Ron Louis & David Copeland’s
“Approach Camp”
Special Documents

Asking Out Waitresses and Girls Who Work in Coffeeshops
When a Woman Is “Not Dating Right Now....”
Handling “I Wish I Could Go Talk To Her”
Finding the Women You Are “Editing Out”
How To Not “Try Too Hard” With Women
More Tips on Approaching Women
How to Tell If a Woman Is Receptive to Your Approach

http://www.howtosucceedwithwomen.com
There are three things to keep in mind as you attempt to seduce women in service jobs that will make it easier for you to take action and to ask her out:

1) Make it easy and not-awkward for her to say no to you, if that is what she wants. Why? Because you are currently so afraid it will be awkward if she wants to say no, that you don’t ask her out at all.

You have reason to be afraid it might get awkward. When you are asking out a woman in a service job, several power differentials come into play.

While it seems to you that she, as a hot woman, has all the

Q: There's a real cute girl at my coffee shop, and I want to ask her out. She's so hot I can't believe it, and she's always really nice to me. But I don't know if she's really liking me, or just paid to be nice. So I'm scared to ask her out — I don't want it to be awkward. Is there any way I can make it easier?

A: Ah, the lure of the barista. Girls who work in coffee shops, or other women who are paid to be nice, pretty, and helpful, catch the eye of any man. And why not?

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power in the interaction, it probably seems to her, as the employee talking to
the customer, that you have the power. You could cause her trouble, harass
her at work, or even cost her her job if she says no to going out with you.

Therefore, it’s risky for her to be honest. To her, you have the power, and
when you ask her out, you put her in a potentially awkward situation if she
wants to say no. You sense this, and it makes you not want to ask her out.
Therefore, if you can remove the potential awkwardness, it’ll be easier to ask
her out. Here are some ways to do that:

Ask her if she has a boyfriend. You might say, “You seem like an
interesting woman. If you don’t have a boyfriend, I’d like to ask you out.”
This allows her to respond that she does have a boyfriend, even if she
doesn’t. It saves face for both of you and doesn’t disrupt the customer/
barista relationship. She doesn’t have to say she doesn’t want you — she can
blame it on the boyfriend. Knowing she has this “out,” it will be easier for you
to get up the nerve ask her out, and possibly to get a “yes.”

Ask her if she’s allowed to date customers. You might say, “You seem like
an interesting woman. Are you allowed to date customers?” This allows her to
blame her workplace, rather than having to say she doesn’t want you. Once
again, knowing that you are taking her out of her bind, it’ll be easier for you
to take action.

Ask her if she has a policy about dating customers. You might say, “Do
you let yourself date customers? I know some women don’t,” and see what
she says. If she doesn’t want to go out with you, she’ll be able to blame her
policy, rather than rejecting you directly. You’ve released the pressure in the
situation, and can move forward.

2) Make it okay, whatever happens. If you go to this coffee shop or
restaurant a lot, you may be stopping yourself from taking action by fantasizing about how awkward things will be there, for the rest of time, if she says no.

You can overcome this by committing yourself to being a source of certainty, with this woman, that everything is okay, no matter how she responds to your invitation. You do NOT wait for her to be okay with it; you demonstrate that everything is okay, and she will feel that way, too.

Knowing you are committed to it being okay, no matter what happens, will also help empower you to ask her out.

3) As is so often the case, it's a numbers game. In our experience, when a man has no other ways of meeting women, he tends to get fixated on a coffee shop girl, or on a waitress. He also tends to lose perspective, becoming especially unable to tell if her friendliness is the result of her job description, or a result of her attraction to him.

If you want to have a better sense of whether or not the hot coffee-shop girl likes you, keep your perspective clear by having other women in your system. Explore niches, do online dating, have a social life, say yes to invitations, and so forth.
Have you ever had a woman you were interested in say “Oh, I’m not dating right now”? You’ve probably been blown off with that very statement, and felt small and powerless. How could she be so powerful as to choose to not date? Would you ever choose not to date? The answer is probably “no.”

We want to suggest to you that if you aren’t doing anything to seek out women and doing what it takes to succeed with them, then YOU are choosing to not date right now.

We’ll say it again: If you are not doing the things a man would do if he wanted women in his life, then you are choosing to not date.

