

Matt: “Would you rather have a guy who's an amazing kisser or a good dancer?”

Urma: “Amazing kisser for sure”

Matt: “Would you rather kiss in the rain or on the beach during sunset?”

Urma: “The rain is pretty romantic....it's like something from a movie”

Matt: “Imagine what it would feel like if we were walking in the city, holding hands when suddenly out of nowhere it started pouring.

People are running trying to get dry. You start to run too, but I grab you pulling you into me. We are sopping wet. You have this grin on your face like you know something good is about to happen....:)” **Urma:** “Hmmm I like where this is going :)”

Matt: “Would you like it if I told you there was this invisible tractor beam between us like we are lost in our own world. Everything else just fades away. I wrap my strong wet arms around you pulling you close, our lips just inches apart. You feel an incredible yearning inside you like a child that wants to run wild. The tension is driving you crazy but you are enjoying this moment. My lips lightly brush against yours and it sends a shiver down your spine. Suddenly our lips meet. You taste delicious. Time stands still. You feel my breath pushing into you and it makes you weak in the knees.”

Urma: “omg I'm getting so turned on!”

USING FUN AND PLAYFULNESS:

Matt: “Explore your body with my mouth, suck on your sweet spot until you tingle intensely, and leave you sensitive and hurting slightly.....:)”

Rene: “interesting”

Matt: “That's exactly what these damn mosquitos are thinking!”

Rene: “haha but I liked the first part better lol”

Matt: “I forgot to mention that we are camping and have to share a sleeping bag to stay away from those pesky mosquitos.....:)”

Rene: “Those mosquitos are always responsible for sexy situations lol”

Matt: “Especially when you can't keep your hands off me so I'm forced to pin you down with my body on top of yours as I use one hand to cuff both of your hands at the wrist. The weight of my body is intoxicated. But at least I'm protecting you from those mosquitos” **Rene:** “Oh Matt you are soooo strong *grinning*”

Matt: "I'm bored....got any good pics you can send my way.....no nudes lol"

Ginger: "Yeah but you go first..."

Matt: (Send Fake Pic of Ugly Guy)



Ginger: "Mmm leopard shorts and a cigar....SEXY!!! lol"

Ginger:



Note: She may send a real pic of herself to try to impress you or she may send a fake pic to play along.

Matt: "You are so hot it makes me want to bend you over, grab

your wavy long brown hair forcing your head back as I begin to have my way with you."

Ginger: "It's the white glasses that give me sex appeal :)"

Matt: "Yeah it makes me wanna viciously rip off your black top with my mouth and lick you head to toe and ravish that sexy body of yours.....:)"

USING NEGATION:

Matt: “Hey where you at Sharkeez last night?”

Cassie: “No I was in LA lol”

Matt: “Oh because this girl grabbed my ass and then ran away into the crowd...and from behind it totally looked like you!”

Cassie: “Haha that's funny”

Matt: “You better not be grabbing my ass now! :)”

Cassie: “no promises ;)”

Matt: “In that case I will have to gently slide my hands down the curve of your back and send a shot of slight pain to your cute little behind and return the favor”

Cassie: “mmm I kinda like that”

Matt: “But, I'm not sure if you will like it when I push you up against the wall pinning your hands behind your back with one hand, firmly grasping your hair pulling your head back with my other hand, as my lips gently graze the side of your neck causing every hair on your body to stand up...”

Cassie: “I kinda like where this is going :)”

Matt: “I don't know if you will like all the anticipation that's building in your body, and you can barely stand it. And I lift you up in my toned arms and firmly place you on the pool table knocking the chalk and sticks down as the balls hit your thighs. You anxiously pull my shirt off over my head and place your hands on my chest feverishly digging your nails into my skin. You feel a rush of excitement shoot from your toes to the tip of your nose. A bead of sweat falls from your cheek as I..... :-)”

Cassie: “oh come on....you have to finish this”

Matt: “As I trace my tongue over every curve of your beautiful body. You taste delicious. Energy floods your body and you feel weightless. Your imagination is running wild as you fantasize about all the naughty positions I could put you in. 'What's going to happen next' you wonder as a sense of adrenaline fills your stomach....:)”

Cassie: “what happens next???”

Matt: “I'll tell you later when I see you :)”

Matt: “I keep wondering something.... :-)”

Victoria: “What is it?”

Matt: “I'm not sure if you can handle it...:-)”

Note: This is a challenge

Victoria: “I'm pretty sure I can handle it”

Matt: “I was wondering what it's going to feel like when I kiss you. But that would be bad.”

Note: Notice how confidently I say it as if I know it is going to happen and how it will be ME who kisses HER

Victoria: “Oh really? :)”

Matt: “Yeah, I really wouldn't want you to imagine how good it would feel if I came up behind you and grasped your hips tightly pulling you into me. Our bodies fitting together like two puzzle pieces. I breathe deep and take you in. You smell delicious. A shiver roles up your spine as you place your delicate fingers over my strong hands guiding them down to your hips...:-]”

Victoria: “you should write a romance novel :)”

Matt: “And you really shouldn't imagine how I firmly grip the back of your hair as I turn your face towards me. Our eyes lock. Your whole world seems to fade away. The tension builds like a burning inferno shooting through your body. You gasp, lose your breath, melt a little deeper, as we... :-)”

Victoria: “Waiting for part 3 or 50 Shades of Matt...”

Matt: “...linger just a little longer. Our hearts beating simultaneously. I breathe you in. Suddenly our lips meet and it feels like fireworks. A bolt of electricity floods into your chest. The kiss seems to last an eternity. Your lips are soft and sweet like delicate silk rose petals. Then, suddenly, to your surprise, I pull away casting a sly lustful gaze, and say 'no more...that's all you get...for now”

Victoria: “You should continue. I want to know if there's a happy ending to this story....lol”

Matt: “I guess we'll just have to wait and see”

Victoria: “So what are you doing later? lol”

Note: If you don't get her swooning (well she may be swooning and you just don't know it) then you can always send a humorous line at the end.

IF SHE'S HAVING A STRESSFUL DAY:

Anita: "Today is the most stressful day at work ever!"

Matt: "Just sit back, close your eyes, take a deep breath and dream about me....that should get you through your day"

Anita: "Good tip....what should I dream about?"

Matt: "Imagine how it would feel if we were on a tropical island paradise, walking leisurely on the sand hand in hand. The grains of sand sift through our cute little toes as the cool gentle breeze melts away every ounce of stress in your body. As we turn to look at the sun setting into the ocean, rays of pink and orange burst through the clouds, I place my strong hands lightly on the back of your neck and slowly yet firmly begin to massage your worries away"

Anita: "Wow I feel more relaxed already!"

Matt: "I'm hitting all the right spots. You close your eyes and feel a calming sensation fill every muscle in your body as you relax into a sensual bliss. You feel my breath on the back of your neck. It's like your whole world just fades away and the only thing for you to focus on are my strong hands gently gliding over the goose bumps on your skin, sending shivers up your spine and filling your imagination with all sorts of wonderful and tantalizing thoughts."

Note: Anytime a girl says she is stressed out or having a hard day use that opportunity to go into a Mini-Orgasm Massage Role- Play.

Aurora: “I have a big test today. I'm so stressed out :(“

Matt: “I wish I was there. If I were.... :)”

Aurora: “What?”

Matt: “You'd feel me come up behind you and pull you in close to me, my strong hands crawling up your back and slowly massaging your shoulders. You feel my breath on your neck and it sends a shiver down your spine. Little shocks of electricity fill your body as I massage the tension out of your shoulders. Imagine all the stress melting like ice thawing on a warm summer day. Your whole world just fades away and all there is for you to think about are my strong hands gliding over your skin.”

Aurora: “Omg Matt that would be amazing!”

Matt: “Imagine you feel my nails lightly scratch the back of your legs sending a shiver up through your body. Your skin is tingling and feels alive in a whole new way. You feel rejuvenated and ready to take on the world.”

Anita: “Wow thank you! I needed that!”

USING A COLD READ:

Matt: “You seem like on the surface you're a very good girl. Like people think you are very well mannered. But, I think underneath it all you have a bad girl side. Like I bet you have a very dirty imagination”

Kathy: “Yeah that's basically true...but that's all girls”

Matt: “Like I bet when you read a romance novel you imagine how it would feel to be with this guy. How he would hold you in his strong arms. How he would caress your body. How he would pick you up and push you against the wall and have his way with you. I bet when you're reading you start to get turned on and get very attracted to this guy and you don't even know him yet”

After you send her a Mini-Orgasm you could send her this Covert Command:

“I really don't want you to start visualizing what I'm texting you because you really shouldn't get incredibly turned on right now.” *Note: This also uses the technique of “Negation”.*

Or you could send this:

“Good thing you aren't here right now because I would.... :)”

Note: Then you can keep talking about what you would do to her.

You can also add a touch of humor, especially the first time you do this, by texting, “*Que cheesy romantic movie music,*” or, “*And my part will be played by Ryan Gosling,*” at the end or in the middle of the texting thread.

Women are very sensual creatures and by leading with sultry, descriptive, fantasy texts you'll show them that you understand sensuality in its deepest meaning. She will wonder, “If he can make me feel this good through text, I wonder how awesome it will feel to actually be intimate with him in person.”

WARNING: Don't use this stuff every day or it will lose its potency. In fact, these texts work best after you've slept with her at least once. When you already have an intimate connection with a girl and you begin to give her Mini-Orgasms every few days or weeks, watch out! She may be tempted to steal you away whilst you sleep, tying you up and locking you away in her sex dungeon.

Let your erotic adventures begin.

CREATING YOUR OWN MINI- ORGASMS

Creating your own sensual Mini Orgasm texts is a lot easier than you might think, it just takes a little practice and creativity. You can use the following role-plays, verbs, descriptive adjectives, etc., to create your own Mini-Orgasm fantasy text messages and guide her mind and body into feeling whatever fantasies your imagination conjures up.

Role-Playing Scenarios:

First Date First

Kiss

Dancing in the Rain Romantic Night in

Paris/Italy Vacation Getaway

Robbing a Bank Getting

Married Honeymoon

Massage

Pillow Fight (Introduce it using an interesting question such as, "Pillow fights or bed time stories?")

Action Verbs and Phrases:

Gliding over your... Take you in my
arms Crawl up the side...
Tension seeping out of you

Sweat slowly trickling down your... Heart stops
Staring right into you Drive you
crazy
Gasp

Your body/face/eyes light up Taste your
lips/neck
Nibble

Taste your delicious... Fingers tickling
your skin
Send a thrill through your body As I touch you(r)
You look at me with this...

