

Chapter 10: Seduction



IN THIS CHAPTER

Seduction within the model

Why women (sometimes) resist sex

Pacing

Logistics

Arousal

Reassurance

Seduction within the model

What we call the Seduction phase begins when she is comfortable enough to engage in sexual behavior (beyond kissing) with you, in a place where sex could realistically happen. Both elements are important here. No matter how sexual you are both being, if you're out in public, you're not in Seduction... unless you are both exhibitionists. Or if she's in your bedroom but won't let anything happen other than kissing, you're still in Comfort.

The Seduction phase ends the first time you have sex. If you want there to be a second time, you move to the Relationship phase. As you will see, "relationship" refers to the context for ongoing sexual encounters and does not necessarily imply commitment or monogamy.

All of this makes Seduction one of the more straightforward phases to understand. You start when she is ready to engage you sexually, and end when you have sex with her.

Why women (sometimes) resist sex

The good news here is that Seduction is not usually where most men have their biggest problems. If you've done a good job in Attraction, Qualification, and Comfort and you're not in a rush, then you will usually succeed at this one eventually. Women want and enjoy sex as much as men. Sexual arousal (as opposed to sexual decision-making) happens as quickly for women as it does for men⁶.

The bad news is that, from a logical perspective, she probably shouldn't have sex with you. Nothing personal, but you're a new man. Sex with someone new might make her feel that she is easy or make her emotionally vulnerable or scare her that things are moving too far in case you're not right for her. She also risks your losing interest because she let things move too fast, or your telling her friends. All of this comes in addition to risking pregnancy or disease.

It can be difficult for a woman to admit, even to herself, that she wants to add a new name to the list of men she's slept with. Society tends to be pretty judgmental about female sexual behavior and few women want to be thought of – by themselves or others – as “easy” or a “slut” or “whore.” This isn't something easy for men to relate to. There are no male equivalents for these words or for the societal judgments that give them such power. Yes, some women are very comfortable and confident with their sexuality and sexual decision-making. These women are often great catches, but are not the majority.

The Seduction phase is a woman's last chance to “speak now or forever hold her peace.” There are two consequences to this. First, lingering issues from previous phases will often surface here. For example, if you're in bed with her and she asks “Why do you like me?” or “Am I just another girl to you?” it may mean that you did an incomplete job of guiding her through

the necessary emotions for her to feel special to you. Likely, you didn't give her the feeling that she won your interest through unique aspects of her personality in the Qualification phase and/or you did not connect deeply with her in the Comfort phase. You can fix some of these kinds of issues when in Seduction, but it's not ideal to have to do so. Second, your margin for error is smaller. A woman may give you a "free pass" with a bad Opener, because all she risks is that you'll bore her for a couple of minutes in a Transition or in Attraction. She's not going to give you a free pass in Seduction, where the stakes are higher.

Alright, enough talking about seduction. Let's go over how to do it.

Pacing

Make the journey feel natural.

A good analogy for Seduction done properly is being on a car trip where you were enjoying the ride and talking to your friend in the driver's seat, and weren't consciously thinking about being on a journey until you arrived at your destination. This is how Seduction should feel for a woman.

The key element here is to avoid jarring interruptions. If the driver had stopped to ask for directions, appeared nervous about the trip, started acting differently all of sudden, drove too fast or too slow, or did anything dangerous, you would fall out of your comfort zone. Your mental pattern switches from enjoying your friend's company to focusing on the journey. You'll start thinking about what is going on, and how, and why.

This is not helpful for you because it tends to focus a woman's logical mind on whether she should have sex. As we just saw in the previous section, there are many reasons for her to say no. In addition, many women find it a turnoff to have to actively participate in their own seduction. Consider romance novels, which are pretty much entirely directed at women. He wants her, she's reluctant, he wants her more, she accedes, and then finally they couple up in a fit of passion. He takes 100% of the responsibility for leading her to sex in a way that is exciting and comfortable for her.

In a sexual context, we use the term "state break" to describe the jarring interruptions that force a woman to logically and consciously address whether she is on the road to having sex with you. Examples of state breaks include: coming home with you, taking off clothes or talking about sex, or getting a condom.

Our best tools to deal with state breaks are avoidance, blurring, and distraction. This leads us to the “ABD model of seduction.”

Avoidance bypasses the state break altogether. In the driving analogy, planning your route to avoid red lights or adjusting your speed so that the light isn't red by the time you hit the intersection are examples of avoidance.

Blurring reduces the intensity of the state break. You minimize the state break by mixing the old, comfortable activity with the new, potential uncomfortable, activity. For a red light, this means putting on the breaks to come to a very gradual stop at the intersection instead of slamming them at the last second.

Distraction does not attempt to mitigate the state break but introduces something new that is an even stronger stimulus so she focuses on that instead. For example, if you turn up the volume on her favorite song playing on the radio or point out a celebrity in the next lane, this may distract her from the state break of hitting the red light.