Here’s how you know if you are choosing to not date:

• You don’t go to “niche” places where you could meet women. You don’t join clubs, take classes, go to lectures, churches, volunteer, or do any of the things that would put women in front of you.
• You don’t say “hi” to women, or start conversations with them, as you go about your daily life.
• You don’t do anything that exposes you to random social interactions where unexpected connections could be made.
• You only see the people you work with, your friends, and no one new.
• You say “no” to social opportunities, or choosing the “same old” people rather than taking opportunities to meet new people.

Accepting that you are choosing to not date is an empowering step. You aren’t a victim who never meets women. You are choosing to not do what it takes to meet them. Accepting that not dating is a choice gives you the ability to take the next step.

If you are lonely, yet still choosing to not date, there is probably a GOOD reason for it. Most of the time, though, you will default to BAD explanations.
of why you are not dating. Fundamentally, you will tell yourself some variation of “I suck.”

Do any of these explanations sound familiar?

“I’m not dating because I’m lazy.”
“I’m not dating because I need my ass kicked to get in gear.”
“I’m not dating because I’m too fat.”
“I’m not dating because I’m ugly.”
“I’m not dating because I’m too busy.”
“I’m not dating because no woman would want me anyway.”

. . . These are the kind of things you are probably saying to yourself. And they are all wrong.

The truth is this; If you are not dating, it is for one reason, and one reason only: You are not dating because it feels too emotionally risky.

There are two main reasons you aren’t willing to risk dating right now:

1) Sometimes dating seems too risky because you are too emotionally tender to take any risk at all. You might have just had a difficult break-up, for instance. After that, ANY risk will seem like “too much” risk, and you just have to take time off and heal.

More often, though, a recent break-up is NOT the reason dating seems too risky, and you stay alone.

More likely, you probably decided how risky dating is, and what is “too risky” in dating, a long time ago. A lot of your ideas about how dangerous it is to talk to women and pursue women are probably years, or even decades, out of date.
Most shy men have at least one story of a time that he showed romantic interest to a girl, as a teenager, and of the abuse and humiliation heaped upon him when she said no. They have stories of other kids surrounding them and taunting them about it. They talk about the endless jokes and years of derogatory nicknames and insults they endured because of it. They talk about how they decided to never have to risk that again, no matter what the cost. And, not surprisingly, they grow up to be shy men who didn’t pursue women.

But check this out: While it may have been true, when you were 13 years old, that if you asked out a girl you liked and she said no, you’d be taunted by everyone about it for years. But that is no longer true. And on an emotional level, you probably don’t know that.

As an adult, things are different. No one cares whether or not you ask a woman out. A woman’s not going to go crying to her friends if you flirt with her. Her day will not be ruined if you say “hi.” Everyone won’t “know” if you want to take some risks in dating. People won’t stand around talking about how you are trying to be a “player,” or make fun of you for wanting sexual and romantic life. These things do not happen to adults.

But it’s likely that you are still worrying that they will.

**Getting yourself to take action:**

What we want you to do, right now, is notice how old your decisions about how risky showing romantic interest with women is. Did you made your dating risk-tolerance decisions when you were young, and when circumstances were very different than they are now? If so, noticing that is the next step to being able to approach women, and do the things you need to do in dating, without inappropriate fear.
Dating is emotionally risky. Anyone who tells you that it’s not, or who tells you that they can remove all risk and give total control over women is lying to you, and probably saying whatever they can to get your money. You can limit risk, and take risks intelligently, but risk and excitement exists together — if you want to have excitement, and chemistry with women, you must be willing to take intelligent risks.

**Take ONE risk a day, with ONE new woman a day — and soon you’ll be over your “risk-aversion” and in the game.**

The thought “I wish I could go talk to her” is the result of a life where you have eliminated all reasonable opportunities to meet women. Therefore the unreasonable, most-difficult opportunities — while on the street, while she’s running for a cab — are the only ones that pop up. You end up thinking that the solution is to get good at handling the only opportunities you see — the near-impossible ones. It’s not.

You only moan about not being able to meet women “on the street” when you are NOT meeting women in all the places that you should meet them — social networks, niches, classes, and by being generally involved in your life. Moaning about wanting to meet women on the street is a symptom of needing to do the basic work of meeting women.