Swelling

Eat you up with my eyes Sniff your
hair
Teasing you

Ravish Drag you
to

Press your body against mine I breathe into
you

Sneak off to... Rip off
your...

...Relax into my arms Massage...
Slightly scratch...

...Tenses and relaxes Awakens
See bright stars Wrap around

you

Throw you on my bed

Hold your wrists behind you

Pin you down

Eyes drinking you in Kiss you

Overpower you Roam

over you Caress you

You crave me too

Body Parts:

Down your spine Googly

eyes

Strong fingers on your neck Naughty

glimmer in your eye Edge of your skin

Smile lights up

Specs of [color] in your eyes

Mouth / Lips

Subtle curve of your... The shape of

you

Up your neck

Bottom of your feet to the tip of your nose In/under my arm(s)

Resigned smile Behind

you

Our lips just inches apart

...with my teeth Hips

Feeling Words/Phrases:

Tingle

Tiny prickle

Weak in the knees

How you feel against me

Energy in your chest/stomach

Desire coming off you/me like heat

Burst of energy

Shiver

Warmth building up inside you Feel wanted and
desired

Can't help myself Feel

fireworks Yearning

Shock of electricity rush through us

Descriptive Adjectives:

Shiny Bright

Curvy

Wonderful

Delicious

Sultry Luscious

Sensual Carnal

Soft Gently Firm

Strong Powerful

Like/As If:

As if time was standing still Like
quenching a thirst

As if the whole world fades away As if all I can
see is you

Like we were in a bubble

QUIZ

1. Name 3 methods for introducing a Mini-Orgasm text.
2. True or False? Most women get aroused through descriptive sensual imagery.
3. Fill in the blank: It's best to establish a sense of _____ before evoking her desires through Mini-Orgasm texts.
4. Name the two keywords used to help her visualize in her mind and experience in her body what you are describing.
5. Fill in the blank: If you want to send her an outlandish or overly sexual text out of the blue, it is best done using an _____.

ASSIGNMENTS

1. Read a romance novel. You're probably going to hate me for this, and no doubt you'd rather shoot yourself in the foot with a nail gun than read any of this tripe, but you have to trust me on this one. Reading a romance novel will increase your texting skills (and overall dating skills) tenfold. I've read several sleazy chick-books and they really aren't as bad as you might think. Reading and analyzing a "Harlequin Novel" will help you to understand — and begin to adopt — the sensual language and verbiage used to illicit the dirty thoughts and fantasies of horny women worldwide. You'll also begin to see the qualities and attributes that the male hero in these books inherently possesses so that you can begin to internalize and acquire those qualities yourself.
2. Create Your Own Mini-Orgasm Text using the guidelines in the above section cleverly titled "Creating Your Own Mini-Orgasm Texts." You can use a Role-Play, Interesting Question, Negation, Hook Statement or any other method you wish to introduce the sensual imagery. Make sure your text is at least 30 words long so that you can really get the hang of it. Have fun with it. If you've already read a romance novel in the past, then this assignment should be a breeze for you.
3. Use the Mini-Orgasm text that you created by sending it to a woman with whom you've already established a sense of Trust. Remember, this is only practice, it doesn't count. This is all about learning and improving your texting skills (and overall dating skills), so if you don't get a desired result, just keep practicing and you'll get it soon.
4. Post your Mini-Orgasm text in the members-only forum and share your ideas. Check to see if others have posted Mini-Orgasm texts that you can try for yourself: www.TheAttractiveMan.com/Forum.

Send the Mini-Orgasm text before you move on to the next section.

Quiz Answers: 1. Interesting Questions, Role-Playing, Hook Questions (answers could vary) 2. true 3. trust 4. "imagine" and "feel" 5. Sexual Suggestion

Now you know how to create amazing levels of eroticism and intimacy just by tapping a few digits on your cell, and how to pump her full of joy, make her chase you and build a truckload of trust. So, let's talk about how and when to use the Sexual Attraction Sequence.

THE SEXUAL ATTRACTION SEQUENCE

TEXTINGTIMELINE

“Every woman is a mystery waiting to be solved”

~ Johnny Depp, Don Juan DeMarco

The point of texting is to stand out from all other guys texting her, show you are fun and playful so she'll want to meet up with you, stimulate her emotional and sexual side so she craves you inside her, and make her desperate to see you again. Simple, right? Well, actually, yeah it is!

This timeline will help you understand when and how to use the above sexual attraction sequence in the most effective manner possible. The sequence works great for women that gave you excuses prior to giving out their number, are only responding positively to a portion of your texts, did not go for the hangout right away, or are just showing mild interest. These types of women typically just need a little persuasion and exertion via emotional stimulation in order for them to give you an affirmative to hanging out.

If you meet a girl and it's totally on then use the “3-Step System to Get a Date Tonight.” But, if it's not on yet, or she didn't go for the date when you used the Bait, Hook, Reel/Release Method, then proceed with the following sequence.

Pro Tip:

Spark Her Emotions Then Go For a Date

A woman will always be more apt to comply with any request or escalation if you stimulate her emotions first. Women make decisions based on their emotions, so if you make her feel happy, jealous, intrigued, eager, or aroused immediately before you go for the date (or any other form of escalation), she will be more likely to comply.

Day 1:

You successfully got her phone number and used the Bait, Hook, Reel/Release system you learned in the section “3-Step System to Get a Date Tonight”; however, you were not able to secure a solid date.

Day 2 & 3:

Send her one or two Fun texts (see section on “Sexual Attraction Sequence #1: Fun”) and then send a Challenging Text (see section on “Sexual Attraction Sequence #2: Being A Challenge”).

Go back and forth a few times. If you seem to be getting good responses then, when things are on a high, go for a date. Make sure you keep things fun and playful and end the texting conversation first.

Day 4:

Don't text her on day 4. This will keep her on her toes and cause her to wonder why you aren't texting her — you want to be unpredictable.

Day 5:

Send her another Fun text and if you get a positive response then go for a date (See section on “*Going For a Date*”).

Day 6:

Send her a text to build some Trust (See section on “*Sexual Attraction Sequence #3: Trust*”).

Mix in one Fun text as well to keep things random. As always, after a high note go for a date.

Day 7:

Don't text her.

Days 8 - 10:

Mix in a series of Fun, Challenging and Trust messages. If you get a positive response after going back a forth a few times then go for a date.

Day 11:

Don't text her.

Day 12:

If you haven't achieved a date by day 12 then it's time to bring out the big guns and spark her Desire (See section on “*Sexual Attraction Sequence #4: Desire*”) and make her wet. Stimulate her erotic imagination using vivid imagery through a Mini-Orgasm text (See section on “*Mini-Orgasms*”).

You want to create a solid foundation of attraction (Fun + Challenge) and Trust before arousing her Desire through the use of Mini-Orgasms.

You will know that there is sufficient attraction and trust if her texting behavior matches one or more of the following:

1. She is texting you regularly.
2. She is returning your texts at least 80% of the time.
3. She initiates the conversation (i.e., she sends the first text).
4. She implies that she wants to hang out with you (i.e., she asks you what your plans are).
5. She laughs “*lol*” at your funny texts and uses a lot of smiley emoticons and/or exclamation marks.

Day 13 – 14:

Mix up sending her Fun, Challenging, Trust and Desire texts and continue to keep things random, fun and unpredictable. After she's responding favorably to your texts then go for a date.

TIMELINEBREAKDOWN

In general, for any type of girl the sequence of texting goes like this:

1st: Send her Fun texts so she knows that hanging out with you in person will be a fun and to condition her to expect unexpected texts from you.

2nd: Send her Challenging texts to build compliance, to show that you are a challenge and to make her appreciate what she has to work for.

3rd: Send her Trust texts so she develops a feeling of trust towards you and is more willing to open up emotionally and sexually.

4th: Send her Desire texts to arouse her imagination and get her thinking about having sex with you.

Keep in mind that this is just a guideline to help you understand the proper flow and sequence of texts. There are many exceptions to this timeline. You may text her for two weeks before you send her a Desire text, or you may effectively shoot off a Desire text the day after you get her phone number. You have to experiment and see what works best for you.

Pro Tip:

Once you get more advanced, send a Fun text, then a Challenging text and then a Trust text all on the same day.

It's up to you to understand and digest the concepts and examples and then use your own calibration for each particular circumstance. For example, if you have a "cold fish" type of girl on your hands then slow things down a bit, but if you have a girl who is practically begging for you, then speed things up and use the "*3-Step System to Get a Date Tonight.*"

In the beginning, follow the Timeline as a general guideline to get a feel for what to text and when to text it. If after two weeks she hasn't said "yes" to seeing you again and doesn't seem exceptionally interested, then it's time to move on. All is not lost though. I've been able to get a woman out on a date 9-months after the initial interaction, without seeing her before then. Remember, some women are just busy or may have a boyfriend and didn't tell you. One day soon they might break up and she'll become available. Sometimes a little diligence pays off.

Read the next section to learn how to maintain the connection, even if she's not texting back, and resurrect dead numbers, eventually transforming them into dates.

THE COLD NUMBER REINCARNATION SYSTEM

If you've used the above Timeline to no avail, and you've got nowhere despite two weeks of texting, my recommendation is to put her number, and any phone number that went cold and non-responsive, into a group on your phone titled "*Cold Numbers*," or something to that effect. You can also put phone numbers of girls that have boyfriends, ugly girls who could have hot friends, and dead numbers that you haven't texted in years, into this category.

Then, send all of the numbers in this category a Fun mass text every so often to make sure you remain in their thoughts. Send the text once a week at the most; once every two weeks at the minimum. By sending these simple texts to those cold numbers you'll be able to stay in their thoughts and remain in their lives, so to speak.

At one point I had over 300 phone numbers in my "*Cold Numbers*" category (I was getting around 10 phone numbers a week). So when I sent a mass text to all of these numbers, even though the response rate was low, I was still able to resurrect a few of these seemingly dead numbers and generate dates. For example, if I got a mere 1% return on my mass text, that would give me a total of 3 new dates just from sending one text. Minimal work for a great reward!

Any time a number goes cold, no biggie. Just move it into the "*Cold Numbers*" group and set a reminder in your phone to text that group once every week or two. One thing to keep in mind is that the girls on the list can't know you are sending mass texts. It needs to appear as if your text was individually sent to each girl. There are apps that can help with this, so browse around, test a few of them out and see which one suits you best.

I know a fellow dating coach who sent out a mass text on Valentine's Day to the 10 girls he was dating. And, low and behold, they could all see it was a mass text and were able to see each other's reply. An all-out texting battle ensued and, to make a long story short, he lost all but one of the girls. I do not want that to happen to you.

