

**A NEW E-BOOK FROM  
X & Y COMMUNICATIONS**

# **STICKING POINTS**



**PRACTICAL ANSWERS TO ACTUAL  
QUESTIONS FROM NORMAL GUYS**

**SCOT McKAY**

**WWW.DESERVEWHATYOUWANT.COM**



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QUESTIONS FROM NORMAL GUYS**

**SCOT McKAY**

**X & Y COMMUNICATIONS  
DESERVE WHAT YOU WANT**

First Edition

E-Mail Scot McKay: [scot@deservewhatyouwant.com](mailto:scot@deservewhatyouwant.com)  
More From X & Y Communications: [www.deservewhatyouwant.com](http://www.deservewhatyouwant.com)  
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## **Dedicated To:**

This book is dedicated to every man who is strong enough to find the answers in a world where most men never stop to ask for directions.

And here's to the great women who in turn respect that trait in a guy, as you'll soon realize they often do...



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And now, let's hit some of the hardest questions with a big, heavy hammer...





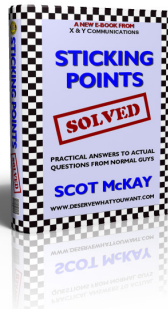
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## Introduction

Every time a guy purchases a book or a program from us here at X & Y Communications, he receives an e-mail from me a couple of weeks later. In that e-mail, I ask a very simple question:

***“What are your top three ‘sticking points’ when it comes to achieving greater success with women?”***

I take the responses I receive very seriously, as they represent the very pulse of what’s most important to you.

Those perceived “sticking points” guide the development of every project we undertake around here. After all, the best questions to answer are those that are *actually being asked*...preferably by real men in real-life situations.

So to fulfill in part on addressing the issues, I’ve compiled this collection of the fifty-one most poignant e-mails I’ve ever received, covering the “sticking points” that tend to show up most often in our inbox.

To top it all off, I went to far as to include a “bonus” 52nd<sup>t</sup> e-mail that was actually sent to me by a woman, just because it’s important to deliver more than I promise.

Please note that I’ve left each e-mail as I’ve received it, so be on the lookout for typos and/or misspellings along the way. That’s all part of the experience of reading this book, for better or worse.

The important part, however, is you’ll find the questions from normal guys just like you that follow and the answers I offer will address darned near 90% or more of the typical issues and challenges that most guys face.

As such, I trust this volume will become a valuable reference to you that you will consult again and again.



## Nice Guys vs. Good Men

Hello Scot,

I have enjoyed listening to your podcast, and it is showing me many areas in which I am not doing the right things to keep a nice woman attracted.

I am the basic Nice Guy that seems to either find a woman that wants to just be friends or go off and cheats to break my heart so I will never want to see her a again.

I had just found your podcast this week, so I am playing catch up. In one episode Emily was telling us that most all women try to nicely let us guys down when we try to talk to them to see if we have anything in common. For me just walking up to a lady and starting to talk has never worked--and I am not talking about just going up to a lady and wanting to bed her.

Most every lady seems that they do not want to talk. If I e-mail a lady on Match or Yahoo, they do not reply. A few may look at the profile. I had one reply back, but she was a scammer, and just was running a con for some money. I do not know why it a person cannot send back a simple e-mail to tell someone thanks but no thanks.

I still hope and pray that I can find someone special. I know that I am a nice guy, and if I have to be a jerk to find someone, then I it looks like I will not have anyone special.

Thanks to both of you for the info on the podcasts,

Take care

S. – North Carolina

*Hey S.:*

*First, realize you are not alone. The majority of guys have a lot in common with you, and I've certainly been able to relate in the past.*

*But the past was yesterday. Let's talk about the future.*

*There is nothing inherently wrong with being a nice guy. That said, if you haven't read elsewhere by now, just about every "dating guru" in the world (myself included) harps continuously about how "nice guys" tend to land in the "JBF" ("Just Be Friends") zone...and FAST. Being "nice" just flat-out lacks any sexual charge whatsoever. If you've ever heard a woman refer to a man as "harmless", especially after an apparent sexual innuendo from the guy she's referring to, you've witnessed a prime example of how this phenomenon operates.*

*The solution is to learn how to balance being a good-hearted man with a solid dose of self-confidence and genuine masculinity. I don't think it's reasonable or even conducive to success in other areas of your life to expect you to magically transform into a "bad boy". Notwithstanding that, however, way too much noise in this culture is directed at attempting to brainwash us guys into thinking that "all male behavior is bad behavior". You likely believe that sexuality offends women, that women love "sensitive" guys and that "friends first" is the rule.*

*But as you know, once you are a "friend" you tend to stay there. Even if neither of you can really figure out why. (Hint: sexual attraction is NOT something that you can learn over time. It's either there at the beginning or it isn't)*

*And worse, once you have gone enough out of your way not to offend her, she feels as if she "owns" you. Actually, whichever gender you are, the partner who is either less attracted and/or "needs" the relationship less is in total control and can begin to take things for granted. That's when the cheating starts--especially when low-end people who lack character are involved. Some try to get away with whatever bad behavior (ironically enough) that they can, simply to push the proverbial envelope. Man or woman, if hearing this inspires you to avoid such a relationship, consider yourself as having dodged a bullet. The poor sucker who actually marries into such a situation is doomed to a lifetime of humiliation and frustration.*

*So you see, "bad behavior" isn't limited to either gender. But enough about other people. Let's get back to your situation.*

*Earning attraction from a woman involves walking a tightrope of being neither too "harmless" nor too "harmful". Creepy, aggressive, jerky guys LOSE (especially with the sharpest women out there)...except that so many men are soft, friendly or even downright apologetic that women end up with those guys anyway. Why? Because the latter is even WORSE to a woman than a "jerk".*

*I have no idea what you are writing to women on Match and Yahoo in your first emails. If you are like the vast majority of guys out there who*



*are frustrated by their online dating experience, your troubles may be dramatically turned around by making changes to your profile narrative.*

*And I also have no idea what your demeanor is when you approach women in the "real world". But no matter what the scenario, you must be as confident in the greatness of who you are as you are in her potential greatness. My basic theme is "deserving what you want", and this is exactly what I am talking about. When you have your self-concept (aka inner-game) in order and do what it takes to deserve a great woman, your demeanor will transform into that of a man who is evaluating the worth of women he meets instead of that of a man trying to impress a woman...ANY woman. Ironically, women are impressed by that--especially women with a healthy self-image in their own right.*

*Do you see the difference there? Stop judging women as unapproachable superhuman entities strictly on looks alone. They are human beings with faults, just like you. Arm yourself with that knowledge. Doing so will help boost your self-esteem, and my guess is that you'll begin to find and attract great women who have a solid self-worth in their own right.*

QUOTE: "I still hope and pray that the I can find someone special. I know that I am a nice guy, and if I have to be a jerk to find someone then I it looks like I will not have any one special."

*"Hope" is not a strategy. And it appears you are conceding defeat to men you openly consider "jerks". So are you saying this is what women deserve? I doubt that's what you meant to express, but that's how it comes across. Start seeing yourself as a "knight in shining armor" who represents the fulfillment of a certain woman's fantasy. Then, put the time and effort in that is necessary to BECOME THAT GUY.*

*Kill desperation. View yourself as a man with options and you will quickly become one. If with a woman, serve notice that you are there by choice rather than by default.*

## The JBF Talk...It's Not Just For The Guys

I have a question.

I got to go out for coffee with a guy I have had a crush on for about a year. It went well but the summary of the discussion we had about dating was that he is in limbo right now because he has little time with his kids and work. He is seriously considering moving if he will be able to get custody of his children and the courts allow. He basically doesn't want to get into a relationship with someone if he will be moving. He said a number of times that to him dating is about timing.

He does endure a long commute each day and he has kids (2 girls) a lot.

I am uncomfortable pushing the issue if he is not interested. The coffee made me even more sure I would like to get to know him better. Can you translate this "guy speak" because I am baffled.

I am considering send him a thank-you for coffee and hope that he will be able to make time to do it again (soon?). I am uncomfortable making any forthright effort to engage him if he is clearly not interested for whatever reason.

Sigh. He and I are so alike it was like I had known him for years.

Thanks for your input. Take care.

K. – Georgia

K.:

*Although many if not all of the issues he cited might be very real, I've got some difficult news for you. People tend to modify their priorities in a BIG WAY when they meet someone who really moves them. And he's not doing that.*

*Be really careful not to express too much to a guy about how much you like him too soon. Remember "getting kills wanting".*

*Also important, as tough as it sounds to do it's best not to invest too much emotional energy in a certain person until much later. The less*

*you feel you need a guy in your life, the more you are likely to attract him...ironically.*

*Here's an aspect where men and women are remarkably similar. No kidding.*

*Consider if the tables were turned. If this guy was falling quickly and fawning over you, your gut reaction might be that you could do better. And you would lose attraction for him—probably without even knowing why exactly.*

*Meet some other guys and take a more casual approach. You'll like the results. And just for good measure, remember that he "gets" to go out for coffee with you also—you aren't the only privileged one.*

*BTW, all guys reading this take note: Now you know that women can land in the "Just Be Friends" ("JBF") zone too. But...that doesn't change the fact that EVERYTHING here goes DOUBLE for you at all times.*

# Obscure Obstacles For The Obsequious

Hi,

I have another question. I am applying the things I am learning from you everyday and I am paying special attention to the podcasts on approaching women and where do you meet them.

My obstacle now is I keep seeing women I would like to get to know better at obscure moments like coffee shops, waiting in line etc. they seem to be giving me "signals of interest" but how do you go about trying to flirt and get a number when there are two girls present, because with this there are the issues of jealousy or if the other friend will try and hinder your attempts because you approached the other girl.

This happened today at Starbucks with two girls talking to each other at a table. We strategically sat at the middle table where all the girls could see us. I didn't make the attempt to go talk to the one girl that seemed interested because her friend was there but she did go to the bathroom. Maybe that was my opening but even then to get a number from someone you just met with just 2 to 3 minutes to do it in is strict. There is a way to accomplish this? So what I am doing wrong with my mindset?

Thanks again for your time and help, I appreciate it and can say I am making the sincere decision to put myself on the path to deserving what I want.

N. -- California

*Hey N.*

*I'm glad that things we talk about appear to be working for you some already. They certainly have for me.*

*Regarding your first question about groups of women, I think you are over-analyzing. Doing such in any situation--be it meeting women or whatever else you do in life--causes you to manufacture self-doubt at a record pace. I'm sure you've heard the term "analysis paralysis", and it applies here. If you don't even try, you are guaranteed to fail...every time.*

*If you see a woman you like who just so happens to be with her friends, there is absolutely nothing "wrong" with showing interest towards her specifically. A real man should be cordial with the friend(s) and bring some energy to the entire group, but it's only natural (and expected) that you would be particularly attracted to one in particular. Women are grown-ups too, remember. If "in the unlikely event of a decompression" your concern is validated and the other wom(en) somehow manage to "act up" in either a jealous and/or immature way, that's not really even your problem. Rest assured that any woman who would put on this display is behaving in no manner to indicate true friendship toward the woman you are interested in.*

*With some field experience, you'll soon realize that most women are very gracious in return when a man graciously approaches a certain woman in the group. You are only going to get blatantly "blocked" when either 1) She's not single after all, or 2) You are an I/J (Idiot/Jerk). So be the kind of man who deserves what he wants, and there's very, very little potential for shame. Besides, what's the worst that can happen if they all want your attention...you get ALL of their phone numbers?*

*Let's think about this even deeper. If one behaves like a brat, believe it or not it may HELP your cause as the one you prefer apologizes upon finding herself in a position of embarrassment. But all this is a contingency plan for the unlikely. Women know better than to be that catty towards their friends in such situations. In fact, they often are happy for one another--interestingly enough.*

# Want What You Deserve

Hi Scot,

Just wanted to say "good job". After having my heart broken by my divorce from a woman I really loved, I have been looking for someone else to spend the rest of my life with. I, like you have been told that it wasn't my fault and that I did all I could to try to save my marriage, but it still doesn't take the pain away. After almost a year I feel that I am now ready to begin dating again. I figured "Hey I was married, I shouldn't be afraid to talk to women." Boy was I wrong, I am just as shy as ever when it comes to approaching women. You and Emily have begun to open my eyes to the fact that I am not alone in this regard and that it is OK to approach women. You guys are empowering me to get the relationship I want and deserve and not to settle for a substandard relationship. I just wanted to give a huge thanks and good luck on your new life together

Thanks and God Bless,

B. -- Mississippi

*Thanks B. These are the letters I most enjoy receiving. We love knowing that we're making a difference.*

*Yep, you got it--there's no time to be a "victim" after a tough divorce. Learning to deserve what you want is THE best and absolute quickest way to put the past in the rear view mirror.*

*Be sure to go out and date all sorts of women so you can truly evaluate who it is you are looking for. In other words, who is it that you actually WANT to DESERVE? That's a crucial step on the road to deserving what you want. Then, once you have total control over your dating life and be the--CHOOSER instead of the CHASER--you can then make the decision to stick with one great woman on your own terms.*

*Thanks for the well wishes for a happy life. You're next!*

## Where's That Crowbar When I Need It?

Hi,

I've read some of the advice tips on the site about the importance of being independent and inspiring women to feel comfortable in the presence of confident guys. Here's a situation I'd like to tell you about: there is a woman who I met recently. We talked for a few minutes and exchanged email addresses with each other. It was all casual and I didn't even suggest that I'm interested in her romantically. I'd like to get to know her start on a friendship level and see what can happen. So I emailed her the following day and told her that if she'd like to meet me sometime for friendly conversation I spend a couple of hours during the afternoon at a social club. She emailed me back a few HOURS later and said that she's like to meet me because it turns out that she goes to that same place everyday, too (although we had never seen each other there before). She asked me what she should do. Then she asked me for my phone number and told me that she goes to that place almost every day when she's not working.

So what I'm wondering is: is this lady asking for my phone number because she wants to know if I have a phone? She already knows I have email because we exchanged addresses after that first time we met only a day earlier. What do you think could be a reason why she's asking me for my phone number?

I'm wanting to start off as a friend to this woman and see what happens.

Thanks.

Joseph

*Joseph:*

*First of all, I could send this email to any of millions of desperate men everywhere who would love to have a "problem" like yours. 99% of these men would automatically understand her response to you as a clear sign of interest. And they'd be correct.*

*The natural progression from exchanging email addresses is to take things to the telephone. The natural progression from there is to meet in person. This particular woman's interest level in you is high enough that she is sending you such blatant hints of her desire for BOTH that only a crowbar upside your head might be more obvious. Note I said "might".*

*So let's first go over what you did that was GREAT:*

- 1) Nut up and ask for her contact info. You're ahead of most men there already. Great job.*
- 2) Emailing a woman you sense has interest in you the following day. I believe artificial "waiting periods" represent the kind of "game playing" people hate.*
- 3) Calling her to action. (meeting you at the social club)*

*Here's where you'll do better in the future:*

- 1) Understand that email --> phone --> meet is the natural progression. You skipped a step and she's bringing you back around, understandably.*
- 2) Any positive response from a woman is just that...it's GOOD. She is asking for your phone number because she wants to MOVE THINGS FORWARD...and,...*
- 3) ...women LOVE LOVE LOVE men who LEAD. She is asking you "what she should do" because she wants YOU to be the man here and LEAD. This is a "Chick Whispering" basic. Women want you to wear the pants, and will hint at what they want you to ASK them rather than asking first. See how that works? And don't you just LOVE LOVE LOVE women who look at you adoringly when you are their Superhero who knows how to be a LEADER? Of course you do.*

*That all brings me to the final, and perhaps most overarching thought. You talk about "friends first". You do realize that this is almost always a MYTH unless you are clearly in the driver's seat of leadership.*

*By this I mean that women typically find it very, very hard to move a man from "friend" to "lover". Either you are causing her erotic synapses to fire up like VG race fuel or you are doomed to being a "tea party*



*guest". And hey, Earl Grey smells nice but there's just something about spent 2-stroke race gas fumes that satisfies.*

*I hope you haven't been brainwashed by the same cult that had me duped me back in the day. You know the one. They preach that "all male behavior is bad behavior" and that "showing romantic interest in a woman is offensive to them."*

*Unless you yourself are unconvinced that you are ready to blow up the chemistry lab with this chick, you need to get in front of her and FLIRT, my man! She'll LOVE LOVE LOVE you for it.*

## The Best “Contest” Is “No Contest”

Scot,

Could it be that the best thing for a man to do is reframe approach anxiety in his mind by saying to himself, "I've won by approaching and introducing myself as well as I can"?

As far as being beaten by a girl, that's tough to deal with. It seems the girls are winning at all levels of society. They have a level of psychological sophistication that few men can match. Even King Solomon could not figure them out.

Could it be the best thing to do is to learn how to harness women's power and use them as muses?

Thanks.

WP

*You make an interesting point, WP. You truly ARE a winner comparatively speaking if you actually can approach a woman. It is absolutely true that the vast majority of men LOSE by not even trying.*

*Still, I truly believe that viewing the approach as a "contest" is where we ALL lose no matter what. We should simply be mutually qualifying one another, without any value judgment placed on it. If it's simply a conversation rather than a competition for who has the "power" then the angst goes out the window...at least theoretically. Having opened some other emails this lately (not necessarily yours) it looks like some guys are all too fast to replace one excuse with another...*

*As for how things go with the rest of society, women deserve to "win" as much as men do and given an abundance mentality we as men shouldn't be concerned at all about that but rather encourage it. There's no need for women to "win" at the necessary expense of a man in most cases. Their victories are independent of male successes and failures. It's just that specific situation of begging for first dates that pits us against each other as men and women. That's the one we DO have control over....fully.*

*Rather than harnessing women's power and using them as muses, which to me almost sounds like considering them livestock, I'd rather*

*reframe the concept and point us as men in the direction of gaining psychological sophistication (a term that I really like, by the way) and using 3000 years of human history's wisdom to build upon that of even Solomon himself.*

*Thanks for your terrific email.*

# Quality Vs. Quantity From The Voice Of Experience

Hey Scot, how's it going!

Just wanted to say, I checked over your site and I think it's awesome what you are doing and teaching people! You have inspired me to start deserving what I want also instead of settling for just anyone! I really don't have trouble meeting woman and going on dates, it's just that I haven't found a lot of quality woman in this world. I've been in lots of one-night stands with women and have come to the realization that it doesn't bring happiness. Only having a true connection with a woman leads to happiness.

My only question to you is how did you know the woman your married to now was the right one for you? Out of all the women you dated, how did you know she was the one? How did you know when to stop dating is the question I'm trying to ask, what if you kept on dating instead of stopping and met another high quality woman?

Anonymous

*Thanks for your kind words. I live for hearing that people are inspired. I appreciate your story and your revelations. As for one-night-stands, I've never understood it. I've tended to like the women I've been intimate with and wanted more!*

*Your "one question" really is a BIG one. Here's the simple answer: I dated MANY women. And I dated as many of them at once as I could handle. As I did, I made very careful notes of what I liked and didn't like, even going so far as to building a spreadsheet so as to rein in my typically right-brained approach to "winging it" when it comes to such things. As I learned more about women and what they want from a man, and as I began to DESERVE a great woman more and more, I raised the proverbial bar as far as the quality of women in my life. So yes, like I found out first-hand, guys like you and I run the distinct risk of encountering the enviable problem of having MORE THAN ONE high quality woman in the picture. But having CONTROL over one's dating life is key in this situation. This means making the choices that affect ONE'S OWN life. Being able to attract and make my own decisions regarding the women in my life, I placed myself into the position of being able to fine-tune who it was I was looking for and I recognized her almost instantly. This meant cutting ties with some great women, but I*

*was also at a point in my life where I was comfortable with the notion of being READY for some stability around here. Importantly, that decision was MY OWN choice--no pressure from her—based on experience and being in a position of strength rather than neediness when it came to my interactions with women in my life.*

*There's so much more to this, though. Your attitude matters way more than objective strategy, and certainly more than tips, tricks and tactics. You MUST respect and genuinely enjoy female-ness rather than being sex-focused. Otherwise, you will get what you deserve—which is MUCH LESS than what cements a solid long-term future with a great woman. A man who UNDERSTANDS and ACTUALLY LIKES women realizes the crucial importance of masculinity and thereby draws women to him. Women everywhere CRAVE a man who is masculine enough to awaken their femininity. Get this principle and begin having the “enviable” problem cited above.*

*Now, being the kind of guy we're talking about here is actually not so hard to pull off. For most guys, it's kind of like a "light bulb" that goes off after struggling with the concepts for a brief while. Kind of like when you learn how to ride a bike. That said, doing third-gear wheelies on a GSXR1000 is a bit more advanced than simply getting rid of the training wheels, if you get my drift. That's why we have Power Sessions.*

*How about a woman's perspective on all of this? Just a couple of nights ago you wouldn't have believed the quality of our waitress at dinner who announced to us that she was "dateless". Although she was beginning to doubt herself, the only difference between her and her friends was that she refused to settle for a moron. Good for her. Emily and I both agreed that she should take great pride in her pickiness instead of doubting it and she will begin to see the men she deserves come looking for her. These men, by the way, happen to be guys like YOU. Did I mention that this 21-year-old sweetheart with big brown eyes and a priceless smile was DATELESS? There ARE NOT ENOUGH great men to go around. Do your part to change that...and win.*

# The All-Important Question When It Comes To Online Dating

Could you help me on an issue. A friend of mine needs to know...

Dear [female]

When you write an e-mail to a girl on a personals site, what does she want to hear to make your mail stand out from all the others?

Signed,  
[male]

I'm not really sure...

J-OH

*I believe it is disarmingly easy to do this. Your friend is on the right track by knowing his email must stand out. The overwhelming majority of online daters, as i'm sure you know, do not. This is unquestionably the most important aspect of writing first emails to women online.*

*There is a lot to share here, and your friend may want to consider some phone time with me to discuss it. If he wants to increase response I can guarantee results.*

*Here are a few things he can do NOW to see a difference, but this is just the tip of the iceberg:*

*1) Subject line: Use "Re:" followed by something interesting lifted verbatim from her profile. NEVER, EVER use "Hi" or "Hello". My personal research shows that OVER 50% of men fail before their email is even opened because their subject line is either "Hi" or "Hello".*

*2) Keep it brief...this says all the right things.*

3) *Make the tone of the email such that you are qualifying her, rather than trying to impress her. Never let it come off as a foregone conclusion that you are already "interested".*

4) *Don't sound creepy or weird. If in doubt, don't say it.*

5) *Use descriptive, creative words. Avoid any phrase you've seen in three or more other profiles.*

6) *Project masculinity and confidence AT ALL TIMES.*

*All of the above could be elaborated upon and will require personalization based on the unique attributes of who your friend is as a person. Again, I recommend a consultation. Remember: Women get TONS of emails and don't have time to even OPEN half of them, let alone consider a response. Making the change represented in the first point alone will get tangible results.*

## Stay Or Run Away / Changing Someone

Scot,

I know I can always count on you for good advice. I'm glad Emily and you are doing well.

How do you help someone you love come to the realization that they have a problem with alcohol or any other substance abuse? Will they ever come to take responsibility for themselves and stop blaming those around them who truly are trying to help and love him dearly? I have to take a stand for my own self worth.

Do I walk away? Do I stay? I know that the verbal and mental abuse will always be there until they get help with their problem. I know I don't deserve any of that. How can I help without them feeling like I'm turning my back on them?

Thank you.