Because you are not doing what you should do to meet women, but you still desire women, you start fantasizing about seducing women you see on the street. This leads you either 1) to beat up on yourself for not being able to miraculously seduce those least-available of all women, or 2) to start falling for miraculous quick fix claims that say they can teach you to get those women in twenty minutes or less.
We’ve said it a million times, but it’s still true: if you don’t have your life set up so that meeting women is automatic and easy, all the quick-fix claims in the world won’t do anything but separate you from the money in your wallet.

If you aren’t joining and visiting clubs and teams, you are going to end up longing for women you can’t get, who are the most difficult to talk to and seduce.

If you aren’t saying “yes” to social invitations and developing social groups, you are going to end up alone and horny, wishing you could have sex with the hot barista at the coffee shop you frequent.

If you aren’t participating in activities and classes, you are going to start moaning about how you wish you could talk to some woman you see on the street somewhere.

If you are not doing online dating, then you’ll spend your life staring at a woman on the bus and dreaming about how great it would be to be able to walk up to her and seduce her.

Unless you are willing to have balls of absolute, inhuman steel (which you aren’t) and unless you are willing to develop a set of scams and routines (which you also probably aren’t), then stop thinking the answer is to learn to approach a supermodel who is running for a cab! It’s not!

Thinking “I wish I could talk to her” is NOT a sign that you need to learn how to approach strangers in public, where every hot woman is angered by or terrified of new men talking to her.

Thinking “I wish I could talk to her” IS a sign you need to GET A LIFE.

There is no magic phrase or perfect opening line that can take the place of getting a life!
Actually, though, this is good news. “Getting a life” will make you increasingly happy and effective and connected with women in a meaningful way.

This year, consider making this New Year’s resolution: Let go of trying to learn scams that don’t work, and which make you feel bad about yourself. Stop wanting to be a manipulative jerk, and learn how to make real connections with women — even if those connections are just for short-term sexual relationships.

We’ve had many students whose lives have become significantly happier in every respect by taking on getting a life, rather than wishing they could instantly seduce hot women on the street. One man says “Since I took up Salsa dancing, and really got into the community, it’s been natural for me to meet, flirt around with, and even bed really hot women. That has made it much easier to talk with women everywhere else, too.” This could be you.

Oh, and here’s a bonus: When you have a life that puts lots of women in front of you, and gives you reason to talk to them, approaching women in public becomes significantly easier.

When you have a connected, active social life, you will find yourself becoming the kind of person who naturally talks to strangers, and to whom strangers naturally talk. You won’t have to work on it happening — you’ll simply find that it happens, when you have a life with women that juices you up.

Put another way, the ability to “approach any woman” is a result of having developed a life that is rich in social opportunities that put you in front of women already. Once you have that, approaching women in public will just be part of what you naturally do.
needing to learn how to approach and seduce “any woman, any time, any place.” Allow it to be okay that you might never be good at approaching supermodels who are running for a cab, for instance.

At the same time, allow it to be possible that you might have more sexual abundance with hot women than you ever thought possible. Allow yourself to relax into the idea that you can have what you want with women, even if you aren’t the Perfect Seducer in every situation.

Then take some steps, today, to develop more social connections with people.
Q: I live in a big city (Los Angeles), but there don’t seem to be any women I can date here. What can I do?

A: This is most likely a problem of “editing out” women you could possibly interact with, before you even think about them consciously. If you currently edit out 99% of all the women you are attracted to right away, then of course it will seem like there are no women you could be attracted to — and doing such editing is much more common than you might think. There are two main ways men edit women out, before they even think about dating them. First (and most popular), is by telling themselves, “She would never like me.” They see an attractive woman, tell themselves that “she would never like me,” and edit her out of the pool of possible women they could date.

We had one student who did this constantly, and who learned a valuable lesson about it. He had seen a girl at a local dance club on a number of occasions. She was the kind of girl he liked—short, trim, with dark hair and horn-rimmed glasses. She was also about 20, in his estimation—and he was 38. “Naturally” he assumed that she would never be interested in a guy like him. He gave himself reasons why that must be true: He was too old for her, he wasn’t good looking enough, he was too fat, and so on. He then continued to wonder why there were no women out there for him to date.

