

How to Approach Women

A special report for SmallTalkForSeduction.com
brought to you by [Carlos Xuma's Approach Anxiety Annihilator](#)

Introduction

I think that most guys would probably agree that the most difficult part of the whole dating and seduction scene is just getting to meet more women. Everything starts there. If you meet more women, you get more phone numbers. If you get more numbers, you get more dates. If you get more dates, you get more practice. You get more success. You get more girlfriends and more... you know. Action.

It's a steady progression from one critical point.

Men just need more confidence in their ability to meet women. This article will give you some of the root strategies in getting to meet women in different circumstances. The approaches will break down each situation into the essential ingredients. This isn't your usual "be confident and just ask her" advice. I'm going to give you specific goals, opportunities, dangers, approaches, and analytical details of each situation.

Consider this an intensive class in meeting women and getting to the first - and most critical - step in the dating game.

Have a seat and let's get started...

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Hot and Cold

Each situation where you can meet a woman will range from either "hot," meaning that it begins with a certain amount of familiarity and trust between you and her, or it is "cold," meaning that it is a situation where neither of you know anything about the other.

An example of a Hot contact would be a date setup where you both have friends in common, such as a blind date. A Cold contact would be a woman you run into at the post office that you know nothing about.

When you have a choice, you want the Hot contacts. Unfortunately, these will be less frequent than the Cold contacts, so you need to hone your skills at turning the Cold ones into Hot ones. These approaches will be the fire to heat them for you.



And always remember that your attitude and confidence is much more important than the wording. How you say it is much more important than WHAT you say. If you come across as a self-confident

man who isn't intimidated by women, she is going to be naturally attracted to you. It's a built-in mechanism that is your best friend when it boils down to the moment you walk up to her. A self-confident man makes her feel secure, and implies you are trustworthy.

And now, let's go into the approaches.

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Situation 1: Grocery Store

Description:

You're at any grocery store, and you see a petite gal feeling up the chicken breasts in the frozen foods.

Goals:

Phone number and/or email. (Your chances of getting laid from a trip to the Safeway are pretty slim, Cowboy. Set your sights accordingly.)

Opportunities:

Women put some thought into their grocery shopping, so you have many opportunities to engage in conversation about something they're looking at. They really ponder their choices. And, you can take as long as you want to shop and flirt because there are new people coming and going every minute. Take a little while to do little product research while you're there.

Dangers:

You should be shopping with at least a basket or cart. If you've only come in to grab a bottle of wine and leave, you may have to be more forward, because you won't look as natural. Another danger is that not many people are taking a relaxed and luxurious trip to the grocery. They usually want to shop their list, get rung up, and leave. You have to find a way into her attention zone.

Approach:

There are many ways you can get yourself introduced. One of the best ways is also one of the slyest, and I'll bet most people have never even thought of it: Put something you're buying into her cart. Then just stand there and point out your error when you want to talk.

"Oh, wow, I'm just so overwhelmed with the choices for split-pea soup that I just helped you buy some, too. You don't have to thank me. I do this for all the shoppers."



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Or, "Whoops. I was about to put something healthy in your basket by mistake, but it looks like you might need it for real. Are you really going to eat that stuff? Come with me, girl. We're going to the fresh food section."

Another approach is to run into her with your cart. Hey, I never said you had to be sophisticated. You just accidentally have a head-on collision with her cart. The trick of this maneuver is that you make it appear as if it were her fault.

"Whoah! Ma'am, I'm going to have to ask to see your license and proof of insurance. I think I've got whiplash."

Or, "Hey, are you the one that always runs into my car in the parking lot, too? I've finally caught you!"

You should definitely make it a point to shop around the wine section for a while. There is a lot of conversational opportunity here, and women love wine. Let the chumps shop for beer, you're here for the ladies.

"Excuse me, do you know if you're supposed to have white wine with chicken?" And she'll say, yes. "What about with Cheerios?"

Or, "Do you know what the difference is between a Syrah and a Merlot?" She'll try to explain, but it's always a very subtle difference. "Oh, I see. So you must be one of those people who stomps grapes in her basement, huh?"

Details:

If you're still in your work attire (a tie and suit), relax it a little. Look like you're a snappy dresser, but feel free to lose the tie and put it in a pocket. If you're dressed in your best camouflage pants and Oakland Raiders jersey... smack yourself up the back of the head and go get dressed. Your rule number one is to always go out dressed to meet the next gal you're going to bring home.

Remember this:

You don't have to dress up in a tuxedo, but for gosh sakes, make sure whatever you're wearing is appropriate to the situation. For a grocery store, you can even show up in a pair of jeans and a t-shirt, but you better make it all look stylish and neat. Wear a decent pair of shoes (not your ratty Converse hi-tops) and a belt. Make sure your shirt isn't wrinkled, and your jeans don't look like

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they've been chewed up in the gears of your mountain bike.

Also, don't ever go to the grocery store with a wingman. You'll look gay.

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Situation 2: Coffee House

Description:

You're at your local Starbucks or coffee house, either waiting in line with the rest of the drones to order and pay, or adding your sugar and treatments to it. Ms. Hardbody is in line for her dose of java.