I use a free Apple app called Text2Group, but apps are always changing, so be sure to test it out first to ensure the recipients cannot see or reply to each other.

Now you know when and how to use the Sexual Attraction Sequence, but what about adverse scenarios such as responding to tests, flaky girls, and getting a cold response or no response at all? And what about situations like texting her the night you meet her to get her to come over, getting her to send you dirty pictures, turning her into your girlfriend, etc.?

I got you this far, didn't I? You think I'd really just leave you off the hook?

QUIZ

1. True or False? You should go for a date with a “cold response” girl right away.

2. True or False? Always delete numbers that have gone cold.

3. You should send a mass text to numbers in your “Cold Leads” group approximately every 1 to _____
_____ to stay on their radar.

4. A girl may not be responding to you because she: a)is
sick
b)has a boyfriend
c)is playing hard to get d)is
really a man
e)all of the above

5. True or False? You should always build up attraction for at least a week before going for a date.

ASSIGNMENTS

1. Download a group texting app from your app store and create a group called “Cold Numbers” or something similar. Add all of the female contacts that you no longer text or whom don't text you back regularly to that group and save it.
2. If you don't have a smart phone then your assignment is to buy a smart phone. Although you won't get laid for simply owning a nice phone, it can definitely hurt your chances if you own a brick from the late 90s.

Quiz Answers: 1.False 2.False 3. 2 weeks 4.e 5.False

PART 6

SPECIFIC SITUATIONS

Going for a date, getting her on the phone, responding to texts, if she flakes or doesn't reply back, cold numbers and more.

The words were wedged inside his mind like some aggressive cancer, floating around behind his eyes as if imprinted or branded onto his retinas. He was being dramatic, maybe a bit too much, but he felt he had every reason to be.

“What's your idea of a good first date? I really like STK.”

She was testing him, and he knew it. STK was an expensive restaurant, he knew that and he was sure she knew it as well.

Joel cautiously weighed his options. On the one hand, he really wanted to see Jillian again and he didn't want to ruin his chances, but on the other, he did not want to spend that kind of money. Vegas is an expensive city; his bank balance would never recover from a trip to its most expensive restaurant.

After flipping through the pages of the program that he had dubbed “the holy grail of texting,” a thought came to him. He quickly picked up his phone and sent her a message, his mind clearing and his confidence returning: “I have a super fun and even better idea...”

“What is it?” she replied.

Joel had no idea. He was hoping some stroke of genius would come to him, but his mind was as empty as the hollow chamber of a spent pistol.

He scrolled through a few more pages of his “texting bible” and another idea came to him:

“It's a secret....you aren't against having a ridiculously good time are you?”

He knew he could come up with something fun to do. This was Vegas, the party capital of the world. A place where super-hot, superficial cocktail waitresses like Jillian weren't used to fun guys who didn't go to great lengths to impress them.

“Hmm well I don't know if I can hang out if I don't know what we are going to do,” replied Jillian.

Surely another test, Joel thought. He knew he could handle it. In fact, it was starting to feel like a little game to him.

“And you were doing so well a moment ago....just wear a skirt and heels and I'll take care of the rest :)” He loved the dominant nature of that text. Joel hit send.

What woman can resist a man who takes charge of the situation? Jillian quickly and instinctually gave in, “Ok well I'm free at 10.”

Joel resisted the urge to be overly excited. He wanted to continue displaying his masculine dominance and decisiveness, since it seemed to be working. He fully understood the magnitude of exhibiting the proper balance of Power and Tenderness.

He cleverly composed, "That's kind of early, don't wanna be stuck with you that long....let's do 10:03 :p"

"Haha good thinking ;)" she wrote back, as a boyish smile crept across Joel's face. The rest, as they say, was history.

GOING FOR A DATE

The whole point of texting, initially, is to meet up with the girl. That's all there is to it.

What's infinitely crucial when going for that meet-up is to go for it sooner rather than later. You absolutely should NOT send more than 3 or 4 texts before your first attempt to set up a date. One of the biggest complaints I've heard from women I've coached is that guys take way too long to ask them out. This is a huge turn off for them.

What's important to remember is that you should go for a date as soon as you “spike” her emotions. Once you've triggered her emotions, even to a small degree — using texts that are fun, playful, random, weird, cocky-funny, role-playing, or challenging — then go for a hangout.

It really is that simple. Don't be like most guys who just spin their wheels, texting her all day long. The point of texting is to see her again, not to get some instant validation because she laughed or smiled at your message.

Attraction is always fading so it's important to strike while the iron is hot. The sooner you can meet up, the better. The most important factor to ensuring you see her again is the initial interaction. If you had a strong connection, a flirtatious vibe, and you demonstrated the right balance of Power and Tenderness, then she is likely to want to see you right away.

Ideally, you should have already talked about hanging out with her during the initial interaction in order to plant the seed that she and you will soon see each other again. This will significantly decrease your flake rate. If you get her number without making your intentions clear, it will be much harder to get the date.

If you meet a girl during the day, see if she's available to hang there and then, or if she's available later that night. If you meet her at night, see if she's available to hang out the next day.

Basically, when going for a date or meet-up you have two choices:

THE DOMINANT METHOD: Go For A Date For That Evening

After a few fun texts that elevate her emotions, simply go for a date that night in a dominant manner. It's literally that simple. Going for the date the same day you are texting her is your best bet because people are busy and everyone seems to have Attention Deficit Disorder these days. If you make plans with her for some time in the future, there's a chance that she won't remember (unless of course you use the next technique I'm about to show you).

The key is to be dominant and decisive.

After you've spiked her emotions with some fun banter send her a text like this:

“Cancel all plans tonight. We're hanging out. But promise me you will behave yourself”

THE SLOW DRIP METHOD: Set Up A Date For A Night In The Future

If she says she's busy and doesn't give you an alternate day to hang out, then it's a sign that you need to spark her emotions with Fun and Challenging texts and build more Comfort and Trust. Then simply try again.

If she's busy that night but still shows signs of wanting to see you, then set up a date for the next soonest night when you're both free.

STEP 1: FIND OUT HER SCHEDULE

Find out what day she's free by playfully asking for her schedule.

For example:

“What do you have going on this week.....besides matching your first name with my last name in cursive with hearts?”

STEP 2: TELL HER YOUR PLANS

Next, tell her your plans on the night that she's free. If you don't have any plans yet that night then use the venue where you take all of your dates. Oversell your plans and talk enthusiastically about them to make her interested in going, without going to overboard or lying about the venue.

“Tues I'm going to X it's one of the best bars in town they have the coolest Y”
Note: X=name of bar; Y=something cool about the bar.

STEP 3: INVITE HER TO JOIN (Use Restricted Request)

Next, simply invite her to come along, but don't be overly anxious or excited for her to come. Be sure to put a restriction on it as you do not want to seem overly eager to see her. She hasn't earned that much attention or attraction from you yet. Send her this text right after you've told her your plans (don't wait for her reply).

For example:

"I'm almost tempted to invite you.....but you have to promise you can hold your liquor. Deal?"

Once she's complied to hanging out with you, you have to keep texting her randomly up until the date. If you set up a date 5 days in the future and you don't text her any of those 5 days, then there's a high probability that she'll flake on you because her attraction will have faded significantly.

If, however, you text her several times during that 5-day gap, she will be much more likely to show up. If you are setting up the date for a day in the future, then only solidify the actual meeting day with her. There is no need to tell her the exact time and location so far in advance.

SLOWLY DRIP her a few details each day as the date approaches. This will keep the date fresh in her mind, increase her excitement and ensure she doesn't forget or flake.

Let's pretend you planned a date with her for next Monday and today is Wednesday. After she has agreed to meet up with you, end it there. You don't need to keep texting her back and forth all day. One or two more texts is fine, but remember: the rule of ending every texting interaction still applies.

DRIP #1: Three days before the date you should tell her the location.

DRIP #2: The day before the date you should tell her the time to meet.

DRIP #3: Finally, on the actual day of the date, you should tell her what you'd like her to wear.

Slowly dripping her details about the date every few days will significantly decrease the likelihood of her flaking. And of course, make sure to have a few fun text exchanges to spike her buying temperature each day before you fill her in on the details of the date.

For example: Let's say that on Wednesday you found out that she's free on the following Monday. So, on Friday (3 days before the date), you should text her something like this:

Matt: "We should start a backyard wrestling group.....how's your choke-slam technique?"

Abbey: "haha well it needs a little work but I can practice....how's your day going?"

Matt: "It's interesting...I was at the gym doing curls when the cutie next to me let one go. Awkward!"

Abbey: "OMG I'd be so embarrassed!" **Matt:** "Yeah he was pretty embarrassed" **Abbey:** "what? He?"

Matt: "haha joking...just making sure you're paying attention....anyways have you ever been to The Whiskey?" **Abbey:** "No but I've wanted to go"

Matt: "Tuesday at the Whiskey it is.....more details to come....behave now!"

Abbey: "Sounds fun :)"

The key is to always make plans with her and assume compliance. Now, here's the main issue. Most guys

passively go for the meet-up by asking her if she's free or by asking, "when's a good day for you to meet up?" or "want to hang out?" If you are doing that, STOP IT right now, as it just makes you look weak and puts her in the decisive masculine role, a role that the man is supposed to take.

Women want a man who is dominant and decisive, so instead of "asking," be more commanding and "tell" her that you and her are going to hang out.

If she says "no" to hanging out or just stops responding then it might be a test. Don't sweat it, just move on and try again later. Be persistent, keep trying.

If you have several flaky girls on your hands then you can always ask them all out at a time. It shouldn't be a problem since you are texting 7 to 10 girls at a time, right?

Let's say you text 3 different girls to hang out with you tonight. This will triple your chances of getting a date. Now, if more than one of them agrees, just tell the one that seems less into you (lower compliance) that something came up and you need to reschedule. Bam! Now you just got two dates scheduled. See how powerful this can be when you get the hang of it?

Historically, the best nights to schedule dates are Monday through Thursday, because Friday and Saturday are generally going-out-with-friends nights for most women and Sunday is often reserved for "chilling out" or recovering from the weekend. There are a million exceptions to this rule, but it's good to bear in mind.

Below I have included more flirty fun texts that also show your dominant masculine side to quickly get her on a date:

Matt: "Hey herd (hot-nerd) I have a top-secret mission for you!"

Crystal: "Hey you :) What's my mission?"