As part of working with us, he posted a personals ad on the internet, looking for women in his area. He didn’t get many answers, but there was one woman who caught his interest. She wrote, “I’m 20, so if that’s an issue for you, you should let me know. Also, I’m bisexual, so if that’s an issue, you should know upfront about it.” (To put it mildly, that was NOT an issue with him.) They emailed back and forth, exchanged pictures, and—-you guessed
it — it was the girl from the club. They really clicked on the phone, and in person, and in short order became lovers, and dated off and on for over a year. She once told him, “Some of the things I like like about you are that you’re older, mature, and you don’t live with your mother!” He later told us, “I can’t help but wonder how many women like that are out there for me, but who I reject instantly, before they even reach my conscious mind, just like I did with her.”

The second way men edit out women before they know them is to assume that the woman, physically attractive as she might be, would never be smart enough, interesting enough, passionate enough, or whatever enough, for him.

If these guys were to articulate this feeling, they would say something like, “Hot, stylish women are shallow, stupid, and not interested in anything except how they look. I just wouldn’t get along with a woman like that.” Before you instantly decide that YOU aren’t like that — you’d be happy to sleep with a vapid fashion model, tonight — be aware that many men think that they want that, but when it comes down to it, they really don’t. They like the fantasy of being with a shallow, hot woman, but in reality they aren’t into it. They really, truly want to be sexual with women they are attracted to, and whom they actually like.

Whether this describes you or not, a lot of men edit out women thinking that, hot though the women may be, they don’t seem like someone the guy would like. Another man we know did this with a woman he met though a social group he was part of. “She was cute, but I just assumed I wouldn’t like her, because she didn’t seem like the kind of woman I normally went for — she seemed really girly, and I assumed she’d be shallow and dumb.” But
that didn’t turn out to be true. “As I spent more time with her, by accident, as we were hanging out with the same people — I saw that she was nothing like I originally though she’d be. I really liked her and she really turned me on.” They started dating and got into a relationship. It’s worth asking, how many women like that were out there for him? How many such women got “edited out” of his mental list of women he could date, because he assumed instantaneously that he wouldn’t like them?

This is not to say that if you stop editing out women, all women will automatically like you, or that you will automatically like all the women you are physically attracted to. But it will help end the problem we hear from men over and over — even from men who live in cities full of hot, available women, like New York City or Los Angeles — that there are no women they can date. If you currently edit out 99% of the women you could possibly approach, before you even think about them (and many men do), and you reduce that to only editing out 94% of possible women, you have increased your pool of possible women by a huge percentage! That’s good news--it’s a small change that could make a big difference.

If you understand that you have been editing out far more women than you need to, you will be able to get more women into your dating system, and get a lot more of what you want from them.
in recent newsletters, we’ve touched on the idea that “trying too hard” is one of the things that many men do that actually lowers their success with women. We’ve recently had some men write to us, asking us for some tips on trying less hard with women. We’ll look at one tip today.

One of the main factors that drives a man to “try too hard” (thus pushing women away) is his need to for women’s approval. If getting a woman to approve of you — either by flirting with you the way you want, or laughing at your jokes, or going out with you, or having sex with you — is your main goal, then you are going to have a much harder time getting a woman to flirt with you, or laugh at your jokes, or go out with you, or have sex with you. It’s a weird paradox, but it’s true — you are more likely to get the approval you want from women — and everything else you want from women, too — if you can let go of seeking their approval when you interact with them.

When you let go of wanting approval from women, you may make some interesting discoveries.

As you let go of wanting women’s approval, you may discover yourself feeling more free with women.

As you let go of wanting women’s approval, you may discover you are more relaxed with women, and around the topic of women in general.

As you let go of wanting women’s approval, you may discover that women seem more attracted to you.
As you let go of wanting women’s approval, you may find that interacting with and flirting with women is much easier and more fun.

As you let go of wanting women’s approval, you may find yourself more selective about the women you ask out, or want to be with.

As you let go of wanting women’s approval, you may find that they start seeking YOUR approval.

As you let go of wanting women’s approval, you may find that not having a lover right now doesn’t mean all the bad things you thought it meant.

As you let go of wanting women’s approval, you may find you are more relaxed in every area of your life.

How to do it:
1) For the next week or so, experiment with letting go of wanting women’s approval. When you are interacting with a woman, just remind yourself, “I let go of wanting her approval, just for now.” You may even imagine the sensation of wanting her approval, rising out of your body.

Then, see what happens when you interact with women without seeking approval.

Don’t expect to get laid TONIGHT using this approach. If you are using this approach to get laid right now, you’ll start looking for her approval again, and blow the whole thing. For now, just let yourself do what you find yourself
doing when you let go of seeking a woman’s approval. This is not to say that is WON’T get you laid tonight — it may. But having that be the goal, at least at the beginning of using this approach, is a bad idea.