Goals:

Again, a phone number and/or email. Unless this is a first meeting from another contact, you are probably only going to be able to seek the ability to follow up and see her again.

Opportunities:

There are so many people who get their coffee in the morning, late-morning, noon, early afternoon, late afternoon, early evening ... you'll never have a shortage of women to approach.

Dangers:

People can be very serious about their java fix. You need to watch out for the moody ones in the morning. Beware smiling or being too joyful as you might risk seeming annoyingly happy - and unrealistic. You'll seem fake.



You may also be intimidated by the crowd of people in line. But rest assured that you don't have to even ask her for her number in the store. You can always follow her outside and finish your close there, away from prying eyes.

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Approach:

The first approach requires you to be in line somewhere near her. Listen to her order, if she's in front of you. If it's interesting, consider ordering the same thing, and then telling her, "You know, what you ordered sounded so good, I had to try it out. But if it sucks, I'm going to ask for a refund from you. Cool? Okay, then." Just beware making it sound like you were a copycat for any other reason than you needed to try something different. Not because you were trying to impress her.

If she's behind you in line, make it a point to let a few people get in front of you as you "try to decide what you want." When she gets right behind you, you say, "Okay, I need to know what they've got here that's good. Do you have any idea? If you give me a good hint, I'll let you get in front of me, too. Just none of those weird teas, okay?"

Details:

Almost anything goes in this situation. Again, your dress code should be as casual as work allows, but everyone expects everyone else to be dressed for work. It helps to frequent the same coffee places for a while so you can get a sense of who shows up at what times. Alternate locations so that you cannot appear too familiar to any of the women, and in case you do pick up on one, you don't have to worry about other women recognizing you as "that guy who picks up women at the coffee shop." You might also want to bring a friend as a wingman in this situation.

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Situation 3: On the Street

Description:

You spot a woman on the street that you'd like to meet.

Goals:

Get her phone number and/or email. A progression to complete seduction is very unlikely. However, you can try to bridge the opportunity to meet her later that evening of the same day. This way you don't have to worry about her forgetting, and you get to build on the intrigue of the first meeting right away.

Opportunities:

Women are all around you. Half the people you meet (unless you work in a men's prison or live with monks in a retreat) are women. You just have to start being more active about targeting and approaching them.

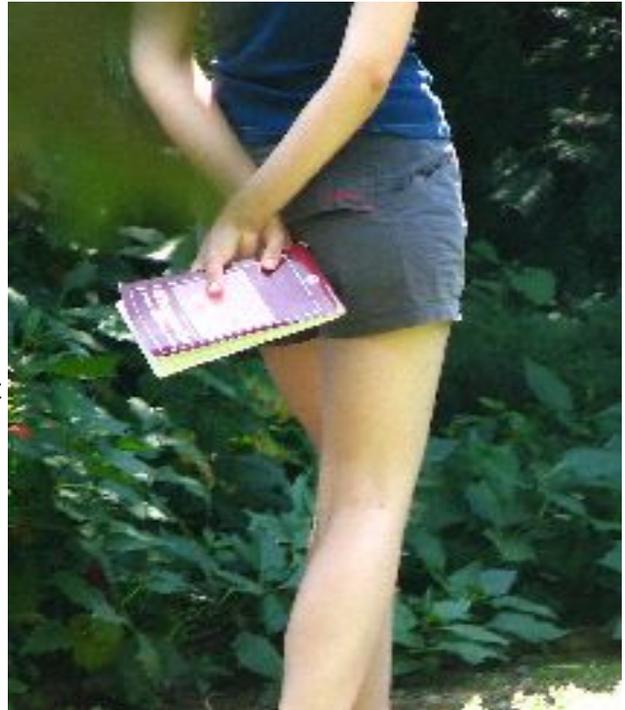
Dangers:

This situation is about as cold a contact as you can come up with. You don't know her; she doesn't know you. You have to establish trust quickly and move to getting her into an open attitude. Of course, you are also subject to more rejection, but that is part of the game.

Approach:

This approach will help you immensely in any "cold contact" situation. It's called "Tease Her to Please Her".

We've all heard about being "cocky and funny," or "confident and funny," or variations thereof. This technique uses a self-confident posture, along with humor, to disarm a woman's natural defenses so you can meet more women. If you meet more women, you get more experience, you get more confidence, you get laid more, and more options open up to you. If you date only a few women, you tend to cling on to each as if she was your saving grace.



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This is a method of understanding how to meet women any time and any place. All you need to do is open your eyes and set aside about 4 minutes (or less) to talk to her, (if that long). This approach will work anywhere you see a woman, and it doesn't require you to memorize a bunch of secret handshakes or hypnotic trance words.

Tease to Please works because it short-circuits her usual defense mechanisms to meeting 'strange' men. You see, every woman comes with her factory-installed defense mechanism against meeting new guys. When a guy approaches her, for any reason, she assumes you're picking up on her. It's what she's gotten used to. All women are by now, and they all have a standard routine of being a little stand-offish to you until you bust past this barrier.

You have 3 seconds from spotting a woman to when you approach her and say something to engage her interest. If you wait longer, your opportunity window closes faster than Ticketmaster can sell out Britney Spears tickets.