M-IN

*What a great question, and one that so many people—men and women—have to face.*

*First of all, I'm not going to pretend that I am a crisis intervention counselor or a medical doctor. I am not. That said, there is a key thing that must be understood before all else. Alcoholism is a DISEASE, not a "drinking problem". In fact, drinking is but a symptom of the condition, the clinical diagnosis of which covers the tendency for the alcoholic to blame others for his or her own actions. This is by definition the epitome of "mind games", and alcoholics are invariably blamers. There have even been declared instances of "dry alcoholism", where all classic symptoms of alcoholism are present, except the person doesn't abuse alcohol.*

*Now, to directly answer your question. Although every situation is different, I see situations very similar to yours all the time.*

*You have probably heard the psychobabble term "co-dependent" before. You appear to be on the trail to becoming such yourself. When this happens, your life has basically become dysfunctional as a result of dealing with the verbal or even physical abuse, accompanied by the*



*subsequent blame and guilt trips, of the alcoholic. This causes you to feel directly responsible for this other person's well being.*

*You are NOT responsible.*

*Everyone in life is responsible for his or her own decisions. The hard fact is that you CANNOT change this person without his consent.*

*One of the concepts I mention in the book "Deserve What You Want" is how it is easy to tell if someone's behavior toward you is unacceptable by simply applying the "Golden Rule" in reverse. Would you EVER IN A MILLION YEARS treat another person the way you are being treated? If not, then you have no obligation to endure what is being done to you.*

*You DO NOT deserve what you are getting.*

*I sense from your letter that you really have already answered your own question, and are looking for support. Well, I'll give it to you. You hit the proverbial nail on the head when you said you "have to make a stand for your self-esteem". Assuming you are dating this person and not married to him, LEAVE. DO IT NOW. Even if you are married to this guy, serving an ultimatum is the right thing to do. If there are children involved, this is especially critical. I realize that leaving is harder to do the longer the relationship lasts, and it is unfortunate that all of this has come out only after you have become emotionally attached.*

*You are absolutely correct in everything you say about the abuse remaining until this person takes personal responsibility for his actions. And as I'm sure you know from stories about how others have related to recovering alcoholics, it's a lifelong battle that you will be positioned to share all the pain in should you choose to stay.*

*One last thought. In the book there is a section about how to know when someone is being inappropriate on a date. A key principle applies here. When you are not being RESPECTED, you are getting less than you deserve, as you've already figured out. And nobody wants to be disrespected. By being a respectful woman, which I sense you are, you indeed DESERVE WHAT YOU WANT. Let that empower you to make the changes you need to. And I wish you all the best.*

## Back In The Game

How can I heal myself....not want to call her....not to be worried about her...have her make me feel bad for not being there for her?

Anonymous—Parts Unknown

*That's easy...GET BACK OUT THERE! Once you have broken off a relationship the single most important thing you can do is start dating again. If you sit alone analyzing the situation, not only are you more likely to gravitate towards negative thoughts given how recent the hurt is, you will be training yourself to stay home rather than to go back to socializing.*

*In motocross, riders often crash trying particular jumps or sections that they've successfully cleared many times before. It hurts when this happens. A key principle of that sport is to walk off the sting and try the section again IMMEDIATELY before fear sets in. In fact it's best to do the section TEN TIMES in a row just to make sure the rider remains confident.*

*In this case, there's a dating lesson to be learned from motocross.*

## Nice Shaped Head

Had a question/comment about your latest newsletter. What age were the women you polled for your information on balding? When I was in high school and then some, I was NOT attracted to men that were balding. That was then. Now there is so much more to the decision, and I'm actually attracted to a guy that's bald, with a "nice shaped head and dark features".

Crazy, huh? Also, an interesting bit of information about men that are balding. It seems research has linked balding men to high testosterone levels.

K –IL

*You know what? I have a theory that applies here. I believe that most of us tend to find people our own age attractive, and that the trend holds true as we age. For example, I never even looked at thirty-something women when I was 18. Given, the term "MILF" wasn't invented yet, but I doubt that had much to do with my own personal mental state. Nowadays, however, women in their mid/late thirties are much more interesting. So, yes...it's quite possible that it's more mature women who are more likely to be attracted to bald guys. It's just like my thoughts on motherhood being sexy. Reflecting on it, I hadn't realized that yet when I was 18...LOL*

*As for the cause of balding, that's not my baileywick...but the key is generally considered to be a genetic inability to deal with dihydrotestosterone (DHT) in particular. Check out this link for more if you are interested: <http://dermnetnz.org/hair-nails-sweat/pattern-balding.html>*

## Soulmates And Chemistry

Another topic...although could be very controversial...I've noticed so many people looking for their 'soulmate'. I get along with so many people...and i've had many guys tell me they 'know' I am their 'soulmate'...but I did not feel the same for them...and did not want to pursue a relationship further than friendship... great...here's my take on soulmates...I believe that there are a lot of people we could have lots in common with and make a great partner with (it's just tough finding the right one sometimes!).

But, I don't particularly believe there is one 'soulmate' ...for example, if that were true; then why is it that biblically, we are allowed to remarry if we are widowed? And many people have remarried after the death of their spouse and were just as happy with their second wife/husband. I think that we can have chemistry with many attractive people...and many people confuse chemistry with 'love' or 'my soulmate'. The relationship has to go deeper than just chemistry. Lots of guys just look at a pretty girl and they have so-called 'chemistry' and could get it on with just about any pretty girl...it takes a lot more than that to build a long lasting relationship.

And, in regards to soulmates...again, I don't believe that there is just 'one' person out there designated for us... However, I do believe we need to be wise and seek God's wisdom in finding our mate of course...and allow God to work in our lives...gotta go for now...take care...

M –South Texas

*We love controversy around here...and the “soulmates” question is a great one. While it is amazingly romantic to think that out of 6 billion people on Earth God has just one for you, I have yet to read any scriptural reference supporting it. I’m not sure that means a whole lot to those who are in love..LOL.*

*So, here’s the pragmatic answer. I’m with you on this. I think there is an indefinite number of people we can be compatible with long term—and insanely happy. Quite frankly, the more attractive and personable a person is—and the lower their expectations—the higher the probability that s/he is going to find someone compatible long term. Let’s face it, there are also going to be more people who are going to be willing to*

*spend a lifetime with that person. Good people make good mates...period.*

*I also agree with you that this all involves much more than chemistry. Those who find "chemistry" hard to come by are often swept away by it. The guys who can get "pretty girls" (to borrow your example) get used to it quickly, and actually are looking for more depth than that. Did you hear that pretty ladies? Guys with the "whole package" are going to need a lot more than a pretty face. You can't really depend on being beautiful, in and of itself, to land you the "perfect guy". How to create chemistry and what to do about it are great topics for future newsletters.*

## Web Flowers

Just read your newsletter on games...--but what about all of those online dating junkies...addicted to online dating sites..... here's another example...the whole threat thing..."I'll kill myself if you leave me' or 'I can't imagine my life without you...I'll die if you leave'./...

J –ID

*Oh, great further examples of “games”. Yeah, I’ve personally met at least one woman online who proudly announced that she was “only into this for the ego trip, and not really interested in going on dates.” Well, okay...as long as she’s up front about it. Had she not been, she would just be playing a bunch of guys to make herself feel better. It takes all types, I guess. There are also the women who stay on one dating site for months or even years...with the same picture and never an update to the profile (you know, the profile with “no games” in there somewhere). Yet, they are always online or “active within 24 hours”. I call these “Web flowers”. You just gotta believe there are “games” involved there somewhere.*

*As for the threats, call that pure manipulation. Manipulation by weakness, in particular. Nobody should ever be compelled to stay in an unwanted relationship because of any sort of guilt trip or threat posed against you by the other person. Ever. Women, I’ve noticed tend to use manipulation by guilt or “territory marking” to trap the guy into a relationship he wants to bail from. Men, on the other hand, get even scarier and go into this twisted thought process of, “If I can’t have her, nobody else can either.” Ladies, if you are getting stalked or generally creeped out by the ex in this way, drop EVERYTHING and get a restraining order. Do it.*

## Passion Pets

If a guy is not really all into pet names...or does not use them frequently.... and he calls the girl baby during sex...is it because he is into the moment or he is "feeling" it for the girl?? What if it is in between the exclamation and a soft gentle way? Also what if he brings it up later...like do you remember what I called you while we were having sex?

L –AL

*Well, there are enough complexities there that I'm not going to go "Dr. Laura" on you and pick that apart only knowing a small amount of the 'big picture'. I will say this... It is all about the inflection and the intricacies of the moment.*

*If it sounds heartfelt at the time and he brings it up later to hear you input on it, then it was likely an emotional moment for him. If he didn't mean to utter it during the heat of the moment, and is apologetic, then either the opposite is true or he was embarrassed by it.*

*Generally, though, I would think that if didn't mean it when he said it, then he would NEVER bring it up later...rather, he'd hope you'd forget about it! I'd think a good honest talk about this whole issue between you two would be a good thing.*

## Final Approach?

Hi SCOT

Your general philosophy about approaching the chicks really kicks [booty]!!! Treat them as people whose company you enjoy and not make a mountain of it.

I'd like to know how much you've applied this "approach" philosophy and how successful you've been in the last few weeks.

LOOKING FORWARD TO READING ABOUT YOUR OWN PHILOSOPHY

C--France

*Well, seeing as how I'm sorta engaged to the most amazing woman of all time, I haven't been doing much formal "approaching" of women in "the last few weeks". But I do think you have summed up my philosophy on the subject very well.*

*The most effective way to start a conversation with a woman you've never met is to behave as if you've already known her forever. I don't mean "known her" in the Biblical sense here—I'm talking about a light, easy manner of conversation that puts the other person at ease immediately. While "pick-up lines" and the sort tend to derail potential success, the confidence tied to not "expecting" a certain "outcome" from an initial conversation with a woman really helps. And yes...if you genuinely enjoy the company of members of the opposite gender you will always (ALWAYS) have more natural conversations that women enjoy. Actually, that holds true for either gender. If you have an innate distrust of or even distaste for the opposite sex you are going to hamstring yourself here. Hear that, ladies? Friendly women get approached more often!*

*Interestingly, although I am not about meeting women for the purpose of dating these days, I have become comfortable enough starting conversations with women that I still am able to interact with them easily during the course of basic, general daily operations. The reason this is so is that I cured myself of having an "agenda" of trying to impress women when meeting them. If there's no sexual agenda, then the freedom just to joke around and potentially lighten someone's day just for the sake of it is a joy unto itself. Just this morning I was at the drive-thru at Whataburger. The gal said, "Just drive through...I have a bad connection with you." I pulled through and said to her, "You're*



*such a liar.” She replied, “What? I am NOT!”. I then said, “Oh yes you are. I haven’t had a ‘bad connection’ with a woman since the seventh grade!”. She shook her head and laughed, and it felt nice to brighten up someone who is actually working at 7am. But I’ll tell you...if you have that mindset and are SINGLE your social schedule is going to fill up fast.*

*Oh...and if you are wondering, the woman at the drive in window this morning was of retirement age and working at the Whataburger to “stay busy”. Developing the habit of brightening a woman’s day without any agenda whatsoever means that it ceases being a pressure-packed dating ritual and becomes who I am at the core of my being. So, in retrospect, I guess I have been “successful” in the past few weeks.*

# What Do Single People Know About Dating Success? (Then Again, What Do Married People Know About Dating?)

Scot, what makes one a dating coach? Are you like Hitch? Do you get a lot of second dates? Are you still single? If you are still single what makes you an expert at dating? I hope you don't find me rude. LOL I read your article on [www.searchwarp.com](http://www.searchwarp.com) and just thought I would mail you personally and ask that. LOL

Rose DesRochers – <http://www.todays-woman.net> (name used with permission)

*Hello Rose:*

*Great questions.*

*"Dating coach" is a catchall term for a dating consultant. As there are still relatively few of us out there, the actual job description can vary with the skills and or preferences of each individual professional. I do consultations and field work, as you might imagine, but also have a major focus on producing books and audio programs. I've actually come to realize in recent weeks that most people probably think the term "dating coach" itself is a bit nebulous if not silly, so I've kind of stopped using it.*

*Hitch, although a fun movie, is but one representation of what a dating coach may do--and a fictional one. Although X & Y Communications ([www.deservewhatyouwant.com](http://www.deservewhatyouwant.com)) is our primary brand, DateToOrder ([www.datetoorder.com](http://www.datetoorder.com)) is our latest venture. DTO is a bit closer philosophically to what Hitch may have done, although not quite. We specialize in helping online daters eliminate bad first dates and make better decisions, and can actually increase the odds of helping people get a response from one special person in particular who catches his or her eye.*

*It's funny that you should equate being single with a perceived lack of credibility as a dating coach. That's kind of like asking a psychiatrist if he is qualified to treat mental illness if he is still sane. LOL!*

*Ironically enough, I've been also asked if I thought getting married will render me unqualified as a dating coach. Right now, at this moment in*

*history, I have a pretty good answer to either conflicting point of view. You see, after lots of dating, I have met the most wonderful woman I can imagine and the wedding is set for 12/9. So being "engaged" is the magic answer to both shadows of doubt, right?*

*Ultimately, I believe that marital status has little effect on one's effectiveness as a dating coach. That said, I truly believe that getting married may actually cause me to have to be MORE on top of things since I am no longer actually dating. My fiancée Emily and I are in this together now (starting with a podcast called "X & Y On The Fly" that we host together), so we will help each other with that.*

*I enjoyed being single and dating successfully very, very much. Part of being successful at dating was being able to determine exactly when it was time to choose one terrific woman and marry her. That is what I was fortunate enough to do. That said, unmarried people don't all necessarily want to tie the knot just yet, as I once felt. A successful dating life is a lot of fun, even if you aren't about casual sex.*

*Unfortunately though, whether one wants to date a lot or to find the right person, a large number of people aren't successful. I live for the challenge of helping others become successful as I have learned to be. A track record of dating success is crucial in the dating coaching field, especially given the dating coach having gone through a development process him or herself rather than having been a lifelong "natural". Since I have done just that, I believe in my concepts since I know them to work first-hand. Interestingly, I find myself able to make a positive impact on men and women, which is unusual in my space. I also use my real name, as I have no conflicting views penned elsewhere to a different audience under a different pseudonym. For what it's worth, my educational background lends itself to this sort of thing, although I'm not sure that was prerequisite to my landing here.*

*As for getting second dates, I've dated well over 100 women since my divorce before meeting Emily, and all but one that I desired a second date with was up for it. Considering I nearly stood that particular woman up the first time around (unintentionally), I more than deserved it! LOL*

*Thanks again for your great question!*

**Note: Rose DesRochers is a well-known writer and blogger, with high-traffic web sites <http://www.todays-woman.net/> and <http://www.bloggertalk.net/>. We made friends over this email exchange, and she has since posted my articles on her website. In return, I'm happy to introduce you all to her.**

## Babysitter Blues

Scot,

Here is my q; how does a single person mention the fact that they cannot afford a babysitter all the time without being considered a user, cheap, etc? The reason I ask is that I am not comfortable mentioning my funds or lack there-of with people I am still getting to know. It seems that society now places too much importance on a person's fiscal worth, so I am really unsure what or how is the proper way to bring something like this up.

R—TX

*Having had custody of my daughter for much of 2005, I can relate to your dilemma. In my case getting a babysitter was a major challenge for quite a while because I was not comfortable with dealing with girls under 18 in my home or in my car alone with me (when picking up and dropping off). Try finding a babysitter who is over 18 and has a car—usually she's gone on to bigger and better paying gigs!*

*In my case I somehow got really good and / or lucky (scenarios that tend to follow each other logically, by the way) at meeting women with daughters the same age as mine. This strategy may not work for everyone, especially given the facts that... 1) ...my little girl was in a new city and in need of new friends to play "My Little Pony" with, and... 2) I have a particularly good track record of making friends with women and remaining so even if "dating" doesn't work out. In your case, even if you are able to orchestrate such social grace, there really are fewer single dads than single moms. So you will indeed have a relatively small pool of guys to fish from. (Freebie: Guys, if you are a single dad you can freely assume you are going to be MUCH more popular with single moms because of the topic at hand here. You also demonstrate that you are SAFE when you have custody of your young children, right?)*

*Based on the wording of your question, my intuition tells me that at least one guy has offered to pay for a babysitter on your behalf. Although I understand the principles that cause you to be reticent about that, I want to encourage you to try accepting the offer sometime.*

*Here's why.*

*First of all, despite the stereotype of women “taking their husbands for all they’re worth” in a divorce, experience shows that many, many single moms are left in serious financial turmoil after a divorce. Similarly, it’s well known that single moms who have never been married face incredible financial challenges given their responsibilities. Guess what? Some of us guys GET IT. Some of us completely understand that a single mom’s net worth isn’t tied to her, um, “net worth” if you get my drift. Further, we know that lots of single moms face lots of impracticalities when it comes to dating. Many times, all of this adds up to the answer to why many single moms give up on dating altogether.*

*That would be tragic in your case...and not just for you. After all, it looks like there’s a guy out there who wants to spend quality time with you enough that he’s generously offering to do whatever it takes to make that happen...including covering the babysitting costs. Obviously, use your intuition with regard to spotting manipulators, but given an otherwise solid guy with normal intentions, refusing to accept his offer means you are actually taking something off the table that would make both of your lives a bit happier.*

## Company Ink

Hi. I'm a man who's just a bit confused by a response I got last week when I asked out a very attractive lady. I asked her out and got a "maybe" response. So what exactly does that mean and how should I proceed if I want to try again with her.

A bit of background...We work for the same employer, and see each other about 2-3 times a week in the hallways. She's quite a bit younger than me probably early-mid twenties (I'm 37). Anyway, I've had several seminars/meetings which she's been involved with. I always thought she was really cute from the first day I saw her, but I'm sort of shy, so it took me a while to get up the nerve to ask her out. I went down to her office early last week to pass along some work related information, but didn't have the nerve to ask her out then. We've talked some at work, mostly about general stuff, just chit-chat.

Had a two day meeting last Thursday/Friday and I made up my mind I was going to ask her out.

During the meeting, she sat across the room from me and it seemed like she was flirting with me. She'd flip her hair, smile at me a lot and place her hands the same way mine were. There were about 20-25 people at this meeting, so it wasn't too easy to just go talk to her. I did some, just small talk, and finally I decided to ask her out Friday. I went up to her after the conference was over, and asked her if she was seeing anybody. She said no, so I asked her if she'd like to go out sometime. Her response was maybe, so I said she knew how to contact me and left.

She has been in meetings Monday/Tuesday, so I thought about trying to maybe contact her Thursday. But I don't want to come across as being pushy or anything like that. Should I try to contact her first or wait a while and see if she tries to contact me. I figured I'd ask her if she'd like to go for a walk downtown one afternoon on break and/or maybe ask her out to lunch one day.

What's the best way to do this so I don't get the dreaded "no" or another "maybe" answer. I could find an excuse to go to her office, but there are other people around and it makes me nervous enough when I'm asking somebody out without having other people around listening in. Would a phone call be a better way of doing this? I've thought about asking some of her co-workers about her since I'm friends with some of them, but I'd rather just ask her myself.

I hope you can give me a quick bit of advice. The maybe answer was one I haven't heard before. I'd almost rather she'd have said no. Is maybe just her way of saying she's not interested without saying no? Or could she also be shy and just not sure about dating an older guy. From what I've seen of her, I think she might be shy.

Whatever advice you can give me would be much appreciated.

Thank you!

J—Parts Unknown

*If she is actually a co-worker, which wasn't completely clear in your letter, I'd avoid dating her altogether because of the potential complexities involved. The old adage about "dipping one's pen in the company ink" applies here. Basically, the assumption is that your career is too important to sacrifice at the alter of having to deal with someone on the job that you are involved with or (worse) were involved with.*

*It's my contention, however, that such is a moot point in this case. "Maybe" as an answer is a purely manipulative tactic that (at best) puts her in the driver's seat insofar as decision making goes. At worst, she gets to control you to meet whatever non-romantic needs she has (job related ones, even? Ouch!) by perpetually "dangling a carrot". My new friend Doc Love (<http://www.doclove.com>) would say she has a "low interest level" and therefore should be backed away from. Any scenario such that you've described never leads to increased attraction on her part. Plus, she's been straight-up rude to you. My general impression is that you don't deserve this sort of "game playing". If you see the world as rife with female possibilities, you will not have such a pronounced need for this particular woman. The irony is that once that is a reality for you, women like this start coming to you.*

*This means you'll also open up a world of new possibilities outside the workplace also. How cool is that?*

## Proof Positive?

Hi there:

I have a quick question for you. A buddy and I were talking about this subject. Everybody knows that being seen out in public with attractive girls boosts a guys "social proof", but does it work the other way? Does being seen out in public with unattractive girls lower your "social proof"?

Thank you.

M—California

*Interesting question.*

*I think to a degree it does, but what's really interesting in that it depends on the woman and her particular mindset.*

*Women apparently do not think about this the way men do. Because men are so visual, we see a woman with an ugly guy and it tends to hurt our impression of her. Have you ever been dating someone, seen a picture or two of ex-boyfriends (or even met them in a social context) and said to yourself, "Wow...is THAT the level I'm on dating this chick?" If so, you know what I'm talking about.*

*Women will often ask themselves, "Hmmm...I wonder what he sees in her?" with regard to a man who is with a woman whom they perceive as unattractive. But the truth is that she may assume that such a guy was "noble" enough to have "looked past outward appearances" and therefore the social proof is still there. Female approval of any sort drives other female approval. I'm also not going to discount that a competitive spirit is stoked on the part of women who believe themselves to outshine whomever you are with.*

*Notwithstanding that, there are definitely other women who think and feel more like the typical guy would. But no matter what, at the very least being seen with a woman is a plus vs. not having any women at all around you.*



## **(Still) Married With Children**

Scot,

At what point do I tell women that I'm separated and have a 3yr child? I have shared custody with my wife. I don't want to scare women away.

I'm 36 yrs and the women I've been meeting are under 25yrs so many of them don't fully understand my situation.

Thanks,

JG

*Well, that's a great question. But you likely aren't going to like this answer.*

*I doubt your three year old or the age gap has as much to do with what you are experiencing as you think. The reason you are scaring women away is because you are MARRIED. You'll find they "fully understand" your situation in a manner that is more in line with your expectations once your divorce is final.*

*Until then, I don't blame them for not sticking around.*

*Think about it.*

*I realize that the logistics and parameters of "separation" vary by locale, but in most places there is no such thing as "legal separation". And even if there is where you are, it's not exactly as final as "divorce".*

*Since you are still married, almost anything goes. You are still legally involved with your wife. Neither the divorce nor the legal ramifications of it have been finalized.*

*Further, when someone presents him or herself as "separated" there is no safety net whatsoever protecting that claim. There's no divorce decree on record at the courthouse. For all we know, someone who is "separated" might still be going home and sleeping in the same bed as his or her spouse.*

*And that's how perfectly well-meaning peeps like you and I get SHOT AT.*

*Now, if all of that isn't compelling enough, let me go ahead and answer your first question about when to tell women you are dating about all of this: IMMEDIATELY. Anything short of that is false advertisement of your singleness.*

## Johnny "One-itis"

Hello Scot,

Just finished listening to your April bonus of power sessions for the second time. Wow, that was some powerful stuff, I just wish I had joined earlier. You see I am the kind of guy that opens doors for women and calls to make sure they got home safe. By the way, you can really make an old women's day by opening the door for her, that's some great stuff, they appreciate it and it makes you feel more like a man.