Matt: "We are going to X bar Friday night. Your mission if you choose to accept it is to show up between the hours of 9 and 9:07pm. This message will self destruct in 30 sec!!! See you there." *Note: X = name of the bar or club.*

Matt: "Tomorrow's gonna be the best night of your life."

Valerie: "why?"

Matt: "Because I'm gonna let you hang out with me duh! :p"

Valerie: "That does sound pretty amazing lol"

Note: If that feels too cocky for you then send, "Because we're gonna hang out!"

Matt: "I'm so excited I bought a bunch of tasty cheese and Pinot Grigio and gonna watch The Notebook tonight...don't judge!"

Riana: "omg that sounds like a great night"

Matt: "Jeez just invite yourself over why don't you!? Rude! lol Ok, well as long as you pick up some crackers. Deal?"

Riana: "I wasn't saying I was coming lol But how can one resist lol"

Note: The wasn't "the" Riana. I wish lol.

Matt: "Let's meet up tomorrow night for drink....but NO sex! Got it? :p"

Note: This uses Negation.

Michelle: [No Response]

Matt: "Ok fine, we can do it your way....but be gentle, I'm fragile!"

Michelle: "just seeing this...you're crazy lol"

Matt: “Not as crazy as this cinematic masterpiece that we are going to watch this weekend....what night are you free?”

Michelle: “I'm off sunday....what movie is it?”

Matt: “Can't tell you it's a surprise...Sunday works....but promise me you won't pee your pants with laughter when you see this movie...I just got a new couch!”

Michelle: “Well I can't promise if I don't know what movie it is :)”

Matt: “party. tomorrow night. mi casa.”

Note: This shows dominance

Gina: “oh yeah what kind of party?”

Matt: “ninja turtles theme...so dress up as Leonardo because I'm already Michelangelo lol :p”

Gina: “haha but I wanna be April O'Neil lol!”

Matt: “its just a small gathering of cool people...but u can still come lol it'll probably be the best night of your life!”

Gina: “oh really why is that?”

Matt: “bc you'll be hanging out with me, duh :p”

Gina: “oh I see, sounds like a plan then”

Matt: “Be here at 10. wear something cute. Can I trust you with my addy? Last girl became a stalker”

Gina: “no promises JK...ok what is it? ;)”

“If we don't hang out soon then I'm going to start cheating on you”

Note: Works great after a marriage role-play.

“Come meet me for a spontaneous romantic adventure and wear that black dress I love with those matching heels....rawr!”

“Ok, I got something fun going on Wednesday, wanna join? If not you got a sister? Haha”

Note: Slightly cocky-funny.

“I've thought about it long and hard. I've decided to shave my head and be a monk in a monastery. Saturday is my last day of freedom. Let's meet up before then”

“Hey goofball! X bar Friday night! Be there or we are breaking up and I'm not taking you back this time.....I'm signing the divorce papers and fighting for full custody”

Note: X = name of the bar or club. Works great after a marriage

“Do you like X? I was considering inviting you if you can promise NOT to embarrass me in public :p”

Note: The “restricted request” and saying, “I was considering inviting you” shows that you are not overly eager to see her; thus demonstrating non-neediness

If she suggests a time to meet up:

April: “Let's meet at 8pm”

Matt: “No that's too early, I don't wanna be stuck with you that long. Let's do 8:02 :)”

Note: This subtly and playfully keeps you in control and in a place of power.

If she's busy the night you suggest to meet up:

“Luckily for you I should be free Wednesday....keep that night open”

Pro Tip:

Want to get her to start subconsciously thinking about having sex with you before the date? Tell her to *“wear a skirt and heels.”* Commanding her what to wear demonstrates your power, which triggers primal animalistic attraction. It also builds compliance and conditions her to want to please you through the use of her sexuality. Furthermore, as she feels sexy in her skirt and high-heels, she will unconsciously be driven to want you to devour her. There's really no other way to explain this. Try it out and see for yourself.

Pro Tip:

When they first meet someone on a date, a lot of guys make the first five minutes or so very awkward: *“So how was the drive over? Did you find parking OK?”* Don't get involved in this type of boring jargon — it's a date with a hot chick, not Sunday dinner with your grandparents. Once you arrive at the bar or meeting spot (make sure to arrive before her), set the stage that the date will be fun and playful by sending her something totally off the wall like this:

“I'm inside the bar, wearing the tuxedo, holding the bouquet of long stem roses next to the Peruvian orchestra that I hired to follow us around all night serenading you with 17th century love ballads.”

This works even better if you previously texted her a marriage or over-the-top romance role-play. When she arrives you can continue the role-play, setting a fun and playful context from the very start. Do this correctly and you will be off to an awesome first date!

TEXTING HER THE SAME NIGHT YOU MEET HER

Some women just aren't able to go home with you the same night they meet you. I know, shame on them, right? Even if she really wants to go home, bad logistics can often get in the way. Maybe she was there with her friend and was the designated driver; maybe she just doesn't want to look slutty in front of her peers. But once she's home by herself she can come over without fear of judgment.

Use the following texts to reinitiate the communication the same night you meet her and then entice her to meet you right then and there.

Matt: "Milk shakes at 2am rock!"

Bonita: "mmm my fav!"

Matt: "Come get one....I'm at In-N-Out right near where I met you...just don't try anything on me I have my ninja bodyguards protecting me .p"

Bonita: "Okay give me 15 minutes"

"So bottom line you kinda impressed me tonight...and I don't get impressed very often. Keep up the good work ;)"

Note: It shows that you're a bit of a challenge.

"I have a confession..." or "I have a secret..."

Note: Great Cliff Hanger that you can follow up with "you kind of impressed me tonight" or "i think you're kinda cute...but don't get any ideas :)"

"Goodnight....don't go dreaming about me now :)"

"I just saw this number on the wall of the [Name of Bar That You Met Her At] bathroom and it said 'text for a good time' "

GETTING HER TO TALK ON THE PHONE

Getting women to have a conversation on the phone can sometimes be tough, but talking on the phone can build a tremendous amount of comfort and trust (if done correctly). Because of this, it can often be a faster means of setting up a first date than text messages.

A simple five minute phone conversation can establish a significant amount of trust because women are experts at sensing authenticity and insincerity in a man's voice, which is why spewing out memorized lines and routines usually works very poorly.

The following are quick casual texts for transitioning from messaging to talking to her on the phone.

Matt: "Where are you? I have a top secret mission for you!"

Silvia: "I just finished dinner with my family what's up? :)"

Matt: "This super hot guy is going to call you....you must pick up for further instructions!"

Note: If she doesn't pick up the phone when you call her, you can text back with "Abort mission!"

"I think you have a confession to make...call me and I'll tell you what it is"

Note: When she calls and asks what the confession is, say, "I got out of the shower and saw you peeping through my window trying to sneak a peek at me you perv!" Make sure to say this in a very playful tone.

“I’m gonna be busy for the next 10 min so I’ll have my assistant Fritz call you!”
Note: Then call her in a hilarious gay German accent and it will crack her up.

“This texting thing is giving me carpal tunnel ... I'm gonna call you in 5”

If she doesn't answer your call you can text her:

“OMG you've been kidnapped! I'll call the police! Wait they might have my phone bugged....Ok Ok I'll pay the ransom....or better yet I can come in all Mission Impossible style and save you. Wait...you are probably enjoying being tied up. You're so bad.”

RESPONDING TO TESTS

Are you wondering if a woman has ever tested you? Well, there's a simple way to know for sure: are you breathing right now? If the answer is 'yes' then a woman has tested you before. It's just a part of life so you better get used to it.

Examples of tests from women via text are, "I have a bf," "I want you to take me to dinner," "I don't sleep with guys on the first date," "I'm not that kind of girl," "can I bring a friend?" or she may just not respond at all.

Here's the good news: Women will often test a man she is interested in just to see how he will react. It means that she's actually attracted to you and is simply testing you to make sure you don't freak out and get all butt-hurt over nothing. It's an easy way for her to see if you are a dominant man that gets his self-worth internally, or a weak man who gets his validation from other's approval and is going to go home and cry to his mommy because he let a little girl get to him.

Think about it, she gave you her number so she wants you to succeed. She just wants to be 100% sure that you really are a fun, confident, normal guy. Women meet guys all the time that fake their confidence and then turn out to be total nut-jobs. A test is a simple way for her to cut those guys out of the equation as fast as possible.

So, you can't really blame her, can you?

The main rule when responding to any number of tests from a woman is to be completely unaffected. Stay positive, playful and don't argue with her. When she sees that you get all of your value from yourself and that she cannot get under your skin, you will pass her test every time. Whereas, if she can shift your emotional state, then she knows she has control over you and will lose attraction.

Here are some examples of how to respond to a test to show that you are unaffected:

Amanda: "I don't know If I should hang out with you ;)"

Matt: "Hmm and here I thought you were the fun-loving, adventurous, live-by-your-own-rules kind of girl. You're making me wonder now."

Amanda: "I am that kind of girl...you just seem like a bad boy :)"

Matt: "Ok prove it....when are you free next week?"

Holly: "I don't know if I can"

Matt: "And just when I was starting to like you"

Elizabeth: "You are the weirdest person ever"

Matt: "If you were here right now I would tickle you until you peed

"I don't know who your boyfriend is...but he's not spanking you hard enough!"

"lol...you're cracking me up right now"

"Well your still my favorite little brat.....well your at least in the top 5"

"That's minus 2 cool points :p"

“Are you flirting with me?” or “Are you hitting on me?”

Note: Misinterpret any feisty behavior as her making an advance on you.

“Do you text all guys like this....or just guys you are attracted too?”

“You are too adorable....what are we gonna do with you”

IF SHE DOESN'T REPLY BACK

I know how frustrating it can be to send a girl a text that you think will get a response and then for her not to reply. It's like, "why did she act all into me if she's not going to even text back?" Trust me, I get it.

But you must understand that just because you sent a text and didn't get an immediate reply, it doesn't mean that the text didn't work. Often women will read a text, smile and feel positive emotions and just not text back. It's just the way it goes. You have to keep in mind that people are busy and can be very forgetful. A girl might have every intention of texting you back, but then her life just gets in the way and she forgets.

One time my girlfriend got a text from her best friend whom she had every intention of texting back, but then she got distracted and was in a different emotional state, and the text from her friend was forgotten. My girlfriend didn't text back for five friggin days! And that was her best friend.

Often times, women will not text back right away (or at all) because they are testing you. That is okay. It just means she is attracted to you and wants to make sure you are as confident and as cool as you seemed to be when she met you. She wants to weed out the needy guys that are going to freak out when she doesn't text back. It's an easy way for her to eliminate the weak and desperate guys she doesn't want to date.