In that 3 seconds, you do this:

Look her over, and spot something about her appearance that you can comment on. Start with her shoes, and work your way up. Do not choose a physical body trait (like big earlobes, bubble-butt, giant breasts) to comment on. Especially not her overall attractiveness. You find one thing that you can key off of and say something about that will give you an inroad. This is your Anchor. Once you've found it, you comment on it to her and smile at her, making strong eye contact.

Example: She's got bright red shoes on - "Wow, those are ... interesting shoes. My sister might like a pair like that. Where'd you get them...?"

Example: She's got a black denim dress on - "My sister likes dresses like that. Where'd you get it...?"

(If you don't have a sister, use 'Aunt' or 'Cousin.' You shouldn't have to lie.)

She'll say something like, "Oh, I got it at Macy's" or something along those lines. You then nod your head and look at it for a second, as if you can't make up your mind about whether you like it or not. At no time do you ever throw out the usual nauseating male flattery approaches, like "Oh, that dress goes so perfectly with your cheekbones." (There is a time and a place for flattery, and it's not in an improvised meeting like this.)

Flattery is the scream for approval of the desperate guy. It's like cotton candy - sweet for a split second, but disappears almost immediately. You want to dangle the promise in front of her first.

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You almost convey a look of inconvenience that you went out of your way to comment on her alligator-skin shoes, or her denim skirt. The less she thinks you approached her out of sexual interest, the lower her guard is. (And the better off you are.)

Be careful here: Don't be insulting! Just be mysterious and ambiguous.

Her next mental question is: "Gee, I wonder if he likes my dress...? He didn't say..." From here, you will bridge into the Tease portion of the conversation, and we'll cover that in the next section. All there really is left to do is to keep her engaged in the conversation for just a minute or two, show some confidence, and walk away with her phone number.

Now, the typical question I get is "What if there's nothing out of the ordinary about her?"

Simple - You make something up. There is always something you can find when you look, and if it's not readily apparent, you make it up. If she's got clothes on (and even here in San Francisco, they still wear clothes) you can find something to pick out. I recommend looking for jewelry, because every woman takes a lot of thought in selecting her jewelry.

For especially attractive women, you need to come on a bit differently, and it pays to use a combination of the negative-hit with this. I even recommend that when you get used to this technique, you use it exclusively on the hotties. When you're comfortable with it, it makes more impact.

You say just one thing, and it's so easy you'll have a tough time forgetting it:

"Your dress/shoes/blouse/jacket/purse (whatever) caught my eye. I like the style, but I think you should try it in black, instead. You'd look better with it in black instead of gray." (Choose the color accordingly.) You nod your head, again meeting her eyes full-on.

Her head will suddenly spin. She'll think (or say): "But ... but ... all the other guys said I look like a fashion model with this on... what do you mean??"

By using these approaches, you've just flipped her trust switch in her head. You see, she starts out needing to find a reason to be interested and trust you - or she quickly categorizes you as a friend (FRIEND = non-lover, a woman you won't be able to sleep with). If you just start talking to her neutrally, without sexually exciting her, she's wondering, "Is he safe?" For all she knows, you're a nut-case looking to pull her into a multi-level marketing scheme. Now, all of a sudden, she is suddenly told (by your words and actions) that you might not be so interested. You're different - i.e., interesting to her.

For the first week or so, if you're feeling a bit nervous about approaching women, work your way into this slowly. Just use the intro line I gave you, and take it wherever you need. Hell, I'd even

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recommend you only ask her the first part ("Where'd you get that ring, my sister might like one like that ..."), then say "thanks" and walk away. Get used to just chatting up anyone and everyone you meet. Take the pressure off for the first week or two, until you get used to the fact that women aren't going to reject you like you think they will.

You don't need anything fancy or clever. You don't need anything special to comment on. You just take whatever she is wearing or holding and comment on it as if it were different or interesting. Then, by virtue of following it up with a quick tease, you get her mind off her initial worries (Is he safe?) and defensive behavior and on to validating herself a little to you. This is the primary psychological underpinning of the whole "Tease to Please" or acting cocky and funny method.

What most guys will do is to spend all their energy trying to climb over her initial trust hurdle, when they really need to focus on getting her to flip that switch in her head by making her the one to present herself to you.

Just remember to keep things light and humorous, and never to insult.

Now, on to the second half of the technique.

We've learned that the Tease to Please approach works because it short-circuits her usual defense mechanisms to meeting 'strange' men. You see, every woman comes with her factory-installed defense mechanism against meeting new guys. When a guy approaches her, for any reason, she assumes you're picking up on her. It's what she's gotten used to. All women are by now, and they all have a standard routine of being a little stand-offish to you until you bust past this barrier. They act a little quiet and put out by the fact that here's another guy trying to chat them up for a phone number to get a date, to get some sex... They get a little insulated.

So now we'll break on through to the other side.

Remember when you were just an eight-year-old kid on the playground? There were all these 'strange' creatures playing around the sandbox. They were called girls, and they seemed so bizarre and alien to you. They were delicate and soft, yet interesting in a way that you couldn't quite explain, and you knew that they were Different.