My dilemma lies with I found a great women by your descriptions "she would even reach over and unlock my door," on FarmersOnly.com ([www.farmersonly.com](http://www.farmersonly.com)) and everything was going well, till I came down with a horrible disease called "ONEITIS". After that this great woman I was with started to distance herself from me and the relationship ended really quick. I've been dating since then but "I will not settle," so I'm becoming discouraged. How do I get over screwing-up a relationship with a great woman?? I probably have to go out and deserve more but I'm not sure what that really means. Any help on the subject would be awesome. Thanks for the terrific products.

Thanks again,

Mike

*Hey Mike:*

*First of all, I am an incredible fan of Farmer's Only (<http://www.farmersonly.com/>). I made friends via phone with their founder Jerry Miller one day and he is a flat-out terrific guy.*

*A lot of times, you hear that "oneitis" is cured by "dating other women". But that's simply a means to an end--an objective activity that needs to lead to a real mindset in order to be effective. Ultimately, having a brain that is clear of any feelings of DESPERATION or SCARCITY is what cures "oneitis" forever, even in future relationships. If you believe you are a man who attracts terrific women, then you will naturally begin to realize that there are a lot of them out there. And even if there AREN'T "a lot of them" out there, if you are a truly great man you will still be a rare enough specimen that you will have this bizarre knack for attracting those who ARE out there.*

*Having tons of women interested in you is like a magic "delete" button for the weak, milquetoast attitude of clinginess that frustrates women to no end. If you want to truly supercharge that effect, work to become a man who takes charge of the evaluation process involved with meeting women rather than idealizing every cute lil' thang that you meet. I don't care if you've known her for six months, there is plenty of chance there could be a 'deal breaker' in there somewhere that has not reared its ugly head yet. Notice I said "work" a couple of sentences ago. This truly is a habit we're talking about here, and the old habit of immediately validating pretty women and trying to impress them dies hard. Most of us have been doing that our entire lives, so it's no wonder why that's the case.*

*Now, here's the "money ball". To gain ultimate victory here, you **MUST** understand that women are **HARD WIRED** to demand that a man be of equal or higher overall status than they in order to be seen as worthy mates and fathers to their children. This is based on instinct more than any conscious decision. Just like you want her to look good and be friendly, she wants you carry leadership based on a position of strength. This makes women feel comfortable in your presence, and attracts them.*

*You'll often overhear women who have issued "just be friends" talks to "nice guys" who fawned over them say things like, "I have no idea why I couldn't stay attracted to him. He's exactly the kind of guy I know would be good for me. But I just wasn't feeling it. I'm so mad at myself!"*

*The clincher, then, is to understand what women truly want from us and begin to understand why things are as they are. I'm telling you it's like getting whacked in the head with a 2x4 when you realize how this all fits together. Believe me when I say that this perspective cures you of destructive "oneitis" tendencies pronto. After all, you now have **OBJECTIVE** knowledge on the subject. Strangely, armed as such mentally you almost have subconscious "survival instincts" of your own that kick in and nix needy "oneitis" stuff when it wants to flare up.*

*In other words, you **GET IT**. And women will love you for it.*

## Because You're Not That Guy

Hey Scot, hope you're having a great day.

My question came up the other night when I was talking with a woman that was interested in me. We were having a great conversation and somehow she had brought up that she had been drugged and raped a few years prior.

This isn't the first time this has happened with me and a woman in conversation. It actually has happened several times, like around 5 or 6 different women. They have either been raped or sexually abused somehow. And I know there are many more out there.

I never asked specifically about their past. The topic usually comes up after I bust on them about something that they do that seems a bit odd, and then they produce their story of rape or abuse as an excuse for their weird behavior.

My question is: Is there any good or better way to handle this kind of thing when it comes up? If the topic only came once in my life I would disregard it as a fluke, but I have never heard this area addressed by any of the other dating gurus, and I think it may have some importance. I'm hoping you can shed some light on this for me.

Thanks, Scot keep up the good work!

Michael

*What a terrific question.*

*Yes, that's the inherent risk of being open, flirtatious and yes--even C/F. Unfortunately, it has been estimated that over 50% of all women have experienced some sort of sexual or physical assault. In fact, so have a lot of MEN, especially in childhood.*

*How we react to these traumatic situations contributes significantly to who we are as individuals, for better or worse. Some people are strong and remain virtually unaffected, while others are scarred for life with a "victim's mentality".*

*First of all, don't let anyone lay a guilt trip or any sort of "man bashing" attitude on you if you were simply attempting to be friendly. It's not your*

*fault she was assaulted, and you're not like the other guy. I just wanted to get that out of the way.*

*If and when these situations come up as you've described, take her emotions seriously but don't let her wallow in self-pity. It sounds like in your case women are just throwing everything out there on the table as part of saying "I'm sorry" purely from a position of low self esteem. Feel absolutely free to tell a woman that she can stop saying "I'm sorry" when she has nothing to be sorry for. And you can likewise tell her that you are NOT like this other person, whoever it was, and that your opinion of her is not swayed by her revelation to you regarding the past. In doing so you may possibly empower her to move on to at least some extent that it's necessary. And my impression is that if she's volunteering such info without direct inquiry, there's still a weight on her shoulders that needs to be lifted.*

*Also know that neither you--nor I for that matter--are in the business of psychotherapy. You can only respond as a decent human being. You cannot "cure" anyone.*

*Ultimately, it is everyone's own responsibility NOT to have their own respective lives ruined because of events in the past. We each have a choice in that matter, whether we choose to recognize it or not. Heck, look at Emily and I--both of us could EASILY have wallowed in "victimhood" a few years ago, but didn't.*

*Thanks for the great question. And yes...isn't it odd how most "dating advice" shies away from the more complex issues so often? But those issues are very real...and learning exactly how to handle them is precisely what makes "deserving what you want" such a valuable process and a unique destination.*

## “Relationship Counseling”

Scot,

I've been very close to this woman who is on our city council and I am in an administrative position with the city. We have been e-mailing a lot since December and have gotten together a few times for coffee. She had been showing high interest level, strong body language, etc.

After one meeting she said we just seem to e-mail each other but don't get any face-to-face time. So I asked her to go for a hamburger and take a walk in the park. She said yes but then said she was unavailable after all but wanted to do something else later that week.

I e-mailed her and asked what night was she available and she said she would get back with me the next day which she didn't except to comment on what went on at council.

Two days later she e-mailed me to say we would set a new date soon. I didn't reply. At the next council meeting I was aloof and she asked me afterwards if I was mad and saying we never talk and I never e-mail her anymore. We talked briefly and then I went home. No more e-mails or conversations and at last night's meeting she seemed mad because I haven't been communicating with her and basically ignoring her. Did I do right by pulling back?

I get so tired of her flakiness. She says she wants to have face-to-face time but seems to find ways out of actually getting together. Is she playing games, is she too inflexible, or just blowing me off? What do I do now?

Ray

*Hello Ray:*

*Thanks for your question.*

*Sometimes all of the "tips and tricks and tactics" you learn along the way just get in the way. Remember, a lot of what is said in terms of giving her space, not calling, etc. is designed to create interest on her part as opposed to having you appear needy and/or desperate.*

*When the woman is actually ALREADY interested, ignoring her and not calling her back is viewed as disinterest. That's what's driving her feelings, which she has been very clear about. No "decoder ring" necessary here.*

*Two things to understand here. First, you initially showed interest also, then "pulled back" as you said...largely because she took her time in getting back to you. Many times when women feel they are showing too much interest that is as yet unreciprocated (or at least apparently not), their "desperation conscience" sounds an alarm and tells them to back off a bit lest they smother you. This is a valid response, of course. But since the timing of your own pull-back coincided so ideally with hers, she really had no choice but to feel that you had already been pushed away some. That's why she's disappointed.*

*Based on your story it really only looks like she has had to reschedule once. Since there isn't a clear pattern of flakiness just yet go ahead and get that face-to-face time on the schedule.*



## Key Phrase = “I Have Almost No Control”

Dear Scot:

Why when I'm not trying, females are attracted to me? To be more specific: When I don't think I'm a female's type and I just talk like I don't want anything and just offer good convo I tend to attract these females who I thought would not be attracted to me. I wish I could focus that skill when I'm interested in a female that I perhaps think I am her type. It's cool when it happens. But I have almost no control over it. So I have to be in the zone...so as you guessed I'm more out of the zone than in. I'm overweight maybe that's one factor. But what can I do to increase these rare occasions?

Authentic. S.

*Hey there.*

*Thanks for your question.*

*Basically, you have to start viewing all people--attractive and female or not--as simply HUMAN. You are letting an agenda of romantic interest get ahead of your natural social skill. If you begin to form a habit of not pre-qualifying women before meeting them simply on the basis of beauty, your more evaluative attitude will help you interact with them with the same facility as you would others.*

*Possibly, you may also see the "competition" aspect of it. In other words, you want her approval and either you will "win" it or "lose". This "win/lose" perspective hamstring guys all over the world...needlessly.*

*So take heart in this...your natural attitude when you don't "want" someone must be a good one...after all IT WORKS. That's the hard part; now it's about not psyching yourself out due to your weight, or any other "limiting belief". After all, you've already proven that your weight doesn't matter. The ONLY x-factor seems to be your confidence level.*

## Because Shame Is A Drag

Hi Scot. If you're reading this, thanks for the wealth of love-life-saving advice from the podcasts and all that, and congrats on the kid!

OK-- to the problem.

I'm 21 and a true late-bloomer, ex-wallflower, you name it; and it went to ridiculous lengths, with my first kiss not coming until I was 20. So after years of shyness and insecurity rationalized as high-standards, lack of money and apathy, I went out and made all the changes in my life that were a long time coming. Several failures later, I came across your site and with the advice there I slowly began to tune-up my social skills, become more confident and generally correct my vision concerning the world of women.

I met a girl, let's call her Fran, outside a movie theater, made conversation, handled myself well and we've been going out for coming on two months. It's been wonderful so far- but sex will have to come soon, and I'm inexperienced to say the least. So how do I deal with this elephant in the room?

Of course Fran and I should talk about this like rational adults, but I'm worried about letting out a secret like this so early in a relationship, and it's unlikely nay impossible that I could keep this quiet, play it by ear and get away with it- and in all conscience I'm not sure I could try. And I don't know if I can trust her about this, or whether that's an accurate reading of her personality or my own paranoia. She's been more patient than I can believe, but everyone has a limit and I feel that she's approaching hers.

I don't want to sound starry-eyed, but this could always become something special. I don't want for my inexperience or my desire to play the field, for want of a better cliché, ruin everything. I'm too conscientious to use women purely to build up my sexual experience, especially Fran, but I know this desire to make up for lost time will itch at me for a long time. How the hell do I get through all these minefields?

Yours conflicted,

Randy

*Hello Randy:*

*Thank you for the kind words.*

*As for your issue, you have nothing to be ashamed of. You are only 21, and even if you were older sexual experience is not tied to your general worth as a human being. I mean think of it, people are looked down upon right left when the opposite is true, right? And this opposite type of shame is equally, well...shameful. So whether you are sexually "experienced" or not, someone is there to try to point a finger. That perspective makes it all appear pointless, doesn't it?*

*But I completely understand and in fact relate to your rationalizations. I remember that well.*

*I have a very simple answer for you. Essentially, you will be pleasantly shocked at how well women will likely respond to hearing that you are a virgin. In fact, they may get even more charged up about you for it. Think of it: You are clearly not having sex with any woman who can fog a mirror, no STDs to be concerned about, plus the challenge of being your "first" is still out there for a great woman.*

*Fran may practically attack you were she to find all of this out.*

*But actually, my guess is that she may already have it figured out. Women are very intuitive. And she's still around, isn't she?*

# **The Marriage May End, But That Won't End You**

Hello Scot,

I just wanted to write and tell you that I enjoy your stuff. What I love most is that it's no-nonsense. Lots of stuff out there is clearly designed by people claiming to be PUAs but are really ROA (rip-off-artists). Your style is simple, direct, and effective. When I listen to you I hear confidence and security in your voices, and I hear real life ... not some Friday-night fantasy world where you put on a bunch of eye-liner and pick up Playboy models.

I'm 33, divorced, and have spent most of my life being lonely. I hardly dated in high school and college. I met and married my ex pretty much based on two things ... a) she enjoyed being the one in control of the relationship and b) she let me love her. Looking back, I see that in my eight-year marriage, I had no confidence, gave her all my power, and completely gave up all of my self-respect. I tried to show her that I loved her by giving her everything ... and what happened? Simple. She stopped being attracted to me because I gave up my dignity and my value as a man. So, she strayed. She had several affairs that left me heart-broken ... and our relationship fell apart.

Surprisingly, my recovery process has let me somewhere I didn't expect. After three years of contemplating it all, I realize that her affairs were wrong, but they weren't all her fault. I should have been more of a man.

The problem is, nobody ever taught me how to be a man. That's the story of thousands and thousands of men like me.

With your help I've been able to all but eliminate my approach anxiety and my inability to talk to and enjoy the company of women.

I date a fair bit now. I go out all the time. I meet lots of women. I'm having fun.

You, in part, are to thank for that. So...thanks.

I'd like to see you either do a podcast or write something that has advice specifically for men who are divorced. In divorce support groups I've attended (and still attend) I run into guys who are rock-bottom when it comes to relationships. I've heard you say you are divorced, and

although I don't know the details of your situation, I know that if you've been through that you know the pain involved. Since you are now not only taking the plunge again but you're also pretty much an expert on the social dynamics of dating, I think there's probably nobody better qualified to give a little advice to divorced men.

Thanks again for all you do. You're doing great things for men out there. Congratulations on all your great work, your upcoming marriage, and your continued life of success.

Warm regards,

Mark

*Mark:*

*You have absolutely captured the very essence of our style around here. We base what we do on solid character-based principle, and we live what we talk about. I'm not sure you will find any "dating guru" anywhere who is as able to demonstrate pure, end-game results the way Emily and I can. So, basically, that's tends to contribute to the simple, direct and effective "no-nonsense" approach you've noticed. We feel very confident in telling it like it is...because "it" flat-out works— whoever you are, wherever you live, and whatever your age is.*

*That said, I want to commend on where your recovery process has brought you. You have discovered—as I did when my divorce happened--the golden value of REFUSING TO BE A VICTIM. While some would say you are "letting her off the hook" by offloading blame and bitterness after having been cheated on, I'm not one of them.*

*She cheated, and she shouldn't have. And honestly, there is no good excuse for that sort of infidelity.*

*Nonetheless, your decision to focus on becoming the kind of MAN you should always have been is a constructive attitude. Contrast that with the pit of self-pity that bitter "blamers" dig themselves into. Here is a real truth: If a cheating spouse destroys a marriage, and he or she who was cheated upon allows that to burn away at him forever—and creating general disdain for the opposite sex—then the cheating spouse WILL HAVE SUCCEEDED AT DESTROYING YOU, not just the marriage. But...it will have been allowed to happen by a willing victim, will it not have?*

*I'm starting to sound like Yoda here, so that's enough.*

*But nevertheless, the fact that you are beginning to enjoy a wildly successful dating life here is largely attributable to your willingness to take the bull by the horns, make solid decisions, take leadership and make things happen to ensure that your future relationships wouldn't suffer like the last one did. And that, my friend, sounds a lot like being a MAN. So there are no coincidences here. Your plan is coming along nicely. And insofar as I've helped you, I'm grateful for that opportunity.*

*As far as specific divorce-recovery material, you may see something on that in the future. We've done interviews on that subject right and left, it seems. That said, the first chapter of *Deserve What You Want* is, as it is in real life, all about "Eliminating The Obstacles Of The Past". Several sections deal with rebounding from divorce, and are packed with real-world information.*

## Monogam-itis?

Hey Scot,

I'm 26 and I've been listening to you guys for a while. I really like the perspective you and Emily put on things. A lot of these community guys seem to be preaching one night lays and stuff like that. I got into the community to meet that one special girl. By the way, I don't think I'm really hopeless, but I'm definitely a romantic. I usually connect with all the girls I date and they all seem to find me different as in a good guy or the "best kind of guy" as one said. The girl I'm asking for help with says "I'm awesome" and has told her sister (also 18) and her best friend (she's 19) that I could be the one. With that in mind, I hope you can help me figure out a problem I've recently run into.

I was dating a few girls, three to be exact (aged 18, 23, 24) and one of them really stood out. The problem is that the one I truly find special is only 18 and her mom doesn't approve of us dating. Her mom said we can still hang out though.

The girl told me that she wants to keep seeing me but that we can't officially date because of her mom. We both really like each other a lot and we were exclusive for a short time before her mom found out. It's not like we were hiding it, but I guess her mom thought we were just friends, when we were really dating. I don't want to lose her completely because we both feel that this could lead to something more (meaning we both feel that each other is the type of person we could end up getting married to, we both know we're not ready for that).

I got into the game to find that one special girl, I'm not saying that she is the one, but I would like to be able to truly date her and find out. We both agreed to keep seeing each other but to date other people to kind of test if we really feel as strongly as we feel we do about each other. So I'm probably going to start dating the 24 year old again but I really like the other girl so much more. I plan to get back into the game as well but I'm mainly wanting to know how to approach or maintain the relationship with the 18 year old.

I realize it may seem strange because we are several years apart, but we really connect, she's the first girl I've met in the last year or so that I really feel has some long term potential. What help can you give? I know this may sound like one-itis, but it's not like she's the only girl I'm seeing, but she is definitely the most amazing, both in personality and beauty. She has a lot of ambition, we share many interests, and it is really amazing just holding hands, hugging, talking, kissing, the simple

things, you know? Well, I'll leave it at that. Thanks Scot, I truly appreciate any help you can give.

Steve

*Hello Steve:*

*OK, for starters don't allow yourself to be brainwashed by the same crowd you've been reading "one night lay" stuff from. "Oneitis" is not to be confused with "Monogamy". You would think that ending up with one woman--no matter how sharp--would be the greatest tragic loss one's manhood could possibly hope to endure based on how some of these guys talk.*

*Yet...a long-term relationship with one exceptionally great woman most of us (including you and I) really want.*

*"Oneitis" is best defined as an irrational focus on a chick who typically isn't reciprocating the feelings. "Monogamy" is EXERCISING YOUR RIGHT as a man with options to select a clear standout from the crowd. Do you see the position of strength and reason there vs. one of irrationality and weakness?*

*So yes...picking the one woman who is clearly better than others is never a problem, as long as you are not being "pressured" and you have total control over the matter.*

*Now the fact that she is only 18 is not in and of itself an issue, but the fact that her Mom is in the picture is. In theory she can make her own decisions as a legal adult in matters like dating. In reality, as long as she is under Mom's roof Mom is going to make the rules.*

*If you think that sound's brutal, imagine being the 30-year-old male version of what we're talking about here. I can't imagine it...but it goes on.*

*He or she who wants freedom needs to fly away from the nest. Until the one you are asking about does, you are living by Mom's rules.*

*At least that's the pragmatic answer. The other side of this equation is that the Mom in this case is leaving an opening, saying you can 'hang out'. Surely she knows the real deal here as far as what's going on between you two. BUT...from your email it appears you have her daughter's best intentions at heart and are truly making every effort to do the right thing always. This tends to win moms over...big time.*



*So the net-net of it is that I think there's a "civil war" going on with Mom. She feels that she at least has to recite the "party line" of keeping her precious "little girl" away from "older men" for the sake of decorum, but deep down my guess is that she sort of likes you.*

*And at the end of the day, 8 years is just not a huge difference, y'all.*

*The difference, however, MAY come when your girl matures some. Make sure your eyes are open wide to the fact that she is likely to be A LOT different by the time she is the age you are now. That can cause real issues of compatibility that cannot be ignored.*

# The Politics Of Approaching Women

Hey Scot

A big shout-out for your Chick Whisperer show with Sebastian. I really enjoyed it, and I listened to it a few times.

I do have a follow-up question, of course. I have been having great conversations with girls when I go out, but quite a lot of the times they just end up being good conversations and nothing more. Is there any way to avoid that, or is it just a reflection of the fact that there really isn't that much attraction there?

Basically, how do you infuse sexuality more into the convo? When things get really interesting, my academic/nerdy/political side comes out and while I enjoy it immensely I think other elements of what I'm trying to give off get neglected.

Any suggestions?

David in Israel

*David, man...NO POLITICS when you're talking to a woman for the first time. Or religion. Or STDs. Or sports. Are you with me? The only thing worse than boring her is debating with her. Solution? You talk about her...and you let HER TALK, just like my man Seb said.*

*I don't believe that infusing sexuality into the conversation is your answer...at least not directly. You are infusing MASCULINITY, CONFIDENCE and most of all...you are LISTENING and giving her well-placed APPROVAL she craves, without demanding any of your own. Lean back, be cool...and when you are done get her digits (or e-mail). It'll happen that way. You must make her comfortable in your presence.*

*Think James Bond, not Menachem Begin. LOL*

*By the way, I feel your pain. I remember letting my geeky intelligence get the best of me when chatting up women.*

*[NOTE: For those of you out there who haven't caught The Chick Whisperer podcast yet, do so at <http://www.x-net-media.com>. And,*

*while I'm at it more about Sebastian Drake can be found here:*  
<http://www.thechickwhisperer.com/vibe> ]

# Some Tricks From A Guy Out In California

Hey Scot,

Unfortunately it's not going very well. Lost is the best word to describe me at the moment. I understand what you and Emily have and would give anything I have to be as happy as you both are. I have emailed you before and I am a member of the Power Sessions, which are great by the way.

At the turn of the new year I lost an excellent women, (I believe that she was even my perfect match) by using some tactics from the pickup artist community. It didn't work because it wasn't me and she wanted me, not some tricks from a guy out in California. I have dated many women since then but I feel like I would be settling with them. Then I manage to somehow sabotage the situation and feel like crap.

I hate feeling like this so I'm not even dating anymore. I absolutely hate giving up, but I don't know how much more failure I can take. I am a fairly stand up guy and have many of the qualities you speak of, but this has been a bad year and I'm not having much luck. My optimism is running on E. Is there anything I can do to turn this sinking ship around?

Thanks,

Steve

*Hello Steve:*

*I'm getting letters similar to yours very often nowadays, and part of the reason I'm printing it here is that I'm sure it will resonate with A LOT of men out there.*

*Believe me, I'm very aware that we as guys have very few viable options when it comes to getting better with women and I'm laser-focused on helping change that, of course.*

*The truth is that some guys aren't necessarily interested in becoming a "world class pickup artist". They'd really just like to get better at attracting great women, but the vast majority of dating/attraction material out there tends to assume men are all interested in quantity vs.*

*quality (for lack of a less euphemistic description). So the simple truth is that when a man decides he wants to step up and improve his skills, it's altogether possible that his congruency and perceived level of character will actually take a hit when he puts the new info into practice. Ironically, this means his level of success with women will actually drop like a rock.*

*Sure, most of the advice out there will work to some degree. But the disconnect likely occurred in your case because you are indeed interested in GREAT WOMEN, not just ANY WOMEN. Ironically, men who are focused on tricks and routines are not the ones who are attracting the highest echelon of women, as you've already figured out.*

*The very sharpest women are wise to all of that and deserve better. They deserve a man of character.*

*You've already recognized you are a stand-up guy (read: "solid character"). You also know what it means to attract a terrific woman, having done so. Be that man of high character and deserve what you want. Part of being that guy is refusing to accept failure. So in a very real way, a simple decision on your part to not "give up" may be a big part of what it takes to resume being the kind of man who attracts the kind of woman you are used to. Then you empower yourself to confidently continue becoming an even better man than ever.*

*Oh...and yes...stick around. We're all about "raising the bar" around here.*

## **“JBF Zone”? Try “JBF Nation”.**

Hi Scot,

I was looking for your advice on my current situation.