As a final note in this section, I want to be clear that when I talk about minimizing jarring interruptions that force her to engage her logical mind, this is not the same as hypnotizing or befuddling her so she's not capable of making a rational decision. Sex has to be consensual, and that consent has to be meaningful.

Let's proceed with some examples on how to use avoidance, blurring, and distraction to deal with major state breaks in Seduction:

State Break #1: Bringing her home

Avoidance: Don't get sexual until you get home. There is no point. In fact, if you try to arouse her before you try to get her to your house, she will know what your agenda is. You may not even get another date if she thinks that a successful date with you has to end in sex.

Avoidance: Plan to do activities in or near your house. It's much easier to get into Seduction if the two of you are already in your living room or around the corner than if you're in two separate cars at the other end of town. This is a great strategy for dates (Chapter 16).

Avoidance: Don't ask her if she'd like to come home with you. Lead her home. Hold her hand and walk her to your car. Don't ask; assume that she's getting in. Don't volunteer that you're taking her home.

Avoidance: Make her comfortable being in your house well before you're in the Seduction phase. If she's learned that she's safe and can have fun in private with you during Comfort without your trying to sleep with her, taking her home in the future will be less likely to induce a state break.

Blurring: Bring her home for a reason other than to have sex with her. Saying to a woman "would you like to come back to my house" will often be interpreted as an invitation to have sex. You can blur this a bit by inviting her home to check out your photographs, or to lend her a book, or whatever. You can blur it even more by being out with her in your neighborhood and leading her to your house "for a second" while you get your wallet or use the bathroom.

Distraction: Say you are leaving a party with a woman. You each live 20 minutes away, in opposite directions. Bringing her home will be a state break that is tough to avoid or blur. So distract her. Use avoidance or blurring to get her into your car and then don't stop talking. Tell her interesting stories to engage her logical mind so she's not left alone with her thoughts. You can go through extended monologues to entertain and distract

women's logical mind at moments that would otherwise be sure to cause a state break, like waiting in line to check into a hotel.

State Break #2: Moving her to the bedroom

Avoidance: Use your living room couch the first time you have sex with her, or at least until she is sufficiently aroused (distraction) that the state break doesn't hurt you. Or put something non-sexual and interesting to do in the bedroom so it's not a state break to be in there and so you won't have to move her later.

Blurring: Same idea as in the "bringing her home" state break above.

Distraction: Arousal is a good all-purpose distraction. Most people will ignore some of the less important interruptions from their logical brains if they are turned on enough. Picking a woman up and carrying her into the bedroom is another distraction technique, and may arouse her at the same time.

State Break #3: Removing clothes

Avoidance: Don't remove anything that isn't necessary. If she's wearing a skirt, you don't need to remove anything at all. This causes fewer state breaks. If you enjoy the process of undressing a woman, save it for the second time you sleep with her if you anticipate any resistance the first time.

Blurring: Don't suddenly move from one sexual activity to another. Say you're touching her breasts and she's comfortable with that but not with you touching her genitals. Don't suddenly shift all of your attention from above to below her waist. Keep touching her breasts but also touch closer and closer to her genitals without stopping what you are doing with her chest. As long as she remains comfortable, you can steadily intensify your sexual touching this way.

Distraction: Once you're home, distraction is usually physical. An excellent time to remove clothes is when she is getting a lot of physical pleasure from you, by doing anything from kissing her neck to oral sex.

Bonus: This doesn't really fit in any of the three categories, but I'm not going to hide good information to make the model seem more elegant. Every man knows – or should know – that when you remove a woman's skirt or pants, take her underwear off at the same time in the same motion (i.e., grab both). If you leave her underwear on, taking it off later is a major state break.

State Break #4: Condoms

Avoidance: Uh, no. It's not that uncommon for a woman to be completely willing to have unprotected sex with you while aroused and "in the moment" but to have a state break triggered by your getting a condom. You don't need a safe sex warning, but it's amazing how many guys will skip the condom to avoid the state break. Plan for this scenario, and Blur or Distract instead (see below).

Blurring: Avoid this problem by keeping condoms near the bed, where you can get to them easily and unobtrusively. Or keep one in the pocket of your pants, and remember when you take your pants off not to throw them too far out of reach.

Distraction: Performing oral sex is an excellent time to put a condom on. After she has an orgasm or has had enough, she will inevitably pull you up to kiss her or to have her face near yours. If you have a condom on, penetration should follow naturally, especially with the added lubrication from oral sex.

State Break #5: Penetration

Avoidance: Why? You must have the wrong book.