How do kids treat those that are Different? They tease them.

"Mary, Mary, she's so hairy!"

"Where'd you get that backpack? Looks like a hunchback!"

"Jenny's got a carrot top!"

Boys teased girls. Girls teased boys. Everyone made fun of everyone else. It was sandlot politics at its best, and you learned very quickly that you had to develop a callus to the teasing, or you'd get

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bruised pretty badly. (Some kids never adjusted, and grew up with their sandbox issues haunting them for life.)

I'll be willing to bet you that you teased more girls because you liked them than you did because of any genuine weirdness. Sure, there's some cruelty, but the first social interaction most boys have with girls is when they teased them mercilessly. And what happened? The girls stuck up for themselves. They teased back. And they didn't realize it at the time, but this set in motion a whole pattern of behavior that led to them being very interested and attracted when they are challenged.

That's right, boys. Teasing is all about raising the stakes of challenge to her, and letting her know that you don't get all mushy inside when you get near a girl. No confidence = no attraction from her.

Tease to Please is a simple strategy. By teasing, you emulate a lot of the self-confidence you need to demonstrate with a woman. That's really the secret in a nutshell. Call it what you want, you are simply showing her you have the balls to not roll over and pant like a whipped dog every time a woman comes near you.

Here's how it's done:

You've just delivered your introduction. Now you are in a position to continue the conversation as you see fit. You've disarmed her natural defenses and opened up your opportunity to engage her attraction mechanism. You do this through Teasing.

From the example we used last time: She's got bright red shoes on.

YOU: "Wow, those are ... interesting shoes. My sister might like a pair like that. Where'd you get them...?"

HER: "Oh, these? Uhm, I got them at Macy's. They're really old. I was looking to get a new pair."

YOU: "Well, my sister is pretty young, but she'd like that style. For an old lady ... (pause) ... you're a pretty sharp dresser." You give her a slight smile that says "That was a joke."

Remember, "sister" can be changed to aunt, or cousin, or whatever.

You can use that standard response I just gave you for now, but you'll do better if you learn how to think on your feet and come up with more personal and customized versions. There are a whole ton of teasing responses.

Here are some others you can use, delivered with that sly smile:

"Well, with heels that high, you better watch out for awnings. And low-flying planes."

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"How many feet have you crushed with those things? I'm wearing steel-toes, so don't try it on me, lady."

Let's say you want to tease her about a ring she's wearing:

"Well, my sister likes those 'groovy' rings, too. Do you have a mood ring? I bet you were the kind of girl to wear one of those. Was it blue all the time? You look like you have cold hands."

"My sister likes toe rings like that. Do you wear them on your toes, too? Just don't tell me you have a weird piercing, like your butt-cheek. That would just be too freaky."

"Wow, that ring is huge. I bet you have to leave it off when you go swimming, huh? Otherwise you'd sink right to the bottom."

It goes on and on. In fact, you could sit down and just think up a handful of these for a few different parts of clothing (shoes, purse, jacket) and/or jewelry and be prepared for almost any encounter.

Once again: Don't be insulting. Be teasing. Teasing is done with a tongue-in-cheek sense of humor. You kid with her. If you make fun of her in a mean or malicious way, you're out. If you don't let her know you're kidding, you're out.

The point of this exercise is to:

A) Get her laughing

B) Challenge her (by demonstrating Self-confidence and that you're different.)

After you joke with her a little, make a decision if this is a woman you might be interested in for your seduction. If so, you smile and start to walk away. Then, turn right back and tell her (don't ask):

"Hey, you know, we might like to continue this conversation sometime. Write down your number for me."

(Memorize this phrasing to use exactly.)

An alternate approach:

"Hey, you know, we might like to continue this conversation sometime. Write down your email address for me."

If she says she doesn't have a pen, you hand her yours. If she says she doesn't have email, tease her some more: "No email? You didn't just get back from a UFO abduction did you?" Smile. "Here, just give me your home phone." (As she starts writing): "Uhm, your real number, please. I'm just

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going to call you as soon as I get home and leave a dozen annoying messages on your answering machine." Smile. Take her number and leave. Don't tell her you'll call her. Leave her wondering.

That's it. You disarm her defenses by keeping a sense of humor. You show self-confidence and challenge her by teasing a little. Then you ask for what you want, and then you leave. You're a busy guy, with too many women to meet to waste any time here.

Details:

That should give you more than enough detail on how to work this approach for any cold contact. Be simple and direct, and most importantly, be confident with your words and manner. This technique is used in almost every one of these approaches.

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Situations - Singles Bars and Dance Clubs

Men just need more confidence in their ability to meet women. This article gives you some of the root strategies in getting to meet women in different circumstances, continued from Parts One and Two. The approaches will break down each situation into the essential ingredients. This isn't your usual "be confident and just ask her" advice. I'm going to give you specific goals, opportunities, dangers, approaches, and analytical details of each situation.



Consider this an intensive class in meeting women and getting to the first - and most critical - step in the dating game.

Let's continue...

Situation 4: Singles Bar (non-dance)

Description:

Any beer pub where people are mostly mixing and drinking. You spot a yummy blonde chatting it up with a friend over a Guinness.