I have a roommate who has lived with me for 1 1/2 years. When she moved in we got along great and she even told me she loved me. But the love never has translated into a relationship in a romantic sense. Lately she has become very dominant...to the point where she was telling me when to go to bed.

I'm a patient guy but I could only take so much and the last time she got an attitude with me I a blew up at her and told her to stop it. This ended up in an argument that lasted for a long time. Most of the arguing was on her side after I said what I had to say and quit arguing.

After a few days we went and talked to a mutual friend of both of us. We both agreed we were wrong about certain things and said we would wipe the slate clean. Prior to the meeting she said she was going to look for a place to move to. She has told me she is moving out at the end of the month. I re-apologized for some of the things I said the other evening and she said the slate was clean and that me apologizing was like pouring salt in the wound.

She acts nice to me now but still plans on moving out the end of the month. I sent flowers to her work to try to create an atmosphere that could help create a real relationship. She liked the flowers and all the attention she got from the other girls in the office. Also in our conversation with our mutual friend she said that I had never asked her out. Many times in the past 3 years we have went out but I didn't say “do you want to go out with me”. I would say “do you want to go to the movies” or something like that. So she said we were just hanging out not dating.

I have given her a few small gifts in the past 2 weeks. 2 days ago I gave her a pearl necklace. She opened the box and said we have to talk. She said “we have hung out a lot in the past 3 years and I look at you as a friend”. This is after she said I never asked her out?

I really don't want her to move out but don't know how to get her to want to be in a relationship with me.

If she moves out it will be a financial struggle for her and on top of that she doesn't have a car. So I was helping her out a lot with rides to work,, etc. and letting her stay with me no charge. It looks like she still

has hurt feeling from all that has happened in the past even though she says the slate is clean, otherwise she probably wouldn't want to move under the circumstances.

Any idea on how to mover her in to a relationship and keep her with me in 2 weeks?

Thanks,

Brett

*OK Brett, here it is.*

*Notwithstanding operational semantics, THERE IS NO "RELATIONSHIP".*

*Not only are you not this woman's boyfriend, I doubt you're really even her friend. It's time to wake up here. You are PAYING HER WAY IN LIFE, and she doesn't offer you anything in return. This is the classic end-game representation of manipulation. You give and give some more, and she ends up completely in charge. Yet YOU are the one feeling a "guilt trip".*

*Think of it this way. You are GIVING AWAY EVERYTHING to her, yet you are concerned about what happens if she leaves? She doesn't have a car. She doesn't have a job. YET...she orders you around and even tells you when to go to bed? What, is that her "job"...and one that you pay her well for, no less?*

*You have an "employee", Brett. And my firm opinion is that she is in need of a change in career path. What is going on here doesn't even qualify you as the "sexless boyfriend".*

*But let's put all of these important factors aside for a brief moment.*

*On top of all else, your dating life has been literally hamstrung for the past year and a half. There are at least two reasons for this. First there's the simple fact that no woman whom you could potentially have had a real relationship with during that time would have been okay with the fact that you...uh...have ONE ROOMMATE WHO'S FEMALE. Second, any hope of a real dating life has been squelched because she has TRAINED YOU TO BE SUBSERVIENT.*

*There is no option for you right now but to break free of this. She is doing you a favor by leaving. It may be difficult to see that right now,*

*but keep reading these newsletters and listening to the podcasts and you'll be crystal clear in no time. To be completely honest, I would have been much happier to read that you finally had saw the light and were kicking her out. The fact that this is actually allowed to be her own decision...and that you are EVEN NOW attempting to buy her attraction with flowers and expensive gifts practically cajoles my lunch to the surface.*

*By the way, of COURSE she is telling you she liked the flowers. OF COURSE she likes how her co-workers reacted. That changes NOTHING in the attraction department.*

*Oh wait...maybe it does. It makes things even BLEAKER for you. That's why you got a "talk" after giving her the necklace. That talk wasn't simply a "JBF Talk", it was the "Post JBF Talk". That's the sit-down you get that goes something like this: "Look, didn't we go over this before? You're supposed to remain harmless, remember? Fine, then. Now you stay in line from now on, okay?"*

*The bottom line is that women do not feel attraction for men they cannot respect. Mark that. There never was anything romantic going on here, and never will be. Your flowers and pearl necklaces only served to dig your pit even deeper. You have built an impermeable position as a powerless beggar here, and that NEVER WORKS with women.*

*And If she mentioned that you "haven't asked her out" to someone else, that was meant as a flimsy shield against the bright light that would shine on her manipulative nature were anyone to really know the fullness of what goes on (or doesn't?) between you two. As long as she has your timid nature to keep her warm at night, she can make that excuse all day long. But rest assured, she knows exactly where you stand.*

*Do us all proud, Phil and tell this user/manipulator not to let the door hit her on the way out. She has no feelings for you.*

*Man up and deserve a great woman. It can happen for you sooner than you think with some simple changes in habits and in the decisions you make. For example, change the habit of being passive with your generous spirit and make the decision NOT to be anyone's doormat. Great women of character will love you for it, as ironic as that sounds to you right now.*



## Oregonian Chick “Ducks” Out Of Class...Go Figure

Hello Scot,

So I have a crush on this girl in my class. I've noticed her since day one and to my surprise she's been sitting right behind me. I've been meaning to get her number sometime but never had the chance. But I finally got the chance when I saw her on a Saturday night. Well I called her the next day to set up a date...when she picked up I introduced myself and she said I should call her back in 5 minutes which I did.

However she did not pick up her phone. Two days later I called her again, even texted her but nothing happened. So I decided to wait till we had the class this last Thursday. This is where I really got confused--when the Professor was taking attendance of course I would expect to hear my name...then my crush whispered my name from behind like, "Mario so that was you, who has been calling me? I am so sorry, sometimes I give my number to random people and I can't remember."

So I kind of gave her a faint smile then nodded my head like am okay with the excuse she gave me. Up till now (when I am typing this message) I am still shocked about what she said. What also surprised me was that she left the class before the class actually ended, probably to avoid me confronting her. I like to give people benefit of the doubt until she said what she said. Frankly I thought maybe she's playing hard to get like "try harder buddy" but now am just dumbfounded not knowing what she's up to.

And here is the thing, I have a genuine interest in this girl because I thought at least if I get to know her without making any pre-judgment I would know who she really is. What do you think is going on with this girl or is it me doing the wrong thing here? I am thinking of calling her later this evening just to clear the air with her. Thanks for reading this.

Mario (Oregon)

*Nope. Don't chase her, Mario. At all.*

*Did you not tell her your name when you got her number? It makes no sense she'd ask you to call her back in five minutes then flake out...unless she didn't even bother to ask you your name when you got her number. That's not only a clear sign that her interest in you wasn't*

*effectively stoked up before you went for the digits, it's also what stereotypically leads to women answering "mystery callers" and quickly wishing they hadn't. That would explain the "5-Minute Factor".*

*On the bright side, I do have to give both of you credit for the right number landing in your hands though. Somehow that worked in your favor initially.*

*But if she was really interested in you, she'd be diving on that phone of hers every time it rang like Cosmo The Hairless Terrier dives on hot dogs flung by toddlers from the dinner table. Think about it. Wouldn't you if you'd met someone truly exciting the night before?*

*But all of that said, if she's sitting behind you in class every time the prof calls roll, my educated guess is that she knows who you are. So she got the call. She flaked on you. Then she toyed with you in class, and left early anyway...without further communication.*

*Face it...she's a gamer.*

*If she was so "sorry" she could have picked up the phone and RETURNED YOUR CALL sometime after she had this epiphany in class, huh? But she hasn't.*

*Unfortunately when we get a solid case of "one-itis" we often try way too hard not to see reality when it's staring us in the face...or, um...when it ducks out of class early. (Feel free to consider that a bad pun if you go to U of Oregon.)*

*Repeat after me...NEXT!*

## **She Has Her Cake And Eats It Too, But No Dessert For You**

Hi Scot, well I'm just giving this a try and see how it goes,

I've dated some girls, not a lot like the amount you guys talk about, but enough to kind of know what I want. I'm 32 years old, consider myself a good-looking guy, funny, caring, smart, athletic, and many more attributes. My friends tell me I'm such a waste, cause they see that I could attract a lot more women than I do, but approaches are tough for me.

Anyway I was staring to go out with a couple of girls, with no interest of dating anyone long term until I felt I got my game in order, and by a really interesting twist I took a job modeling as a favor to a friend, never done modeling before, and the money was good so I said why not? If anything at least I'll meet some models and practice on them. And sure there where the usual 10 types--great lookers, terrible personalities.

But then one showed up. This one was not like the others. She wasn't the most beautiful or better body, she looked very normal and with something that just captivated my attention like no other girl I've ever dated. I felt very strongly about her and this was really strange for me.

So I asked her out, had a great time, then again and again, and as time passed I just fell in love with her. She was everything I was looking for, like the famous "this is the one" type, but there was something weird every time we go out had a great time and at the end behave kind of defensive. So I thought it was 'cause she works as a model, she has to be sure I was serious about her, so I told her that she could trust me, and I wasn't going to play with her. And then she told me she was on this long distance very relationship with some other dude. I know he's not right for her based on some stuff she told me, but she said that she didn't want to tell me about him 'cause she was really interested in knowing me.

But she couldn't finish her relationship with the other guy 'cause of all the time, and bla bla bla, all this crap that she really didn't tell straight out what it was. So I thought "no big deal", I'll pull the big guns and she'll see the big difference. So I did all the things I learned from DYD and your stuff and other material, and she kept going out with me, having a great time, being very comfortable with me until the end of the date or the time with spend together. And every time I tried to kiss her or get closer she pulled away and become kind of cold. I started to feel

a little like I was in *Groundhog Day*, or *50 First Dates*...great start, great date and really crappy finish.

Now any other girl I would of just said "screw this and move to the next". The problem with this one is I feel we are so perfect for one another for the long run so I can't get myself to blow her off. At the same time I can't take it anymore, but her porcupine attitude (you know soft on one side and on the other...ouch) is driving me crazy, any words of wisdom and experience?

Sven (Sweden)

*Hello Sven:*

*First of all, glad you are enjoying the material and that it has helped you. We love hearing that.*

*Having read DYD and my materials, I'm sure you realize that you have to give the woman the "gift of missing you". In this situation, as difficult as it sounds, you are going to need to tell this woman that you are not going to stand in the way of her relationship with her "boyfriend" any more. Then, you seriously let go.*

*Am I crazy to tell you this? Not at all. Here's why.*

*Right now she gets to "have her cake and eat it too". She gets her long-distance boyfriend PLUS someone to hang out with locally. So you end up being the "sexless boyfriend", which is like being the "JBF" that you actually \*do\* want to be friends with...odd as that sounds. You can get what you want out of this situation, but you have got to be a MAN first and tell her you will not put up with the duplicity.*

*Ironically enough, that display of leadership and strength may be exactly what she has been looking for to feel confident choosing you instead of the other guy...once and for all. She needs to know you WANT this, but also that you will also not put up with the current situation.*

*Here's one final thought. Who would you REALLY rather be in this situation, you or the other guy? Believe me...he's a lot more concerned about you than you are about him.*

*One caveat, however. I'm also assuming that the LDR she's in is non-exclusive by design. Otherwise she's a cheater...run away.*

## **When You Find A Great Woman You Like More Than All Others And Who Likes You Back, Do What Any Self-Respecting PUA Would Do: Break Up With Her (!)**

Hi Scot,

First like to say, really enjoying the products. I don't buy online without strict circumspection and this has paid off. I've been listening to the "pick up" sort of info for months now. I started with [withheld]. His stuff was useful because it helped me put me first if you know what I mean. The only thing is that I think he's got a serious chip on his shoulder. In any case, I arrived at you and find that your perspective is closer to what I believe, or would like to believe.

Anyway I've got a question.

I'm currently "casually" seeing a girl from home. I go to college in a different place to her so I only really see her at the weekends. Although we are not exclusive, since I've been with her I find that I'm not really interested in any other girls. There are a few problems with this because I know the wisdom in not putting my eggs all in one basket.

I am wondering what to do because I am also finding my confidence reduced and my insecurity about this situation increased--although I know enough not to act needy or anything like that, *even if I'm feeling it*. I think from her end, she probably thinks that everything is fine and it's just fine and casual. But do you think I should end this relationship if it's causing internal (and imagined) distress even if I like her and she likes me? It's probably not far off "one-itis" (shudder LOL) but the thing is she likes me too.

If I am to end it I would want to do so in as masculine a way as possible, if that is possible. How would that even be done? There can be no reason to end a decidedly good situation except for me wussing out! That throws masculine out the window LOL.

Anyway, I'd appreciate any advice you'd have.

Cheers,

Gordon (Belfast, Northern Ireland)

OK, thanks for bringing up a great topic, Gordon.

Here we arrive at an issue I see A LOT based on "seduction community" teaching. Unfortunately, the objectively basic "paint by numbers" approach of teaching beginners how not to screw up with women leaves very little grey area (as does "paint by numbers" in real life, I suppose).

As such, the teaching includes such pearls of wisdom as "avoid one-itis", "don't give your power away to women", and/or as you mentioned "don't put your eggs in one basket".

All of this is nice entry-level advice if you are a supplicative wussy-boy who tends to fall in "love" with anyone female who actually likes him and can fog a mirror.

The problem arises when we take this kind of teaching in too generalistic a sense. What happens then? A guy like your or me meets a woman we like very much--much more than the others we've dated. And she likes us back...a lot. So we **BREAK UP WITH HER?**

This is the part where somebody scratches the needle across the record while the music's playing...bringing it all to an abrupt stop with a "WHAAAT?"

If she lives where home is for you, and you see her every weekend, I'm hard pressed to call this a long-distance relationship, so I think you should be **GLAD** you've found a woman you can potentially keep around long-term. And she apparently likes you back. **THIS IS NOT A BAD THING.** In fact, this is what most guys **DREAM OF.**

I mean, going to college and experiencing the feeling that the only woman you really want is the one **YOU HAVE?** That's about as good as it gets, and **ALMOST NO GUYS** ever get to have that in their lives.

Why am I so sure about what I'm saying? Many years ago I was in your situation almost exactly. Instead of manning up, I **BROKE UP WITH HER** because my own weakness/jealousy pissed me off. Not only did some other guy snag her up literally **THE DAY AFTER** we broke up, he married her. And last I checked in the "alumni news" section she was still married to him with three kids. That was a great woman...and I screwed up. So when I met Emily two years ago, you can bet I didn't make the same mistake. I let all the other women in my life go—**BY CHOICE**--and have not looked back. After all, I dated enough to know what I wanted. And when she showed up, I didn't have room in my schedule for the other women I had been dating.

*This is all about HAVING 100% CONTROL over your dating life and having the FREEDOM to make the decisions YOU WANT TO MAKE...when and only when the TIME IS RIGHT by your own standards.*

*Quote: "There can be no reason to end a decidedly good situation except for me wussing out!"*

*So thereby you have my support for an answer you've already provided to your own question. You don't sound like a man who is weak. You sound like a man who is hypersensitive about LOOKING weak. Fair enough. Why not LEAD as a man, then, and go make sure you deserve what you want from your relationship with this woman and make it happen. If it doesn't work out, you at least exercised an option that was yours.*

*And my guess is that you'll be strong enough a relationship manager to continue making long-term decisions from a position of strength even if it's within the context of a long-term exclusive relationship. If in doubt, what will help you remove any shadow of it is this:*  
<http://www.deservewhatyouwant.com/virtuosity>

## Yet Another Opportunity To Reframe The “Rules Of Seduction”

Hey Scot, On Sunday I called a woman I met on the train. I was wanting to set something up, so I asked her if she was free on Tuesday night (I probably should have just asked her out on Tuesday night and gave her the first right of refusal) anyway she didn't know when she was free this week so she said she would call me. She didn't seem like she didn't want to see me though.

Anyway she didn't call, so I called her yesterday after work, and she apologised for not calling, she was apparently very busy. We had a nice conversation on the phone, but it came to the point where she said she couldn't go out this week cause her mum is going back to china (for how long I don't know) so her mum wants to be with her every night this week. But she didn't know when she is free next week.

So she said, "So how should we do this" in regards to who should call later on. I told her that as soon as she finds out when she is free to give me a call. (Now I know I probably should have taken the lead and told her I would call on a certain day) I feel as I have now given my power away on the phone... TWICE... is there any recovery from this? If later on in the week I called her would it come off as needy as I told her to call me? How would a great man act? I was trying to use the frame of the chooser not the chaser, but it's really hard to have that mind shift.

Any advise would be very much appreciated.

Thanks mate,

Darrell (Australia)

*Oh not at all...you are doing MUCH better than you think.*

*Quote: "So she said, 'So how should we do this'"*

*That is a clear indicator of interest. When a woman shows eagerness towards making firm plans with you in any way, you can assume a strong likelihood that she is legitimately trying to make it work. Contrary to some of the more "black and white" teaching approaches out there (which is--again--admittedly what some newbies need), some women actually DO have commitments for the next week or so and/or REALLY CAN'T make either of your suggested times.*



*How you handled it was perfect. You offered leadership by suggesting a couple of good times to meet. When she couldn't make any of them and had no visibility, you demonstrated rather clearly that you aren't going to keep "chasing". Simply put, you can't get inside a woman's head, flip a switch and MAKE her decisions for her. If she's not giving you anything to hold on to, telling her you aren't going to keep calling her and for her to call you back when she's got this figured out is fine.*

*One thing guys forget is that women royally screw up as much in the dating world as men do. And make no mistake, I see behavior just like hers from women all the time. Women will call Emily having habitually related to guys the way this one is relating to you--and wondering out loud why men "never call [them] back" and why they "talk to lots of men but never go out on any dates".*

*A big part of all this is allowing human margin for error in women versus taking things so personally (and so SERIOUSLY). From there we not only give ourselves a much needed break, but we become MUCH better at measuring character in women. See how that works?*

## **...And While We're At It, Why Not Reframe Some "Mainstream" Dating Advice Too?**

Hi Scot,

I'm real interested to hear your take on this.

I am a 50 yr. old man, who has been out of the dating scene for a while. I am ready to get back in, but I have been suffering from some thyroid issues that make me extremely tired at times. I have always been a robust guy, been active and athletic. I am otherwise in great shape for my age. What I am concerned about is I want a woman who is active, but until I get my health challenge handled, I probably wont be able to keep up with that kind of woman.

Should I wait until my health turns around before dating so that I can deserve what I want? Or should I go ahead and date now and mention my situation only to women who I date more than a couple of times?

This is a bummer because there are times when even a low-key date like dinner and walking around a mall can wear me out.

All the Best,

Milo (Glendale, California)

*Hello Milo:*

*Often times, you'll find mainstream dating advice that admonishes you to pretty much "wait out" all of your excuses before pronouncing yourself "ready" to date again.*

*Well, the very last thing you want to do is wait until conditions are "perfect" before dating again. The obvious reason for this is that there will ALWAYS be some sort of limiting belief you'll be able to come up with. But the more subtle reason is that sometimes what we think are major issues aren't so much to women.*

*I clearly remember telling myself shortly after my divorce that I needed to lose 30 pounds before I could expect to date. It took a few months to do that, and I indeed didn't date during that time.*

*Women indeed enjoyed my company when I did start dating, so I initially felt pretty good about having waited. But the crazy thing is that I ended up gaining the weight back (no thanks to focusing on my social life rather than going to the gym, which is another newsletter altogether)...and I didn't see any less interest from women. If anything, there was MORE interest--probably because of what had been happening in the self-development/"inner game" realm.*

*So yes...get back out there and meet some women. When you choose to tell them about your situation is dependent upon each individual scenario, I'd say. But I would agree that it's not first-date conversation. Nothing medical is.*

## High Quality Problems

Scot, how's it going? So this weekend I went on a hike with a friend and a bunch of her friends (whom I didn't know).

I hit it off amazingly with a girl. Halfway through the hike, one of the guys refers to her as 'babe' and only then did I realize they were a couple... I mean, this girl was flirting with me the whole time up until then.

I even pulled a "Superman" with her by catching her when she'd lost her balance and was going to take a nasty 50-foot drop. It was, as you put it, "movie quality" stuff.

So after I realize they're together I give her room and start hanging out with some of the other people on the trip. But for the last 1/4 of the hike, she was back--and she'd been the one to come to me.

Over the last two years I've become the kind of guy with "quality problems" such as this one (much of the credit for that goes to you). I have options, I'm not desperate, and I don't want to break them up--that's out of the question. I would, however, like to keep my foot in the door, per se. Any suggestions?

P.S. You've helped me a bunch over the last year or so. I think you've answered about 3 or 4 of my emails extensively. I'm in college, and I don't have a lot of pocket change, but I'd love to actually buy some of your advanced material. What program would you suggest I look into?

Emilio (Gallup, NM)

*Emilio:*

*Ah yes...a "high quality problem" indeed. Perhaps yours could arguably be considered the "highest quality problem" possible, which I'll elaborate upon.*

*But first things first: You are absolutely correct in not wanting to break them up.*

*To do that would openly demonstrate a distinct lack of character. Ultimately, lacking character is one of the most POISONOUS ways to kill your ability to deserve great women. It has a way of catching up*

*with you...like eating a dozen Krispy Kremes a day for a few weeks in a row.*

*Nonetheless, and perhaps ironically, you're going to find that as you become more and more of the kind of man who represents what women really want you'll see situations like this more and more.*

*I've been kicking around a certain concept for a while, and it's one so unique that it's a challenge to make it relatable to most guys. Nonetheless, I'm going to share it with you because I think you'll "get it".*

*Here we go...*

*When you become a masculine man who ignites femininity, something bizarre and at times even flat-out creepy happens. For lack of a more subtle description, EVERYTHING FEMALE starts loving you.*

*And this doesn't necessarily have to be an overtly sexual thing.*

*Girl's moms love you. Grandmas love you. Your two-year old twin nieces love you. Hell, in my life Emily's DOG (who's female) even loves me. She's horribly jealous of Emily.*

*There's just something about A MAN IN HER PRESENCE that FEMININE WOMEN cannot resist. This, among other things, is why little girls need dads. When my daughter was very young, she'd greet me when I came home from work by racing to the door and literally leaping upward into my arms. With every fiber of her being she trusted that I would catch her...which I did, every single time.*

*Given even minimal thought, all of this makes perfect sense. A REAL MAN brings an aura of safety and protection. He conveys a sense of order and purpose.*

*He knows what he believes. And since his character is built on that solid foundation he is consistent, trustworthy and reliable to "deploy" with impeccable precision.*

*Simply put, when a MAN is around women feel real comfort. They know that things will be "handled".*

*Fear evaporates. Bitterness and frustration are forgotten.*

*As such, they feel secure and able to convey the warmth and joy that they so want the freedom to both enjoy and give away...probably TO YOU.*

*And yes...the combination of all those things is also what drives intense sexual attraction when appropriate...accompanied by the freedom to express it and newfound passion in doing so. Nice.*

*This female friend of yours really couldn't help being drawn to you. After all, you consistently demonstrated a textbook example of what I've described above...even LITERALLY when saving her from a disastrous misstep.*

*The "problem" is hers and her boyfriend's, frankly. You are who you are, and make no apologies. What...were you going to let her FALL 50'?*

*Of course not.*

*And where was her boyfriend when she most needed him, anyway?*

*Order. Safety. CHARACTER.*

*You mentioned "Superman", and that's a valid analogy. Women want a HERO.*

*You've provided a clear demonstration, and I've now elaborated the concept in words that any man can understand.*

*So as for keeping the door open, don't even worry about it. You need not act in any "shady" or underhanded way trying to "steal her" from her boyfriend or something...either directly OR indirectly.*

*When she breaks up with this guy (which may be sooner than later now that she can put a finger on what's lacking there) she'll come find you. There's no need to push the issue.*

*In the mean time, it sounds to me like you are in complete control and hold all the options.*

*Considering where you are, in answer to your request I'd recommend reading [How To Manage Your Wildly Successful Dating Life](#). You'll enjoy it because you'll relate to it and love how it reads like a launching pad to unimagined levels of success with women.*

## Telephones: Attraction's Arch Enemy?

Hi Scot,

I don't think I'm taking enough advantage of the ability to ask you questions as a Power Sessions member. I've been thinking about this one for a while now.

