

Q&A by
Love Systems Instructor
FARMER



Q&A on Direct and Daygame

by

Love Systems Instructor

Farmer

Opening

What are the typical things a guy transitioning to direct does wrong in the first couple minutes?

- Reaction Seeking
- [Body Language](#)
- Expecting her to do the work

A lot of times, a guy will deliver the direct opener in a reaction seeking way. To do this is incongruent - you are trying to show you are a high value guy who has no shame and problem with expressing his desire for her, but at the same time you are expecting her to give you the reaction you want. If you truly were a high value guy, you wouldn't need her approval or a great reaction.

Body language is difficult to fix in writing and it is why bootcamps and workshops are such great value, you get to see how you should move and stand in person. But generally, guys need to have their body language spot on for a direct approach, otherwise, again, you will come across as incongruent, and incongruency is weird to girls. Stand up straight, slow down your movements, look her in the eye.

Lastly, related to first one, a guy will expect her to do the work after a direct approach. Approaching direct is not a magic bullet to make her attracted to you. It is true that Attraction can happen quicker with a direct approach, but you still need to be the one directing and dominating the conversation. You have shown yourself to be a confident guy, now you need to be able to speak as a confident guy. Sometimes the girl will give you a good reaction and will say things you can play off - but most of the time she will have the rabbit-caught-in-the-headlights look and you'll need to direct the conversation.

How direct do you prefer your daygame to be?

Different situations will call for different things. In a club or a bar, where girls are out having fun and expect to get hit on, I would go super direct and say something like "You are absolutely fucking gorgeous, I had to meet you. I'm Farmer", or "You look really sexy in that dress, I had to come and meet you". But tone it down in [Day game](#) and use something like "I just saw you walking past and I had to come and meet you, you are absolutely gorgeous" - it's more romantic and fitting to the setting. And it's even better if you compliment something specific to her.

The line where you think you're being too forward is a lot further than you think. You should have the mindset that you are expressing your desire unashamedly. As long as you aren't overtly sexual during the day, it is almost impossible to come over as "too" forward. There's nothing wrong with being forward, it is incredibly attractive to girls, if done in the right way and isn't sleazy and sexual in the daytime.

How direct and sexual should the opener be, and should I have a few openers to avoid being a one trick pony?

There's nothing wrong with being a one trick pony, as you put it. If something works, there's no reason to change it. Using the same line all the time frees up your mind - you're not worrying about which opener to use and you can concentrate on your body language and tonality without worrying about what to say.

If you want to have two or three openers, then I recommend practicing noticing things about girls that you like. Here are the two openers that I use from day to day:

1. The General one: "Excuse me, I just saw you walking past/I just saw you standing here/I just saw you through this telescope and I had to come and meet you. You are absolutely gorgeous. [Shake Hands] What's your name?"

2. If I like something specific about her: "Excuse me, I just saw you walking past and I had to come and tell you that [X Y Z eg your posture is so alluring and elegant]. I had to meet you. What's your name?"

Stay away from words like 'awesome' or 'cute'. Use words like gorgeous, beautiful or alluring. Use words that girls use to describe other girls. I would stay away from swearing during the day, it isn't particularly romantic.

But, really, use the basic structure for the moment, it works and frees up your mind to focus on other things.

Do you use very specific compliment openers, or generic "cute/beautiful/gorgeous" openers?

If I notice something instantly about her that I like I will use that. But only if I truly find it attractive, otherwise it will sound forced. If you do this a lot, you find that you're able to spot things that you like about girls quicker. A corollary to this is that you begin to notice what you like and don't like about women.

To make the hair compliment work, you have to tell her why you like it and why you like it on her: "I just had to come and tell you that the way your hair cascades over your shoulders is really alluring". It might sound strange to you, but start speaking like this because girls react emotionally to words like this, and it makes you stand out from other guys who don't use words like that.

If you find it difficult to compliment on fashion, then you can use the way she walks, or that she had a confident air about her.

Otherwise, yes I'll just use a generic one like "Excuse me, I just saw you walking past and I had to come and meet you, I think you're absolutely gorgeous"

What do you think of semi-direct openers, and how do I use them?

To answer your questions, I think this kind of opener should be used during [day game](#) **only if** you cannot make a direct approach work after 200 or more approaches. If you really, truly, cannot make the direct approach work after this many approaches, then try this.

In my opinion they are quite weak openers because they convey that you didn't have the confidence to go direct in the first place. If you need help correcting your body language and tonality, then do it 10 times to your wing, and then approach 3 practice sets. Your body language will be perfect - now go and approach.

I understand where you're coming from when you say you should only pursue the direct compliment after she is nice by giving directions - but this is a hole in your inner game. I've probably done over 3000 approaches. And in this time I've realized that girls who are not nice to you at first warm up after half a minute, and I've realized that girls who seem really nice shoot you down in a heartbeat. And vice versa. My point is that you don't want to second guess yourself - just because you think she seems nasty does not mean you shouldn't express your interest in her: you don't need her approval for conveying your interest.

I get the feeling that you want to go down this route because it seems easier and you're looking for the easy way out. TRUST ME, you can make direct approach work. It's too early in your [day game](#) career, 2 approaches, to start trying to guess who will and who won't like your direct approach.

How do u suggest going about direct approaches where you and the target are heading in opposite directions for instance, at a park and you obviously have no time to go into comfort or rapport because either one of you could be in a hurry. I'm guessing you have about a minute to close the deal. How would you go about this?

90% of the girls I approach during the day are moving in opposite directions. It has proven to be one of the most effective ways of doing it. Let her walk past, then turn around, tap her arm and deliver your opener.

You say that you *obviously* don't have time to go into comfort or rapport - but how do you know she's in a rush?? You don't know unless you approach her and ask her.

Dude, I've been talking to girls and they've missed their bus or been 20 minutes late meeting their friends. If you approach well, you can take them out of their logical head and engage their emotional brain that tells them to stay and talk to this interesting and charming stranger.

But if she tells you she's in a rush, and then acknowledges it, say you are too and that you can only stay for a few minutes, and proceed as normal. If you approached well with good body language, then you will have done everything you can to make her stop for a short while. If she truly, really, absolutely is in a rush then logistically there's not much you can do about it.

With girls walking towards me I don't open. Turning around and running up behind them seems a little creepy to me, though I have tried doing this.

It is not creepy at all to open a girl who is walking away from you. You see her coming, you notice her amazing beauty, your heart starts pounding, she walks past and you have a choice - you can either let her walk away and not know what could have been, or you take risks for the things you want in life and you run up to her, tap her on the arm and deliver your opener in a way that you just *had* to talk to her otherwise you would be kicking yourself all day. This my friend is ROMANCE, and she will love it.

Are you always able to get the woman to stop walking, and what do you do if she doesn't stop?

Never deliver your opener while walking alongside her. It is creepy and she usually will not stop. The best idea is to approach her from behind by lightly tapping her arm, say "Excuse me", then ROOT YOURSELF TO THE GROUND while delivering your opening line. Don't be tempted to follow her if she keeps walking, stand your ground. It will feel weird the first few times you do it - but trust me, if you stop and plant yourself and say your line, there is a much higher chance that she will stop walking than if you follow her like a stalker.

I am not always able to get the woman to stop walking, no one is. I'm travelling at the moment, and a few days ago I approach a very gorgeous blonde girl. I did everything I usually do exactly the same, but she didn't stop. I even

accidentally dropped my sunglasses on the ground, and she accidentally kicked them 10 feet along the ground, and STILL she didn't stop! Some girls just won't, but you will get the vast majority of them to stop walking if you do as I say and plant yourself on the spot to deliver your line. No matter how far away they get, DO NOT FOLLOW HER

Farmer, how do you deal with sets in daygame that body-rock and look like they want to walk away because they're shy/embarrassed or they simply just wanted to hear your compliment and leave?

I've used, (*smiling/exaggerating*) "Don't walk away or you'll make me sad! I plucked up so much courage to meet you!" It kinda works-ish.

Also there's Sasha's, "How can you walk away when I have just fallen in love?" Haven't tried it yet.

I don't do any of these things - using these lines acknowledges the fact that she is walking away from you, and buys into her frame and lets her dictate the tempo of the interaction. They also sound really needy in my opinion.

All I do is stick my hand out and say "Hi, I'm Farmer" in a way that completely expects her to shake my hand and introduce herself too. It is very socially difficult not to shake someone's hand when they offer it to you.

Doing this has two effects - 1. it shows her that you are about to enter a conversation, and that you didn't just come up to her to compliment her. 2. it initiates physical contact straight away.

If this sounds like it won't work, try it first. Root yourself on the spot, stick your hand out if she body rocks and expect her to shake your hand. Don't follow her or acknowledge the fact that she is body rocking. In the vast majority of cases, she will shake your hand, and now you're in a conversation.

How often do you get blown out immediately after a direct approach?

To answer your question, I'm not sure of the actual figure, but I guess I get blown out immediately between sometimes and half the time. With good body language and sub-communications you will usually be able to stop her and deliver your line. But sometimes girls just won't stop, no matter who approaches them.

How do you recover from a blowout?

This is partly an inner game issue. Don't let any blowout affect you. Especially

when going Direct, there is more of a risk/reward ratio, where fewer girls are likely to talk to you, but if they do they are more likely to go on a date with you.