Goals:

Anything goes, from a phone number to possible seduction.

Opportunities:

Alcohol always loosens people up and lowers their inhibitions. Plus, it's expected that people are here to meet other people and socialize. Women tend to be much more open in this kind of environment. You'll also get a lot less of their usual defensive behavior than if you were meeting a woman cold on the street.

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Dangers:

With the availability of alcohol comes responsibility: be very careful to not drink too much yourself. You'll get sloppy with your approach, and you'll be prone to a lot of intoxication errors. Not to mention the risks you create if you don't succeed with your seduction and you have to get home.

Also, you need to remember that this is a classic "pick up" location, so women have their guard up. They know exactly why you're there, and they know why they are there. They've perfected the "Oh, I'm just here to socialize - how dare you try to pick up on me!" routine, but it's easy enough to get past. Never approach a woman as if you're doing some kind of pick-up pattern. You sneak in under her radar by treating her as if you are only interested in busting her balls and having a good time.

Approach:

Women are here to meet men and have fun with their friends. Pure and simple. Even if a woman doesn't admit this on the outside, she knows that's why she's there on the inside. Especially the recently-dumped women who are looking for nothing more than a good time. (These are your prime candidates for seduction, by the way. They have an easy to identify need, and they are not really looking for anything more than validation of their bruised self-esteem.) As always, a woman never wants to feel like you are interested in her solely to have sex with her. You have to make her feel good enough about you - and her - to go along with your seduction.

You can best pull this off by teasing her and busting her chops. You'll want to memorize these approaches, as well as create some of your own to use. The more you practice in this environment, the better you'll get.

Use the teasing introduction from the "Off the Street" situation. It works beautifully here.

"Hi, I wanted to introduce myself to you and see what you think about guys who are confident enough to just walk up and introduce themselves."

Use your wingman. This is a situation where having someone with you to help out can be enormously successful. Especially since the majority of women will be out in pairs, you want to have someone to keep her friend preoccupied while you move on your target. Here's a classic approach that works very well:

You walk up to the woman you are least interested in. (You and your wingman will have to trade this duty back and forth to balance it out, or target two women that you both find interesting.) You tell her that your wingman friend is trying to break out of his shell - he's very shy - and wants to talk to her. (Since you're the confident one.) "Would you mind if he came over to talk for a minute?" If she stares around trying to get a look at him, you say, "Hey! Now don't be superficial. I can't believe you only care about what he looks like. He's a great guy and you need to meet him."

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Chances are 8 out of 10 that you'll get her to agree, and if she doesn't, turn to her friend (the one you're interested in) and say, "C'mon, and help your friend here. What kind of friend are you that you'd let her miss out on an opportunity of a lifetime. You want me to go back and break his little heart?" If you play this up, you're almost guaranteed to get the four of you together with almost no problems. Get their names, and go back for your wingman. Once you've introduced everyone, you start talking to the gal you're interested in, while teasing her and having fun.

This approach works for groups of women of just about any size. All you have to do is walk over and take your pick. How much easier can it be?

I'm sure you've already heard this before, but please do not use any tired pickup lines. I'm sure you've heard some of these:

"Congratulations! You've been voted "Most Beautiful Girl In This Room" and the grand prize is a night with me!"

"Do you believe in love at first sight, or should I walk by again?"

"Can I borrow your library card? I want to check you out."

"Hey, I'm new in town. Can I get directions to your house?"

"I'm not good at these pick-up lines, so could I just play with your breasts?"

They're all old, lame, and say exactly the same thing to her: "I don't think you're intelligent enough to appreciate me as I am, and since I have no clue how to talk to you, I'm going to try and be witty while being insincere. Oh, and I'm also going to make it clear that I only think of you as a sex object, not as a thinking, breathing woman. The only thing I find special and different about you is hiding inside your jeans."

Guess how long it takes her to figure this out? She has you pegged after the first three words. Just use something real about her to take notice of, be creative in recognizing it (while teasing just a bit), and you'll have no problems thinking of how to start a conversation.

Details:

Singles bars can often be like meat markets. The atmosphere is already built around drinking and socializing, and depending on the location, more rowdy behavior. You have a lot of opportunity in this location, and despite the opinions of singles bars, they are an important opportunity to meet women.

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Situation 5: Dance Club

Description:

You're at the local club, and there is a band or DJ spinning tunes, with lots of hips swinging and toes tapping. You see a delicious brunette who's obviously getting into the groove.

Goals:

Anything from a phone number all the way to seduction.

Opportunities:

This environment is one of the best for seduction, if you're not too intimidated by the surroundings. Dancing is one of the most seductive things to do with a woman, and if you strike it off with her, the physical attraction and lust can be driven up through the stratosphere with her. Why do you think so many religions frown on dancing? Dancing is considered one of the sensualities that will keep you out of Heaven. It's erotic. Forbidden. And a great way to break down the initial barriers and get familiar with a woman.

Dangers:

Some of the more popular dance clubs tend to be loud and very rowdy, making it exceptionally difficult to interact with a woman closely enough to really seduce her. You may find that you need to get her away from this club, or in a more secluded portion of it to work some of your attraction techniques on her. Eventually, you will have to get her away from her friends if you hope to complete the seduction, since she will most likely have come to the club with friends.