She may also be testing you to make sure you are not going to give up after one or two non-replies. Giving up easily is not an attractive quality, women like guys that are playfully persistent without being overly attached to the outcome.

She could also be playing hard to get. She could be totally into you, but doesn't want to appear overly attracted or easy, and is therefore ignoring some of your texts. That seems crazy, but think of it this way: a man's job is to put on the gas and a woman's job is to put on the brakes. She's just slowing things down and pressing the brake pedal because she thinks that will make you more attracted to her. Just keep pushing forward and keep using this program to steer in the right direction and you'll do fine.

Sometimes she may not reply because she has a boyfriend or is "seeing" someone. For most women it is extremely difficult to be emotionally attached to more than one man at a time. She may not have mentioned that she was "seeing" someone in the initial interaction because she either didn't want to hurt your feelings or she was so attracted to you at the time that it blocked her logical mind from even thinking about her boyfriend.

She may not be replying to your texts because too much damage has been done and she's lost all interest. This course will show you how to reignite attraction in numbers that have gone cold, but these texts cannot work miracles; if there is too much damage done then it's time to move on; go out there and get more phone numbers.

The key, if you don't get a response back, is to stay calm and DO NOT PANIC! Do not, I repeat, DO NOT flood her phone with texts (even Fun texts). Doing so will make you look needy, desperate, and crazy and she will most likely either respond negatively or will delete your phone number, from which there is no recovery.

Just play it cool and you'll be fine. If you are having trouble playing it cool then go back and read the section on the *"Inner Game of Texting."*

A good timeframe for texting if she's not responding (unless you are more advanced), is to wait a day and then text again. If she doesn't respond to that, wait two days then try again. If there is still no response, wait three days. And, so forth.

Whatever you do, don't bring up her lack of response in a serious manner. That just makes you appear really affected by it.

After two or three attempts with still no reply, send her one of the following texts:

Matt: “Hey I saw a cute little squirrel the other day and it reminded me of you. Hope you didn't turn into a squirrel. If you don't reply I will assume the worst.”

Sally: “haha no I've just been super busy with school”

Matt: “hmmm....well I'm going to call you in 5 minutes just to make sure this isn't the squirrel texting me...”

Note: Then you can just call her.

“Sorry forgot to get back to you I was X”

Note: X=something high value, something fun, or something hilarious, such as: “fighting aliens on a faraway planet”; “trying to workout the meaning of life using a calculator; a dorito and an angry teddy bear”; “trying to explain to my father that no, I am not gay and yes, real men do moisturize.” This text shows that you are not mad that she didn't respond, and instead are switching the frame to YOU as the flakey one that forgot to text her back.

“OMG did u get kidnapped into white slavery or something? Holla back”

“What happened? Jeez am I gonna have to bail u outta jail again?”

“What happened to us? I can't eat. I can't sleep. My heart is breaking into a thousand unfathomable pieces. Text me back punk”

Note: Use after a over-the-top romantic role-play

If you are regularly getting numbers that don't text you back then it's probably not your texting that's the problem, it's your initial interactions. If you made a great first impression then the vast majority of women will inevitably text you back.

If you are regularly not getting responses then take that as an indication that you need to work on your approach and fine tune your first encounters. Just know that you are doing something to push women away, and it may be something very subtle that you would never have guessed.

Solution: Get a friend, wingman or professional coach to see what you are doing wrong and take his criticism as honest feedback and make the suggested changes in your approach.

Remember, my team and I are always here to help.

For more texts to send women that haven't responded, see the section on “*Numbers That Have Gone Cold.*”

BYPASSING HER FEEBLE ATTEMPT TO CANCEL PLANS

Most guys start freaking out and get all upset when a woman tries to get out of plans, which is a surefire way to kill the attraction. I know I'm beginning to sound redundant, but this concept ought to be drilled into the crevices of your brain cavity:

Women are emotional.

If a woman tries to cancel plans with you it's because she's not in the same elevated emotional state that she was in when she made the plans.

Remember, attraction is constantly fading.

Since women are emotional and attraction is always fading, the reason for her sudden cancellation is that in her current emotional state she just doesn't feel like hanging out with you.

All you need to do is pump her full of some pleasant endorphins — via adept text messaging — and you'll be shocked at how often you can turn a hesitant and tentative girl into one who's ready and willing to meet up and have some fun.

The key is to always come from a place of understanding and then spike her emotions while being playfully persistent. If you can change her mood, then you can change her mind

Priscilla: “Hey Matt I'm sorry but I'm feeling sick and I don't think I'll make it tonight”

Matt: “Aww I'm sorry, I totally understand. But I have the most incredible cure that will make you feel a thousand times better....a tall dose of Matt. Side effects may include spontaneity, adventure, awesomeness, getting lost in the moment, and mild cases of euphoria coupled with constant ear-to-ear grinning”

Priscilla: “ha that does sound pretty good....I just don't want to stay out all night and get worse ya know?”

Matt: “yeah I feel ya little miss prissy pants, I have to wake up early anyways so lets meet for an hour. I'll order you the best anti-sick- remedy elixir crafted by the hands of Zeus that will blow your butt- cheeks off!”

Priscilla: “vodka? Lol”

Matt: “no whisky...thanks for ruining the joke brat! Hurry up and get dressed and meet me at 9”

Priscilla: “haha OK. Same place?”

THE FLAKE FACTOR

So what do you do if she actually flakes on you?

Well, it's not news that women flake. Women are just flakey creatures by nature (I'm generalizing of course). I've even seen a lot of women flake out on their best friends. Women, in general, just don't have the same sense of honor that men have. They don't always keep their word.

Back in the day, a man's word was his bond. Although this creed has faded for most, men still have a stronger sense of honor when it comes to doing what they say. I'm not being sexist or referring to all men or all women, but it applies to many and it's something worth considering.

As I've mentioned before, sometimes women will flake on you just to test and see if you are going to freak out and get upset, which is what most guys do. As a high-value, attractive man, you want to appear like you have many options. So, if a girl flakes on you it should be no big deal. In fact, if it only happens one time then don't even bother addressing it.

For example, if a girl tells you she is going to call you at a certain time and then doesn't, DO NOT bring it up the next time you talk/text with her or it will seem like you were affected by her forgetfulness and that it's still bothering you, making you appear overly invested and needy.

You have no obligation to respond to a woman who flakes on a date, but if you do here is what I suggest. She will expect you to be mad, because that's how most guys react, you on the other hand are going to do the opposite of what she expects. It's not a big deal to you, so much so that you can turn it into a joke. This conveys that you don't really care, illustrating your abundance and willingness to lose her, therefore increasing her desire to see you and not flake on you in the future.

Possible responses to a woman who flakes:

“lol...why are you always playing hard to get?”

Note: Laughing shows you don't care. It is the exact opposite of what she expects and it shows you must have a lot of other options.

“Something terrible must have happened. I hope you are OK. Don't worry about me I'm meeting up with my friend she's only in town a few days anyways.”

Note: This shows that you have other women in your life

“I'm sure something important came up...like your future self came back in time to assassinate the robot ninja who keeps making you flake on hot guys that you are super attracted to :)”

“No problem...you can just cook me dinner next time....I really like peanut butter and bacon pizza!”

“Guess who gets to bring me a bottle of my favorite wine since she missed out last night?...yep it's you. Thursday is looking pretty good.”

“No biggie, thanks for letting me know so I can take someone else.” *Note: This shows that you are unaffected and have other options. Can only be used if she told you in advance.*

ANSWERING HER QUESTIONS

Guys constantly ask me, “Hey she texted me this [shoving phone in my face]....what do I text back?”

Here's the deal when it comes to responding to questions:

You shouldn't always give a serious answer to questions because it does nothing for the situation emotionally. However, you shouldn't always give a funny answer or she'll never take you seriously.

Mix up answering her questions with humor and seriousness. Duality is key.

And remember, you don't have to respond to everything she says or asks either; women don't always reply so neither should you.

As a general rule, don't respond to her boring questions with a boring answer. Of course, if English is her second language then this rule does not apply and you should be more straightforward with your texting. Else, don't respond to anything with boring rubbish. Even if she sends you boring texts or asks you mundane questions, every single text you send should serve a purpose. Before sending your text ask yourself, 'what purpose is this text serving?'

Here are a few possible Fun responses to the most common questions women ask through text:

Chelsea: “What are you doing tonight?”

Matt: “Well...I'm moonlighting as an exotic dancer ;)”

Note: Use a fake response like this only if you cannot actually meet up with her. If she's asking you “what are you up to?” then she most likely wants to hang out with you.

Chastity: “So what do you do for a living?”

Matt: “Well....I’m an ass model.....so don’t you try to grab it...I just got it insured”

NOTE: You can use any off-the-wall job such as lighter repair technician, lion tamer, etc.

Erin: “Who is this?”

Matt: “Matt.... You knowPrince Charming....here to pick you up on my trusty white steed m’lady”

Jessica: “Who is this?”

Matt: “Your future ex-husband. You just weren't spontaneous enough for me in the bedroom -Matt”

Helen: “Who is this?”

Matt: “I thought my number was inscribed upon your heart....I'm so hurt...sniff sniff lol -Matt”

Shankara: “Who is this?”

Matt: “lol damn playa how many hot guys named Matt did you mack on Sat night?”

Helen: “Do I know you?”

Matt: “Actually I have no idea how we know each other, I sent that message out to a few friends and accidentally added you to it, lol. Still, you must be cool if I've got you in my phone so what's your answer?”

Note: Use after you send a Interesting Question.

Pamela: “Do I know you?”

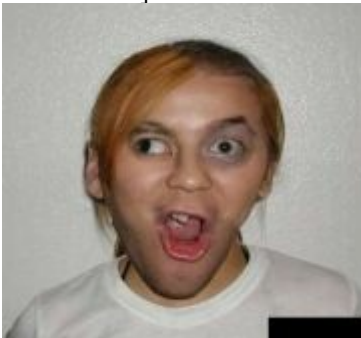
Matt: “I think we met a while back and you wanted to take me to coffee but I never got back to you because I've been up to my eyeballs in work. I seem to remember you were pretty cool.

Jane: “What do you look like?”

Matt: “Well I just lost some weight so I'm only 430lbs now, I sweat a lot but my doctor says it's no big deal. And my acne is finally clearing up some but I can't go in the sun too long because I'm a ginger. I think you'll find me pretty hot all in all.”

Note: If a girl can't remember what you look like, never try to brag or send a picture straight away. Instead, describe someone really ugly and make her laugh. Remember, it's all about sparking emotions

Lucy: “What do you look like?” **Matt:** “Me on a bad hair day...” **Matt:** [Ugly Guy Pic From Internet]



Lucy: “oh wow you are so handsom!!! lol”

Wendy: “Are you on facebook?”