During the day, it depends on what venue it is. If you are in a small social venue, not a bar or a club, where people can hear you and she has friends in the same place, then this is more social circle. But if going direct here, you need to make sure you convey as many attraction switches as you can *before* you approach her. Social proof the room. Apart from that, most of the time when approaches don't go well, to other people it just looks like you exchanged a few words, and then you left. As long as you leave smiling, people will think it was a good interaction.

Sometimes I approach girls I have already approached, and this fear of re-opening girls affects my other approaches.

As for approaching the same girls - it happens, even in a big city like London for me. If it's a genuinely small community, then doing too many approaches in a short space of time might harm things for you socially. If you do approach the same girl twice, act like it's no big deal, it shouldn't be. Don't let it affect your state of mind.

Other than that, if it's a small community and you seem to be seeing a lot of the same girls, it's time to work on building your social circle so you can meet girls through that.

How do you approach a mother and daughter?

"I just saw you two walking past and I had to meet you. I think you're friend here is absolutely gorgeous." etc, then she'll say she's her mum, you can act shocked etc and then build rapport and attraction to both of them. Or just do exactly the same as normal, direct on the daughter, and then ask "So how do you two know each other?" as your transition. Make sure you win her mum over first.

How do you approach a mixed set?

I don't normally approach mixed sets in the daytime. It is very highly likely to be her boyfriend during the day, so my time is better spent talking to other girls. If it is a larger mixed set, then I possibly would if she was worth it. Super direct is my preferred method, "Excuse me, are any of these guys you're boyfriend?" "No" "Great, I had to come and meet you, I think you're absolutely gorgeous" etc...

Obviously if she says yes politely excuse yourself.

How to open direct on a young group of girls and are you worried that her friends will laugh at you?

Depends how young! Never worry about what the friends will think. 99% of the time they think it is incredibly romantic and very confident of you to do that in front of all of her friends. They will like you more because of the fact that she is with her friends and not on her own, which would be easier. So don't worry.

I would go direct on her, but then make them feel ok by telling them they are all cute, but you just have a thing for XYZ girls. Sometimes this line isn't needed if the girl seems to be already attracted or the friends smile and giggle etc to show they like it.

Bear in mind that it will be difficult to get them all to stop walking if it's a large group. Generally, the group will want to keep moving, so make sure you open loudly and confidently.

Is it ever too late to approach direct if you've seen her a few times, ie how important is spontaneity?

A lot of the time, yes, spontaneity is preferable and makes a direct approach during the day a lot more powerful and romantic. But you can also create a romantic situation by doing something that I've done a few times after seeing a girl on the morning train and finally had the logistics to approach her. This is only applicable if she has noticed you a couple of times too, otherwise just do your thing because she doesn't know that it isn't spontaneous. I would normally say "Hi, I've seen you a couple of times now and I would be kicking myself all day if I didn't talk to you this time..."

A lot of the time, you can sort out a lot of your problems by acknowledging the situation and being completely comfortable with it. For instance, I've gotten away with saying this before in a club "Hi, my mind has gone completely blank but I knew I had to say something, so hi, I'm Josh" when my mind really had gone blank (happens to the best of us...).

Do you shake hands with a girl when you daygame?

Yes. It is a basic social gesture. Plus it conveys the fact that you two are about to enter a conversation, plus it starts the physical touching early on.

Ask her name, introduce yourself, stick out your hand.

Can I kiss her hand when introducing myself or is it better to shake hands?

I have never tried it, but I imagine it would probably not have the romantic vibe you're looking for. If you can pull it off with humour, ie. making it playful, or if you are a French aristocrat, it might work. Go out and try it, but this is such a small part of the overall interaction, and kissing her hand instead of shaking is likely to get you rejected more often than just shaking.

How do you approach direct if you have strong eye contact from a girl first in a bar?

This situation is a great time to go direct! It usually means that she at least is attracted to your appearance and/or your social value in the club. I would normally just go up to her when she looks away and say a shortened version - something like "You're absolutely gorgeous, I'm Josh". If you feel that you can deliver a line with a cheeky vibe, then try "If you look at me like that you can also talk to me, I'm Josh". Then proceed into qualification to find out where you are and if you need to run any more attraction material.

When you say that it's obvious that you like her if you lock eye contact, you should improve on this mindset by always thinking, I find her physically attractive, but I'm not yet sold and need to find out more about her. This will give you the right frame to deliver a direct approach and lead into qualification.

Is it better to have decent social proof and preselection in night time for a direct approach?

It is not absolutely necessary, you can go out and approach well without social proof. But your approaches will generally go better if you establish social proof, or create 'smoke and mirrors' social proof (just asking quick situational questions to groups, makes people think you know everyone).

For a direct approach, it will be more successful the more social proof you have. [Basic attraction triggers](#) - social proof and preselection. When you approach her with a direct approach, she has only a split second to assess you to see if you have enough value for her to talk to - she looks at your body language, fashion sense, tonality, etc unconsciously (ie. your 'thin slice'). If this is all she has to go on, sometimes she will reject you if these things aren't absolutely spot on.

So it makes things easier for you, and improves your thin slice, if you have a lot of social proof and preselection - when you approach her now, a lot of her thin slicing of you has already been done when she has seen you interacting with other people. ie. you have already pushed some attraction triggers before your approach.

This is what happened with this girl. She decided, just from your initial approach and everything she could summarize about you in a split second, that she didn't

want to get to know you. But after seeing you preselected and social proofed, she has changed her mind.

You should definitely approach her again if this happens.

How should I respond when women go direct on me?

If this is happening it's a good sign that your [subcommunications](#) are good and you probably have a lot of social proof. But don't think that just because these sets don't go anywhere, that your whole game needs work. That's like Federer missing a couple of cross-court backhands and thinking his whole game is rubbish. He just needs to work on one small aspect.

In these situations I would either be funny and do something a hot girl would do to me:

"Thanks, but I'm not just a piece of meat, I have feelings too..."

"Thanks, but my eyes are up here, not down here (pointing to your chest)".

ie. keep the frame that she is the sexual aggressor. You won't need to keep this up for long as she's already somewhat attracted, so switch to a normal conversation soon and qualify her to show her you have a normal side too.

For more funny lines and routines, check out the [Routines Manual](#).

How do you normally open girls in coffee shops and other places where there are other people within earshot who might listen to you? I never feel comfortable going direct in these situations and I don't really have much of an indirect stack so I usually wuss out.

The awkwardness doesn't arise from people hearing, you should definitely go direct even if people can hear. These are situations where if you went direct and she wasn't particularly responsive, it would be awkward for her to stay in the cafe for another half hour. So I always approach a girl in a cafe when she is leaving, or when I am leaving. It relieves the pressure. This is one exception to the 3 second rule - it's ok to wait a while until either one of you leaves.

Any advice for people approaching in small towns?

I've never lived in a small town, but I would imagine that if you do really see the same people every time you go out, then **a**: you won't be able to get a lot of practice done before you've approached everyone and **b**: because at first you'll be miscalibrated then you might get a reputation for being that pickup guy.

I would keep travelling to London to practice. Treat your home town like your social circle for the meanwhile. Don't go direct until you know you can pull it off

without awkwardness. Get the volume practicing done outside, then go direct in your town once you're polished. That way you don't go direct on everyone and there's no one left.

How do I start chatting up a girl on the subway?

If it's the train you need, then get on the same train and try to subtly get next to her and start a conversation. If it's obvious that you are trying to get close to her by walking the entire length of the carriage then you'll have to go direct (because it's weird to walk up to her and go indirect if there are 50 other people on the train you could ask) and you might experience some social pressure if people can hear. If you can get proximity without her noticing, then (and this is against the main idea of this thread, but this could count as an exception) go situational and ask her what she's listening to, or what she's reading, or comment on how busy commuting is these days - and try to transition off that into an interesting conversation. She'll know you're trying to chat her up, but she'll be thankful for relieving some of the social pressure.

Summary = if you can't get proximity to her, go direct by walking up to her, or go direct when she gets off the train. If you are next to her already, go situational.

Can you predict which girls will be open to an approach and what do you look for?

I like talking to all girls I find attractive. I can guess which girls I will probably get along with better, but all the time girls surprise me by being so different to what they look like. Super hot girls are usually really easy to approach, as are girls who are walking slowly, standing around or sitting in a cafe, waiting for something interesting to happen to them. You will need to do thousands of approaches to work out which girls will be open to being approached by *you*.

How do you deal with nervousness and does it go away with time?

I was nervous like this when I first started to talking to strangers in bars and on the street. My lips would quiver and my voice would shake. But it does go away after a while. The physical reactions to your nervousness will disappear, but you will probably still feel nervous inside, this never goes away.

We're all human, and nervousness is a basic reaction to new experiences. I get it still now, especially when I see an exceptionally beautiful girl. I have to consciously make myself speak slower, take pauses and calm myself down. IT IS NOT A WEAKNESS - we're human, I like this nervousness, it lets me know when I *really* like a girl. The difference now is that I can control it and direct it into *excited energy*.

For now, I would suggest using the exact same line as your opener every time, so you know exactly what you are going to say for the next 25 approaches. This frees up your mind and your mouth so your brain can concentrate on body language - speaking slower, standing up straighter, less erratic hand movements etc. Concentrate on this until you can deliver your line without nervousness.

Yes, after 2 or 3 approaches, you will feel a lot less nervous and will place less emphasis on the outcome, which is one of the sources of your nervousness - thinking that every set has to go well. So, to speed this up, warm up by approaching 3 groups with a functional line - "Hey do you guys know what time this place closes?" to get you used to approaching strangers. For [day game](#) ask people what the time is. After this, you should be less nervous.