Some cautions for you on this: Don't go overboard with your dancing. Keep your hands off her until she's made it clear that she's good with you moving in and touching her. Keep your hands off any sexual parts of her body, such as her butt, her crotch, her breasts, until she either pulls your hands there, or she's dry-humping your leg. Most guys go too far in the dance clubs, thinking that they can push the envelope with a woman. This is still a public environment, and her inhibitions are not going to be lowered enough to let you sneak your hand down her pants - or up her skirt. You should only take things to the level of making out in the club. If you want this action to move to one of your homes, you have to give her a reason to want more than she can get where you are.

Approach:

A dance club is one of the easiest places to pick up women because you're already given most of

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the tools you need to approach a woman. You don't have to use any clever introductions except one: "Hey ... let's dance!"

A lot of guys use the old line, "What do you think of the band?" which still works. Better, though, to be creative and be provocative with your introduction. Try this one on instead: "Hi, I saw you getting into the music. If you want to become an official groupie, you can sign up with me." And she'll probably ask you, "Are you with the band?" You tell her, "No, but they keep bugging me to hang out with them. It's embarrassing, really. I think they're stalking me."

Details:

You should look into dance classes in your local area. Even if you're already a decent dancer to pop music, you should consider the benefits of learning ballroom, swing, or salsa dancing. Having a sophisticated skill such as being a good dancer is one of the top turn-ons for a woman. You'll be ahead of 90% of the guys out there if you can learn how to dance confidently and lead them effectively. Dancing oozes sensuality and sex, and there is no better way to seduce a woman than by going through the motions of sex to tease and stimulate her.

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Situations - Retail Stores and Gyms

Men just need more confidence in their ability to meet women. This article gives you some of the root strategies in getting to meet women in different circumstances, continued from Parts One through Three. The approaches will break down each situation into the essential ingredients. This isn't your usual "be confident and just ask her" advice. I'm going to give you specific goals, opportunities, dangers, approaches, and analytical details of each situation.

Consider this an intensive class in meeting women and getting to the first - and most critical - step in the dating game.

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Situation 6: Bookstore (or Other Retail Store)

Description:

You're browsing books at a bookstore, and you see a cute redhead picking through the latest non-fiction.

Goals:

From a phone number to an add-on date (where you get her to leave with you for somewhere else more romantic). Seduction is possible, but unlikely due to the randomness.

Opportunities:

Women shopping for books are usually alone, which makes it much easier for you to start up a conversation. And with every book being a possible topic for discussion, you have more than enough opportunity.

Dangers:

A bookstore is often very isolating. Women go there to pick up a good book, but they're definitely internally focused when they're shopping. You have to avoid coming on too strong in your approach.

Approach:

First of all, hang out in the sections that women will be looking in. If it's a large enough bookstore, you could find yourself waiting around in the "Military Aircraft" manuals for quite some time. Instead, go wander over into the self-help section (a great place to find women) or move around and browse the fiction shelves for a while.

When you spot her, walk over and make it a point to pull out a book that requires her to move for you reach. This gets you into her awareness, and serves as a kind of mini-introduction. Step away and thumb through the book. Then, notice whatever it is she's reading. (Don't worry if you can't see the title; she doesn't know that. You can always claim you misread the title later.)

"Hey, I heard that was pretty good. What do you think?"



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She'll probably say something to the effect of "It's good," "It's bad," or "I don't know."

If it's good, you say, "So are you going to buy it or read it here and save the fifteen bucks?" (with a smile)

If it's not good, you say, "So how do you know if you haven't read it yet?" (with a smile)

If she doesn't know, you say, "Well, you've been checking it out for a while. What are you trying to do, save the fifteen bucks by reading it in the store?" (with a smile)

From here you connect to the next question based on what she says, bridging from topic to topic.

Details:

You want to build this approach into the opportunity to get her out of the bookstore and into a more intimate environment. A lot of bookstores have coffee shops and delis in them now, so you can move to more conversation over food (always a good idea, since it mixes the pleasures and enhances your overall positive effect on her.)

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Situation 7: At the Gym or Exercise Club

Description:

You're at the gym, and you look over to see a vision of beauty mounting an exercise bike. After you splash your face with your water bottle, you decide to find out if she's willing to burn more than calories.

Goals:

A phone number, as well as a follow-up coffee date.

Opportunities:

This is a location where you are bound to run into many women you're interested in. The women who go to the gym are usually at least interested in fitness if they go regularly, and you can bet that the hottest women definitely go to the gym. You also have a high repeat ratio, meaning that you will see some women there again and again, allowing you a little less urgency in approaching them.

Dangers:

That high repeat ratio also works the other way, too. So if things don't work out and you don't intend to keep up at least a pretense of friendship later, you should probably think about another target. Any place that you repeatedly visit is going to have a high likelihood of you running into people you know. Also, be aware that women are there only to get a workout in and get out quickly, so you have to avoid slowing her down. Keep in mind that she may also have a vanity complex about being seen when she's sweating, or looking less than ladylike. If she seems stand-offish in the gym, catch her out in the parking lot later.