Matt: “Yeah...but if I add you promise not to become a fb stalker? Pinky swear?”

Note: This communicates that you are a challenge and that you aren't going to give things up too easily.

Sally: “What have you been up too?”

Matt: “Oh not much just busy fighting evil terrorists and rescuing orphans from burning buildings, ya know

the usual”

Note: Use any absurd activity or far-fetched adventure.

Fay: “How are you?”

Matt: “what in bed?...jeez you’re forward! :p”

Fay: “haha that’s not what I meant!” **Matt:** “yeah right...you’re so bad” *Note: This is also a Role-Reversal.*

Natsha: “How was your day?”

Matt: “Well, your evil step-mother had me locked up in the castle. But I broke free. Now we can live happily ever after”

Note: This goes great into a role-play

Ana: “Guess What!”

Matt: “Let me guess....you wanna grab drinks and get me drunk so you can take advantage of me? You are so bad! :)”

Ana: “Ha! how’d you know? lol”

Helen: “Guess what”

Matt: “A robot from the future just told you that our love child was the only hope to stop the robo-apocalypse?!.....wait that’s just the plot of Terminator.....ok what?”

Helen: “haha you’re funny. I got an A on my test!”

Matt: “That’s awesome congrats!”

Matt: “It’s good to know that if we did have a love child who was the only hope for humanity, he would be ridiculously smart and good looking”

Helen: “haha yeah so true”

Matt: “We need to celebrate your A...what kind of trouble are you getting into later?”

Helen: “That was my last test so I’m free the rest of the week”

Sarah: “Guess what”

Matt: “Your evil step mother had you locked in the tower, but you really wanted to see me so you escaped. But, she made you drink her magic potion and now you are under an enchanted spell and can only be woken up by a kiss from your prince charming?”

Sarah: “Yeah how did you know? Lol”

Matt: “A little squirrel told me....who new squirrels could talk? Anyways, I just need to slay this heinous dragon and then I’ll be on my way...”

Sarah: “Oh my hero!”

Matt: “As I dismount my steed I lean over your enchanted sleeping body, gently brush your golden locks of blonde hair off your rosy cheeks, I softly push my lips against yours as I breathe into you. Fireworks erupt as both our hearts race simultaneously and you feel a rush of heat fill your entire body. I pull away slowly, but you can still taste me on your lips. Your eyes open and suddenly, the spell is lifted and you are free. But, you are sad because you wish the kiss could have lasted longer.....wait.....didn’t you wanna tell me something? lol”

Sarah: “I forgot lol.....keep going :)”

Note: This uses the Mini Orgasm technique

NUMBERS THAT HAVE GONE COLD

So, she stopped texting you altogether and now her number is as cold as an abandoned piece of salmon staring at you with lifeless, placid eyes. Don't worry, it's just part of the game.

There are a number of reasons for this, and most of them are not your fault. She might have gotten a boyfriend before you were able to get her on a date. But boyfriends don't always last, so I recommend keeping all of your dormant numbers because you can always reinitiate communication in the future.

The following texts are used as a last ditch effort for numbers where the communication has died, the girl simply stopped responding, and the number is now as cold as a koi pond in northeast Siberia.

It's fair game to keep texting a number that a girl gave you unless she told you to stop texting her. STOP means STOP. If that happens then delete her number so you don't make the mistake of texting her again. I don't have to remind you that you should be texting 7 to 10 girls at a time, do I?

Matt: "If you are falling desperately in love with men then don't reply to this text"

Gigi: [No Response]

Matt: "I knew it....listen, here's the thing, this just isn't working out....you just text too much. I'm sorry *sniff sniff* I know this is hard for you. But we can still be friends you know."

Gigi: "You are so crazy lol. Sorry I haven't been responding lately just been going through some stuff with my bf. We are probably breaking up."

Matt: "I understand....unfortunately I make an awful rebound guy :]"

Note: This uses negation

Gigi: "Why is that?"

Matt: "bc I would just ruin you for all other guys in the future :p"

Gigi: "You are so bad! I love it"

"Hey, just been sorting out my phonebook and found out I have three [HER NAME]'s, which one are you.....the crazy one, the hot one, or the shy suggestive one?"

Note: This shows that you have a lot of women in your life.

"I just met your twin!"

Note: Works great because women are highly competitive.

"Wanted to touch base in case you got rich"

"Hey [Wrong Name] come over the key is in the normal spot, just wake me up when you get here ;)"

Note: This is a sneaky move as it's meant to seem like you sent a text to the wrong girl. Use between 1am - 3am because that's the booty-call time. This will show her that other women find you sexually desirable and should only be used as a last-ditch effort.

“AMBER Alert: Missing single white female, short, funny, kind of a dork. Last seen desperately trying to get into the pants of a tall, witty confident male.....have you seen her?”
Note: AMBER is an official acronym for America's Missing: Broadcast Emergency Response.

TURNING THINGS SEXUAL

If you want to turn things sexual, it's best done using the Mini-Orgasm technique or using one of the following funny and playful texts.

Sexual texts, used very sparingly in the beginning, show that you are a sexual person and make it easier to transition to sex during the first date because she will already see you as a sexual guy. Just be careful not to come off as a pervert and remember: There is no tonality through texting so she can't hear how you are intending to say it.

Here are some playful ways to turn things sexual:

Matt: "WHAT THE HELL?"

Sonia: "Huhh??"

Matt: "You told your friends that you just wanted to bang my brains out and use me for sex.. tsk tsk.. I thought you were different :p" **Sonia:** "HAHA you got me :)"

Note: This is also a Role Reversal that you can easily transition into a Mini-Orgasm.

Ashley: "I'm busy all week :(“

Matt: "That's ok I took a lock of your hair and turned it into a little doll of you and will be having sex with it later. That's not weird?"

Ashley: "haha gross!"

Matt: "Like you are one to talk....I know you've been fantasizing about how I'm going to...[go into a Mini-Orgasm]."

Matt: "I'll be there in 60 sec"

Matt: "Typo lol *sec*"

Note: This subtly and unconsciously gets her to start associating sex with you

Nela: "So tired, going to bed now. Nighty night ;)"

Matt: "If I was there I'd fuck you in your bed and read you a story"

Matt: "lol damn autocorrect.....*tuck*"

Nela: "wow that actually kind of turned me on for a sec lol"

Matt: "Well in that case I'll be right over...with a bedtime story" *Note: You will be surprised at how many girls will actually get turned on by this text if she's already attracted to you. Wait a minute or two after you send the first text before you send the "autocorrect" text to create extra sexual tension.*

"Hey I've been thinking we're going to need a safe word... and it shouldn't be 'more'"

Note: Best if you are doing some sort of role-play such as marriage or overly romantic role-play or you've already had sex with her.

"What are you doing? Come get into my bed"

Note: This is pretty ballsy and should only be used with a girl whom you've created sexual tension with prior.

"SEX!!! Ok now that I've got your attention....[Interesting Question]"

"When was the last time you got a proper spanking?"

GETTING HER TO SEND YOU SEXY PICTURES

Let's face it, we men are visual creatures and love it when women tease us by sending naughty pictures that are for our eyes only. This may surprise you, but most women actually enjoy taking sexy pictures for their guy. It can give women a rush knowing that the guy they like is salivating and lusting over their body. A good woman always wants to please her man.

You need to understand that a woman wants to be appreciated for both her mind and her body, so show admiration for both, especially after she's sent you a dirty picture of herself. Remember, you always want to reward good behavior and condition her to continue acting in a favorable manner, so be sure to compliment her picture or tell her what her picture is doing to you (i.e., turning you on).

USING A FUN GAME:

Matt: "Let's play a game....."

Sapphire: "what game is it?"

Matt: "It's called the Sexy Picture Game. We send each other sexy pics of ourselves and who's ever is sexier wins. OK you go first." **Sapphire:** [she sends you a sexy pic]

Matt: "Wow you look absolutely stunning :)"

Sapphire: "Your turn!"

Matt: [Send Fake Pic]



"My mom says I have a really nice smile"

Sapphire: "hahaha! That cracked me up. But, I want a real pic :(“ **Matt:** "I'll let you see the real thing instead...what's your schedule like this week?"

USING A HOOK STATEMENT:

Matt: “You are highly distracting...”

Lisette: “Oh yeah? What am I doing exactly?”

Matt: “I keep thinking about your sexy little belly button piercing...you should send me a pic”

Lisette: “Ok hold on...”

Lisette: [sends sexy picture of her lifting her shirt up exposing her belly]

Matt: “Not bad....wanna really distract me?”

Lisette: “What did you have in mind?”

Matt: “Surprise me....something not so office friendly”

Lisette: [sexy nude pic]

Matt: “Wow you look incredible. I’m officially distracted for the rest of the day!”

Note: This strategy used compliance to get her to send a rather innocent picture at first, with the intention of easing her into sending a not-so-innocent picture later. I also kept things very vague to let her fill in some of the details with her own naughty imagination.

USING A MINI ORGASM:

Matt: “You're lucky you aren't here right now.....:]”

Devina: “Why is that?”

Matt: “Because I would do very bad things to you”

Devina: “Oh really??? Like what?”

Matt: “I would pin your arms back behind you with one hand and gently pull your hair with my other as I slowly trace my tongue up the front of your neck sending a shiver down your spine....” **Devina:** “Mmmm go on...”

Matt: “So you want me to tell you how I would firmly grab your hips thrusting you forward as our bodies are pressed tightly together our contours fitting perfectly in sync as I whisper softly in your ear three magic word that make your knees weak.....:)” **Devina:** “OMG Matt what are the words!?!?”

Matt: “I will tell you but first you have to do something for me.”

Devina: “What is it?”

Matt: “Send me a sexy picture in a sexy pose”

Devina: “Ok hold on :)”

Devina: [sends sexy picture]

Matt: “Amazing...but one thing keeping it from being perfect....too much clothing”

Devina: “Hold on”

Since we are on the topic of sexy pics, we really can't have a texting course without talking about dick pics! First of all, even if she's sending you hot pictures of herself, try to refrain from whipping out One Eyed Willy to return the favor.

But, what if she actually wants you to send her a naked picture of yourself? First of all, I advise against it. But, I know that some of you will, despite my word of warning, so here's the deal:

First, don't make it too easy for her. If she asks, don't just pull down your trousers and start shooting away. Make her really earn it by texting, "say please..." or, "ok but you have to promise not to imagine putting it in your mouth and sucking on it."