Transition

How do you proceed without starting to ask boring questions like where are you from and so?

In [day game](#), these aren't as boring as you'd think. The aim in day game is to have a normal conversation where you can relate to her in various ways. Asking 'where are you from' will be interesting if you know where you're going with it, can transition into other conversational threads smoothly, and can transition into that question while grounding it to something. It will be boring if you just ask her a series of rapport-seeking questions without offering anything about yourself that is relevant to what she said. For example, this would be an interesting snippet of conversation using what you suggested: [starting after the opener and exchange of names]

Me: "You know, you have a great fashion sense, I'm betting you're not from around here, where are you from?"

Her: "Thanks! Yeah I'm actually from New York"

Me: "Oh that's cool, I've never been to New York but a friend of mine works over there and she loves it. What are you doing in London, just travelling around?"

Her: "Yeah, I flew in last week and then I'm off to France"

Me: "That's interesting, I find girls who travel really attractive. I've actually just got back from LA and blah blah blah" - and you're away into an attractive conversation about travelling.

Generally, you want to ask her a question and then offer some value of your own that is relevant to her reply, like me saying I have a friend who's in New York (a female friend, showing possible pre-selection). Follow up her answer with some statements about yourself before asking her another question.

Some things to bear in mind here and some things to put into practice:

- [Running out of things to say](#) is a good sign. It shows you're progressing well if this starts to happen - we all went through it and when you fix this particular problem your results will improve dramatically
- I would normally say that you should ride this situation out for a week or so more, without learning any [routines](#) etc, so your brain naturally gets used to coming up with things to say. Say anything at all to keep the conversation going. But I think you've probably done enough of this so

read on

- In [daytime dating](#), it is crucial to come across as a three dimensional person, and someone she has some rapport and comfort with. But it's also crucial to reserve some mystery about yourself so that she is intrigued about you and wants to find out more by going on a date with you. So the trick is to give enough attractive information about yourself, without telling her everything about yourself - remember, you are talking to her to find out whether she fits what you're looking for in a girl, which leads onto
- Write down 3 things that you do or have done in your life that you can talk about with passion. Things like travelling, sports, music etc. As well as writing down the factual things, what they are, also write down how they make you feel and why you like doing them. This is so you can connect with her on an emotional level.
- Now write down 3 things that you want in a woman. Usually these will be similar to your interests above, but they might not. Things like adventurousness, likes travelling, dances.
- Now you should have things to talk about. You want to find out whether she has the 3 qualities you are looking for, and then present to her the 3 qualities and exciting things going on in your life. The art is smoothly transitioning from one subject to the next, which is a huge topic that is taught in Daygame seminars. It is similar to qualification and comfort stages, so read those chapters again in [Magic Bullets](#).
- For now, an easy way to transition into these topics is by a cold read. The model you should use for now should be 1.Cold read based on 1 of 3 qualities you are looking for -----> 2. Transition from her reply into -----> 3. 1 of 3 qualities about yourself.

A typical example, based on travelling, would be:

You: Hey you don't look like you're from around here

Her: No I'm from New York

You: Oh cool, I've always wanted to go there, I think I'd like the jazz bars there, so do you like travelling?

Her: blah blah

You: That's cool, travelling is one of my passions, I just got back from Mongolia where I was... (and into an attractive story)

Make sure you display enough of the attraction switches in your 3 qualities about yourself and you should be fine.

- Quick Summary = If you ever find yourself running out of things to say,

ask her a qualifying question - so do you like X Y Z - or cold read her - You look like X Y Z. Use her reply to transition into something you can talk about with passion

What do you normally follow up a direct opener with to continue the interaction, do you want to make her laugh?

It is a good idea to get her smiling after such an intense direct approach. Saying something funny will make her feel comfortable with you. It doesn't have to be anything super funny or amazing, just something that lets her know you are normal and have a sense of humour, rather than an intense, direct, guy. Something like "So what are you doing today apart from chatting up cute guys?" is a classic, and will be fine.

But generally, I usually transition from a direct opener using something situational, and the usual question is, indeed, "So what are you up to today?" I don't know where you heard that you shouldn't use this, but it's good to use because it normalizes the situation after a direct approach, which is important. This doesn't put too much pressure on her - she will normally say something like "I'm just shopping/on my way to meet friends" etc. THEN IT IS YOUR JOB to [steer the conversation onto topics](#) you can display your attractive qualities over.

If they are rushing off soon after answering such a question, then I would assume it is more a problem with your delivery/[body language](#)/approach than asking these transition questions.

How do you keep a girl talking to you after the opener without walking away?

It's really hard to give any advice on this without seeing you in action. What you're saying is absolutely fine, so it is probably your [sub-communications](#) and body language **if it keeps happening**. It happens to me still, some girls will just walk away, but if it is a regular thing then look at your body language and tonality etc. Make sure you are rooted to the spot, ie. not following her while talking, and that you offered your hand to shake

Attraction

How do you build attraction during the day?

Wow, huge topic.

The bumper sticker answer is - the same as you do during the night time. By displaying the attraction switches and qualifying her. If you don't know how about the attraction switches or how to get a girl attracted to you then read the dating industry bible [Magic Bullets](#). It contains everything you need to attract the girl you want.

You do it in a slightly different way in the day than you would at night - hardly any teasing, role plays and high energy state-based attraction stuff.

What is attractive during the day is confidence, dominance and conveying your passions, along with the other switches.

Attraction should usually be over within 10 seconds to 2 or 3 minutes, ie in a very short time. This is accomplished with a mixture of confidence in stopping her in the middle of the day, your directness, conveying your passions in life and connecting to her on an emotional level.

The major difference between [daytime dating](#) and nighttime dating is how you structure the conversation. In daytime dating, you are consistently rotating through conveying your passions, then finding out more about her, then relating to those things on an emotional level with her. This is called Rapport.

Do you ever use canned attraction routines after your opener? Or do you just naturally transition to a conversation? If you use routines, could you give some examples?

I don't use [routines](#) as such, because [day game](#) is a lot more rapport based - attraction is usually built within a minute, and from there it's having a normal conversation. I use routines in the sense that I always steer the conversation to things I can show value with, my interests and hobbies etc, and I end up saying a lot of the same things. But it is mostly qualification/rapport/comfort rather than bombarding her with attraction routines. I use lines a lot the time like "So what are you doing today apart from hitting on cute guys on the street" so you could classify them as routines, but nothing longer than that.

Which routines do you use in the daytime during a direct approach?

Be careful of turning into the guy who is a dancing monkey, always thinking that he has to entertain girls and make them laugh. This is not the case.

A lot of guys who start practicing dating skills get addicted to learning more funny lines to use in attraction, pumping her state and getting her excited and attracted through humour. Although this is good, a good interaction is generally more like this: Normal conversation, normal conversation, normal conversation, SPIKE, normal conversation, normal conversation, SPIKE. The spikes are funny lines or short attraction routines. But your main aim is to be having a normal conversation and to pepper in the funny lines.

My style when I am out chatting to girls is not to get them laughing their arses off, but to get her smiling, then into a conversation where I can play off what she says to make small jokes. This is my style, I am very dry with english wit.

What I would say here is that it is, as you say, important to amuse yourself. A big mindset of an instructor is to have a very self-amusing attitude, where he says lines and funny things/talks about stupid stuff because it *interests and amusing him* rather than seeks a reaction from her.

The problem with me is that I am too nice... I know this is a problem with my inner game and I'm trying to change it, but I constantly come out as the "nice guy" who is not confident enough.

Your female friend is right - you do need to demonstrate sexual appeal. This is something I struggled with a great deal at first too. I'll be writing a proper post about it soon, but for now there are some things that will help you a great deal

- Listen to the [No More Mr Nice Guy Interview](#) with 5.0 and Sheriff. There is a real difference between being *the* nice guy who buys her flowers and buys her dinner and generally supplicates to her every want, and a nice guy who opens doors for people but is dominant and doesn't take people's shit. The latter is very attractive.
- You can say normal and polite things while still being sexual. To be truly honest, the way I do it is, when I am talking to her, imagine that I am bending her over the table and doing her right there. If you feel that yourself, she will feel it and you will project a very sexual presence, while still talking about the weather. It's difficult to describe on paper, but trust me, it works.
- Work out what your boundaries are and don't let people cross them. The nice guy let's people get away with treating him badly because he wants everyone to like him. You waste a lot of your life by trying to make people like you.

- It's perfectly fine to be gentlemanly during [day game](#), it's very romantic. But the difference between being an attractive gentleman and a nice one, is that you need to be dominant - lead the interaction, lead her logistically and have the balls to escalate, ie. by taking her number, asking her out etc. Nice guys don't have the balls to do any of that stuff.

Summary - being an attractive and sexual guy while still being nice is very doable and is my exact style of game; what you say doesn't change, you just need to cultivate your dominant side.

How do you disqualify yourself in direct - joking or serious?

The way I do it is to say that kind of thing with a smirk and in an obvious way to show I don't *really* mean it - but the fact that I said it still makes her a little worried that I might actually mean it. In short - I push her away with my words but pull her in with my body language, touch and smile. In my opinion, disqualifiers like this should always be delivered in a smirky way.

If you want to do it seriously, then make sure you make her aware that you're not serious very soon after, otherwise she'll believe you.

How do you use disqualification in Daygame and how is this different from a takeaway?