Letting go of seeking women’s approval is NOT the same as actively seeking their disapproval. For many men, the only way they’ve known of not seeking a woman’s approval is to get her upset, disgusted, or angry. You may have experienced this yourself; times you’ve done something to piss a woman off a little, just to show that you don’t need her approval to be happy.

To be clear, we are NOT suggesting that you seek women’s disapproval — that’s still wanting something from them, above and beyond whatever interaction may naturally be there. It’s not the same as letting go of wanting her approval.

When you let go of seeking a woman’s approval, you don’t know what is going to happen. You might be drawn to doing flirting moves with her, or you might not. You might treat her romantically, or you might simply treat her in a friendly fashion. You can’t know in advance. But you can know this: if you are a man who chronically seeks women’s approval, and who feels as though he fails with women too much, you WILL have more peace of mind and happiness, as well as eventual success with women, if you let go of seeking their approval.

2) Explore niches. When you start experimenting with letting go of wanting women’s approval, it helps tremendously if you actually spend some time around women so you can practice letting go of seeking their approval.
The best niches in which to practice this are ones in which you see the same women over and over — classes, for instance, or clubs, or any group that meets over and over with the same membership.

When you are seeing a woman one time, and one time only — like at a coffee shop, for instance — you are likely to get scared that if you don’t seek her approval now, you’ll never have a chance with her. This will lead to trying to get her approval, trying “too hard,” and messing up.

In groups that meet over and over, however, you can let go of trying to get a woman’s approval right now, knowing that you’ll see her again later, and that you can see how things develop over time. This will relax you and enable you to let go of seeking her approval even more easily.
Q: What’s the Best Opening Line?

A: Hi.

According to a University of Chicago study, “hi” is the best opening line there is, followed by “how do you like the band?” (but only if a band is, in fact, playing). All the cute lines you’ve heard — “Is heaven missing a couple of angels? ‘Cause I can see them bouncing around inside your blouse,” — don’t work any better, and usually work quite a bit worse. Even if the cute line does work, you are still left with the same basic problem — “there’s a human being in front of me, what do I say?”

“Hi” works the best at getting you to that point.

Q: “But the woman I want to say hi to isn’t anywhere near me — I’d have to go up to her. What should I do?”

A: Try the “goodbye introduction.”

This is a cousin of the “goodbye compliment,” which we discuss in How to Succeed with Women. Imagine you are at the gym, and you see a woman who is really attractive to you. But she’s busy lifting weights, and it seems like your gym is not such a friendly place, anyway. The opportunity is this: time your leaving the gym for when she is between sets, or stretching. Then on your way out, introduce yourself like this (smile while you do it!):

“Hi, I’m just leaving, but before I do, I really wanted to introduce myself to the woman who has such wonderful form. My name is David.” She says something back, like “Oh hi, my name is Tracy,” then you say something like “I hope to see you here again.” Then you leave.

This creates an opening for you to talk to her next time you see her — “Hi Tracy, how are you?” It also gives you a way of interacting with her for the first time without there being much risk — since you tell her up front you are leaving, she’s less likely to be afraid of you wasting lots of her time. It also
builds your esteem, and teaches your nervous system that you can actually survive talking to beautiful women, which makes it more likely you’ll do it again, and again, and again . . . .

In time this can even help you develop the confidence to ask for her number in that situation, but for now, just try this much — we’ll build on it later.

Q: “I always beat up on myself, because I see opportunities to take action with women, but I don’t take them. The other day I was at the mall, and there was this beautiful girl working at a store, and I was the only one there, and it would have been easy to do the “goodbye compliment” or “goodbye introduction,” but I just

A: This may surprise you, but the more men we coach, the more sure we become that it is true: Seeing an opportunity and NOT taking it is part of the process of learning to take it. So when you see an opportunity to talk to a woman, and you

It’s like doing a little dry-run in your head. Or, you might say it’s like there is this seducer guy inside of you, that you are learning to bring out. This guy comes out one step at a time. First he notices the situations where he could take action. Then, in time, he takes the action. But the first part (noticing the action, but not taking it) usually comes before the second (actually taking the action).