Most of the advice of all the dating gurus and even girls themselves tell you that "you shouldn't be calling a girl all the time". I tend to heed that advice and not call a girl very often, especially in the beginning of getting to know her.

It doesn't seem that hard for me to do because I usually don't feel the need to call a girl everyday. And I tend to be busy doing stuff during "prime calling hours", so I have to consciously make special time to be calling anybody during a weeknight. If I didn't, girls would be getting calls at 11 at night, and I don't think they'd be happy with that.

However, it often seems as though the relationship with the girl just fizzles out over time.

So, as an experiment, the last girl I went out with I tried to call her a little more often than I felt comfortable with. I was surprised when the result was actually positive. And on top of that, even though I was calling her more often than I felt comfortable with, she even told me that she wasn't sure if I liked her or not because I didn't call her very often.

After I started going back to my pattern of not calling her very often (and not calling her during the holidays), the relationship fizzled again. However, I felt less and less like calling her since she would return my calls, but would never initiate a call to me. I used that to gauge how often she felt comfortable with me calling her, therefore the calls were made with less and less frequency.

After getting a phone number, I'll usually wait around 2 days to call her. After going on a date, I'll usually wait like 4-7 days to call or e-mail her again. Subsequent calls/emails are usually like a week or more apart. I'm comparing this to other gurus' advice of 7-9 days between calls, and I feel I should be OK.

But I'm starting to think that maybe it's too long. Or maybe I'm not waiting the correct amount of time at the right stages of the relationship. Too short and she runs, too long and it fizzles.

My question is, can you give me some guideline with how often I should contact a girl (phone, email, txt), and how that time-period changes as I get to know her better?

Thanks!

-Brendan (Lake Elsinore, CA)

*Brendan:*

*Yes...I recognize your name from the Power Sessions mailing list and I don't hear from you nearly enough. Glad you do so, and you've brought up some excellent points.*

*First of all, let's level-set the calling timeline thing in general. First, I'm not completely in agreement with the "7-9 day" thing. Let me rephrase that, actually: I'm completely NOT in agreement with the "7-9 day" thing. It's an overreaction, in my opinion.*

*And that goes for whether you've just gotten her number or you've already been seeing her for a while.*

*Let's face it. Most highly desirable women you happened to get a number from will have written you off as too indifferent (or even too scared) to call by then, if they remember you at all.*

*If you have already been on a Day Two with a woman and would like to see her again, then 4-7 days is definitely too long to wait. This is going to come off as "game playing" to women even if you aren't much into phone conversations.*

*As a rule, people just flat-out put a higher priority on conversing with people they actually are attracted to than that.*

*So then, how DO you figure out how much phone time to put in? Is there really even a specific formula for this?*

*The other day I was reading something from a "lady guru" when something caught my eye: "If we like a guy, we're perfectly happy to hear from him six or eight times a day. If we don't, then if he calls us even once a week we're creeped out."*

*Wow, huh? It's really all about how much attraction you've created when you were standing right there in front of her...even before the telephone calls even get rolling.*



*So here it is. Dude...when you know she is interested in you, then you've gotta give her a break and call her sometimes. Otherwise, you're perception is dead-accurate: She'll think you don't like her.*

*Imagine if the tables were turned. If she appeared decidedly cavalier about talking to you, wouldn't you begin to think she was somewhat disinterested? Men and women are really no different in this area.*

*The Seduction Community talks A LOT about guys calling too much and being "clingy" because, truthfully, that's the best "one size fits all" advice for most of the guys out there starting from Square One. But if you truly have that part of things handled and have overcome all symptoms of "neediness", then the right thing is to do your part to let the woman know you at least like her back.*

*My thought in this case (and again, the caveat is that you have no issues of neediness or insecurity) is that if you FEEL like it's starting to have been a bit long since you've talked to her, you're probably right. It's time to call. Put it off longer and you risk disillusioning her.*

*Considering how many guys hammer women pretty hard with phone calls/texts/etc. you can easily figure why things fizzle for you when you don't call them. They're human beings with feelings and thought processes just like yours and they simply mark you down as "uninterested". Worse, that's when they'll turn their attention to the other guy out there who gets all of this right without overdoing it.*

*By the way, if you aren't much into the phone, you're not alone. Plenty of guys share your sentiments there. In that case though, it's all the more important to make doubly sure to inform women about that up front and make sure she knows that you aren't kidding. "Set the expectation" as they say in the sales world.*

# Inviting Women On Dates And Avoiding Awkward Moments

Hi Scot,

I listened to the February Power Session on “Telecom Game” during the gym yesterday and got some new perspectives from it. Thanks again.

I have a couple of questions, the first of which came up while listening yesterday:

- During the initial stages of getting to know a new woman and going out on dates, is it best to frame the invitation (from me to her) with an emphasis on she and I getting together (and make the thing we'll actually be doing a mere decoration around us), or make the invitation one emphasizing the activity itself? That is to say, in your experience, is it better to make it an invitation to spend time together, or to do a particular activity? Hope that makes sense.

- Perhaps an odd question, but one that I've always wondered about. When on a date, say at a lounge for drinks or at a restaurant for dinner, and the woman goes to the restroom, what's the best thing to be doing when she's coming back? I always find this awkward because you're just sitting there, really with nothing to do, and it feels like I'm powerless in a sense during those moments. I'm sure, having dated a lot yourself, you've developed an approach that works well for you. I'd like to hear what it is.

Thanks a million. Best regards,

Isaac (Australia)

*Hello Isaac:*

*What great questions. Probably the best I've gotten all week.*

*The overarching theme here is not to think too hard about any of what you are mentioning here. If you over analyze this sort of thing, it'll spin yourself into "analysis paralysis" and the resulting insecurity will bury you regardless of which way you go...every time.*

*To answer your first question, I'd recommend a "both...and" approach instead of an "either...or". In other words, it doesn't have to be positioned as EITHER something cool to do OR a chance to hang out with a cool guy like you.*

*It's kind of like asking if you should press the clutch OR shift the gears when driving. See what I mean?*

*And it doesn't have to be a huge production of an event, either. In fact, the likelihood is that a natural setting doing something that normal people do anyway will be much more amenable to getting to know each other more effectively anyway.*

*Try something like: "Hey, I'm planning to go to the Bombay or Pier One to pick out a new lamp for the living room. I could use a woman's insight. How about you join me?"*

*It doesn't really matter where you are going and what for, as long as it isn't too downscale (e.g. To the Circle K...) or creepy (...for some Preparation H).*

*Of course, it goes without saying that avoiding lounges and restaurants altogether obviates your second question entirely.*

*There's no such thing as "waiting around doing nothing" in these "natural settings" like I mentioned above. In fact, I'd pick her out something completely silly that you'd tell her with a straight face is "perfect for her" when she returned from the ladies room. Ha!*

*But if you do end up finding yourself alone at the table in a restaurant twiddling your thumbs anyway, here are several ideas:*

- 1) 20/20 foresight says to plan early dates at fun, easygoing places. Lots of guys--especially ones who haven't figured out how women really think yet--plan expensive first dates at "romantic" restaurants. Your example is but one of myriad reasons why high-pressure first dates with a serious tone are a rotten idea. It's all about finding out whether you genuinely get along with a woman or not during the early stages, not about attempting to manufacture "romance" where none exists (yet). That said, I'm not going to at all discount the raw horsepower of a dimly-lit romantic hideaway of a place when it comes to setting the mood, but this is about timing. And first dates especially are RARELY the best times for such. Instead, pick a place that has big TVs, a cool jazz band playing or (especially) something interactive going on like Buzztime trivia. Then, when she*

*excuses herself for a few minutes you're otherwise occupied...and naturally so.*

- 2) Anticipating the potential awkwardness of the situation you described, you may also pay careful attention to positioning. Maybe sit at the bar instead of a big old sloppy booth. That way, there's social interactivity built in.*
- 3) If you're tell the waiter or waitress you aren't bailing on him or her, you can use the opportunity to excuse yourself from the table for a health break also. Make sure she didn't leave valuables behind if you do this (and don't take her purse with you if she left it there, either!)*
- 4) Or, you could...(wait for it)...STOP GIVING A RAT'S BE-HIND how you look. Believe me, the Awkward Turtles are likely swimming around in her own aquarium simply because she felt a little silly excusing herself to begin with (unless...uh...she did so specifically to plan the dreaded "escape call", but you'll find out the answer to that question shortly thereafter anyway). Seriously, though. Stay casual and relaxed. "Powerlessness" in such an instance is simply "insecurity" in disguise. Be patient, and if possible don't make it blatantly obvious that you're scoping out the "scenery" elsewhere. Remember where the conversation left off, and resume it when she returns as if nothing happened. Be in control. Be a man who is comfortable in his own skin. Bodily functions happen. You don't look dumb because she needed a break. Your mental state will lead hers naturally. And if you still need a visualization, consider how this would go if the shoe was on the other foot. Would you return from the men's room to find her sitting there casually waiting and think, "Wow, she looks like a total idiot sitting there by herself...no second date for her." Of course not, dude.*

*Thanks again for the outstanding questions.*

# The “Poker Faced” Date Dilemma

Hey Scot – I hope all is going well.

I'll jump right in with the question and situation.

On a first date how do you handle a situation where you can't tell if she is interested in you at all? As was the case with a Match.com date last night...

Here is the scene: Last night I had a match date. We meet for drinks and free bread at an Italian restaurant. We sat at the bar, watched pizza dough being thrown, and sipped on our drinks. It was laid back and casual...not a stuffy, high pressured 1<sup>st</sup> restaurant date that you advocate against. I've taken several 1<sup>st</sup> dates here and this place has proven for me a good get to know each other spot.

Here is crux of where my question is coming from. She did a few things to make think she was interested, and she did a few things that made it seem she was not interested.

THE GOOD THINGS: Ran her fingers through her hair several times, A few times I was able to sustain a long warm smile on her face while talking to her. A few times she would spin on her stool directly at me and lean in. Several times I gave her some really good chuckles that made her relax and warm up. Sometimes she was warm.

THE NOT SO GOOD SIGNS: She talked a lot about her problems with finding the right guys. She talked a lot about wondering if something was wrong with her At one point she was asking me general advice on how to let a guy know she is interested with out coming on too strong...You know Scot these type of questions are something a women would ask a platonic male friend, and at times this is exactly how I felt. My gut feeling is sort of telling me that she is lacking attraction for me.

At the end of the night, I walked her to her car. Hug and kissed her on the cheek. I'm not scared to go in for a real kiss, but only when my guts tell me to.

As for me: I am motivated to see her again for 2 reasons. 1) She turns me on physically. 2) She seems that she may have the level of character I am looking for in a woman.

This is my plan: Call her tonight and thank her for driving out to my town to meet me. Let her know that I want to see her a 2<sup>nd</sup> time to better find out if there is a mutual connection...

What are your thoughts? How would you better "test the waters" to find out if the attraction is mutual? Also feel free to check out her match.com profile: [withheld].

Thanks!

Dennis (Duluth, GA)

*Thanks for the e-mail, Dennis.*

*She's a cutie. A "girl next door" type.*

*She also hasn't been active on Match.com for a WEEK. That's good news for you. She's not diligently searching on Match.com for the next guy to go out on a date with. And a week may as well be an eternity in the online dating world. No woman who is getting any attention whatsoever online (let alone a lot of it as this particular woman is probably getting with such a well done profile) can resist checking in for more than forty-eight hours...max. This is all field-tested, by the way*

*In fact, based on what you've told me thus far, it's ALL good news for you.*

*When I began reading this e-mail I thought you were going to start talking about a woman who gave absolutely no indicators of interest whatsoever. Stone faced with detached / closed body language and a "hands off" attitude.*

*But here you have a woman who is giving VERY classic signs of approval and indeed flat-out attraction.*

*She's engaged in the conversation.*

*She's smiling and laughing...even leaning in--that's a solid one.*

*Playing with her hair isn't necessarily as foolproof as some believe it is, but the old David D. idea of her letting YOU touch her hair IS. I'd try that next time, when the time is right.*

*And there WILL be a next time if you follow the plan you mentioned. I'd leave out the part about seeing if there's a "mutual connection" and*

*simply let the fact that you are inviting her to see you again do ALL the talking. There's really no need to couch it in "formalities", if anything that artificially (and unnecessarily) injects awkwardness into the situation.*

*Here are two key ideas to keep in mind when reading a woman's level of interest on a first date:*

*1) Most women aren't going to be "all over you" on first dates. The unfortunate social stigma of being "forward" aside, women are just as interested in NOT appearing clingy, needy and/or straight-up desperate as men are (or should be). Besides, they LOVE when a man can take the lead (Note: This is not to be confused with "chasing". True leadership is in fact CHOOSING vs. CHASING—she's typically waiting on YOU as a man to make decisions, even as far as the progression of the relationship is concerned.)*

*2) Be very careful categorizing 'friendly' conversation as a bad thing. The PROBLEM with "Just Be Friends" is the word "Just", not "Friends".*

*A lot of dating/seduction advice for men seems to talk about "avoiding friendship".*

*This is an unfortunate overreaction to pandemic neediness and wussiness on the part of many men.*

*Truth be told, a woman can discuss what's on her mind with you in a casual, matter of fact manner just like she would for "platonic" friends and still very much be wildly hot for you under the surface. In fact, creating a friendship with her is CRUCIAL, otherwise there's nothing else there BUT the sexual attraction.*

*The difference-maker between "JBF" and the desired result is quite simply your masculine ability to ignite femininity. That's the ingredient that creates attraction. Without that, the conversation might turn to asking your opinion on guys she IS attracted to...and I'd agree that's not a good sign.*

*But let's back off from the general principle at play here and take a closer look at your specific situation for a second.*

*She's talking about questions SPECIFICALLY related to being attractive to men and SHOWING ATTRACTION towards men. My*

*educated guess is that she knew EXACTLY what she was doing, and was actually fishing for your impressions of her...AND all the while seeking out your input on how she might show her interest towards you in a manner you'd find appropriate.*

*So maybe she wasn't quite able to contain the "needy impulse" as much as you might have thought, after all.*

*I'm wondering how you answered her questions, and--more importantly--did you give her something she could ACT UPON? If so...did she?*

*I hope you didn't miss any of that if it happened right there in the moment. Once again, it's difficult for us guys to get outside our own heads sometimes.*

*By the way, remember the stone-faced "hands-off" chick from a the beginning of this e-mail? You can't judge a book by its cover even in those situations.*

*Sometimes women are very, very cautious--both with their actions and their words. They may be protective because of past experiences with unworthy guys, or they may just not have the kind of personality that shows attraction so obviously.*

*These women, ironically, are often the ones who come to Emily wondering why they don't get asked on second dates! Usually the answer, of course, is that guys don't consider there to have been any interest on her part...even though under the poker-faced surface, there was PLENTY going on.*

*Generally, lack of decided DISINTEREST means a lot in the overall sense. The big test is if such a woman goes on the second date. If she's there, she remains at least somewhat interested--regardless of her signals.*

*This assumes, of course, that the main attraction on such dates is you--not how much money you're spending. But that's not what's going on in your case. Great job taking her someplace casual and with a fun atmosphere.*

*You are doing a lot right. Keep it up my good man.*



## Reverse “One-Itis”

Hi Scot

Thanks for all the advise you give me, through your newsletter and podcast. i truly appreciate having the opportunity to become a better man and have more success with women and dating.

My problem however is the following:

I've been seeing this woman for a bit more than a month now. I started seeing here because she is really interesting and beautiful. she is a bit older than me which is great, but I kinda thought that it would prevent her from getting to much into me.

Well it didn't and although I was straight with her from the beginning, saying that I did not want to be in bf / gf relationship she wants to and she's pushing for it. She will see me without me being committed, but i feel bad blowing her off from time to time. she is really nice and i dont want to become the man who does not care about her feelings.

On the other hand becoming a better me is time and energy consuming for me and i want the freedom to learn and experiment at this time of my life.

My Question is:

Is me thinking "I have to end this to protect her from getting hurt and destroying the basis of a possible friendship" a limiting believe?

Once I've been straight with her, do I need to trust her to make her own decisions for herself? Or do I have to take responsibility at this stage of our relationship?

Thanks for reading,

Maury (Lausanne, Switzerland)

*This is an outstanding question, Maury.*

*"Limiting belief" is usually a term reserved for a negative way we view ourselves that others don't necessarily share. How's that for a very simple working definition?*

*Having enough CHARACTER to sever a romantic relationship when the woman is falling in love--and you are not--hardly fits that profile.*

*That's right...it's a HIGH CHARACTER move to tell a woman that you believe that another man will appreciate her much more than you ever could. Some guys would keep stringing a woman along regardless of how her feelings are affected--just as long as they are "getting laid" from the transaction.*

*That's a POVERTY MENTALITY. Men with options, such as yourself, should definitely take the lead when a woman is beginning to get too emotionally involved. If you don't share that emotional involvement, the only way to act in everyone's best interest is to free her to invest her emotions in a man who is more available in that regard.*

*This is no shame on you, BTW. Men fall in love too quickly with women all the time, and women are usually pretty good about severing things when appropriate. Yet somewhere along the line we as guys often decide that women "can't handle the truth". I mean, we REALLY don't want to make her cry or anything.*

*Rest assured when I tell you that women are generally MUCH better at handling the truth than we give them credit for. What's more, they APPRECIATE TRUTH much more than being led on.*

*Delivering her the news in a way very similar to how I demonstrated above (i.e. that another man will appreciate her more) is a solid way to do so.*

*This is because it does not place a value judgment on the situation, does not insult her, and does not make her feel as if she isn't "good enough" for you. There's integrity and dignity in that approach, both of which are imperatives.*

*Alternative ways to phrase it effectively could include, "I'm freeing you up to find a man who is going to be more emotionally involved, like you deserve", or "Ultimately, I believe there's another guy who's better for you and will be everything you want him to be."*

*I've used all of these examples effectively in the past.*

*Now with all of that said and done, you have to make sure that your decisions are definitive. You shouldn't affect such a breakup unless you are sure of your intentions (and the reasons behind them). As such, to turn back to her based on her desire to persuade you of such must be something you decide against up front. Promise yourself you'll stand firm no matter what happens.*

*Sure, she may get emotional. She may bargain with you in ways that supersede any manner of “testing” she’s ever put forth, which when it happens is a breathtaking display of what happens when you don’t give your power away.*

*Or, if she’s especially wise yet determined, she’ll calmly turn on her heels and leave without much elaboration...but will call you two or three days later to see what the temperature is after you’ve “slept on it” for a few days...presumably by yourself.*

*Be ready for those potential responses so that you aren’t snared.*

*Thanks again for your question...it was a fantastic one. I’d really recommend How To Manage Your Wildly Successful Dating Life to you. It covers all of this in much greater detail and lots more on successful social dynamics between men and women you may have not even considered yet. You’d love it: <http://www.wildlysuccessfuldating.com>*

## Cultural Difference Or Laos-y Excuse?

Hey Scot, awesome e-mail on phone game, I liked the woman's response which you posted on your blog. Good to know.

The other day I took this girl out, she is from Laos. Really cool (and cheeky) chick.

Anyway as the date was going on I felt it time to kiss her, I leaned in and as I got close she pulled back. She then tells me that they don't kiss in Laos. Hmm...

So I asked her how dating is in Laos. She said there is handholding and things like that. So I put my arm around her and said ok, if it gets uncomfortable tell me. The rest of the date was fine, we both had fun, I was holding her hand as we walked, and arm around her when we were seated or standing at the traffic lights waiting to cross the road, but with no complaints.

I want to know how can I be in a situation where she would want to kiss me? I totally want to respect her customs, but here in Australia, we kiss. Also is this some kind of sh\*t test? Do you think sex would be also taboo for her?

If you could shed some light on this it would be awesome.

Cheers mate,

Ethan (Australia)

*Ethan:*

*OK, this is a really, really good question.*

*I've definitely seen women cite cultural customs as roadblocks.*

*Then again, I've also known plenty of women who meant it.*

*I happen to know that there is indeed a strict ban on public display of affection in Laos, and that kissing someone in public there is nothing short of offensive to the masses. It wouldn't hurt to study up on Lao culture and see if you can find out anything further, especially as it relates to what might happen in private rather than in public.*

*But that's really just for your own well being.*

*It doesn't really matter whether they kiss early on in relationships in Laos or not. That is, unless they don't kiss AT ALL or something, and you can't deal with that forever, potentially.*

*Here's what I mean.*

*The woman clearly likes you. So there are two key things to remember, both of them centered around getting YOU out of your OWN head:*

- 1) Not all women have flimsy world views/moral structures that they are easily willing to compromise. If a woman has set standards for herself, you simply can't take it PERSONALLY when she actually...go figure...lives up to them.*

*Further, if you respect her standards and customs as you mentioned, you likewise cannot spend any time trying to figure out how to circumvent them. That would not be in her best interest, and at that point you'd become an aggressor in this relationship.*

*Remember...if a woman is not comfortable with you, you're toast. And if she thinks at all that your only interest is in getting her to compromise her morality, then she might as well get out the butter...and jam, if you see what I mean.*

- 2) There is no such thing as a "sh\*t test" as generally defined elsewhere. Women protect themselves from potential manipulators when they feel they should...whether that threat is real or not.*

*All it has to be is perceived...in any way. And when a woman likes you, she doesn't feel the need to drive you away, unless she has an unhealthy fear of success that haunts her. If you can be a man who is NOT sex-focused, and can enjoy her company--including the hand holding and such--then you'll build the all-important feeling of SECURITY in her in no time.*

*Then you simply ignite her femininity, as a masculine man should. No pressure...just security, a plan of action at all times for the dates you go on, calm laid-back motions and no overreactions. Enjoy her feminine presence, and allow her the freedom to enjoy your masculine presence in response. From there great things happen.*

*If her words about "not kissing in Laos" were an overstatement in the general sense (i.e. not just as far as PDA goes), you'll find out soon enough under such circumstances.*

*Remember...it's not ALWAYS about something you did "wrong". And the most "right" thing you can do is build her comfort level and trust...but it has to be the real thing.*

*From there, you'll get responses from women that will blow your mind.*

## Finding Love Online (Even If It's "Tough Love", For Now)

Hey Scot,

I'll send you the last email I sent to this girl I met online. Not sure, what to make of it. I've invited her to meet several times now, and she keeps postponing. She says she doesn't want to rush into anything because she has been "burned before through Match".