Be forewarned that once you send a picture of yourself you have no idea where it'll end up. Do you really want your goods plastered all over the internet? I know a guy who sent very explicit printed-out pictures of his ex-girlfriend to her entire family, office and every venue in town she frequented. So, please keep in mind that once your little firehose is in the digital world, you have no idea where it'll end up.

Plus, you never know who might get a hold of her phone in the future. Therefore, it's best to at least leave your face out of the picture. And, on that note, be sure to delete the pictures of yourself off your phone once you've sent them. The last thing you want is for someone to steal your phone and send your family a bunch of your weird nudies!

This stuff really does happen, so please use your better judgment.

SENDING HER PICTURES

Women love looking at pictures almost as much as they love reading romance novels. So it is okay to send her pictures. First, make sure she has a phone that can receive pictures. I know that sounds crazy in this day and age, but there are still some ghetto- ass people out there (wait, did I just get all gangsta?) that have phones that can't view pictures. This is especially true in underdeveloped countries.

Next, do not send her any pictures that can come across as you trying to brag or boast. Pictures of you in the bathroom pulling up your tank-top and flexing your abs of steel are a big no-no. This will not impress her and will only make you seem like a douche.

Instead, send pictures of random, cute, weird, or off-the-wall things that you see during your day.

Examples:

- Cute little squirrel eating nuts in the park on top of a statue.
- Homeless guy holding a sign that says, “My wife won't put out so I need some money for whores” (I really saw this).
- Funny looking wiener dog wearing a Santa outfit at Macy's.
- The \$38 monster cheeseburger you ordered in hopes of winning the t-shirt prize for eating every last bite.
- Candid shot of a funny looking man in a suit that's three sizes too big for him, picking his nose and scratching his butt at the same time.
- Picture of you holding a fat little Chinese baby (with the parents' permission I hope).

These types of pictures will brighten her day and bring a smile to her face. You can also use the “*Random Picture Game*” from the “*Games*” section.

Matt: I just figured out what animal you remind me of.... :)

Manuela: What!?

Matt: [Send Cute Animal Pic]



Manuela: OMG she's so friggin cute!!!

AFTER THE FIRST DATE

A mistake that a lot of guys make at the end of the first date is not setting up plans to meet up with her again. Make plans right there and then before you go your separate ways.

Another huge mistake, and probably the biggest, is that guys don't escalate and "make a move" on the date. This can kill the attraction as it displays your lack of dominance and portrays you as weak and afraid of her. Women can't stand men who are afraid of them. If this is the case then you probably do not have a second chance.

Assuming you escalated properly and made plans to meet up with her again, all you need to do is wash, rinse, repeat. Keep doing what you did before because it obviously worked and got you a date in the first place.

A lot of guys wonder, "should I text her right after the date?" My answer is, yes, assuming the date went well and you want to see her again. Sending her a simple text to make sure that she got home safe, mixed with a touch of callback humor from the date, can do wonders. It demonstrates your Tenderness and protective nature and will make her feel special.

Something else powerful that I recommend is to take some goofy pictures together during the date and then text them to her the next day. This, like callback humor, will bring her back to that joyful playfulness of when the two of you were hanging out, reminding her of how much fun you had together.

AFTER YOU HAVE SLEPT WITH HER

So, you met up with her, one thing led to another (what an ambiguous expression) and you both danced the naughty tango. Now you want to keep things going, possibly start a relationship, or at least sleep with her on a regular basis, am I hearing you right?

The key is to keep doing what you've been doing. Keep it Fun; continue being a Challenge; build more Trust; and keep her Desire for you constantly activated so she wants to see you. You can start elevating the Desire and Mini-Orgasm texts more, with even greater sexual imagery that details all the naughty things you want to do to her.

But don't overdo it. If you constantly send her sexual texts she'll think you just want her for her body, which is why I insist you send her the other 3 Sexual Attraction Sequence texts as well.

But, what about the day after you slept with her? Well, it's a good idea to text her the next day to show that you're thinking about her and to eliminate any feelings of regret.

The idea of playing hard to get after you've slept with someone is conniving and manipulative. For women, sex is a big deal and it's very emotional. If you purposely don't text her the next day to make her feel a sense of "loss" then I would kindly ask you to remove your right hand from this document, lift it towards your face and bitch- slap yourself as hard as you possibly can.

It's a thousand times more effective to build comfort and trust with her the next day by making her feel like she made a good choice. Simply send her a nice message to show that you are thinking about her.

You can always send one of the following texts after an animalistic night of barnyard- style sex:

Matt: “Stop... :)”

Silvia: “What :)?”

Matt: “....distracting me....I keep thinking about last night. Bad girl :)”

Matt: “I can't believe...:))”

Jenna: “What?”

Matt: “How incredibly sexy you were last night :)”

“You were delicious”

“I loved the way you tasted last night....I can't wait to ravish you again”

“I can still feel you”

Note: Use within a few hours after you've slept with her. Send this only after you've slept with her multiple times.

MAKING HER YOUR GIRLFRIEND

So, you've been hanging out with your new crush for a few weeks and everything is great, but now you want to speed things up and take your relationship status to the next level. In a nutshell, all you need to do is keep sending her Fun, Challenging, Trust and Desire texts, while increasing the frequency of communication and sprinkling in a few complimentary texts here and there.

Here's the emotional formula to make anyone fall in love with you:

$$\text{LOVE} = (\text{JOY} + \text{ACCEPTANCE}) * \text{TIME}$$

Love is created by the feelings of joy and acceptance over time.

You can easily illustrate your acceptance and appreciation for her by complimenting both her personality and her physical traits. It's important not to overdo the compliments though. You don't want your compliments to make you seem lame, pathetic or laced with an agenda.

When given early in the relationship, compliments like, "You are the most beautiful woman I've ever dated" or, "I can't live without you" are too over-the-top, making you seem overly invested. Early on, it is not good for your woman to think that you would be completely devastated if the relationship ended or that you would never be able to find anyone else ever again. This could make a woman, even a sweet, wholesome, good-hearted woman, begin to take advantage of the situation.

Also, a woman wants a powerful man, not a weak man is not used to attracting a woman as hot as her. If you really are head over heels in love with her by week two, it's usually best to just keep that little piece of info to yourself. I know you want to express how you truly feel, but if it's too overblown then it will probably backfire. Trust me. I've been there and I'm trying to keep you from making the same horrible mistakes that I've made in the past.

On the other hand, the right kind of compliment rendered in the correct context can do wonders for the relationship. The key to delivering a proper compliment is to be 100% genuine. Also, be as specific as possible to show that you really take notice to all the little details about her.

Done correctly, you will make her melt in the palm of your hand and she'll likely brag to all her friends about how amazing you are. This will also help her become a lot more open with her thoughts and feelings, allowing her to feel safe in your presence.

PHYSICAL COMPLIMENTS:

Matt: “You keep distracting me....:)”

Marjan: “Oh yeah?”

Matt: “I can't stop thinking about those gorgeous eyes of yours....the little specs of hazel in them. How they sparkle and glisten when you are happy to see me.”

Marjan: “OMG you are the sweetest!”

Matt: “Stop distracting me....:)”

Kristen: “What do you mean babe?”

Matt: “I keep thinking about how sexy you looked last night in that red dress....the curves of your body, your tight skin, the way you move in it....it makes me want to do very naughty things to you right now....”

Kristen: “Mmmmm like what!?”

“I love your lips. How soft and luscious they are. I feel a rush of electricity every time I kiss you.”

“I was just thinking about those heels you just bought and how I can't wait to see you in them....and nothing else :)”

“I love the way you smell...you always smell so fresh and clean like a rose garden just after it rains. It makes me excited just thinking about it. Next time I see you I am going to....”

“Miss the way you look in my jersey”

Note: This can also remind her of your smell (hopefully the jersey doesn't stink) and how she puts it on after sex (reminding her of the amazing sex).

NON-PHYSICAL COMPLIMENTS:

Matt: “I was just thinking about how much I love all your little quirks...the way you curl up in a little L-shape when you sleep, the way you love to sniff my neck, the way you bite your lower lip when you are nervous. You are so cute.”

Helga: “Wow you notice all of that? :)”

Matt: “I notice more than you think :)”

Matt: “I can't believe.... :-)”

Nina: “Can't believe what?”

Matt: “How lucky I am to have you”

Nina: “OMG you just made my day! :)”

Note: Do not send this during the first month of dating.

“I really love how understanding you are...I really feel like we just get each other”

“I love how artistic you are.....you just seem to find the beauty in everything.”

“You are such a great teacher...your students are so lucky to have you...and I'm so lucky to have you.”

Start gradually increasing your frequency of texts more and more. The more communication you have (especially face-to-face) the faster she will turn into your girlfriend. But, make sure you remain random and unpredictable or the relationship may fizzle out fast.

It is also pretty crucial to start calling her at this stage. If you do not want her to become your girlfriend then you never really need to actually call her, unless she won't return your texts.

Talking on the phone usually sounds like the worst thing in the world to most guys, but women love to talk to their man on the phone and unload what's on their mind. Women often just need to vent, it gives them a sense of relief. If you want to be the man in her life then you better get used to this, but at the same time be sure to limit it and stay in control. Don't let her go on and on forever. Twenty minutes is usually enough.

Keep in mind everything you do in the beginning will set the stage for what she'll expect in the relationship. So, if you don't want to have long two-hour phone sessions then don't do it in the beginning.

If you only talk to her on the phone once a week and see her once a week, then it may take longer for the two of you to become exclusive, as opposed to seeing her twice a week and talking to her on the phone three times a week. So, connect with her more, text her often, write slightly longer texts, compliment her, call and empathetically listen to her while remaining playful and dominant and trust me, she will become your girlfriend in no time.

IN A RELATIONSHIP

Wow, you've really come a long way! You worked up the courage and approached her, texted her to the point of getting a date, turned things sexual with the help of the Desire texts, turned her into your loving girlfriend with the help of the Physical and Non-Physical compliment texts, and now you are in a relationship with a compatible and amazing woman. Lucky you!

So, now what?

You really just need to keep it up, in more ways than one — no girls wants a floppy lover. But seriously, continue doing what you've been doing because it's obviously working. Keep sending her Fun, Challenging, Trust and Desire texts along with detailed Physical and Non-Physical Compliments.

Don't get lazy when it comes to texting, especially when you're in a relationship. Women hate when things become dull and boring once the guy gets comfortable around them. Texting is a great way to keep things fun, exciting and to spice things up every once in a while.