Blurring: With a condom on, you have a lot of freedom for rubbing, “teasing,” and otherwise intensifying genital-genital contact (usually while kissing her lips or neck, sometimes ears). If she questions this, tell her you believe in safety even for just rubbing up together. She’ll know that this isn’t the full story, but it should satisfy her logical mind. At that point, arousal and increased wetness can make penetrative sex “just happen.”

Distraction: If you come up with a way to distract a woman from the fact that you are having sex with her, I’d be very curious to know how you do this. I’d be even more curious to know why you’d want to.

Logistics

No matter how good you are at avoiding state breaks, bad logistics can kill your chances:

- Use your house instead of hers for the first time you have sex with someone. A woman's bedroom is full of state breaks waiting to happen. Roommates or family could be at home and break her mood. Her pet could be sick. She could have left her bedroom in a mess and be too embarrassed to show it to you. Neighbors could drop by. In addition, she's reminded more of her daily routine – how much sleep she needs, what she needs to do the next day, etc. You sometimes lose the romantic or party atmosphere at a woman's house.
- Make sure our house is set up for seduction. At a bare minimum, it should be clean, especially the bathroom. Not necessarily spotless, but clean enough for a woman to be comfortable. Have fun things to do if you still need to build comfort. Interactive fun is better than cool DVDs. Use fun truth-or-dare-type games, an easy 3D jigsaw puzzle, whatever.
- The living room (or wherever you plan to bring her first) should be laid out so there is no obvious way for you both to sit down except side-by-side together on a couch. If you have chairs, pile stuff on them or get rid of them before she comes over so she can't sit there.
- Some romance and implied sexuality never hurt. Have champagne, strawberries, and whipped cream around. Don't turn into some nightmarish sleazy gigolo with them, but realize you

have them and can break them out when needed. Be fun, not seductive.

- Ensure that your house reflects and supports your identity. If you've been communicating that you are creative and imaginative, but your house is undecorated and full of piles of video games, she'll wonder if you're just an act. I don't need to tell you that that's a bad thing for her to be thinking about when she's trying to decide whether to have sex with you.

- Remove elements of your décor that a woman would find particularly offensive. Most women aren't impressed with public displays of pornography or graphic violence.

- Alcohol can build comfort and also let a woman feel less responsible ("I can justify this to myself because I'm drunk and it just happened, even though in reality I only had two drinks"). Have drinks at home that women like. Many women prefer wine to beer, shooters to shots, vodka to rum, and sweet mixers to bitter ones. Learn the basic differences between wines. You don't need to know specific vineyards or brands, but you should know the basic types of wine (beyond red vs. white) and the difference between good and bad wine. Learn how to make drinks women order when they are having fun. Cosmopolitans and Margaritas are good places to start. And you'll never go wrong with champagne (which need not be expensive). IMPORTANT: We're talking about one or two drinks for her to feel comfortable. Don't get a woman drunk to have sex with her. Ethics aside, in many jurisdictions a drunk person cannot legally give consent for sex. The techniques in this book will get you success with many women without having to risk this.

- There is literally an almost endless list of things you can do to improve your house to make it ideal for Seduction, but there's no

need to overdo it. Do a good job on your living quarters and then leave it alone; the rest of your time is best spent on other things.

Arousal

There is an incredible amount of information – much of it bad – available on how to arouse women. Techniques for arousal are not covered in detail in this book.

An aroused woman is less likely to be affected by state breaks.

In the meantime, here are a few tips to get you going that correct some common mistakes. These won't make you a good lover by themselves, but they will at least help you avoid being bad in bed:

- Most women can orgasm. Not all the time and not always the first time with someone, but you should be fairly confident of your ability to give a woman an orgasm before penetration. Other men can and will. If you currently have a regular sex partner, swallow your pride and ask her to help you.
- A woman's body is more than two breasts and a vagina. Touch her everywhere. Pay attention to the little spots you like, or she likes.
- Slow it down. You're not in a hurry. Take your time moving from one activity to another.
- Tease her a bit. Most women love to be teased in bed.
- Most women love their hair being pulled and neck kissed and lightly bitten. Learn to do these properly.

- Don't forget the power of language. If you are fingering her, for example, this is a great time to be whispering in her ear how sexy she is, how much you want her, etc. Some women will be into different sorts of verbal stimulation – find out what she likes.

Reassurance

Women will often object to increasing sexual contact. Sometimes they want you to stop. Sometimes they want you to slow down. Sometimes they want you to ignore their objections. Sometimes they want to increase the sexual tension. Sometimes they don't know what they want but their instinctive reaction, for reasons we've already explored in this chapter, is to say no.

Guess what? It doesn't really matter what she wants.