Some things I noticed on my own, is that I repeated myself on the "give destiny a little shove". I wrote the email in a hurry and that is what happened.

I really appreciate this,

Bart (Pharr, TX)

-----Original Message-----

From: [withheld]@aol.com

To: [withheld]@aol.com [Ed note: I didn't realize there were two people left on AOL?]

Sent: Wed, 26 Mar 2008 5:23 pm

Subject: Please read ASAP....let me know.

So, guess what, I just finished purchasing 4 out of the last 5 tickets available to the "Thingy". Not sure if we are meant to meet or not, you may need to give destiny a little shove.

There is one final ticket left for the event. I want to reiterate that I was hoping we could meet prior to this, but now that this might be the first time we meet, I think about it and it should actually be rather fun.

I am not sure if you will be able to read all of the info so I will summarize it for you:

Its a wine taster for the 4th annual [UNNAMED] Festival.

Its at the {ANONYMOUS} Cafe in Pharr from 6-9 on Friday, and my friends from [INSERT BAND NAME HERE] will be performing.

I encourage you to call the [ANONYMOUS] Cafe (Please don't ask for tickets to the "Thingy"), if anything so you can verify that I am not lying and there truly is one final ticket left, their number is [555-1212].

By the way I wouldn't mind buying it for you (My house is walking distance from them), if you decide on making it and the ticket is still available.

I was thinking about it and there might be a good chance of actually getting to know each other, if I am not mistaken they are also going to have an outside market that day. I want ask what class you are taking in person (I'm going to wait for the answer).

Hope you can make it, sum up the courage and give destiny a little shove.

~Bart

OK, Bart:

*First off, fair warning--there's a lot of "tough love" in what follows. But I really think this is an excellent chance for you to get a good solid opportunity to see exactly how neediness and self-consciousness tend to operate in a real-world setting.*

*Herein, I'm able to actually deconstruct on a step-by-step basis EXACTLY how such an e-mail portends inner game issues, and WHY it does.*

*My sincere trust is that this level of objectivity will contribute to a major breakthrough for you, because I'd love nothing more than to see you experience the wild dating success I know you have coming to you.*

*So let's dive right in.*

*She's putting off meeting you because the ATTRACTION HAS NOT BEEN CREATED.*

*There's NO WAY a woman gets online and starts telling guys that she doesn't want to rush things because she's been burned before on the site. That excuse is as easy as falling out of bed.*



*And if she IS there NOT to meet someone, then you want no part of it anyway. What IS she doing there? Simply having to ask the question portends deeper issues on her side for sure.*

*So what happened here?*

*For starters, you have PUSHED MAJORLY in this e-mail, and that comes off as a bit too desperate.*

*The offer to buy her ticket for her "IF she decides on making it" inherently indicates that your full expectation is that you have to cajole people into hanging out with you, while also implying that you actually expect disappointment.*

*You mention "giving destiny a shove" twice, which I understand was an editorial oversight.*

*But that is a desperate, needy request even if uttered once. The insecurity about even knowing if you two are meant to meet is clearly admitted in the first line where the phrase appears.*

*When the theme of "giving destiny a shove" is reprised in the final line, there's even a somewhat insulting charge that she lacks courage herself. Projecting weakness onto someone else, though subtle in this case, is amplified by the frequent appearance of inner-game issues of your own.*

*This may seem an esoteric concept at face value, but think through the steps involved as if penned in an email to you and you'll actually be able to feel the emotion I'm describing. It's almost as if hoping that she might possibly have the same issues you do lest you be overshadowed by HER personal strength.*

*And indeed, this message is replete with earmarks of insecurity throughout.*

*ALL 13 OF THE FOLLOWING were lifted from this one example e-mail to her from you:*

*"Not sure if"*

*"I want to reiterate"*

*"I was hoping"*

*"we could"*

*"this might be"*

*"it should actually be rather fun"*

*"I am not sure if"*

*"if anything so you can verify that I am not lying"*

*"I wouldn't mind buying it for you"  
"if you decide on making it"  
"there might be a good chance of actually getting to know each other"  
"if I am not mistaken"  
"Hope you can make it"*

*There are even still a few other phrases in there that could be argued as more subtle indicators. But you get the point.*

*Although all of those phrases should disappear from future mailings (and from your interactions with women in general), the real clincher was encouraging her to keep tabs on you to make sure you weren't lying. Why invite that level of disrespect if your own inner game is in order?*

*I'm not sure where use of the word "Thingy" came from, but even if SHE came up with this impromptu moniker for your proposed get together, it's not a very masculine thing(y) to have to write into an e-mail. It would take a unique masculine personality to pull off using such words in e-mails, and even if you are that guy she doesn't know you well enough for that yet.*

*If she IS calling your potential meeting a "Thingy" then it already portends that she's so mildly interested she has made no effort to even remember what exactly you had planned.*

*So how can you improve in the future?*

*Pragmatically speaking, here are several steps you can take RIGHT NOW to project more confidence and leadership into your e-mails to women. This all applies equally to live conversations, especially when making the initial approach:*

*1) Eliminate all "doubt". Replace it with assumptions of acceptance until proven otherwise. Examples could include, "I trust" in lieu of "I hope" (that's a REAL GOOD one), "This is a great opportunity" instead of "There might be a good chance", "I believe I'm correct in saying" instead of "If I am not mistaken" (note the clear affirmative there as opposed to hoping to avoid the negative), "Looking forward to meeting you there" as opposed to "Hope you can make it". The examples I give sound a bit too formal in the context, but you can convey the same attitude in a more casual tone. Whatever's congruent with your true personality.*

However worded, be sure of the quality of your plans, and be confident about the outcome of your live introduction to each other.

2) Remember that by "assumptions of acceptance until proven otherwise" I'm essentially describing a **BALANCE** between spineless wishy-washiness and a "hard sell tactic". If you tell her you need to know "ASAP" and talk about "giving destiny a shove" at all, it's as if your impatience is driven by the distinct possibility in your estimation that she'll change her mind if left to think about it all long enough. In those cases the balance has swung the other toward the "hard sell". Both extremes signal lack of confidence, but the balance is **JUST RIGHT**.

3) No 'reiteration'. I realize this was mistaken in the case of the 'giving destiny a shove line', but you've got to ride herd on that. Ironically, you've just uncovered yet another great reason (among many) to keep e-mails to women you've never met brief. Talking in circles telegraphs that you are used to being ignored, and therefore have fallen into the habit of feeling the need to repeat things several times just to get your message across. Leaders are used to having people hang on every word, and therefore hardly ever have to make a point twice, unless for dramatic or didactic emphasis, usually in the context of a formal setting.

By the way, this goes for announcing that you're repeating yourself (e.g. "I want to reiterate", "Once again, I want to tell you", "In case you forgot", etc.) or for when you simply say something more than once "give destiny a shove".

4) Never assume someone is thinking negative thoughts about you. Such is the habit of those who think negatively about themselves. If you make a statement, assume it will be accepted as factual based on your demonstrated level of character. If you tell someone you'll do something, assume they believe it shall be done. Do you think perhaps it's too soon for you to have effectively demonstrated your level of character to her? What I've just suggested is **EXACTLY** how you build that track record from minute one. If you are used to being taken at your word, it will come through in your attitude. This is like magic, but a very real phenomenon. It's all part of **INSPIRING CONFIDENCE**.

5) Finally, don't be afraid to take the entire interaction **LESS SERIOUSLY**. Have some fun, inject some humor. If she calls the event a "Thingy" you may poke some fun by over dramatizing the event as an intense, cataclysmic all-

*important World Summit Of International Wine Tasting just to highlight the irony of it all.*

*But remember, all of this is moot if you don't actually HAVE the inner-game you need. You can't "fake it 'til you make it". That just doesn't work.*

## Is She “The One”, Or What?

Hey Scot,

I have a question for you.

I am in a great relationship and I care for this woman very much. In fact, I love her and she is definitely in love with me.

But how do I know that she is the one?? If I end this relationship with her, it will break her heart and that absolutely kills me.

Do I give myself more time or am I just ignoring the inevitable??

We have been dating for about 2 months and communicating for 4 months.

Thanks for the help,

Andre (Farwell, MN)

*Andre:*

*First of all, by talking about ending the relationship, I hope you are not falling into the trap of believing that if you actually find a great woman you can theoretically spend a lifetime with, and she feels the same way about you, that you need to BREAK UP with her.*

*Some guys have been taught that it's somehow “giving your power away” or something to find the ultimate woman and be happy with her.*

*We covered that in a previous newsletter, and I don't understand this way of thinking. At all.*

*In reality, it's all about having complete, 100% control over your wildly successful dating life. If you are making YOUR OWN decisions from a position of strength rather than capitulation, then you are NEVER giving your power away.*

*So if you have chosen the greatest woman from many options, and a long-term stable life with her is WHAT YOU WANT, then so be it.*

*Having gotten that off my chest, and assuming all is in order in your life, I can actually give you objective answers to what you are asking about.*

*Here are three major points to consider:*

*1) Two Months Isn't NEARLY Long Enough*

*You'll need more time than that to know this has lasting commitment potential. I don't care if you two are joined at the hip these days.*

*Emily and I were together constantly almost from minute one and we waited nine months to get married. I waited seven to propose.*

*You've simply got to let the 'warm fuzzies' calibrate themselves. There's no way to gain any visibility into what the future holds otherwise.*

*2) Make A Spreadsheet*

*List the ten most important factors you want in a woman. I don't care what they are, it's your decision alone.*

*Rank her for each factor 1-10. If she's a "100", you're all set. A "99" doesn't cut it. I left behind a "99" for Emily, and that's a fact.*

*Bear in mind that since you are doing this exercise after the fact, your perceptions will be a bit biased. Ideally, this list is best formulated before meeting the highest quality women you are eventually capable of attracting.*

*By the way, if this sounds rather objective or even "mechanical", that's by design. If you are a natural "right brainer", as I am, you have a tendency to get wrapped up in the euphoria of a particularly promising relationship and make "seat of the pants" decisions. This helps you ground the circuit, so to speak.*

*Now, if on the other hand your mind is more analytical to begin with, you may in fact suppose you'd be subjecting yourself to "analysis paralysis" with an exercise like this. Ironically enough, however, if you stick to the design I'm proposing here you may actually be able to FOCUS your analysis rather than letting it spiral into an unchecked vortex of questions without answers.*

*But perhaps the most effective way to definitively sort things out is what follows...*

### *3) Plan A Road Trip Of AT LEAST Four Days*

*Here's the clincher. Schedule the time off work and preferably fly somewhere and rent a car.*

*Build an itinerary for the trip that involves MASSIVE windshield time-just you and her together in the car.*

*For hours. And hours.*

*Make sure there are also some truly cool places to see along the way. You are testing to see if you get on each other's nerves under those circumstances. You are also testing to see if you can truly enjoy "big moments" together fully and with synergy.*

*I took Emily around Arizona when we had known each other for two months, putting 1400 miles in and seeing Sedona, the Grand Canyon and Monument Valley. It went well.*

*But just for good measure, I planned YET ANOTHER trip. We hit California four months later and went from LA, through the wine country up to the Bay Area and back to LA. That trip went equally well.*

*The following month I proposed.*

*I truly believe this strategy is a powerful one, very much portending what live together would be like through periods of boredom, frustration, excitement, bliss and everything in between.*

*I'm assuming that you had the opportunity to date numerous women before meeting this one to gain full understanding of what you truly appreciate in a woman rather leaving it to pure speculation. Without that visibility, you're really only guessing no matter what, while hoping for the best.*

*Do some guys meet the greatest woman of all time early in the process? Sure, but as I said, it's never as proven a scenario as when a guy has dated plenty of women and raised the proverbial bar as high as it will go before selecting the right one from many amazing options*

*(which, incidentally, transforms that 100-point spreadsheet into an indispensable tool).*



## **38-Year-Old Virgin...Something To Be Ashamed About?**

Dear Mr. McKay,

I'm pretty old (38) and still a virgin. This is for a number of reasons. (Part of it is my past religious upbringing, which I have since rejected a while ago.)

What do you recommend in regard to what to tell a woman about this, when one is pretty old and still a virgin? Should one openly volunteer to tell her that one is still a virgin? Do you recommend lying and saying that one is not? Should one just not bring up the topic? What if she brings it up and explicitly asks you?

In particular, if one is looking to meet women through online dating, should one openly state that one is still virgin in one's first e-mail to a prospect (or even in one's profile summary)?

I'd like to know about the most effective approach. However, I think that lying to get something you want from another person will backfire in the long run.

Thanks in advance for any information you can provide.

Sincerely,

Rashid (Dubai, UAE)

*Hey, Rashid:*

*First, PLEASE call me Scot. "Mr. McKay" is way too formal.*

*This is a question I get quite a bit, and my answer always surprises guys.*

*Let's do some 'chick whispering' here. Men tend to be pretty hard on their peers who haven't been with a woman by a certain age. This is precisely what causes guilt and shame for guys who remain virgins into adulthood, I think.*

*But women are wired very differently. They typically aren't so quick judge a man by his sexual experience or lack thereof. For many, many women out there finding out you are a virgin would be actually sort of exciting--especially if it's by choice.*

*Let me elaborate upon that last statement in two different ways.*

*First, it's my opinion that being a virgin is almost ALWAYS 'by choice'. You didn't mention anything about why you've remained a virgin even after your world view changed, but my guess is that you could have had sex if you really, really felt it was the thing to do.*

*Hell, you could have hired a prostitute. But you DIDN'T.*

*Even guys with severe social skill or hygiene issues can learn how to relate to people, take a shower and brush their teeth.*

*Women instinctively KNOW this. And as such, they can more readily respect the fact that you haven't had sex than your buddies can. For them, you may be a CHALLENGE (and that is usually a VERY GOOD thing).*

*Plus, she'll look across the table from you and see a man who is 100% free of STDs and decidedly NOT a "man whore". That's something she'll feel comfortable in not having to worry about.*

*And make no mistake—the higher the quality of woman you are sitting across said table from, the MORE LIKELY what I'm telling you is going to play out according to plan.*

*Kind of casts a new light on the subject doesn't it?*

*For the second piece of the "big picture", let me ask you a question regarding the very premise of what worries you.*

*You might want to sit down for this one, because it's likely to rock your world a bit. Ready?*

*If in a woman's eyes 'zero' is an unacceptable number of sex partners for you to have had thus far, then what IS "acceptable"?*

*If the number could potentially be perceived as a large one, you'd likely be equally if not more reticent to share that info with a woman than you would that you're a virgin....right?*

*So how many women SHOULD you have slept with by now in order to get all the women to love you?*

*Two? Five? No more than, say...seven?*

*Give me a shout if you can agree that's a preposterous concept to even consider.*

*What I'd love to encourage you to do is BE PROUD that you've remained a virgin and KILL THE SHAME.*

*Shame SUCKS.*

*But identifying limiting beliefs and eliminating the sources of shame in your life ROCKS.*

*I realize this isn't going to happen instantly. There's a habit of feeling sorry for yourself that has to be re-framed.*

*But if you take what I'm telling you seriously to heart, I bet you can revolutionize your outlook on all of this a lot faster than you think.*

*And by the way, you owe no woman ANY personal information of ANY sort in your very first e-mail to her (let alone in the profile narrative!).*

*In fact, even the FIRST DATE should be devoted to simply measuring whether you and a woman are getting along and having fun together.*

*I really don't think you need to "force the issue" ever.*

*If it comes up naturally in the course of conversation after you and she have known each other for a bit, then so be it.*

*Keep your head up and speak about it confidently. Don't overdo it, or you'll look insincere. But by no means hang your head sheepishly as if ashamed.*

*One caveat here is that the woman may very well not want to pursue anything further with you...not because of YOU but because of HER.*

*Your virginity may be very, VERY intimidating to a woman who is perhaps ashamed of her own sexual experience. Have you ever considered that possibility?*

*Such is what begins to occur to us when we are able to get out of our own heads for once.*

*I'm reminded of a guy I know who struggled with the same issue that you are currently.*

*When he summoned the courage to proclaim his virginity to the woman he had been seeing for a few dates, he was pleasantly surprised to find out SHE WAS ALSO.*

*From then on this amazingly sharp woman was virtually addicted to him. And that's a true story—and one that I've seen replicated elsewhere, no less.*

*Deserve what you want, man. Captivate a great woman with your character.*

## Just Think About Baseball, Man

I re-listened to the Power Session you did about confidence -- January I believe [Ed Note: This back-issue is now available as the "Real Confidence" program through the [X & Y Communications Store](#)]. Because I feel like I'm just having a confidence ebb right now.

Here's my question, I've got this annoying little inner critic in my head (yes I'm listening to voices but it ain't like that). Every time I attempt to do something productive with a woman (Call her, ask her out, try to make a move, etc) the voice starts yapping at me "You're gonna blow it. She's too good for you. etc." You know, that kind of negative thinking.

When it goes well (which it usually does) I don't hear this voice.

Like I wrote in one of my earliest emails to you, I always feel everything must be right before I try to make that call, move, etc.

If you can understand my question, here it is: Is there a way to shut this voice up before you make that call? And if there isn't, how can I mask it to where the woman I'm calling doesn't know because if she likes me I feel like she'll be a little on guard too.

But I have to keep in mind (and it isn't easy) that even when Ted Williams hit .406 he still failed almost 60% of the time and that season is considered the best offensive season in baseball history.

Randy (Webb, AL)

*Hey Randy:*

*Thanks for writing.*

*I think all of this boils down to the danger of putting women on a pedestal. I'm not talking in the "honorable", "chivalrous" sense but rather flat-out idealizing them as if they're better and/or more evolved than you simply because they are attractive and female.*

*Women actually feel the same way we do on many levels, and suffer from common human imperfection. Even the hottest of them. The problem is that when the "halo effect" of attraction takes hold, you likely don't figure this out until much later--after you get to know them some.*

*I'll never forget the time I met a woman online who came to my house the first time I ever met her. When she walked through the door I thought I had literally hit the jackpot.*

*It was all I could do to contain myself at the time, but I guess I managed because I ended up seeing her again...and again.*

*But as we started to hang out together more, she turned out to have an amazing case of low self-esteem and began talking with increasing frequency about not deserving a great relationship. She began apologizing for everything. She was wondering aloud if I could possibly like her and think of her as attractive, etc.*

*When I first met this woman I would never have guessed that she would expect ANY man to reject her, regardless of who he was. But eventually, to be quite honest, her feeling of personal inadequacy proved so severe that it's what caused me to end the relationship with her.*

*Thinking about it, it was very much a "self-fulfilling prophecy" for her.*

*So yes...when you encounter a woman that the "voice" is telling you there's no chance with, she could actually be perceiving YOU as "too good to be true"—maybe even potentially the greatest thing that's ever happened to her.*

*But if you "fail to deploy" YOU deny her that chance, don't you?*

*Now on the other hand, I don't want to give you a "pep talk" only to have you come face-to-face with harsh reality.*

*It's very true you must become at peace with several potential reasons why women may not respond to you in the way you'd like at times. It's unreasonable to expect that every interaction with woman will meet your every need...at all times.*

*Yet, if you are a man who deserves what he wants, this is NEVER any reason for personal alarm.*

*Let's see. She may not be in a positive frame of mind at the moment you call her. So she gets snippy with you.*

*There's never any excuse for being less than personable with people who mean you no harm, but it happens nonetheless. Maybe you dodged the proverbial bullet there, but either way it's not a "you" issue.*

*Or, if her mindset is similar to that of the woman in the example I gave, she may have a nagging belief that she would disappoint you and therefore get hurt...so she just avoids going out with you at all. This never fails to leave a guy thinking it's "his problem". But nothing could be further from the truth.*

*You may very well be disappointed by a particular woman's reaction at times, but the truth of the matter is that there are plenty of people who will disappoint you more and more even after you get to know them--attractive women being a non-exception.*

*Knowing all of this, remain focused on the simple fact that women will tend to respond powerfully to your leadership as a man.*

*Were you to call her with a tentative, sheepish demeanor she'll indeed pick up on that as you've suggested, and perhaps respond in kind. You can try to "mask" it, but it's ALWAYS better simply to do away with it entirely.*

*If thinking about Ted Williams hasn't helped so far, try thinking about the very real factors I've shared with you. Besides, it's too early in the relationship to have to "think about baseball", right?*

*Ironically, if you put aside any concern over rejection or any other possible outcome that's not favorable to you, there's all the more chance she WILL in fact respond favorably to you after all. And it will be that real confidence that gives you the edge.*

*And that's the kind of confidence no "male enhancement pill" can ever give you, right? After all, if you don't have confidence when your trousers are on, then you're starting from the wrong place to begin with.*

## Not Single, And Looking?

Scot,

I need to ask you a question.

I am in a VERY happy relationship. I am going to get engaged very soon. But in my day-to-day encounters I do work with or interact with attractive and cool women.

Since I work in a large group, there are some people at my workplace that I don't see on a daily basis but enough to have regular conversations.

I have an ongoing dilemma on how to deal with attractive women at work.

Take for example a girl named Christina I work with.

She is super cool and very attractive. But if I continue to interact with her, inevitably I will end up wanting to get to know her more, get a big crush on her, and maybe even starting thinking, "Man, the grass might be greener here".

Maybe this is just a man's tendency to want variety. As I said, I love my g/f dearly, so it's not secondary to unhappiness with my g/f.

So I can pursue a stronger friendship / more interaction with Christina at work, because I am physically and personality wise attracted to her...but at risk of torturing myself since I will fall for her but not do anything about it (the ultimate masochism).

Or worst-case scenario I'll fall for her so hard that I compromise my relationship with my g/f.

This Christina girl is just one example....as there have been many Christinas in the past who I usually end up AVOIDING to not create drama in my life.

What do you think?

Tanner (Chicago, IL)



*Thanks for the great e-mail, Tanner.*

*So why is it that women named "Christina" always seem to be hotties?*

*Here's the cold hard fact of the matter: If you are still gazing at "greener pastures", you're either not ready to get married because there is more left to be done in your dating life, more deep-thinking ahead first, or because you could be settling.*

*I hear you telling me that you have a great relationship with a woman whom you intend to marry, and that you couldn't be happier.*

*And I greatly admire your discipline with regard to not wanting to compromise that relationship in any way. Big ups for that.*

*But your genuine concern over the possibility of being drawn away by another woman concerns me also.*

*Taking your message to me at face value, I'm pretty sure that if you were able to make the "Christinas" of the world a "non-issue", then you would be an even happier man than you may now even realize is possible.*

*Some will be quick to say this is an "unrealistic" explanation.*

*But much like, "you can never understand women", such is the battle cry of those who SETTLE.*

*When you've met the one who wins your heart forever, other women will melt into the background insofar as any real desire for romantic involvement is concerned.*

*This does NOT mean that no other women are ever going to be attractive or endearing to you ever again. And you can acquire the skill set of enjoying femininity without requiring sexual fulfillment to come from it.*

*What it DOES mean is that you never, EVER second-guess the decision you made to be with one woman, because you always keep the perspective of having been through the dating process and having made your decision from a position of absolute strength and a wealth of experience.*

*The greatest woman you've ever met--your "100 out of 100"--will literally COMPEL you to cut ties with the other women you've been seeing until then.*

*There's no compromise when that happens. No "giving away your manhood", "sacrificing your freedom" or anything negative at all, really. It will have been YOUR decision...and a GOOD one.*

*And you'll be able to tuck away that definitive notion for safe keeping over the long-haul, no matter how many hotties catch your eye over the years to come.*

*I have to be honest with you here though, Tanner.*

*My first thought after reading your message was that if you really believe Christina might possibly be the kind of woman who could be better for you than your current girlfriend, then perhaps you haven't "raised the bar" high enough just yet as far as the person you are going to spend the rest of your life with successfully.*

*If that doesn't resonate with you, and you are indeed firmly convinced that your current girlfriend is the greatest woman you've ever met, then so be it.*

*Nonetheless, If you ARE second guessing yourself on the possibility of being sexually drawn to other women such that it would compromise your current relationship, it's time for some hard consideration.*

*The questions to ask yourself include:*

*1) Are you comparing your girlfriend to someone you don't know as well?*

*This is always a loser of an idea. There's too much opportunity for idealism there. I can't tell you how many guys blow a long-term relationship for a fling with a new chick only to wonder what they've done when she quickly falls short of expectations as he "gets to know her better".*

*2) Have you really dated enough women to know EXACTLY who you're looking for?*

*Your girlfriend MAY BE the greatest woman in the world for you. But unless you have a firm grasp of what you want, you'll never really know if you've found it.*

*3) Is it YOUR DECISION to get married?*

*Do you WANT to get married, or do you simply fear losing a great woman? Are you DONE dating, or does the timing feel a bit premature?*

*Please know that you may indeed be able to resolve all of these questions VERY successfully vis-à-vis your current relationship.*

*If so, I imagine your resolve will be rock-solid going forward.*

## When An AMOG (Alpha Male Other Guy) Goes Too Far

Hey Scot,

I'm wondering if you have any ideas on how to handle a situation like for instance when another man tries to humiliate you or her and would probably take pleasure in a physical confrontation?