Approach:

Find a reason to get on a machine next to her, and you can always start up a conversation along the way. You can also intercept her at a weight machine in a circuit training group. If you can, try to get ahead of her on a machine so that she's waiting for you.

"I'll just be a minute. I'm trying to figure out if I can be really manly and use all the weight on this thing, or if I'll just have a heart attack now and get it over with."

"I know what you're thinking: wow, he sweats a lot. But don't let it fool you. I'm just practicing for a deodorant commercial I'm starring in."

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If you happen to be on an elliptical trainer or a treadmill next to her, you can always strike up a short conversation. Just keep it short, because no one likes to talk much when they're out of breath.

"You ever wonder why it is that, on a perfectly sunny day like today, we're all inside running on machines instead of going outside?"

Details:

Gyms are a great place to meet eligible single women. You should definitely keep this option open. You should also seek to find Yoga classes in your area as well. Yoga tends to have a much higher woman-to-man ratio than a lot of other activities, and you can always find opportunity in a class where you can take a few weeks to familiarize yourself with the women there.

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Introducing Yourself - Subjects to Discuss and Avoid

Men just need more confidence in their ability to meet women. This article gives you some of the root strategies in getting to meet women in different circumstances, continued from the prior Four Parts. The approaches will break down each situation into the essential ingredients. This isn't your usual "be confident and just ask her" advice. I'm going to give you specific goals, opportunities, dangers, approaches, and analytical details of each situation.

Consider this an intensive class in meeting women and getting to the first - and most critical - step in the dating game.

Let's continue...

Additional Introduction Skills: Phone Numbers and Email Addresses

There are some rules for seduction etiquette when it comes to getting phone numbers and email addresses. First of all, asking for a person's email address (and in this day and age, just about everybody has one) can be a lot less intimidating for a woman (and a man) to get than the phone number. Ideally, you should be trying to get both, but an email address is a bare minimum.

Never write her number down on anything that has other women's addresses or phone numbers on it. Don't carry a black book and expect her to pen her name in next to "Lola" or "Desiree." You can't risk coming off as a "player" type, or you'll trigger a defense system in her head that filters out men that might want only sex.

Also, don't seem too prepared. It's good to always have a pen, but don't try to whip it out faster than a gunfighter's pistol when you ask for the number. Make it seem like this experience is entirely unique, and that she's the only one you've approached in the last couple days. It's always about making her feel unique and special early on.

Interruption



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When you approach a woman with the intent to meet her and get her phone number, you have to realize that you are probably going to have to interrupt her from whatever she is doing. You just have to remember that you should preface your interactions with a woman that keeps it from being too jarring.

A very simple, polite phrase is all it takes:

"Excuse me, I don't mean to interrupt your (whatever she's doing), but I wondered where you got that coat."

It's difficult enough to transition from your own thoughts to interacting with another person, and it can be a little disturbing, like jumping into a cold pool. It's much easier if you can wade in slowly rather than shock too quickly. So give her a gentle transition with your interruption.

Subjects to Discuss:

Here are some good things to talk about with women that will keep the excitement and attraction moving up, like the mercury in a thermometer. You want to keep raising the stakes of the conversation so that she is more and more emotionally and sexually involved. You want positive, fun, seductive topics that bring you closer to an intimate bond with her. You never want to discuss those things that would make her think twice about you or her attraction for you.

- Experiences from her past that she can describe to you and relive at the same time. What was her favorite vacation, and why? What was the most uplifting experience she ever had? Why?
- Positive news stories - uplifting subjects
- Her dreams and goals. What's her dream house? What are her goals for the next year? Where would she like to vacation?
- What-if questions, like what she would do with a million dollars, or where she would live if she could choose anywhere in the world.
- Use her name as much as you can. There's a very commanding and confident aura given off by someone that can use our names. It demands our attention, and it personalizes everything you say.
- Teasing. It goes without saying that you always tease her a little on whatever topic you decide to talk about. Teasing cuts through her need to develop trust for you and puts her in a position where she feels like she did as a little girl, trying to get approval from the boys and girls in the playground.

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Another subtle affect of teasing is that we feel a certain assumed familiarity with people we tease. It's as if we already know them, because how else would we be interacting like this with someone in this playful way unless we were familiar?

Subjects to Avoid

Always avoid conversation that works against a positive sexual attraction between you. Here are some clear areas to avoid:

- Any subject that puts you down or makes fun of you or your weaknesses. Don't joke or make fun of yourself or your looks with her because it will appear as if you're looking to get sex from her out of pity. This will repel her right away, guaranteed. The only way you can pull this kind of joke off is if you make it clear that you're being sarcastic about your looks. I suggest you avoid any self-deprecation.

- Any negative or horrific news stories (tragedy, death, murder, rape, war)

- Nothing frightening, like ghost stories or horror movies

- Avoid any sexual topics that she didn't initiate. If she starts talking about sex, you can, too, but let her be the one to push the topic. Just because she mentions how her roommate's vibrator keeps her up at night from the noise doesn't mean you should then ask her about what kind she has.