The key is to avoid getting into patterns. It's common for couples to form habits and patterns of behavior that are easy and comfortable. This can make the relationship stale and lackluster because neither party is putting in an effort to keep things new, fresh and exciting.

For example, if you text her, “*sweet dreams*” every night it will lose its impact. So change it up and make it more random. Sometimes don't text her at all, sometimes send her a joke, and sometimes send her compliments. The point is to keep it random and keep her guessing so that she never knows what you're going to do next.

This keeps the relationship exciting. It does take work, but it's well worth it if you really care about her. And if you don't care about her then get the hell out of that relationship!

If you keep your messages playful, sexual, random and original then your relationship will flourish with the excitement, joy and longevity of some of the greatest love stories in history.

FACEBOOK, WHATSAPP, MATCH.COM AND BEYOND

Many of the rules and techniques you learned in this course apply to other messaging devices as well. Chatting services such as Whatsapp or Facebook make messaging just as fast as texting. Feel free to use these techniques on those platforms as well.

Furthermore, social networking sites like Facebook are a great tool that you can use to your advantage by simply getting the girls that you are texting to add you to their buddy lists. When girls see on Facebook that you are a “real” person with friends and an interesting social life, it will significantly increase their attraction to you. Just be sure to have attractive pictures and interesting posts that convey your personality and lifestyle. If you only have ten friends and a few crappy selfies of you in the bathroom with your shirt off then your Facebook may be in dire need of an upgrade.

Many guys have written to me saying that they've had tremendous success using these principles and texts on internet dating sites such as Match.com, Plenty of Fish, OkCupid, Tagged and Badoo. Just go back through this course and find bits and pieces that you want to test out in terms of sending your initial message, getting her phone number and getting her to meet up with you.

Use these principles and texts, experiment and find other applications for them. You can even use these texts as real world conversation starters and as openers at bars and clubs. The sky's the limit.

QUIZ

1. You can show your appreciation for a girl who is your girlfriend or for whom you would like to be your girlfriend by sending her _____ and _____.

2. After you've had sex with her you should

- a) keep sending her Fun, Challenging, Trust and Desire texts
- b) send her only sexual texts
- c) start texting her every day
- d) both b and c.

3. True or False? You should keep every number and send out a mass text every week or two to all your cold numbers.

4. True or False? You should always answer her question with a serious answer.

5. True or False? You should never text a girl the same night you meet her to get her over to your house.

ASSIGNMENTS

Search through your phone and find all the numbers of girls in your phone that have fizzled out and have gone “cold” and send them all a text from the “Numbers That Have Gone Cold” section. See how many numbers you can revive. Even if it's only one or two, that's still one or two more girls than before.

Quiz Answers: 1. physical and non-physical compliments 2. a 3. True 4. False 5. False

PART 7

TAKING ACTION

Time to take action and get more dates than you ever thought was possible!

Jordan couldn't believe it.

His life was really turning around for the better, and after only two weeks since training with The Attractive Man.

Jordan had made a rule that he had been determined to stick to. He promised himself that he would approach every woman that he was even remotely attracted to. Since then he had met and chatted with 2 to 3 girls a day, without going out of his way to do so.

Now that his body language, tonality, facial expressions, energy and demeanor allowed him to exude a powerful masculine presence that women were drawn to, he was acquiring a solid phone number or two each and every day. He had never known anything like it and had certainly never imagined that he was capable of such a thing.

He felt like a new man. The old Jordan could go months without getting a single number, the new one had neared filled his phonebook with them. He was constantly texting hot women, making them laugh and giggle, and getting them primed for a date. He had dates lined up for almost every night of the week.

Jordan was about to turn 50, something which would have previously made him depressed because he was still alone, but he had taken action and he was far from being alone anymore.

Jordan was happier than ever and felt like he had been reborn. It was like a breath of fresh air had revived his lonely soul.

And all of this because he took action.

YOUR ACTION PLAN

Since you've made it this far you now know more about sparking attraction, getting a date, and creating intimacy and trust with a woman than most men will know in their entire lifetime. Go ahead and give yourself a big pat on the back. Don't worry, I'll wait.

You know the secrets, principles, guidelines, techniques and tactics for texting girls, sparking attraction, getting them to chase you, creating comfort and trust, and igniting desire. Furthermore, you ought to have already implemented some of the texts in this program, so now what?

I am very excited for you because you've come a long way and that tells me you have what it takes to succeed. As you keep practicing and investing in mastering these skills I guarantee your dating and sex life will be forever transformed.

Now it's time to take action and get your text on!

Go back and re-read the Texting Timeline section so you understand when and how to use the Sexual Attraction Sequence of Fun, Being a Challenge, Trust and Desire properly. Then get out there and start meeting some gorgeous women and text away so you can get some hot dates and tons and tons of hot steamy, unadulterated sex.

If you already have 7 to 10 phone numbers to work with then break out your little black book and start texting. I also recommended keeping track of all your success.

You should keep track of each text you send for two reasons:

1. So you don't send a girl the same text more than once. This can really kill the momentum and make things incredibly awkward.
2. So you can keep track of each girl's response and know exactly which texts are working better for you.

I started an Excel database on my computer to manage all my numbers and to track the texts that gave me the best results. I suggest you do the same. Or, since you probably have a smartphone, you can easily track everything on there.

The only way to master the art of texting women into bed is to practice. You need to fill up your database with as many phone numbers as possible and get practicing. If you don't already have a list of girls you can text, at least 7 to 10, your first step is to go out and meet women and get phone numbers to practice with.

I want you to make it your personal goal to go for one phone number a day. This may seem hard at first, but with your bonus videos on **How to Get a HOT Date in Under 3-Minutes** it could literally take you less than 5 minutes a day to get (or at least go for) a solid phone number.

Think about how much practice you would get if you got just one phone number a day? That's 7 numbers a week, 30 numbers a month, 365 phone numbers a year! You'd be a texting machine and would be having more dates than you could handle.

Make it your personal goal to go for one phone number a day, and use the "*3-Step System to Get a Date Tonight*" and the "*The Sexual Attraction Sequence*" to get all the dates and sex you've ever wanted.

ADVANCED

In the beginning it is important to stick to the script, following the system to the tee and in the correct sequence. You have the liberty to choose the texts that fit the girl, your personality, and the situation best, but stay in the order of Fun, Challenge, Trust and Desire.

However, if you feel you are at an advanced level or you've read through and applied the texts in this program to great success, then I want you to try mixing it up a bit. The only way to increase your skills and figure out new methods that work for you is by applying constant experimentation.

I've had times where I sent Desire texts and gave girls Mini-Orgasms the first day I met them, and it worked, but it all came down to calibration.

Calibration is fine-tuning and adjusting your methods to each individual situation, because the truth is, each woman is different and each situation is unique. So you might have to adapt the rules to fit the context of the moment. To be frank, rules are meant to be broken, but only after you've mastered them and have a clear understanding of the purpose they serve.

INCONCLUSION...

You've come a long way, from Amateur Texter to Master Text Message Seducer Extraordinaire. And you know what? I couldn't be prouder. A sincere congratulations is in order for your willingness and determination to increase the amplitude of your dating and sex life.

You're well on your way to becoming a powerfully attractive man who truly understands what women want, who connects with women deeper on an emotional level, speaks to women in a language that ignites the primal seductress within, and has intimate relationships with incredibly stunning women.

I have no doubt that you will achieve the success with women that you so rightly deserve, and if you need some extra assistance, my team and I are here to do whatever it takes to get you the results you want.

As you are working the program, firing off powerful text messages, make sure you keep coming back to this course as a guideline, especially if you get stuck or confused. I recommend going back and re-reading the section on "*Getting a Date Tonight*" and all of the "*Sexual Attraction Sequence*" sections at least one more time to get a firm grasp on those concepts.

If you skipped any of the Quizzes or Assignments go back now and complete them. Reading is not enough; you must do the work.

As you practice, I want you to experiment. You might lose a couple of hot leads along your journey, but remember: You have to break a few eggs to make an omelet.

Now, get out there, send some text messages and get yourself a pile of hot dates with beautiful women by putting all of these principles into practice. And make sure to let everyone know what worked for you and any cool new texts you've come up with so that we can all learn from each other, by posting your texts on the forum at: www.TheAttractiveMan.com/Forum.

And, most importantly, **post your successes** on the forum. That's my favorite part...I want to hear all about how you used the tools in this program to Seduce Her With Text.

Kudos to you for completing this course and I look forward to hearing about all your achievements as you post them.

If you want to keep in touch on a more personal level then feel free to find me on FaceBook at www.facebook.com/matt.ardisson.fan.page and like The Attractive Man at www.FaceBook.com/TheAttractiveMan. I am constantly posting new articles, videos and infield footage to help you with anything and everything pertaining to women, dating and overall success in life.

And again, if you would like live coaching to really boost your skills and achieve the results with women that you want and truly deserve, then you owe it to yourself to check out all of the resources we have for you on the next page.

Thanks so much for going on this journey with me and I wish you success in everything you do.

Until then...

Live with courage and be The Attractive Man.

Matt Ardisson, *Your Personal Dating Coach*
www.TheAttractiveMan.com Info@TheAttractiveMan.com
Call or Text: 1-888-99-ATTRACT (888.992.8872)

Special Thanks to all the other dating gurus and students who contributed to this guide!

LIVE PROGRAMS

Day Game Mastery Bootcamps - *Live Infield Workshops*

3-day or 7-day live, infield workshops with Matt Ardisson and/or his top Day Game Training instructors to learn how to approach, attract and seduce women during the day. For more info: www.DayGameTraining.com

EuorTrip/AsiaTrip - *Travel and Pick Up Women in the World's Hottest Cities*

The ultimate immersion program, the TOURS offer constant travel, training, learning, winging and hanging out with Matt Ardisson and the Day Game Training team.

For more info: www.DayGameTraining.com

2-Year Trainer - *Become a Trainer for The Attractive Man*

The best way to become a master is to teach it. Attend any 3-day or 7-day bootcamp with Day Game Training for the next two years AND have the opportunity to train others.

For more info: www.DayGameTraining.com

1-On-1 Live Infield Training OR Phone Coaching - *Personalized Just For You* Personal live sessions over the phone or we will come to you and eliminate all of your personal challenges and sticking point. 3-days of infield or 90-days of phone coaching. For more info: www.1On1DatingCoach.com

Inner Circle - *The Ultimate Dating Mastermind Group*

Get all of your questions answered pertaining to women, dating and overall self improvement. Weekly coaching calls, live infield video breakdowns of YOUR approaches, private members group, female instructors and lots of bonuses.

For more info: www.TheAttractiveMan.com/Inner-Circle

THE END

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