I don't believe in fighting him (especially if he's a black belt who weighs in at 250 pounds and is a member of Hell's Angels) but I would also like to do what I can to handle it well in the eyes of my woman, if perhaps only by acting in a certain way afterwards.

I'm also wondering if you have any ideas on how to handle situations where you as a man are afraid to step up and "do what you have to do" or in a position of inner or outer weakness about something important, involving in some way being her leader, protector and so on.

Do you think it's prudent to allow her to know of that fear and weakness at that particular point in time for instance? Not by panicking, just letting her know something about what you are going through?

I see no reason to risk getting seriously injured merely to "defend my woman's honor" and if she can't understand that she is not the right one for me.

Cheers,

Jens (Goteborg, Sweden)

*Hey Jens, thanks for writing in. This is a heavy-duty question, requiring an industrial-strength answer.*

*The short answer is that women are saddled with enduring pregnancy and childbirth, and you as a man are saddled with potentially taking a fist in the face (literally or figuratively) to stand up for your woman's honor, defend her physical safety and/or make other hard decisions in crisis situations.*

*Not the easiest answer to hear, I realize. But this is at the heart of what separates men of character from the rest. You don't buckle under*

*pressure, you take courage when you must and you stand for what's right no matter what the circumstances are.*

*It's not really THAT pragmatic in most real-life situations, but that's the short answer. The good news is that when you stand up to challenges you rarely end up maimed or even injured.*

*In the real world, I've had to stand up for my woman's honor before on several occasions--including with people a foot taller and 150# larger than I...and I've yet to get beat up.*

*Generally speaking, when guys are acting like idiots and someone brings that to their attention, they tend to back off rather than continue looking like idiots.*

*In fact, that one HUGE guy actually I mentioned actually apologized and bought the whole table a round. My girlfriend at the time was amazed.*

*These days, nobody gets to disrespect Emily without having to deal with me in some way.*

*And importantly, such challenges may come in a variety of forms.*

*A while back a certain podcast host out there was finding it convenient to hate on me pretty hard on his show. That I could deal with, since he comes from a decidedly different perspective than I do.*

*But when he made public remarks of a sexual nature about Emily he heard from me.*

*He made the judgment call to put my phone conversation with him live on his show, so EVERYONE in his audience was a witness to my civil but very direct words to him on that matter.*

*I think he was expecting and perhaps hoping for a heated rant from me and perhaps an emotionally-charged argument that he could in turn use to his own humorous advantage.*

*But that's not what he got.*

*He backed off from his position immediately, apologized publicly and even posted a link to my site. After all, he isn't a bad guy at his core, and neither am I.*

*He simply needed to be accountable for his actions in the name of "entertainment" vis-à-vis the real people affected by those actions.*

*He hasn't said anything disrespectful since, as far as I've been able to gather. I am now on good terms with him, having accepted his apology, and trust he will not.*

*So don't get me wrong, I don't think you go picking fights per se, either physically or verbally. But I will always most certainly take the risk to defend Emily, and really my family in general.*

*I can't just can tell her I'm scared in the heat of the moment or tell her what I would have LIKED to have done sometime after the dust clears and expect her compassionate, understanding feminine nature to "fill in the gaps" for me.*

*Granted, I won't be foolish about it (e.g. if the aggressor is holding someone hostage at gunpoint, God forbid), but I don't think that's what most of us are likely to face.*

*In fact, if we as guys exercise solid 20/20 foresight, good judgment will keep us from venues that are likely to be a breeding ground for aggressive altercations at all.*

*Further, solid "relationship quarterbacking" will give you the field-sense to see potential trouble brewing and lead your woman by the hand away from it before it's an issue.*

*But even despite our best-laid plans and solid judgment calls, you've got to be prepared.*

*Simply put, AMOG tests from boneheads should always be challenged. Otherwise, your ability to fulfill upon creating a sense of safety and security in your woman will be severely compromised...perhaps permanently.*

*That said, if your relationship with the woman is solid enough, she should actually HELP you when the time comes, as long as you are the one who shows boldness first.*

*A great woman will not leave you "twisting in the wind" in these situations.*

*For example:*

*AMOG (to her): "Hey, hottie. Why don't you come home with me instead of this chump?"*

*You: "Thanks for the high compliment about my impeccable taste in women, man...but this one's going to be coming home with me." [laughs]*

*[Note the initial use of laughter, meant to diffuse a potentially tense situation]*

*AMOG (to you): "Get lost, Chief. Come back when you grow up."*

*You: She's not impressed. And that level of disrespect toward her better judgment is just messed up, man.*

*[Note the refusal to descend to his level or fall into the trap of 'playing his game'. You call out the disrespect for what it is and leave it on the table as-is.]*

*Her (to AMOG): Yeah, I think I hear your mother calling you, little boy. Your definition of being "grown up" leaves something to be desired.*

*[Here, the woman you are with acknowledges your courage as a man, and serves notice to the AMOG that his presumption of power has been neutralized.]*

*The AMOG will almost always eject at this point, unless you have indeed made a severely poor choice in venues.*

*Most aggressors are simply on power trips in these situations, and even if they are a bit drunk they do NOT want to start fights, go to jail, and/or get shot—which in and of itself is a primary reason why what we're talking about today is a HUGE issue for guys no matter what their physical size is.*

*Once AMOGs realize they're starting to look stupid based purely on their own doing, they turn their attention elsewhere.*

*Sometimes, as I mentioned, guys who do boneheaded things in public get a moment of epiphany regarding their ridiculous actions, often followed by remorse and even apology.*

*When a guy understands another man to have just taken a bold stand in defense of his woman's honor, that often comes with the sudden realization that HE is the one who made that unfortunate moment necessary.*

*I do not think most AMOGs are okay with being flat-out evil people, so often this is a wake up call.*

*But admittedly not always. You may come across a situation on rare, rare occasions when the AMOG just wants to push the envelope.*

*You get the bouncer after that, unless he physically touches her...at which time you must intervene.*

*Say what you will, but my opinion is that you will lose that woman at that point if you don't make some physical effort to protect her at the potential expense of your own safety.*

*You've got to be willing to take a real, actual fist in the face for her at that point vs. watching her be physically assaulted as you look on "helplessly".*

*My bet is that even a man paralyzed from the waist down would jump out of his wheelchair and do what he could--even if friggin' Hulk Hogan was physically assaulting a woman he cared about.*

*Why? Because that's our job as men. Period.*

*But ultimately, I think most guys fail to see the "big picture" when considering potential situations like this.*

*Unless you have willingly inserted your woman and yourself into harm's way by going to a place where violent confrontations are either condoned or typically go unscrutinized, your bold stand for what's right will rarely if ever result in the outcome you fear most.*

*Think about it. If a guy shows up and disrespects your woman when you've been minding your own business, only to physically assault you and/or her when you object, that's tantamount to no less than a terrorist act.*

*The problem is that I think A LOT of guys fail to deploy when the time comes out of pure fear or even selfishness, which thereby creates a playground of ridicule for an AMOG.*

*In fact, that's probably what he's betting on.*



*Even when the AMOG fails to attract your woman away from you in such a scenario, he will have succeeded at creating a situation where your woman is sent a very clear negative message about YOU.*

*And I'll maintain with every fiber of my being that having let a woman down under those circumstances and having sacrificed my honor as a man at that moment would hurt a lot more than anything some guy can do to me.*

*Even if he kills me.*

*Besides, there's always the off chance you'll surprise yourself and him should he attempt physical aggression. And the judge will understand the meaning of "self-defense", especially if you have some witnesses around.*

## Jeannette, The Best A Man Can Get

Hi Scot,

This is my first time consulting you for coaching. I had been thinking about it for a while and never really knew what to ask.

Well...I really screwed up yesterday.

So, here is situation (I will try to be brief and descriptive).

I have been dating this woman (Jeannette) for about four months now. Things have been going great and moving along nicely. I consider her a quality woman and we both are really into each other.

We both went to Oklahoma City separately for the holiday. We have not met each other's family yet, but were planning on meeting sometime to hang out while down there.

I met her at her friend Michelle's house to hang out for a little while. This was my first time meeting any of her friends (she has not met any of my friends yet).

We were getting along pretty well but then she makes a comment about when they went to a strip club about a month ago and says to Jeannette, "Yeah you had sex that night."

Well, that wasn't with me if she did. Jeannette has been telling me that she has been monogamous with me for at least two months now. We are not exclusive yet but were heading that way probably within the next couple weeks.

I was a little shocked that Michelle said that and the only thing running through my mind was, "why did she say that?"

I let the comment go and didn't say anything, after all I just met the girl fifteen minutes earlier. I left soon after and we agreed to meet back up later that evening to go out.

We met up later with Michelle and Jeannette's friend Todd. Things were going good except Michelle kept trying instigate stuff with Jeannette.

She kept saying several times through out the night "Lets go to the strip club." She said this at least fifty times just trying to annoy Jeannette (or possibly me, I don't know).

We were chatting and out of nowhere Michelle mentions some guy and says that he has the biggest crush on Jeannette. She said it at least three times, and then throws in that he wants to leave his wife for Jeannette along with a "Didn't you go out with him the other day?"

I am playing it cool and don't react because I didn't feel threatened. Jeannette responded back with, "Yeah right, you're so full of it and even if he did I am so not interested in him."

Michelle did a few other annoying things but I won't bother you with those.

When it was time to leave, we walked out to the car. Jeannette had driven and so I had expected to sit up front with Jeannette but to my surprise Michelle helped herself to my spot (she didn't ride up with us).

I asked her to sit in the back she said "no" and acted like a brat...she would not move even after Jeannette asked her to move.

Well...I kinda lost it and slammed the passenger door shut. Hopped in the back and proceeded to call Michelle rude and a spoiled brat in a not-so-nice tone of voice.

Needless to say it was a very unpleasant drive back, a very tense atmosphere.

I told Jeannette when we got back that I was just going to take off. I was already seriously mad and would have made things worse had I stayed.

We get to the house and get out of the car. Jeannette comes over to talk to me and I blurt out, "your friend is a rude, obnoxious [insert ultimate insult to a woman here]."

Yeah, I used [that word] (and I know you don't call girls that no matter how deserving they are of it) and took off. Like that didn't make matters worse.

As you can imagine Jeannette is very upset, Michelle just happens to be her BFF from high school and she considers her a sister, basically.

I called Jeannette the next morning and tried to work this out. Turns out meeting her friends was a much bigger deal than I realized it was.

I was the first guy in three years (since her divorce) she has dated and introduced to her inner circle of friends.

Another tidbit I didn't know was that her ex-husband always made huge scenes around her friends and was not allowed to hang out with them. So this was a big thing for Jeannette to work up to...and I failed to lead and I failed her.

This was VERY out of character for me. I have never done anything like that.

I get along with 99% of people I meet. I just don't know what happened and now I fear that I may have lost Jeannette.

So, I am stuck in the "what do I do next" zone? I did apologize to Jeannette for my behavior.

Reading back over this I keep thinking to myself, "How did I not see this?"

Please help...

Jeff (Tulsa, OK)

*Hey, Jeff.*

*Wow, tough going there, man. The AMOG in this case was her BFF.*

*And this is somewhat different than a "c-blocking" situation, where a woman's friend steps in to play "keep away" when you're trying to meet a woman you don't yet know.*

*Even though most of us as guys have endured similar (and equally tedious) episodes in our lives, that doesn't make it any easier to take when it happens.*

*Fortunately, this one's easy to diagnose so let's cut to the chase.*

*Clearly Michelle is jealous of your relationship.*

*And were I in your position, I would not have put up with the catty behavior, straight up.*

*Getting that job done is a sticky situation for sure, and there are no universally "right" answers here.*

*How exactly to execute depends on the woman's personality and the particular social dynamics of the situation. For example, were Michelle and Jeannette having a "tiff" under the surface there that you didn't know about?*

*But one thing's for sure: the longer you passively tolerate obnoxious behavior, the more you're giving her permission to bring it on.*

*And things only get worse from there.*

*The way to lead, which you duly noted as the most promising course of action, would likely have been first of all to pull Jeannette aside, express to her that the two of you don't have to tolerate such disrespect, and to encourage her to stand up to her friend. You may serve notice that Michelle doesn't seem like a very good friend to Jeannette, acting so immature and jealous.*

*Remember, this is HER friend we're talking about here, so having them solve their own "issues" between themselves is the first and best option.*

*After all, this probably IS between the two of them, ultimately. You really hadn't given Michelle time to have deeply-rooted resentment toward you yet, right?*

*But if Jeannette chickens out or is ineffective at smoothing things over, assuming you agreed to enact a solution, you're going to have to do something yourself.*

*Again, depending on whether Michelle appeared to have any sense of humor or not, you may ask her in a good-natured tone if she would like some help finding a high-quality man of her own so she wouldn't feel the need to appear so jealous.*

*The first tool in the box to reach for in these awkward situations is always to address the issue directly, but with an element of humor and a decidedly casual tone.*

*On the other hand, if she was completely surly and unreasonable--or if the issue persisted after serving notice that she was acting inappropriately--I would have then taken Jeannette by the hand and announced that you foresee a much better use of your time together for the evening than sticking around.*

*One of the concerns that causes us as guys to tend to ignore these situations and try to pretend they're not happening is that we fear we're going to agitate the "friend" enough that her misbehavior gets redirected as vitriol towards us directly.*

*As much of a bummer as it sounds like on the surface, that may have actually been preferable to what you had to endure.*

*Having a jealous friend flat-out hate on you is much easier to deal with than this passive-aggressive stuff.*

*By the way, Jeannette knows what she's got there in Michelle. Women are intuitive, and Jeannette knows what the deal is. What we often overlook is that when we find someone hard to get along with, others often feel exactly the same way—even if it goes unsaid.*

*Ultimately, Jeannette probably won't blame you for your reaction as much as you think, as it was sort of natural.*

*Make no mistake, though. You could have handled it TONS better.*

*But by now she knows you well enough to realize how easy you are for most people to get along with and how difficult it is to unsettle you under typical circumstances.*

*Still, you did well to apologize (as opposed to BEING “sorry”). As we've mentioned before, a great way to lead here would be to acknowledge what you would do if you had the chance over again.*

*Contrary to what some guys believe, sticking your head in the sand and pretending stuff never happened is NOT leadership, and certainly isn't a hallmark of having personal power in a relationship.*

*The Leading Man knows when he messed up, and his character compels him to make it right. That's not “weakness”, it's strength.*

*I do have a bit of 20/20 hindsight for you here that you can easily transform into 20/20 foresight in the future.*

*Next time, make sure YOU drive.*

*The one with the keys is the one with the decision making power with regard to when to stay and when it's time to go. Plus, you're ALWAYS in the driver's seat—literally. ALWAYS remember that. And ALWAYS be in control when you're in a situation with multiple women.*

*Finally, I'm sure there's a nagging question as to whether any of what Michelle said was true. Especially the part about the strip club and “having sex that night”, since you didn't mention anything in your message about Jeannette denying that happened.*

*My educated guess is that Jeannette would bring up the parts that were not true on her own later if not right then and there, taking the initiative to make sure you didn't believe negative assertions about her.*

*If she doesn't bring it up at all though, it doesn't necessarily mean she's guilty as charged. She may just want to forget about it.*

*But it doesn't look good for her to stay silent, does it?*

*You're going to have to own up to the fact that even though she SAID she was being "monogamous", you haven't exactly LED in that direction just yet. You mentioned that exclusivity is as yet a "future" in your relationship. So you can't expect Jeannette to be faithful to you if you aren't making that commitment to her yet.*

*Yeah, if the story Michelle brought up IS true, that would mean that Jeannette was less than truthful. That's not excusable. But then again, have you encouraged "full disclosure" here as pertaining to "non-exclusivity"? My guess is probably not.*

*Ultimately, the two of you must be able to trust each other and have got to be able to think the best of each other. You've also got to decide RIGHT NOW that third-party accusations will not affect your standing with someone you know...whoever that may be, girlfriend or otherwise.*

*You balance all of that, of course, with sober judgment. If there are clear, first-hand warning signs, you've also got to be man enough to see those for what they are too and proceed accordingly.*

## She's Interested, But Still Won't Go Out

Hi Scot!

I have been a Power Sessions member for some months now. You said that if we have a question, we can contact you.

So would I be able to ask you mine :) ?

I've got talking to a waitress at a cafe/bar I often go to. It's a really chill place...she chuckles at my jokes, we get on fine. However she's really pretty and I'm sure lots of guys like her.

Yesterday I asked her out and she didn't want to. Instead she said come back to the café anytime.

Finally I did. After I paid I took her to a quiet part of the cafe and we chatted a little and again she seemed receptive. I asked for her number twice and she said she didn't give out her number.

Then she said all this stuff about her job and exams and not having time for friends...

So what should I do? She's not interested in a way but we do get on fine. Do I chalk this up to experience? Or keep persisting? I read somewhere girls want to see how persistent a man can be.

The interesting thing is that even when she was saying 'no' she was standing there still, without the urge to get back to her work. I mean, she was still facing me and in fact it was me who ended the interaction, THEN she went back to work.

Would love to hear your thoughts!!

Best wishes,

Viktor (Prague, Czech Republic)

*Hello Viktor:*

*First and foremost, OF COURSE you can ask a question. And OF COURSE I answer them online. Anytime. Power Sessions includes e-mail coaching as part of the plan.*



*Having read your story, I have to first say that I can't give a 100% sure answer without seeing the body language, knowing the exact context of the conversations, etc.*

*But taking your description of what's going on at face value, no doubt you have a situation here where she is receptive to you and possibly even romantically interested. YET...she doesn't want to spend time with you 1-on-1 or give you her phone number.*

*Were she putting you off a bit more, I'd be able to give an easy answer that she was flat-out uninterested. But this situation is particularly curious, isn't it?*

*What she's resistant to are EXACTLY those things that would CLEARLY STATE "romantic interest" in the objective sense. (e.g. going on dates, giving out her phone number) YET...she's willing to hang out with you, take time out while working, talk to you, laugh at your jokes, etc.)*

*You may conclude she's been hurt in the past, and is really shy about dating again. And that may in fact be possible, but I think it's a long shot.*

*Based on experience, my guess is that she would have said something to that effect were that true rather than keeping you hanging. Women usually come right out with that, especially since it's an easy excuse.*

*So, let's take a quick inventory here:*

- 1) She won't go out on a "date" with you*
- 2) She won't give you her phone number*
- 3) She likes to hang out with you in "controlled" situations, shows personal interest, laughs at your jokes*
- 4) She pretty much leaves you hanging as far as exact "real-world" details are concerned.*

*Well, let me assure you that I don't think she's flaky, crazy or weird.*

*I think she has a boyfriend.*

*And I think she wonders if she likes you better.*

*So this is her way of being "faithful" to her boyfriend, even as she's allowing herself the indulgence of interacting with you in a "special" way that falls just short of feeling like "cheating" to her.*

*This is a very common pattern in women, especially younger women who haven't developed the maturity to see beyond their own "grey area" and consider how their boyfriends may yet feel genuinely disrespected by their actions.*

*In her mind, talking to you for extended periods when she should be working instead, laughing at your jokes and even inviting you back to see her are "platonic".*

*But hanging out with you 1-on-1? Giving you her "digits"? Well, that's CLEARLY crossing over into the territory of "romantic intentions" as she sees it.*

*The next time you see her, why not just "tell it like it is"? In other words, just throw it on the table.*

*Bear in mind that she will likely NEVER volunteer the information. Why? Because deep down in her conscience, she realizes that your vision of "grey area" may indeed be different than hers.*

*Basically, she knows she's pushing the envelope, and dreads being spanked for it by a guy like you...who she values.*

*It's all kind of a crazy psychological game a woman will play with herself, isn't it?*

*So as a man, you must not allow yourself to be subject to that. Instead, you've got to LEAD by bringing clarity to the scenario.*

*Tell her something to the effect of, "Hey look. I know you like my company, but anyone can tell that something is holding you back. I wanted you to know that I understand you probably have a boyfriend, and since that's the case I shouldn't cause you any more confusion."*

*Note that I didn't say, "Hey, you have a boyfriend. You should lose the zero and get with the hero."*

*That would come off as pushy and controlling, and likely compel her to defend her boyfriend. Besides, it's a bad line from an even worse Vanilla Ice movie.*

*Ironically, taking that approach would probably cause her to actually feel MORE favor toward him and LESS toward you in the moment.*

*If you really want things to work in YOUR favor here, you should demonstrate that you are all about DECREASING turmoil in her life and INCREASING peace and security.*

*It's ALWAYS, ALWAYS about giving a woman a sense of safety and security in your presence. That ability to "inspire confidence" is a key component of the "Big Four", and what I'm sharing with you here is a shining, objective example of how it's done.*

*You are likely already presenting yourself as a confident, masculine man, or she wouldn't be as interested as she is.*

*So talking like this will INCREASE her intrigue, and therefore her interest.*

*Notably, consider that I also didn't recommend saying you "wouldn't BOTHER her anymore", or anything else that demonstrates a low level of confidence. Your statement is based purely on principle, and demonstrates high level of CHARACTER.*

*You guessed it...CHARACTER is the fourth (and rarest) of the "Big Four" factors that represent what compels women to WANT a man.*

*And wait until you hear what she's likely to say in response to your forthrightness.*

*My guess is that the truth will start flowing.*

*She \*may\* even admit to you she has doubts about her boyfriend, which she probably does.*

*Otherwise, her "grey area" with regard to what constitutes "platonic" interaction wouldn't have offered such an open invitation to a guy like you. Women who are thrilled with their boyfriends tend to naturally avoid the "grey area" drama I've been describing here. Go figure.*

*Remember though, as SHE sees it she really has been TRYING not to give the APPEARANCE of anything that would SEEM like "cheating" TO HER.*

*She isn't TRYING to be shady. She WANTS to consider herself "faithful" to her boyfriend.*

*But you came along and complicated matters for her...which is certainly not your "fault" or anything.*

*THEN, you will have LED by calling her to a higher level of personal accountability...even as you demonstrated outrageously attractive traits she hadn't even discovered in you yet.*

*So, when you get right down to it, her boyfriend would probably rather be in YOUR position than the one HE'S in, don't you think?*

*Think, talk and execute confidently and smoothly. It is NEVER incumbent upon you to "dumb down" your naturally attractive persona.*

*You are the man with nothing to lose here. And she is the woman with everything to gain.*

*In other words, you are going to DO THE RIGHT THING without compromise, and all the while INCREASE ATTRACTION an INCREASE THE LIKELIHOOD that you will ultimately end up able to hang out in a "non-platonic" way. Probably sooner than later, I might add.*

*Now, let's be real here.*

*What I've just shared with you is NOTHING like what you'd hear in the PUA Community.*

*In fact, most Pickup Artists would think I'm flat-out nuts NOT to run some "boyfriend annihilator" technique or something.*

*But remember, we talk about going from GOOD to GREAT here.*

*Getting a woman to cheat on her boyfriend isn't the answer. Getting her to act contrary to her conscience in ANY way isn't the answer.*

*Put aside what YOU want for a brief moment, and REPRESENT what GREAT WOMEN crave.*

*The end result? You've got it. You attract the highest-quality women into your life, and you set a precedent of LEADING the relationship from minute one.*

# Deserve What You Want, Assuming You Know What That Looks Like...

Hello there Scot,

I just finished listening to the Man In Demand (program 2) of [The Leading Man](#).