Play with this topic so that it seems like you're not going to let her take you in that direction. Tease her about having a dirty mind, or that she's "only got one thing on her mind." If you seem a little corruptible, you'll let her exercise her dark side a little. Women so rarely get to do this with men.

- Don't use put-downs. I said before that you need to be teasing her, and you also should know that there is a boundary you can cross over from playful teasing to outright insults. Teasing always ends with a smile and a way for her to understand that you are just joking. Don't tell her that her dress looks cheap. Instead, tell her you're not sure if you like that color on her. Then, let her start selling you on the rest of her wardrobe. (Remember: Don't try to impress her; let her try to impress you.) Make sure you're watching her responses to your teasing. If she seems very easily offended or hurt, and you know for a fact you are not insulting her, lean back for a while and take a look at the situation. You might have a woman that is clearly got issues. If you think you have a problem woman on your hands, you should consider moving on. She will grab your attention because she's difficult and a challenge, but you'll spend most of your valuable seduction time trying to excite a woman that is always angry.

- No Dirty Jokes. I'd like to think this is obvious, but a lot of guys get pulled into a sense of false security when they hit it off well with a woman and start to think they can treat her like a buddy of

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theirs. Like a guy buddy. You have to show some restraint and not tell any dirty jokes, or even jokes that are a little off-color. I used to use jokes as a way of demonstrating a sense of humor with women, but then I noticed that women in general don't enjoy jokes the way men do. Women like humor that's part of the natural flow of conversation. I recommend you keep the humor isolated to your observations and your teasing of her. It's the safest course in seduction.

- Do Not Swear. The use of profanity is almost epidemic now. Everyone swears, and every year that goes by, they even get away with saying more and more on television. I've even dated women who swore so much that when they go into a bar, sailors come running out.

I once had an English teacher in the eighth grade that made a lasting impression on me by explaining that when everyone uses foul language all the time it ceases to have any real affect. She was right. Those people that curse all the time end up seeming a bit shallow, as if the only affect they can have is not through having an original opinion or thought, but by being as vulgar as they can. Her point was not that you should never swear, but that you use it as a little bit of spice when it's needed.

- Do Not Contradict. No matter what she may say, remember that you're not in this to be right; you're in it to get laid. If she says she likes something, don't tell her that you don't like it. Just ask her why she likes it. Guys who have to express a contrary opinion come across as low self-esteem idiots, and women are immediately turned off by them. Every single time, without question. Leave your ego at the door. She wants acceptance, not rejection.

The exception to this is when she says something offensive, such as expressing prejudice or conflicting with a core belief of yours. If you feel that your need to set her straight is more important, go right ahead and put your foot down. You have to do this from time to time to show that you're not just seeking her approval. Just do it without attacking her or making her feel like an idiot. (Even if she is an idiot.)

- Do Not Complain. She doesn't want to hear complaints about your athlete's foot, or your car repairs. Remember that the tone of a conversation should always be positive. Complaints are the ultimate downer in any conversation. This includes commiseration - sharing your troubles.

- Do Not Compete With Her Or Show Off. It's tempting to brag or tell her stories that show you've got something to impress her, but this will always backfire. She is impressed by a man who is impressed by her.

Women are also great at ego-stroking men, which is really just a control tactic, because they know we respond to this more than anything else. Don't fall for this. Keep the conversation focused on her at least 75% of the time. When she steers it your way, she's trying to get you to talk about yourself, and every word you say could disqualify you in her mind. Don't help her screen you out.

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- Don't Kiss Her Ass Or Pursue With Your Words. Treat yourself as the object of desire. Not her. One mistake that is all too easy to fall into is putting a gorgeous woman up on a pedestal, or any woman for that matter. You do not want to use compliments or obvious attempts to boost her ego a part of your conversation. Instead, show that you're expecting to be the one pursued. Saying things like, "Oh, you're back so quick. You must have missed me." Or, "Be careful, if you keep hanging around me, I might think you're stalking me." Statements like this are funny, as well as communicate a level of challenge to a woman. She'll realize you're different, and that will start her feeling attracted to you.

If she starts talking about anything that works contrary to your seduction, you must guide her back to a positive state again. Don't trust her to stay on the positive side! Conversations can often swing into the dark and dreary, and before you know it, she's lost her attraction - not because of you, but because of the mental state she's putting herself in.

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Practice!

Well, I've covered a great deal of material for you to practice and use. The critical part of this exercise, however, is that you **MUST** practice and use it. These skills do no one any good if you just read them, and the next time you meet a girl you walk up and blank out. Sit down and memorize the words you'll need, so that when the time comes, you won't have to worry about stage fright or any other fears blocking your real goal: getting her phone number. Everything starts there.

Now get out there and put it to use!

Class dismissed!

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More Resources

If you'd like more information on how to approach and meet women, and have the kind of confidence you dream of with women, I encourage you to go look at some of my dating programs for men.

No tricks, games, or deception. This is REAL success with QUALITY women. I'll teach you the very best techniques, secrets, and strategies I've got for you to start getting results IMMEDIATELY...



Your friend,

Carlos Xuma

PS: Don't let another minute go by where you get anything less than what you deserve with women.