A takeaway creates tension, making her feel the loss of your attention, which ramps up her attraction because only a high value guy would be willing to risk walking away from her. Remember it should always be followed with a pull, after the push.

A disqualifier is different. It is saying things to a girl that someone hitting on her would *not* say. My comment above about her losing attraction was because we are talking about using disqualifiers while using direct openers - which is incongruent. Why would you start using serious disqualifiers after just telling her you are hitting on her? That's weird *unless* you say it in a playful way so that she knows you don't really mean it.

This is the reason I suggested doing it playfully, not seriously. Going direct, I don't use disqualifiers, and if I do it's more like a tease, or a takeaway, because you've already told her you are going to start hitting on her. Disqualification was invented along with the indirect approach so that you can come in under the radar and raise your value relative to hers through attraction. You do not need it, nor should you want to use it, with direct approaches. Your value is already higher than hers, you're awesome, plus she knows you're hitting on her. So any disqualification done seriously will come across as miscalibrated.

Do you use disinterest in Direct approach to present yourself as a challenge?

It's a little incongruent to be disqualifying yourself when you were so direct during the day. You can disqualify a lot in night game because it is a much more high energy environment and it is fun for her to work for your attention. But during [day game](#) you can make her work for your attention by simple qualification. You will be focusing more on qualification and showing her your passions and interests in life, and not much more disinterest apart from very light teasing.

How do I present myself as more of a challenge?

The key to being more challenging is not to reward too early on without digging deeper about it, to show that you have options and aren't easily impressed.

Something like this is bad:

You: So what would you do if you had a million pounds?

Her: I would travel!

You: Oh that's so cool, I love it that you like travelling, so what do you do for fun? [etc]

Delve deeper, don't act too impressed, find out where she has travelled, where she wants to travel, why she likes it, what she feels about it, why it excites her. Get to the emotional content behind what she is saying, and compliment her on that. I.e. loads of women like to travel, but what makes her different and what does it mean to her. [Using travelling just as an example]

Never worry about being too picky - the more desirable to woman, the more picky you will have to be because it's much more important that you can compliment her on things other than her physical looks. Just remember that you will eventually have to let her win you over.

You can be picky by the way you delve deeper into her answers, rather than having a list of qualities that you tick off. Being picky here is more like not allowing yourself to be easily impressed by her first answers. This is the reason I use emotional qualities (intelligent etc) or lifestyle qualities (is sporty and likes being healthy) rather than concrete things (is a lawyer, has a great car) because these things manifest themselves in different ways in different girls.

How much teasing is too much?

Girls love teasing, and it is an attractive trait, but overtease and they get bored quickly - they expect you to keep moving forward and want you to guide them

through different emotions (namely: attraction, qualification, comfort, seduction). When you don't move forward, they give up because the same emotion all the time is boring. In your social circle situation, keep teasing her, but also qualify her and talk to her normally too, guide her through different emotions. In [day game](#), a small tease to get her laughing is all you really need.

What are some good topics to talk about with a girl (daygame/direct)?

Wow this is a huge topic that we go through in the two-day [Day Game](#) Seminars. At a basic level, in the day, you want to talk about things that you can give value about - ie. things that you like doing and can convey an attraction switch about and talk authoritatively about. You need to be the one giving value. So for me these things are travelling, dancing, running and music. Think about the things that you do and enjoy, and figure out how you can convey one of the attraction switches using that stuff. This is a contrast to the beginning stages of night game, where you are either talking about things that interest women (if indirect, things like dating, relationships, celebrities, fashion etc), or teasing and role-playing, before going into the qualification topics.

What to do when girls give you one word answers during your approach?

This is the nature of a direct approach. Sometimes it hits hard and it's an easy road, sometimes it doesn't hit at all and it's a quick shut down, and sometimes it happens like you say, where she seems a little hesitant, but doesn't close you down.

You need to calibrate what you say next depending on how she reacts. 'tell me something interesting about yourself' is a very hard qualifier - she would need to be totally and utterly attracted to you to answer this question. So only do this if you feel that she is very attracted to you.

If you get a lukewarm reaction, or she seems a little shocked, then don't go straight into qualification, but continue with attraction. As I said in one of my first posts in this thread - a lot of guys think that going direct means they can skip attraction because it happens quickly, and sometimes this is not true. So as long as she's still standing there and doesn't want you to leave, continue with attraction stuff for a few more minutes.

How do I deal with silences in interactions?

Don't be afraid of silences. If you are actually doing an activity then it's fine to concentrate on that for a bit. Don't feel that you have to do all the work all of the time - it's also her job to be interesting and hold your attention. So when silences arise, make sure they are because of your boredom/because you are

doing the activity, rather than you running out of things to say in reply to her interesting conversation.

Is it good to say things like 'you like me, it's so cute etc'?

Yeah I use these quite a bit, but only when the moment comes up. I don't go out of my way to look for opportunities to say these things. I actually said something like this last night to an English girl who is travelling here:

Her: Oh my god you're so posh!

Me: I know, and you're so common, you love it!

She laughed, because she was already attracted and we were vibing like this for a while, just teasing back and forth. She wasn't really common and I wasn't trying to neg her or anything, I was just putting up a silly contrast for comic effect. Also, it is attractive because it shows you are confident enough in yourself not to get defensive when people say these kinds of things.

How do you turn things sexual in daygame approaches?

Read Cajun's articles on [Body Language](#) in his classic writings section.

Be absolutely comfortable with your sexuality and accept as a fact that it is okay to want, desire and to sleep with women. When you look at women, look at them in a way that communicates that, as a man, you know very well that you could throw her against the wall and take her right there. This is perfect for social circle and [day game](#), as it communicates that you are a sexual being, without needing to verbalize it which would be strange in those settings.

How do I build attraction in my social circle?

This is not my specialty, so what follows is a basic level. To find out more about social circle attraction, listen to the audio series on Social Circle, and look into Braddock and Mr M's Social Circle Mastery course.

The important concept in social circle during attraction is Mr M's wax on/wax off attraction. Wax On attraction is when you are talking directly to her, telling interesting stories, qualifying her, teasing her. Wax Off attraction is when she sees you interacting and flirting/bantering with other girls, and also when she sees you interacting, and preferably being in control of, other men and groups.

It is crucially important to make sure to do Wax Off attraction - you do not want to focus all your attention on her whenever she is in the room. Remember that girls get attracted to guys whom other girls are attracted to - preselection. Flirt

lightly with all the girls, and if they become attracted to you a waterfall effect will happen whereby the other girls will start to be intrigued about you - ie. they wonder why the other girls are attracted, and start to look for those attractive traits.

So in a work-type setting, (which I really do not suggest because you should never dip your pen in the company ink) this would mean telling her an interesting/funny story, and teasing her lightly about stuff she does/says. **YOU WILL NOT BE ABLE TO DO THIS COMPETENTLY AT WORK UNLESS YOU CAN TEASE GILRS WITH GOOD RESULTS IN GENERAL. Do not try to tease girls at work unless you know you can do it in a bar or during the day with girls you do not know and who do not know you. Otherwise this will backfire at work, and you are stuck with these people 5 days a week, 8 hours a day.**

Then, more importantly in a work-type setting, you should be doing wax off attraction. The more attraction switches she can **observe** about you when you are dealing with other people, the more attracted she will become.

Qualification

How do you recommend Qualifying her in Day Game with direct approaches?

Qualify exactly the same as whenever you qualify a girl. Make sure you know what you're looking for in a girl and get her to tell you if she is those things. Lead into it with a good value statement about yourself, and then ask a qualifying question. The example I gave above of an interesting snippet of conversation contains the question "do you like travelling" = qualification.

Qualify her on two or three things, then escalate by asking for her phone number or an instant date. If she agrees to either of those, you've done enough qualification and you can move to comfort. If not, cycle back to attraction/qualification and build more rapport.

Can you give me some pointers in creating a list of qualities that I should look for in a woman?

Remember first that Qualification is both your chance to find out about her, but more importantly her chance to attract you and win you over. THIS is the reason you need to be challenging. If you are not, she may think that she is higher value than other women you have dated, or that you don't have many options.

The problem is that the more physically desirable the woman, the less she has typically had to work to attract men, and so needs a little help in giving you information about herself that you can show your interest in.

The qualities or things I look for in a woman are, at a basic level: intelligence, open-minded, creative. This manifests itself in lots of ways, and your job is to find out what things she does or likes doing that fit into those categories. Women are all different, and they will show these qualities in different ways, but usually I like *intelligent* girls to be *well-read*, I like *open-minded* girls to have done some *travelling* and *creative* girls who are *dancers, artists, musicians, photographers* etc. I say this, because these are things that I do and am interested in, but also these are things I can display a *lot* of value about. So the quicker I get the conversation onto these things the better.

How do you qualify in daygame and how do you relate emotionally to her?

Ok. Fundamentals. The mindset you want for this is that you saw her and were attracted **physically**, but because you are a high value guy with lots of choice in who he dates, her physicality has got her a foot in the door with you, now you want to find out **who she is** and if you two get along. You are confident, so you

express your desires unashamedly, but you aren't yet bowled over by her beauty because you meet beautiful women all the time. If she has a great personality and dreams and passions to go with her astounding beauty, then she is worth taking on a date.

Always keep that in mind during your approach and your attitude during qualification should align naturally.

What to do when she doesn't 'pass' your qualification, but you still like her anyway?