Just a comment before I ask my question.

From the material: "That way when you go visit these other cities on business or whatever, you're not left hanging out with the engineers in the hotel lobby drinking beer."

This part was really hilarious--maybe because I have experienced this quite a few times. I look forward to using the Online Dating Domination program I also got from you to maximum effect to avoid this in the future...

So to my question... It's based on the following excerpt:

"And remember guys, there's nothing here that says you can't be creative. As long as you're having 'The Talk' with women and setting expectations from a ground level of honesty every single time you meet a woman, you can structure relationships with women in different ways.

This is based on how you feel towards a woman, what her personality type is like, and what her expectations are.

It's just something you've got to manage to, and that's why were talking about these different types of relationships here."

I have a female friend now who I like, and she likes me too.

She is very feminine as you talk about all the time. She has confessed to finding me very different and attractive.

It's just early stages now, but we are on the IM pretty often and we have discussed which places we should hang out--and we are pretty excited about it.

I am 27 years old now and I am so enjoying this path of learning how to become a better man and attract women naturally.

I don't see myself getting married till I am at least 30. In the meantime, I want to date women and also have at least a couple of exclusive relationships.

I want to be authentic here with you so that it can help you help me. I just want to get to point where I have a lot of options in women, enjoy a great social life, be great in bed, have dated lots of women, been in exclusive relationships (had girlfriends) a few times—and ALL of this like a real man, not in any hypocritical style.

And I want to get married only after I achieve all this.

So I want an exclusive relationship with this female friend of mine, but I am most likely not going to end up marrying her. I am sure I will enjoy being with her adding value to each other if we end up being exclusive.

How do I communicate this to her best? I am also afraid of losing her if I say this.

I was very sex focused (and only sex) before. Just a few weeks back I realized this. But I am gradually transforming to the guy who enjoys dating , being with women and respecting/understanding them while not losing one's status as a high character man.

I am saying so much because I wanted you to know where I stand, and would like your candid feedback/answer to my question.

Thanks,

Malik (Singapore)

*Hello Malik:*

*First of all, I think you'll really enjoy [The Leading Man](#). It's ALL ABOUT exactly what you are thinking through and dealing with in your life at the moment.*

*Also, I commend you for evolving from being focused on sex as the prize toward recognizing and appreciating the immense depth that keeping the company of high quality women can bring a man.*

*It looks like you're already starting to see the amazing reality that once we as men represent what women REALLY WANT (i.e. the "Big Four"), our LEADERSHIP in that regard causes us not only to seriously enthrall women everywhere--it results in US getting what WE WANT in return also.*

*And sexual fulfillment is only ONE PART of that "big picture", of course.*

*By the way, you'll find (if you haven't already) that WOMEN are also VERY INTERESTED in sexual fulfillment, and being a "Big Four" guy will cause that to become VERY apparent to you sooner than later.*

*Now on to your question.*

*First, I want to challenge you a bit. If you have no intentions of marrying someone, why go exclusive with her?*

*To demonstrate that you'd like exclusivity while acknowledging that you'd never marry her only shows that you fully PLAN ON getting sick of her someday.*

*Either that, or you recognize fundamental differences in her personality and/or belief system that would be incompatible with yours long term.*

*So if the former scenario is correct, why rush through the "process" of getting to know her? Based on what you've written it sounds like you've just started hanging out together.*

*Even though you're emotions are at a high level right now, you've got to learn MUCH more about her before taking the major step toward exclusivity.*

*Take your time, and enjoy getting to know other women also.*

*But what if the latter scenario is the case, and you already sense there are very real, baseline differences between the two of you?*

*If that's what's going on, by going exclusive with her you're only going to risk developing strong emotional ties to her that are going to either make a future breakup VERY difficult or cause you to be drawn in to marrying her some day—despite what you always told yourself from the beginning.*

*I am very much of the belief that if you recognize ahead of time that a woman is not the right one for you long term, then to change your perspective later would largely be a function of settling for less than you know you want to deserve.*

*Certainly, the window of possibility exists that you may meet a particular woman and start seeing more and more greatness in her over time.*

*But in your case you've apparently seen enough to have ALREADY DECIDED this woman's not marriage material for you. It's that particular scenario that leads to settling.*

*Usually, this is something I notice happening when guys don't have many OPTIONS. When a reasonably attractive woman finally enters a man's life when he has been starving for female attention, he tends to want to hold on to her. Ironically, that sort of neediness tends only to push her away...*

*But you mentioned you are excited about HAVING OPTIONS. So why place an artificial barrier to your progress in accomplishing what you want to?*

*I could potentially see the utility of having been through an exclusive relationship or two before entering into marriage, but I by no means believe it's prerequisite for long-term happiness with the right woman.*

*Plenty of people marry their first exclusive girlfriend and are very happy. As long as you're not SETTLING for less than you want, that can indeed work out just fine.*

*But the process of understanding and relating to women is more effectively served by dating multiple women over time, as is the process of KNOWING WHAT YOU WANT in a woman.*

*The more women you date and relate to, the more complete your mindset will be. It's really as simple as that.*

*So while I believe you should indeed spend PLENTY of time in an exclusive relationship with the woman you'd like to build a lifelong partnership BEFORE marrying her, I don't think having gone through that process a couple of times only to break up serves any uniquely positive purpose.*

*Thanks for your great question, Malik. Enjoy time with the woman you're hanging out with now, but definitely keep your options open until you either 1) know her WAY better, or 2) have dated enough women to have a CLEAR idea of EXACTLY what you want.*



## Shyness-Induced Snobbery

Hi Scot,

I haven't been paying attention to X & Y for while, but you appear to have been very busy! You see, I was in a 1-year relationship that just broke up 3 weeks ago. Its funny how I only pay attention to my skills with women when I'm single.

It was a good relationship, in fact it was 95% there. But making up the final 5% was too draining and didn't appear to be making any headway. So, painfully, we decided to part.

Anyway, time to raise the bar. I have a question (or nearly a question, it's so vague I can hardly get a handle on the concept I'm trying to articulate!) about the value of intuitive judgments when selecting a woman to approach.

I have a tendency to acknowledge attraction to a woman but then talk myself out of because "she's probably...x,y or z" where x,y or z could be anything from too stupid to has poor taste in...whatever. However, on occasions that I have been in contact with such people that I would have from a distance judged harshly, I've found them to be, in some cases, very fine people.

So I'm wondering what your take on this is? I have a notion that it may be a form of limiting belief (i.e. it's more of an EXCUSE not to approach than a VALID REASON not to approach).

Is there anything that deals with this specifically? In a way I already have my answer, but I just want to bounce it off someone.

Cheers,

Zane (Northern Ireland)

*How's it going, Zane?*

*Good to hear from you. I most certainly remember you.*

*Well, I'm sorry that your most recent relationship broke up, but like you said it's time to go from "95" to "100". Settling never ends well.*

*Plus, as you mentioned, it's a GREAT life lesson to learn that you've got to focus EVEN MORE on being a "Big Four" man when you're in a long-term relationship.*

*I'm not sure how recently you tuned back in, but definitely take a look at the video on the front page for The Master Plan. It's an interview with a woman, and I think it will shed light on some of what you are asking about.*

*At the heart of your question, though, is a phenomenon that I find fascinating. Assuming I get the gist of the matter, what you're saying is that you almost feel as if you "justify" failure to deploy when it comes to approaching women with snobbery, for lack of a better word.*

*In other words, even though you're attracted to a particular woman, you sort of redouble your efforts to shovel dirt on the whole idea of meeting her for whatever reason that sounds good in the moment. Even though she's beautiful to you, you tell yourself there's got to be some "dealbreaker" going on there...even though in truth you have no concrete idea yet whether that would be the case or not.*

*If that's ringing a bell here, believe me, I GET IT. I used to do this ALL THE TIME, man.*

*The process runs sort of like this:*

- 1) See woman, PRE-QUALIFY HER as amazing.*
- 2) Consider woman, PRE-DISQUALIFY her as having some negative stuff going on that makes it not such a good idea to meet her.*
- 3) Fail to deploy.*

*In my case, the "pre disqualification" would very often play out something like this: "I'm not going to give her the satisfaction of knowing I'm interested in her, because she'd probably embarrass me if she had 'one up' on me like that. Besides, she's probably completely wrong for me because of [insert lame-o, fictional reason here]."*

*So to essentially camouflage my fear, I'd tell myself that I was the STRONG one in such a scenario--keeping my 'one up' position on the woman.*

*But really, that was all pretty WEAK...as I'll elaborate upon in a bit.*

*The end result, though? Women thought I was a TOTAL SNOB. After all, I was a pretty outgoing guy with my friends and was almost always good at making people have fun.*

*That is UNLESS there was a girl I had the hots for. Then she didn't so much as get eye contact from me. I totally gave her the "cold shoulder".*

*But it really wasn't that I was a snob. Rather, I was, simply put, deathly afraid of rejection. So I 'pre rejected' them.*

*Essentially, I was the "outgoing shy guy". Able to shine in just about every social situation—unless a woman I found attractive one was involved. Then I'd CLAM UP. Crazy, huh?*

*But I think a lot of guys can relate.*

*So for the good of the cause, what was GOING ON there?*

*It all comes down to our tendency to run through all the BAD possibilities in our minds before anything REAL ever has a chance to play out.*

*We visualize disaster, and of course we run the other way. Stimulus, response.*

*But blaming the woman for being "wrong" is just a crutch. In fact, IT'S AS MUCH A FANTASY AS YOUR ATTRACTION FOR HER. (Think about that one for a sec.)*

*So what's the CURE?*

*Well, first of all, the day I stopped seeing simple conversations with attractive women as CONTESTS, everything changed.*

*If you're just TALKING to a woman, then there's no more an issue of "acceptance vs. rejection" than there is when you talk to anyone else you meet. It's simply socializing when you think about it like that.*

*I'm not sure exactly where it all clicked for me, but I'll readily admit it was recent enough ago that I'm kicking myself for it.*

*Maybe I had finally been on enough dates where I was initially excited yet grew less and less interested as the evening wore on. That's*

*always a practical way to learn how counter-productive, if not flat out silly it is pre-qualify women.*

*Or maybe I had successfully conversed with enough women while in a relationship with someone else (i.e. when I wasn't really looking to act on attraction) that I finally GOT IT...a confident, carefree style works like a charm with women.*

*You know what I mean, right? Ye olde "Why do women like me more when I have a girlfriend?" quandary.*

*Well, the answer is, of course, a delicate combination of women "buying on the approval of others" AND what I'm talking about here. When you LEAD with an attitude that is free of any angst over potential "loss", then the woman feels more comfortable with you and you fare WAY BETTER with her overall.*

*At this point I have to tell you that one of the BIGGEST reasons why I go out of my way nowadays to be approachable as opposed to hiding in an "ivory tower" is because of my life experience in this area.*

*Believe me, I know as well as anyone what a TRAGIC LOSS it is to insulate myself from terrific people because of "shyness-induced snobbery". (Maybe that acronym, "SIS" is significant...LOL!)*

*It's truly a joy to get to know people and let them make their own first impressions on you. I personally realized over time how deep the influence of "shyness-induced snobbery" ran in my life. In many ways it showed up when confronted with ANYONE I was sort of in awe of, for any reason.*

*You can imagine how such a mindset can prohibit someone from meeting almost anyone who could prove significant to him or her.*

*So these days, I've learned to enjoy meeting every single person I can and not wad myself up in pre-conceived notions of ANY type, actually. This is why I answer the X & Y Communications telephone myself and still answer as many e-mails personally as I possibly can.*

*And I suspect that if you intentionalize that same concept of seeing conversations with women as simple social events rather than "do or die" situations, you'll soon develop a very "Big Four" habit of ENJOYING interaction and opening yourself to the natural results of where it leads.*

*That is to say, pretty women who knock your socks off initially may end up disappointing you...even as other women you meet by*

*happenstance impress the heck out of you. You go with that flow, and ENJOY IT. No "fear of loss" involved.*

*By the way, just to add another dimension to this (as I tend to enjoy doing), keep your eyes open to the fact that every shred of what we're talking about here is a HUMAN TENDENCY, not just a "guy thing".*

*That's right, if YOU think we as men get hit by "SIS" you should know that this mindset is PANDEMIC among women.*

*The girl in high school who went out of her way to IGNORE YOU just may have had a major CRUSH on you. And for some women, being affected by "SIS" never changes.*

*You even see that theme played out in the movies A LOT...especially those "chick flicks" we rarely watch. Well, there's a reason for that. Women can RELATE.*

*We sure weave a tangled web for ourselves in life, don't we? Ultimately, you JUST NEVER KNOW what's really going on with people UNTIL YOU MEET THEM and get to know them. And that takes leadership.*

*Just like "following" someone on Twitter is actually REALLY "leading" as far as social interaction goes, the same holds true in real life. The "Big Four" guy makes the friends, meets the women, and anends up being the key influencer in his entire social circle.*

*Great, great question, Zane. Thanks for the inspiration to address what really is a HUGE topic for many, many people.*

*BTW, was that in line with what you already suspected? [Ed. Note: I heard back from Zane, and this INDEED hit the nail on the head for him.]*

## Showing Up Is Half The Secret...Seriously

*OK guys, usually I print a question from a reader, and answer it for you.*

*This time, I'm instead sharing a letter with you from a woman who didn't have any questions, really. It's just that she agreed that the basic ideas in The Master Plan are SO RIGHT ON that she just had to share her experiences regarding a BAD DATE she went on recently.*

*As you read this, I want to prepare you for something. It's a LONG READ. And it might not be EASY to read, either. But it's WORTH IT.*

*In fact, you may find yourself getting mad at the woman writing the letter.*

*But believe me...if this story is ANYTHING CLOSE to accurate, it was HIM...not HER.*

*Sure, you could easily say that if the guy cared more about this date he would have shown more initiative...but given the train of events, I doubt that was the issue.*

*If you pay VERY CAREFUL attention to Denise's words, you'll find that she did EVERYTHING SHE COULD to give this guy a chance.*

*Ultimately though, as you're about to see, if you don't have the "Big Four" going on, you tend to get "perplexed" when women ultimately say "thanks but no thanks"...*

Dear Scot,

You are awesome and I often pass your websites along to folks I meet who seem to be in wanton need of your it's-just-common-sense advice. I LOVE IT!

I had such a nauseating experience last night I feel compelled to share with someone who will "get" my reaction.

I accepted a 2nd date from a guy.

He seemed to be a good guy, a bit more reserved than I prefer, but hey, he had the guts to actually ask me out, so I figured I'd give him a

chance to "shine" on perhaps more comfortable ground, i.e something he would like to do on a date.

He called a few days later, this past Monday, asked me out for the weekend. We arranged Friday. Said he would e-mail me the details in the next few days. I'm impressed he's going to come up with a plan!

No word all week long. Calls me midday on Friday, leaves this message on my cell:

"Sorry I haven't gotten back to you sooner, I hope you are still available tonight. I couldn't really find anything going on so I thought maybe we could just meet and maybe wander around and find something."

Gee, now there's an offer I can't refuse!

Me--perplexed--this is Seattle, for crying out loud. There's music all over the place! And, it's friggin' 45 degrees and windy, and he's "inviting" me to "wander around until we find something"???

At this point, all my initial impressions of him were confirmed (aka, not "on top of his game") and I am now regretting having accepted this date.

However, I'm not one to back out once I have accepted, except for emergencies or hints there might be danger ahead, so I decided to hang in there just for this one date and see how the rest of the eve plays out.

I couldn't return his call till the end of my work day at 5 pm. He still didn't have a plan. I fed him information because he obviously needs some direction. I tell him the weekend "what's happening" is released by the paper on Thursday so he could look at it on line. I even tell him exactly the URL.

He wants to know where we should meet. (I thought he asked me out?) We agree to meet outside of a certain restaurant (because he knew where that was). I told him there was a parking garage right there so he wouldn't have to park six blocks away. He said he would Google the directions to the parking garage—great initiative!

We talk at 8:20, both late, me 5 min, him 15. No big deal. He asks me again for directions to the parking garage (guess Google wasn't helpful).

We determine he's roughly 10-15 minutes away including time to park, etc. I arrive at our meeting spot. After 20 minutes of waiting I call to

check (at this point I am skeptical he is going to be able to find the place...again).

Sure enough, he has parked 6 blocks away and is walking, but didn't know which direction he was walking--true story!

I get him set on the right track and 5 minutes later I call him from street corner where I had walked to so he could find me (and yes, I told him I was there).

Eventually, we meet up, but this entire direction-location-finding thing took until 9 pm and I am ready to go home. It's still cold and windy and he still has no plan.

I guess he didn't take advantage of my invite to look online, so I suggest a wine bar that is around the corner as a starter. We arrive, actually get 2 front and center seats at the bar, waiter brings a list.

We chat long enough to settle in. After 10 minutes waiter hasn't come back to ask us if we are ready to order despite our having put the menus

down. It seemed we were waiting an inordinate amount of time for the bartender.

I wanted to jump up and say "excuse me we are ready"...but, I wanted to give this guy a chance to do his man thing and take care of this.

He didn't. We waited more than 20 minutes, sitting right at the bar, in full view of bartenders who were mixing everyone else's drinks right in front of us.

I wondered how long the bartenders were going to allow us to sit there and drink water. In the meantime, while my date is talking away, I conceded and thought, "okay, I'm just going to drink water all night."

Then, finally coming to the realization that he really had no clue that he should have gotten the waiter's attention on our behalf, I took the initiative and gave the proverbial smile and nod to the waiter. Drinks arrive. Yea..progress!

We continue to visit, (he talked mostly, I listened )...no connection. He doesn't get it. I'm not surprised. We stay roughly 1.5 hours. He wants to go find some music.

I declined, it's late, I have to go check on my geriatric dog (16.5 yr old husky) who had been having a bad week.



As he walks me back to the parking garage and comments on how "easy" the evening was, believe it or not he asked me if I would like to go out again.

Me--aghast at the thought! I wanted to scream, "What.....t? Because we had such a great time tonight?????"

I shook his hand. Said thank you for the evening and graciously declined. Left him standing at the top of the escalator looking perplexed.

THE END.

Denise (Seattle, WA)

P.S. BTW- one tidbit I left out. When I called him while on my way to tell him I was running a few minutes late, as soon as I said, "Hi this is..." he immediately jumped in with "are you calling to cancel?"

That should have been my "stop sign"!

*Now to this guy's credit, he DID pick up the phone instead of texting. And he DID have the presence of mind to walk her to the parking garage. But the rest was a disaster.*

*Can you REALLY blame Denise for being frustrated? Sure she uses some up-front language to describe what happened, but hey...she tried. She TRIED.*

*She shouldn't have HAD to TRY. Her date should have MANNED UP.*

*Masculinity, confidence, character (doing what you say you're going to do, for example) and inspiring a woman's confidence. Without the "Big Four" (let alone ANY of the "Big Four", you could be left "perplexed" at the end of dates.*

*Don't do that.*

*Avoiding just ONE MORE DATE that's ANYTHING CLOSE to the one above is worth checking out The Master Plan:*

<http://www.deservewhatyouwant.com/masterplan/subscribers>

*And I'll talk to you again soon.*

*Be Good,*

*Scot McKay*

## Epilogue

It's my genuine hope that you have been inspired to action in your own life through relating to what other guys have experienced and being empowered by the possibilities that exist when it comes to achieving greatness with women.

Really, the only limits are those we impose upon ourselves. So I invite you to put aside "limiting beliefs", jump the "roadblocks" like the mere hurdles they are and build relationships with the great women all over the world who are all about meeting a great man like you.

Adopt that mindset, which is all but revolutionary in today's society of repressed manhood, and you won't help but be a man who rises above the faces in the crowd and separates himself from the "herd" of men who will never step up to change their *status quo*.

And when that happens in your life, by all means share your success stories with me at [scot@deservewhatyouwant.com](mailto:scot@deservewhatyouwant.com).

Be Good,

A handwritten signature in blue ink that reads "Scot McKay". The signature is fluid and cursive, with the first name "Scot" being more prominent than the last name "McKay".

Scot McKay  
X & Y COMMUNICATIONS



# Special Offers For Readers

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If you would like to take what you've learned in this book a step further, coaching sessions are now available.

Get the personalized training towards becoming one of the few who deserves what he wants, decides what that means in his life, and knows how to go about getting it.

Drop a note to me at [scot@deservewhatyouwant.com](mailto:scot@deservewhatyouwant.com) for more information, or visit <http://www.mountaintopodcast.com/coaching>.

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## About The Author



In the '80s and early '90s Scot McKay was working with “at risk” kids. From there he built a wildly successful corporate career, meeting with C-level executives, winning top sales awards and working on billion-dollar projects.

But when a difficult divorced ransacked Scot's world he hit rock bottom. He set out to understand women and find out what attracted them. His results were so powerful that his friends insisted that he reveal his secrets.

In 2005 Scot founded X & Y Communications in San Antonio, TX. (<http://www.deservewhatyouwant.com>)

Eleven years later Scot is one of the most recognized and effective dating coaches to both men and women on the global stage. Now a four-time Amazon #1 bestselling author, over 400 media outlets have consulted him, including ABC, NBC, CBS, Fox, BBC, MTV, Lifetime, Men's Health and The Wall Street Journal.

He travels the world with his wife and fellow dating coach Emily McKay, while worldschooling their two youngest kids. They've been to over 100 countries together, run a travel blog/podcast called Wing-It Worldwide and are planning to start a safari company in east Africa.





## About X & Y Communications

X & Y Communications was founded by Scot McKay in 2005.

We exist entirely to help you become the best you can be when it comes to dating and relationships--without having to learn to do things the "hard way". It doesn't matter if you are young or old, as yet unmarried, married, divorced or widowed. X & Y Communications can help you maximize your success in preparing for and eventually realizing the ultimate in relationships with a significant other.

True to what you've seen demonstrated in this book, we publish free newsletters containing straight talk about the most creative subjects, somehow encompassing character-based principles while being neither too shy nor too judgmental to hit the important things head on. The stuff you've heard a million times isn't rehashed around here. Enjoy!

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