Beating yourself up actually make this process go SLOWER, and makes it more painful. Our experience and the experience of our students has shown us over and over again that you can get through this process faster if you don’t beat yourself up for seeing opportunities and not taking them. Best is to say, “Oh, that was an opportunity. What might I have done?” Then run through it in your head, followed by “Great! I’m one more step closer to doing it.” Soon you’ll find yourself just doing it — if you allow the process to happen.
We never suggest pushing a woman, trying to “talk her into liking you,” or becoming submissive and acting like a supplicant “so she’ll like you.” We are against giving things you don’t want to give or doing things you don’t want to do in order to “get her to like you,” too. If you try your Flirting Moves, and the woman is unreceptive, we say, move on. At the same time, you probably are regularly in situations where you don’t know if a woman is unreceptive or not. Perhaps it’s in a bookstore, watching a desirable woman browse the books, or in a coffee shop, watching a woman working on her laptop computer, wondering if she might like you.

One of the big traps men fall into is they don’t find out if a woman is receptive or not. If she’s not, then fine, you can move on. But you have to find out. How to do that?

1. **Saying “hi” right away.** Once again, being the kind of guy who says “hi” when he first sees a woman he’s attracted to goes a long way towards being able to talk more with her later. If you said “hi” to that woman at the coffee shop when you first saw her, and she didn’t say “hi” back, you’d have a good idea that she’s not very receptive to your approaching her. If she did say “hi” back, then you both have a little invested in the relationship, and it will be easier to talk with her more later.

2. **Assessing her “vibe.”** With some women, you really might get the sense that there is a wall around them that they are really in their own world. The mistake most men make in this situation is to assume that if they were a better seducer, they’d be able to break down that wall, talk to the woman, and get her in bed in 20 minutes or less. Then those men feel bad about themselves for being such failures. The truth is, some women are highly unreceptive, and it doesn’t have anything to do with you, and there’s nothing you are going to be able to do about it. Stop idealizing her as “the perfect woman, who got away” and stop beating yourself up about it.
Aside from her “vibe,” you can assess her approachability by looking at her level of eye contact. If you are around a person, you are likely to make accidental eye contact — unless that person is making an effort to make sure that eye contact does not occur. If you can’t catch her eye, it doesn’t mean that the game is over, but it might mean that she’s less open to you than you might like.

3. Being a source of certainty that the interaction is going okay.
When you do interact with her, you must be a source of certainty that the interaction is okay. Remember, most of the time, a woman is looking to you to gauge whether or not she should be tense in an interaction. If you seem relaxed, she’ll be much more likely to relax, too. If you are tense, she’ll be tense. Don’t wait for her to relax first--have the faith that the interaction is okay, even in the face of taking a risk with her. Providing that certainty is much more important than having the “perfect line.” You can bumble all over the place, but if you are a source of certainty, then you will have a much better chance of success.

4. Taking a risk when the opportunity arises. If you’ve said “hi”, then your next task is to take a larger risk. Look at something in the environment you can comment on, or something about her person that you can ask a question about. It is permissible to start a conversation with a very tepid, non-romantic question, such as, “Excuse me, I notice you have an Apple laptop. How do you like it?” It’s also excellent to ask, “What’s the story behind that?” about some article on her person. For instance, you might say, “Excuse me, I couldn’t help noticing your unusual necklace. I can’t recall ever seeing one like that before. If you wouldn’t mind me asking, what’s the story behind that?”
You might also take a smaller, “passing” risks, by making some little comment, and seeing how she responds to it. If you were using your laptop computer outside at a coffee shop, and it was too bright to see the screen and you came back in, you might say something like, “Wow, it’s nice out, but too bright to see the screen” as you pass by her. See how she responds--if she grunts or says nothing, she’s probably feeling unapproachable. If she gives you an entire sentence, you are on your way!

5. **Not beating yourself up for “missed” opportunities.** We’ve said it before, and we’ll say it again: It does you no good to beat yourself up for not taking every possible opportunity that comes your way. In fact, making yourself feel bad about yourself makes it harder for you to seduce women, because women are less attracted to men who beat themselves up. We believe that this is true: “Missing” opportunities and not beating yourself up about them, is part of the path to actually taking opportunities. The sequence looks like this: 1) believing there are no opportunities, which leads to 2) seeing opportunities but not taking them, and feeling good about it, which leads to 3) seeing opportunities and taking them. Let yourself feel good about even seeing the opportunity. That will help you take it in the future.