A lot rapport building in [day game](#) and social circle isn't about sharing common interests. It's about relating to the same emotions. You like public speaking but she likes dancing = you *both* like the adrenaline rush of performance and they way it makes you feel. Relate to the underlying emotion of what's she's saying. You probably like her because you both share common emotions about two different things.

What do you do when you approach a beautiful girl, get her interest, qualify her...and then find out that she is completely not your type?

You should tell her it was nice to meet her, and you enjoyed talking to her, and to have a nice day. Then leave. If she doesn't meet your standards or you have nothing in common, leave. Life is too short to hang around people you don't share common values with.

Comfort

How do I keep attraction high while in comfort, her attraction seems to plummet after qualification?

Keeping attraction high in comfort can be as simple as giving her a release after giving her a very hard compliment. Giving someone a very good, hard compliment during comfort can be very effective, but it can also make someone uncomfortable to receive a massive compliment - always try to release that tension during comfort by using a light tease afterwards - "too bad you're such a dork" is a classic example, but there are others. It keeps it from getting too serious.

For qualification, it sounds like you might not be probing far enough into her answers. She might think you are too much of a walk over if you just accept her first answer and compliment her for it. Don't think of it as a test that she has to pass, otherwise if you are physically attracted to her already you might make it too easy for her to pass it, and she'll notice and lose attraction for you. Think of it more like really finding out whether this girl measures up to the qualities in girls you want, *and be willing, and have the attitude that you will, walk away if she does not*. I have ended interactions during the day when the girl I was talking to didn't have any of the qualities I wanted in a girl. I wasn't going to let her win me over simply because she was physically hot. Don't let her get away with her first answer, probe her more about it, **be more of a challenge to her** - I feel that you aren't really being very challenging.

How to end the interaction when it's not going well or you don't share any commonalities?

I can't see how you would be having a **great conversation with a charming girl** if you had nothing in common or no emotional connection. It seems like you are looking for XYZ THINGS rather than ABC EMOTIONAL qualities/ LIFESTYLE qualities. People connect to each other with emotions, not logic. Having a list of things is great and being specific is great, but remember that if you really are enjoying the conversation with her, work out WHY you are - often you might find out that you actually like her because of X, and X is something you never realized you liked about girls.

Let your instincts guide you - if you are having a great conversation then obviously there is something that you like about her, and a reason you two get along so well. Find that reason. Get a thesaurus and find words you can use to define what these reasons are - independent, adventurous, motivated, confident, ambitious etc etc. Much better to compliment her on things like that,

rather than saying you like her because she swims every morning, for example.

But if you are not having a great conversation, or you can't qualify her because she really doesn't have anything going for her other than her looks, then simply say you've had a nice time meeting her, and to have a nice day. Girls don't invest as much into an interaction as men might, so she might be a little miffed, but if she's attractive she'll know that another guy will be along soon to entertain her. Don't worry about it.

This happens. Girls sometimes aren't that good at flirting. Especially if they are young and very attractive, they won't have been expected at any point in their life to show their true personality to guys because of their beauty and what they can get away with because of it. Rest assured though, if she really is trying to answer your questions with good answers, you can be pretty sure she is attracted to you and wants you to like her.

I normally help them along by framing them. In short, I will say something that I like about her, or something I would like her to be, while talking about something I like, eg: "You know, I find girls who travel really attractive, because it normally means they are much more open to new experiences and confident in themselves. So, do you like travelling?" Notice how I've basically told her how to attract me to her.

What do you do with girls who may be NICE and FRIENDLY after you directly approach them, but you're not sure if they're being nice purely out of social convention?

The thing with a direct approach is that girls are less likely to act in this way just to be social. You've made it clear that you are attracted to her looks, and if she is acting this way, then she is at least giving you the opportunity to keep going.

However, remember the Gay Bar IOI test. Anything that a girl does to you, that you wouldn't do to a guy in a gay bar, can be taken as an IOI. Ie. if a guy came up to you in a gay bar and told you he thought you looked sexy in that outfit, would you act in a nice and friendly way to him, or would you politely tell him you weren't interested?

Secondly, the true [litmus test of Attraction](#) is to escalate. If she is being nice and friendly, and you escalate either emotionally (into Qualification), logistically (moving her around the bar) or physically (touching her beyond social touching) and she is receptive to any or all of those, you can be sure that she has some attraction for you. If she shuts down any of these, you may need to work harder to attract her, or go and find another girl.

How long is the usual daygame interaction?

On average between 5 and 10 minutes. Enough to attract her, and build a lot of comfort and rapport. I am always [shooting for a solid date and phone number](#), and leaving after that once I have her number as a receipt for a specific day for a date.

How do I isolate her while in a social circle setting?

In this situation, unless you two have insane attraction for each other, and the group know this, then it might be ok to take her away for such a long time and so far away from the group. But remember - you are out with everyone else having a good time, it would be strange to leave everyone and go off with a girl you just met; she might feel awkward in front of her friends.

So personally I wouldn't isolate so hard, and definitely don't just take her hand and expect her to follow. This kind of dominance is ok for a night club, but not in a low key social circle setting.

Isolation is more about getting to know each other 1on1 - you don't need a huge physical divide between you and the group. Just bantering with her on your own a few metres away, or playing pool with her as your partner are great ways to mini isolate without creating an awkward situation. Attraction is also built up by how you interact with the group - she sees you as a social guy. Isolating her by taking her away for a walk shows her you don't have much social awareness, which could kill all her attraction for you.

Lastly, isolating like this doesn't really convey direct interest. She should always already be attracted to you before you attempt to isolate, otherwise she won't be compliant.

Dates

How do you set up a date after getting the number?

It's the other way round for me. This little technique made my date plans and game much more solid when I learned to do it. I only take the number when I have arranged to go on a date with her, kind of like a receipt. So after building enough rapport, I ask her if she wants to meet for a drink. She says yes and I ask her what her week looks like - getting her to suggest a few days. I choose one that suits me, and only then do I ask for her number "in case my plans change or you need to get in touch" or something similar. The aim is to get the date set in stone, and then get the number after.

What to do when a girl declines a date invite even when she seemed interested and qualified herself?

Try moving her/building touch with her. You've moved up the emotional ladder through comfort, but you've hit a roadblock. Move up one of the other ladders and then proceed after this.

She's not going to start dating you without any physical contact. You've practically answered your question here. I think the problem is not that you can't qualify etc, I think you're doing this a lot better than you think, but you just don't escalate physically. Getting this sorted will quite possibly explode your dating life into the stratosphere.

With this girl, I believe this is the mistake you made. No physical contact beyond minor social touching. Physical escalation is a huge part of getting your dating life handled - you really really need to practice this.

Again, the difference between a sexual relationship and the friend zone is physical touching. You can walk her through the entire emotional progression, short of seduction, and still be in the friend zone without romantic and sexual touching and sexual intent towards her. I can't emphasize how important this is.

How do you set up a concrete date after getting her number if she doesn't seem too keen? I've heard that I should set up dates on weekends; I was thinking the fact that she was unwilling to meet me any other night could have been an IOD, because a woman who is really attracted would probably make time sooner to see me?

No, no and no. Just no. It might happen that this way, but rarely. When women are super attracted to you, they will still honour their prior plans with their friends. They are not going to cancel on them - you two have only known each other for 30 minutes and you don't yet warrant her cancelling on friends she's

known for years. Again - women act differently in this regard to men, they don't get as invested in new people they meet, and you shouldn't either. It is a great thing that she's agreed to a date and suggested a day! Go along with it.

Sometimes I can be pretty absentminded about my future plans, and when people ask me it takes me a while to think about what I'm doing in the next couple of days. It's the reason I now have Blackberry to do all the thinking for me. Girls are the same.

To be honest, "Maybe we can meet up on day X" sounds like a very positive reply! Say "Great, I'm pretty sure I'm free that day. There's this cool bar I'd really like to show you, I love it there."

You've essentially now set up a date. BUT you will still need to confirm later. Boys and girls act differently when asked out/ask people out. We will pencil in that girl for that day and generally act as if it is a concrete plan. Girls, however, never think that the date is concrete because they don't put as much investment into these things as we do. This is a main reason why girls flake, not because she's not attracted, but because she never thought it was a concrete date anyway. YOU SHOULD START ACTING IN THIS WAY TOO. I.e. if she texts to say she can't meet, don't act like it's ruining your plans - just act as if you, too, had other plans that you can now go and do. Better yet, actually HAVE other plans you can do if a girl cancels.

So you're doing fine. Confirm on the morning of the day, something like "Hey X, you still up for that drink tonight?" to handle logistics. This also implies that you didn't think the date was absolutely set in stone

I usually do suggest a couple of days and let her choose, but if she's really not giving you an exact day, then agree to text her later on and don't pressure her. It seems like you have only set up a 'few' dates. Set up 25 more and see how it goes. I think you need a bigger sample size to really pinpoint if things are going well or not.

Advice about dates on a weekend - I am very busy during the week and don't really like staying out late on weekdays. I set up dates on weekends and it has never been a problem. Don't let this 'guru' advice stunt your dating skills at this stage. Set up a date whenever you can - it's illogical to refuse to date a hot girl just because some random 'PUA' reason. Do you actually have plans/friends on Friday? If yes, meet her an hour before and then take her along if she's cool. If no, don't lie and try to act like you do have plans, she will see through it.

Do girls ever give you their number but you know it's not going to lead anywhere, sometimes they give their number without enthusiasm?

I wouldn't read too much into 'enthusiasm' as sometimes it's impossible to tell if

a girl is enthusiastic or not about you. Sometimes women will be reserved and hide their feelings while still liking you a lot.

So yes, sometimes I feel that the number might not be solid and she might not reply, but a lot of the time they do reply. If you've had an attractive conversation, found out about her, complimented her on those things and built comfort with her, then you've done all you can. The rest is as changeable as the weather.

The only way you know is just by doing. Pay attention to what she does, rather than how she does it or what she says while she's doing it.

When you meet for the drink or whatever the date is, do you try to venue change a lot and how do you get her back to your place? How long do you wait before going for the kiss?

A drink at night is my default date plan that I suggest in [day game](#) after we've been talking for about 5 minutes. In that 5 minutes, however, if there are things we both enjoy doing that we were talking about, like dancing, and I feel that she attracted to me enough I will drop a line that we should go dancing and see if she takes the bait.

If we're drinking in a bar, then generally I won't venue change that much, if at all. I find that I am able to keep the conversation going and create enough comfort through that. I will start kino early, as soon as we meet, and then continuously ping her with increased levels of romantic touching, moving closer each time, until we are sitting next to each other, touching with preferably my arm around her. Only then will I go for the kiss. This is only possible if we are sitting on a couch next to each other - something I always make sure happens, and not sitting across from each other with a table in the way. After this, there is enough comfort that I usually simply ask her if she'd like to come back to mine to watch a movie (usually we have talked a lot about movies before this).

What are your favourite instant date ideas?

Coffee, sitting on a bench talking, museums, anything close by that I would enjoy doing. The actual date doesn't matter so much as just changing locations. Generally I would just take them for a walk around London, stopping in a coffee shop if I wanted a coffee.

Do you always sleep with a girl on the first date, how long do you usually wait, aren't there a lot of women who just won't sleep with a guy on the first date?

There are girls who really won't sleep with you on the first date, they have a rule and they won't break it. I personally don't like making girls break their rules in this way, or going against some kind of religious belief, as it will only cheapen

the experience for them and for you. If you really like her, you will be able to wait until the second date to sleep with her.

I consistently close on either the first date or the second date. After this then it might be stretching it a little too long for the kinds of women I am looking for (adventurous etc).

How much will my dating skills diminish if I have a relationship that last 3 months or so?

Way back when, I wanted to improve my dating skills so that I would have more choice and freedom in my love life, and ultimately so I could start **dating** beautiful and intelligent girls. So getting to this stage is great, and you shouldn't worry about what may happen to your dating skills if this does happen.

You will improve as a person by a huge amount, and you will find out more about women while dating her than you ever have while out approaching and attracting them. Your dating skills will actually improve, because you will be dealing with female emotion on a daily, intimate basis.

Your approach skills will not suffer. It's like riding a bike (a very beautiful, 20 speed, soft, lovely, curvy bike). Or like snowboarding, or like any other sport/instrument/skill you have learned in your life. Nothing resets to zero. Your neural pathways have changed into ones which are used to approaching girls. The makeup of your brain has changed. Whenever I go snowboarding, I don't worry that I won't be able to do it. I strap in, start rolling, and with a couple of hiccups along the way while I readjust, I'm back in the swing of things.

The same with your dating skills. Your body and your brain know what to do. It just needs a little refresher, maybe a day of approaching, to remind itself what to do. Because remember that these skills aren't superficial, it isn't just about learning lines and routines, it's about changing your attitude and your 'inner game', which never goes away once changed.

Do you have any advice on dating intensely religious girls and sleeping with them?

I'm currently travelling in a Muslim country. It's difficult when a lot of the girls you meet are religious. You can use these skills for ill. I will never, never lead a girl towards sex if I know it is against her moral beliefs and may violate her way of life. It's up to you. Only you can answer this question. The times it has happened, it happened in the same way as usual - no change, I didn't do anything different.

This is a sticky moral area. What I will say is, again, in a Muslim country at the moment, I have had sex with girls. People will tell you that it is not possible, that

you can't talk to girls on the street here, that they won't sleep with you before marriage etc. Don't believe society's moralizing and their high grounding. Go out and see for yourself - mostly what people tell you about dating is wrong. If you have enough comfort with her and you turn her on enough, there should be no problem.

How long did it take you to start getting dates from daygame?

To get to that level took me 1 year of going out almost every day, and every weekend. I would approach on my way to work and college, and then spend all weekend out on the streets. I had some successes during this time, but to do it consistently took that amount of time. It was very very hard. But I pushed myself through it because I had a clear goal (meeting women anywhere and having a good chance of forming a rewarding relationship with them) and I knew that there were guys like Soul out there who were doing it - so I knew it must be possible. I just had to make it work for me. I tried not to take the rejection personally, but as learning experiences which showed me where I still had to improve. As long as you keep moving forward, no matter how slowly, all the little improvements add up to a huge difference.

Finally, I'm still improving. There are still things which I could do better. I never like to be complacent; I enjoy stepping out of my comfort zone to grow as a person.

How often do you get flakes and how do you deal with them?

Flakes happen. As your dating ability gets better and you're able to build more comfort and connection, then the amount of girls who don't answer your texts and calls will reduce. But some girls just won't reply regardless of what you do in the initial interaction. Very attractive girls have a lot of guys interested in them, and have a lot going on in their lives. Maybe she got back with her boyfriend, maybe she was fired from her job, sometime you just never know the reason.

First you need to make sure your texting is good, otherwise you won't know whether it was your text, your initial conversation or the girl which is the problem. If you need help with your text game then there's no better book than [The Guide to Phone and Text Game](#) – this book allowed me to set up more dates from girls I thought might flake. It's really great stuff. Assuming you send good texts, read on:

1. This is why it's important to get the date and time of a date locked down in your first conversation. Make her commit to a specific day, and get her number after this, so that it cements in her mind that you two are going to see each

other again. This relates to my point below, in that this saves a lot of time. A girl who is likely to not reply to you will not commit to a day there and then. You want to screen for girls who *will* get back to you, so arrange the logistics and see how she responds to making actual plans. If she seems hesitant about making plans, there's usually no point taking her number, unless you want to put more effort into it (see below)

2. Time Invested vs reward comes into play here. You could keep texting every girl once a week and see if there is a reply eventually. This does happen - a girl who never got back to me ended up emailing me 4 months later out of the blue and asked me out. But this take a little time and investment - I would rather spend my time on girls who were likely to get back to me. It's Pareto's Principle at work - concentrate your time on the 20% of girls who will make up 80% of the girls who actually respond.

Having said that - for now, I would recommend that you keep texting all the girls that you meet for good practice. You can convert girls from long fuses into short fuses, so it's good to practice and be aware of the situations where you notice this is possible. [Braddock's Text Game e-book](#) is superb for this.

Body Language and Eye Contact

How important is being physically attractive?

Pure physical looks for guys aren't as important as you think. Love Systems methods are predicated on the fact that women are attracted to Social Value. Ways to convey social value are the attraction switches - humour, wealth, social intuition, pre-selection etc. (See [Magic Bullets](#) for a fuller explanation and how to attract women). Traditional good looks take a very small role in this. It is true that Brad Pitt looks convey a lot of social value to a woman, but guys can do a lot to make themselves 'look' attractive and therefore convey social value: good dress sense, healthy skin, well-groomed etc. Fashion and Health play a major role, and are things that you can fix.

In a Direct Approach it is even more important to dress your best whenever you go out, whether in a bar or just going shopping. In a direct approach, women have to make snap judgements about you. It's a concept called 'Thin Slicing', introduced by Malcolm Gladwell - a woman will look at you and think about all the other guys she's met who match your overall description, and will project onto you all those guys' other traits (confidence, good with women etc) in order to make a judgement about you. Therefore dress like a rockstar and she will expect you to act like a rockstar; dress like a lawyer and she will expect you to act that same way.

Can you explain body language in Day Game in greater detail?

It is really hard to describe in writing. Your movements can be quicker, as long as they're not jerky and sporadic. You can slow your speech down a lot, but still say things with a positive tonality and with a smile. I think it is something you will need to keep practicing - slower speech, but with the mindset that you are happy and relaxed, rather than nervous energy.

Can you give us all a break down including the kind of tonality and length of pauses of a typical direct approach from your experience?

Usually it's a loud club, so you need to get close to her otherwise your direct approach will get lost in the music and lose its effect. Go up to her, lean into her ear and deliver your line. Then stand back and look her directly in the eye and pause. She's processing what you just said and looking directly into your eyes, which has a powerful effect. Introduce yourself. After that, it's more about pausing when you are talking mid-sentence to create tension and suspense. Usually 2 to 3 seconds again is fine. For tonality, you are speaking with a deep voice, slowly and pausing again eg "Hi.....you look.....absolutely....fucking gorgeous.....in that dress.....I had to come and meet you.....I'm farmer". It conveys confidence to speak slowly and with conviction.

During the day, the same as above but you don't need to get so close. Pausing is very powerful during the day. In both instances, you want to create that movie moment for her - speaking with a resonant voice, slowly, with pauses and varying the pitch slightly all create a pattern of your speech that should draw her into a bubble where it is just you two in this moment while the rest of the world bustles around you. I like the romantic connotations of this.

Oftentimes when I pause, I pair this with what sounds like I'm speaking too SLOWLY and too SERIOUSLY and frankly I think I sound like Horatio Cain from CSI Miami. Good God. I really need to work on this, but I'm not sure where to start. Any advice you can give here would be GREAT.

You may think you're speaking too slowly, but everyone else won't. It's hard to give advice about this because I can't hear your voice. The problem with Horatio is that he speaks slowly, which is good, but he only ever says about 4 or 5 words for overly dramatic effect. He also only ever speaks in cliffhangers (yes, but where was he the night of the murder.....), and nothing else. His tonality and speech pattern is good, maybe a little too serious, but what he says is too dramatic.

Use the vowels of words to slow things down, rather than pausing a lot. Elongate vowels a lot more at first and don't worry about pausing at first. This slows down your speech while not having unnecessary pausing. Once you're comfortable with this, you should intuitively know when to pause.

When opening girls in this way do you tend to initiate strong eye contact first? Strong eye contact and a smile would be an invitation. But often when I make eye contact with a girl walking towards me she'll look away. Would you not let this put you off opening in this way?

Eye contact - it is not needed and I don't look for it. A lot of the times she has

never noticed me. Girls are mostly in their own world when out shopping and don't tend to notice the world around them. If you do catch her eye and she looks either down or to the side = approach her because she likely is attracted to you. When girls look down after they see you, it is an innate reaction women do when they are attracted to you - it's called coyness.

I don't let anything stop me from approaching, and neither should you. You never never never know what a girl is thinking or why she did a certain thing. You'll only know for sure if you go and talk to her. For now, do what I do and take every single thing she does as an IOI, makes life a lot easier.

Eye contact - how do you know if she's attracted to you if she looks at you and if they look away pretty fast is this something I am doing wrong?

You don't know if she's attracted to you or just looking at you. I often find myself staring vacantly into space and happen to look at someone without meaning to. But even if I don't know if she's attracted to me or not, ***I still assume that she is attracted to me.*** It is always better to assume she's attracted than assume she's not - you don't know either way so you may as well assume the best.

If she looks away by looking down or to the side, then conventional body language reading wisdom tells us that most likely she is mildly attracted to you. It's coquettish and a natural reaction girls have. So don't worry at all if she looks away, you're not doing anything wrong unless you're staring at her and sharpening an axe.

BUT - if she keeps looking at you by only moving her eyes and not her head, you can be pretty sure that she is attracted to you. So approach her.

Also, don't get hung up on waiting for girls to give you eye contact. I've met loads of girls who never looked at me but we still had a great conversation.

How do you smile during direct openers?

Ok, a quick fix is: don't smile like a clown or an idiot, or smile all the time. Smile naturally if you like something she said, or laugh if you feel like laughing, but don't keep that smile all the time. To gauge the correct smile you want to have at most times, take 5.0's advice that I still remember - smile as if you just saw a fat kid fall over. Makes me smirk, but not smile.

Longer fix: your outward body language, including smiling, will naturally align with your emotions and what you are thinking the longer you practice your dating skills. If you come from the mindset that you are self-amusing and out having fun, rather than trying to impress, your outer body language will express this.

What should my "energy level" be like in Day Game?

Different guys have a different energy while [daygaming](#). Some are upbeat and higher energy while others are lower energy and more relaxed. Try both and see what works for you. I am very relaxed and slower than in night game. But remember that the key is not to come across as trying to impress her with your high energy - ie. don't come across as being too nice or being too upbeat for the purpose of winning her over. Be upbeat if you're an upbeat person and calibrate it by not smiling all the time, and by being still and calm when she's talking.

You need to be having fun while doing this. If it's not fun, then you need to find a way to make it fun. Get a wingman, this forum is a great place to find one. Warm up by just being social and asking people what the time is etc to get used to talking to strangers. Listen to some upbeat music before you go out. You need to change your emotions first. But the thing with Direct Game is that you don't need to have high energy because you're not trying to entertain her like in Indirect. Sure, you might want to run some attraction routines, but mostly the energy comes from you expressing your desire for her, not from trying to entertain her.

How did you improve your body language to get better with women?

I'm a trained ballroom dancer so I got most of my body language from that. I can't recommend taking dance classes highly enough - as well as improving your body language and posture, it teaches you to dance and every girl likes a guy who can dance. It is usually a very good indicator of how someone is in bed.

Apart from that, watch movies that have actors/characters who display masculinity - Streetcar Named Desire, James Bond movies, Tom Cruise, Brad Pitt, etc. Watch the videos on the Love Systems Youtube channel to see how instructors stand/talk/walk. Things like Cajun on Keys to the VIP etc. [The Body Language DVDs \(Beyond Words\)](#) are now out and I wish I had these to watch when I was learning better body language! If you want to get instant attraction just through using your body language then these are a must see.

One great tip to get instant good [body language](#) = put you back against a wall and bend your knees so that your thighs are right angles to the wall. Push your shoulders back against the wall so they touch it, then slide up the wall so that you are eventually standing up straight. This is the posture you want to have

Boyfriend Issues

Should you ask if she has a boyfriend? how to proceed if she mentions she has a boyfriend?

No I don't ask. It doesn't serve any kind of purpose. During the day the girls almost always tell you they have a boyfriend if they do. If it never comes up, you shouldn't make it in issue.

If a girl tells you that she has a boyfriend, should you just move on? Or should you say something like "oh, how nice" and then just keep on talking? Should you treat it as a ST [shit test]?

A moral question this. During [day game](#) I never treat it as a shit test. You can generally believe everything she tells you during the day. In this case I will say "oh, cool, what does he do?" then ignore the reply and keep going - BUT my aim is NOT to pick her up after this. I still want to have a good interaction that she enjoys, so I will shoot the shit for a minute longer before excusing myself. I'm not in the business of breaking up relationships. Plus, it's much more worth your time and effort to go and approach another girl than to try to get this one to break up with her boyfriend. It's much easier to find another girl who is single, than spending days and lots of texts getting her to come out with you.

During nightgame I treat it as a shit test and just ignore it completely. Act as if she just told you she has a washing machine. You'll know soon enough if it's a real objection once you start escalating physically and logistically.

What do I do when the boyfriend issue comes up when talking to a girl?

Girls do this all the time. I have had girls mention boyfriends, then later on in the second date we get back onto the subject and they tell me that they lied about having a boyfriend and they don't know why they said that to me!

Don't let it bother you. You handle it fine if you just ignore it and change the subject. The problem is more about what *you* are thinking than about what she is saying. It does not mean she doesn't like you. Really it doesn't.

If, however, it becomes apparent that she really does have a boyfriend, you have some choices. Personally, it isn't worth my emotional involvement and investment to try to get her to be with me. That's just me, and other instructors will still continue attracting her etc, which is cool, but I feel that my time would be better spent talking to more girls and finding girls who are single. Put her on a 'slow burn', message her every now and then, girls break up all the time, and

she does she might start to be more invested in you then. Other than that, I would suggest not putting too much investment into it. If you want to, though, search for 'boyfriend destroyer' here.

Where and how do I find attractive women who don't have boyfriends?

I live in London, so there were loads of girls walking around every day who were complete strangers who I could practice having conversations with, with no social circle repercussions.

If you are in a small town/college setting where approaching hundreds of girls will give you a reputation, or where you don't see that many girls you find attractive, there's nothing else you can do but to go to another town/city nearby and practice there.

Other than that, if you enjoy arty girls join a life drawing class/visit museums and galleries/ etc. ie. grow your social circle in the settings where you will find girls you are attracted to. There are attractive girls in every type of social circle.

How do you end the interaction if she says she has a boyfriend?

If this is a complete stranger you have just approached, then I might say "Cool, and how long have you two been about to break up?" which usually gets a laugh and then she either reiterates that they are together, or launches into the fact that actually they are on rocky ground. If the latter then I might pursue, if the former then I'm not into breaking up happy relationships.

Just say "Ok that's cool, I enjoyed meeting you anyway, have a nice day" and walk away.

You should not be getting this response in social circle situations. If you are, you are escalating, either physically or logistically (asking her out on a date), before she has given signs she is attracted to you. In your social circle, you only escalate when she starts showing signs of interest in you, ie. she shows up 'randomly' to events that you are going to, she invites you out to stuff, she initiates flirty conversation etc. Watch Braddock's College Game on You Tube, it will help you with fundamentals of social circle.

Logistics

How do you get a same day lay?

Keep moving her to different venues until it gets dark and then end up in a bar to share some drinks. Girls associate night and alcohol with sex. It is very rare to get a girl to come home with you during the daylight hours after just meeting her. Not because of social restraints, but usually because she's busy and/or not in that mood yet until night falls.

Remember to keep increasing the amount you are touching her, going all the way from social touching to romantic touching when you two are having drinks.

If it's not possible to keep bouncing her from venue to venue, then arrange to meet her a few hours later at night at a bar.

Any day game locations that are better or do you practice anywhere?

Now if I see a girl I want to talk to I will talk to her, anywhere and anytime. But when I was getting good with women, I would usually walk the same route around the city. This route had lots of people walking past, and lots of cafes and shops around, meaning that I could practice a lot with lots and lots of different girls.

Then I started trying to approach anywhere, inside shops and cafes etc because I was getting too comfortable with that route, and if I wanted to talk to girls anywhere I actually needed to practice *talking to girls anywhere*.

You have more success in something you do regularly. Find a way to push your comfort zone so that you have success everywhere, rather than just in the places where you are most comfortable

Extra Questions

I'm guessing you don't have your "game face" on all the time, so how do you adjust your frame/mindset to what's required in an approach?

I worked hard for a long time to cultivate an approach habit. Keychain has a really good article on this in his classic writings. Having said that, sometimes I really don't feel like approaching and I can't find my game face, or she is absolutely amazing. In these cases, the measure of a man is whether he chooses to succumb to his natural impulses, or take that risk. I let the adrenaline flow around my body, and I use the nervousness to my advantage - I pretend that it is excitement and that it is my body telling me that this is something worth doing.

Do you do any "homework" on your inner game? If so, what?

I used to. Not a lot anymore. After you approach so many girls, you find that your inner game starts to align more normally with your outer game naturally. The inner game work I used to do was mostly visualization - the book 'Psycho Cybernetics' was the book that kickstarted my game and general outlook on life. I would visualize all my approaches going well, and I would visualize anything she would say and I would imagine myself saying the right things in reply. When I could run through an entire interaction in my head, everything I was going to say, and the things she could say back, and the things I would reply, and imagine it going well, I knew I was ready to go out and try whatever line or conversational thread I was going to try.

Some other books that helped me on the emotional front were 'Pulling your own strings' and 'Your Erroneous Zones' both by Wayne Dwyer. These helped me a lot with dealing with rejection. Carbeau also has a great post on overcoming approach anxiety.

What lifestyle changes were the turning point in your life that not only affected your game but outlook on life in general?

Pursuing my hobbies. Without a doubt, my life had a much better quality when I worked out what I really wanted to do in my life, and then took the steps to make those happen. I am a marathon runner and I want to eventually run ultra-marathons; I play the piano; and I want to start a business that allows me to travel the world. Those three things, when I concentrated on them, improved my general well-being tenfold. I have goals for all of them, and knowing that I am working towards them makes me very happy. In addition, being passionate about things in your life, your hobbies and your life goals, make you a very very

very attractive person. Having a passion and a purpose makes your life so much more fulfilling.

Can you give a rough estimate of your success rate? Like if you approach 10 girls, how many numbers and dates will you typically get?

I don't keep track of this anymore, but I can guess for you. In somewhere like Stockholm it was maybe 1 or 2 dates. In London, bad days and good days. One week I had 5 dates in one week from one day of approaching. But I always make sure that the actual interaction is fun and interesting, whether I get a date or not. If I approach 100 super hot girls and only one of them goes on a date with me and ends up as my girlfriend, I'm happy. But I'm also incredibly picky about what kind of girl I date now.

What age groups of women work best with Direct? is there any difference if you are an older guy?

This doesn't matter too much. Younger girls (18 or 19) might not have had much experience with men, so they might be more nervous with your direct approach and not know what to do or how to flirt with you. Don't take this as a sign of disinterest, just normalize the conversation a little and start to qualify asap. But I find that age hasn't made much of a difference.

In my opinion, direct game will work really well for older guys. As an older guy you are expected to have more life experience and more experience with women. Therefore it is a lot more congruent for your age to be comfortable with expressing your desire and intentions up front. An indirect approach may come across as a little contrived for someone older.

What you may find, however, is that if you are talking to a younger girl then your attraction material may need to be tweaked a little in comparison to older women. A younger girl will respond much better to state-based attraction - teasing, role-plays and fun games etc. Older women will respond better to more qualification type attraction or maybe intrigue-based - finding out more about her, making sure she knows you have standards (as an older guy you are expected to know what kinds of women you want and are expected to be a lot more preselected than younger guys), and talking more about your life-achievements. Older women will also enjoy you sexualising the interaction, as she doesn't expect you to play many games like a younger guy might.

We routinely have guys in their 50s on bootcamps and workshops, and they are able to attract and date girls in their 20s.

Do you ever go for rapid escalation during the day? And if so, what do you look for to let you know you'll be able to do it? Would you recommend for people to try it?

I don't anymore because I like finding out about her and getting a real connection. I found that because my style of game is very romantic and rapport based, fast escalation didn't work as well for me. Definitely try it to find out how far you can push it during the day - the line is a lot further than you think. But beware that escalating fast during the day means that a lot of times she won't meet you again the next day for a date - she was so turned on the last time that she knows that if she meets you again it will very likely lead to sex; women don't want to know that sex is inevitable, they want to think it is a possibility, and they don't like feeling like a slut. So escalate fast, but also make sure to get all the way into comfort to give her some things to rationalize about her attraction for you.

What do you look for? Compliance. Start building compliance ladders - take her hand and hold it for a bit, if she takes it away take a step back and try again later, if she leaves it there then start building you way up to having her arms around your neck and then go from there.

Knowing what you know now, is there anything you would have done differently when starting out direct?

I would have opened a lot more sets much more quickly and told myself to stop making up excuses not to approach. The guys who get good with women are the guys who approach a lot of women. Always remember that you will never regret approaching a woman, but you will regret *not* approaching her.

With direct openers specifically, I would have worked on my tonality and body language in the beginning a lot more. This is usually a contributory factor to making or breaking this kind of approach.

Do you ever daygame while on vacation, and do you have to do a large number in the first few days to make it worthwhile?

YES! I travel a lot at the moment, and I always talk to girls who I like the look of. 1 or 2 weeks is more than enough time to arrange a date with a girl. I've met some really great girls and had amazing romantic encounters with them in some beautiful cities when I've only been there for the weekend or a week.

Remember that the 'traveller' or 'vagabond' stereotype is very attractive to girls - you are not part of their social circle, and so they can go on a date with you and

take you home without anyone knowing or judging her.

I believe that the best way to experience a culture and a city as it really is, is to talk to and have experiences with the people who live there. There is no better way to delve underneath a city. So don't worry about trying to talk to loads of girls the first few days - just let your curiosity and your desire guide you and you'll be having adventures on your vacations in no time.

What is the difference between the daygame and bootcamp programs? It seems that the bootcamp gives you a lot more information?

It isn't a question of one offering more information than the other. Love Systems programs, whatever they concentrate on, cover the same basic principles according to the Love Systems Triad model. This model is what underpins all of the programs, because it is based on female and social psychology and forms the basis of all romantic and social interactions.

The [3-day Bootcamp](#) covers absolutely everything you need to know about approaching, attracting, seducing and dating women. I believe there is no better, comprehensive program in the market. You are right that it covers night time and approaching in bars and clubs, but what you learn can be applied to every situation by following the same principles.

The difference between the Bootcamp and the 2-day Daygame workshop, is, apart from the obvious arena difference, is that the material is different - Jeremy Soul has developed a comprehensive method of [dating during the daytime](#) and has developed new material and structures for doing this. Again, the same principles (approach, transition, qualification, comfort, seduction) still are covered - but because of the difference in arena, there is a difference in how you go about each of these stages, and the emphasis of different stages and techniques.

No program is better or worse than the other - if you like approaching girls during the day, go for it. Personally I find that I meet much more interesting girls during the day - but I still find it a shit tonne of fun going out and hitting on girls in clubs. The vibe is different. Go with what you feel you would enjoy most.

1-on-1 training is a little different, because you can choose what you want to work on, and whether you focus on theory or in-field time etc. The choice is yours.

I hope this answers your question - if not then visit the [Love Systems Website](#) and call Jeremy the program manager to find out more about them.

How do I track my progress so I can measure my success rate?

Go out with one thing to try every day. Don't clutter your head up with lots of stuff that you need to do. So, if you can stop her walking and deliver your direct line, you might want to go out and practice transitioning. So, forget everything else for that day - forget about attraction, qualification, getting the number, moving her around etc. Focus on transitioning alone. Choose one transition (eg. "So what are you up to today?") and deliver it 20 times or until you are getting into a 30 second conversation every time.

After this, you would then focus on giving her one statement of value about yourself. So focus on that.

etc

Build it up one step at a time. This way, you are only adding one thing each time, so it is easy to track where you are going wrong. If it ends up that you get a lot further than your goal for the day, great! But still make sure you can do the stage you are practicing until it becomes smooth and natural for you.

Keep a diary.
Get a wingman.

How do I go about being non-reactive?

It is NOT about keeping a poker face and staring at her blankly. It isn't really non-reactive in the true sense, rather being reactive in an attractive way. Mr M has a great post about Attractive Reactiveness in his classic writings section.

It is about keeping composure, not being phased by things people say, keeping your integrity in the face of people who might disagree with you etc. Being true to yourself and not answering questions that you don't want to.

Being non-reactive is great in the initial meeting, but if this is a girl you have known for longer and she is moody etc, then acknowledge it, be a friend, ask her what's wrong, be NORMAL. If it's nothing to do with you, cool, she's having a bad day. Don't emotionally overreach and do loads of nice things for her, just be a normal, cool guy. Remember what I said on the phone about most of the time this is about not being weird and about being a socially calibrated guy?

How do you deal with objections from women based on your age?

Try out agreeing and exaggerating, but remember that it's easier to deal with objections once she's attracted to you and invested in the interaction.

So try to dress older. Also try not talking about being a student until a lot later on. Dominate the conversational threads so that you direct it towards things you can display attraction switches about - travelling, sports, other interests, and connect with her on an emotional level. When she is objecting to your age, this is a logical objection - engage her emotional brain before this point.

In the first 20 seconds you can do this through your body language, directness, your clothing, slowing down your speech etc. Be a confident man and the age objections should be less.

In the first 2 to 3 minutes you can do this through your conversation, attraction switches and dominance in leading the conversation.

Other than that - try approaching girls your own age!