“Stop” means stop. “No” means no. You can try again later or you can try something else, but you can't barrel through. You can't know for sure what's in her head. Even if you could, you can't know what she's going to do the next day. Maybe she has fantasies of being overpowered – not that rare, really – and enjoys having sex despite objecting verbally. Then she kisses you goodbye, goes home, and feels badly about herself and wishes she hadn't had sex. She tells her roommate. It comes out that she did tell you no and you ignored it. Her roommate makes her feel better by telling her that if she tried to say no, what happened wasn't really her fault. The word “rape” comes up. The police get involved. Welcome to hell.

The skillset you will have from mastering the material in this book will lead you to have many options, so it's okay if not all of them pan out, or if you have to see her again before she's ready.

OK, now that we've got that out of the way, let's look at how to handle objections, token or otherwise, in a way that makes her feel comfortable and is safe.

Token objections

The first consideration is verbal. “No,” “stop,” and “I don’t want to do this” are pretty unambiguous. Women who want to make token objections will often say things like “we shouldn’t be doing this.” A good response to this is to agree with her. Respond with “Yes we shouldn’t be doing this... and we definitely shouldn’t be doing THIS... you are so bad.” Now you’ve changed the frame from her resisting you to the two of you sharing a conspiracy over doing something you shouldn’t be doing, or possibly her trying to seduce you. If she says it again, about the same activity (“No, really, we shouldn’t be doing this”), that’s a no and you have to stop.

Another example of a token objection comes if you take her home and she says “I’m not going to have sex with you.” Don’t engage this. You’re not going to argue her into committing to having sex with you before you get home. There’s especially no reason to argue with her, as sex isn’t an imminent option at that point. By the time you and she are on your bed, she might have changed her mind. So either ignore the comment or tease her for being presumptuous. If you argue with her, you risk letting her get locked into a mental position that she’s not going to have sex that night: a position she may feel bound to be consistent with later. There’s a more advanced tactic of playfully pretending to misinterpret what she is saying as arguing over what kind of sex you will be having, but this should be reserved for when your skills are very advanced.

If she says “no” and you sense that she doesn’t mean it, tell her that, to you, no has to mean no. Don’t make it a lecture, just a quick statement and then move back to what you were doing before she said no. Even if you know for sure that she doesn’t mean “no,” reread the paragraph above that ended with “welcome to hell.” If she’s really insistent on having you ignore her when she says no, she’ll know what a safeword is and how to use it. If you don’t know what a safeword is, you’re not ready for this kind of situation.

Persistence

She may want you to be persistent, for the same reason that she gave you token objections: she doesn’t want to feel easy or for you to think she’s easy. When you reach something that she objects to (say, taking off her

shirt), go back a step to something she is comfortable with (like touching her breasts with her shirt on) and try again in a few minutes.

Levels of intimacy

It's not only up to the woman to set limits on how far the two of you will go. Traditionally, the man wants sex and will take it if the woman gives it to him, but if she sets a lower limit (like no touching below the waist) he'll take as much as he can get up to that limit. This essentially means that a woman sets the level of intimacy, and that level will be at the upper limit of her comfort zone.

However, it doesn't have to work this way. You can't insist on sex if she isn't willing, but you don't have to accept her chosen substitute. She may want to lie in bed with you and kiss all night. You may want sex. Neither of you is obligated to give the other what they want. Explain to her, without any resentment, that lying in bed with her all night kissing will make you aroused and frustrated and you'd prefer to wait until she's more comfortable with you. Come across as confident and understanding. You have experience with women and you're not going to rush her into something she doesn't want. On the other hand, you're not desperate for sex. The key here is to show absolutely no resentment or annoyance. She will be looking for it. Don't tell her it's all or nothing because she may feel manipulated.

Don't press her to agree to anything verbally, but see what happens when you start sexual touching again. She may let you past her previous resistance point. If she objects again you may need to take a break.

Breaks

Here we use the word "break" to mean pauses during an activity, not to mean state breaks. When you reach a point that she doesn't want to cross, and persistence didn't work, then stop. Say "I understand" with not even the slightest hint of disappointment or annoyance and remove the romantic/sexual frame. Candles, incense, dim lights, mood music – all gone. You're not punishing her, you're just doing something else. After all, you like her and you enjoy her company. Let her know this. Then do something else – ideally something boring. Check your email. Play "go

fish” with a deck of cards. She will likely re-initiate physical/sexual contact (if she doesn’t, do it yourself in a few minutes). When she does, re-establish the mood with what candles, incense, lights, music, or whatever you were using to begin with. Then proceed slowly to the resistance point, taking your time. If you hit it, or any other resistance point, say “I understand” and repeat the process – wait longer this time if it’s you who re-initiates the physical/sexual contact.

PHYSICAL PROGRESSION

Physical progression is one of the most puzzling aspects of the Love Systems Triad Model for many men and one of the most difficult to learn. You must escalate physically and make sure the woman you're talking to is comfortable with it.

So many men meet a woman in a bar and have a great conversation and never so much as put a single finger on her in even an innocent or social way. They then go on a date and do the same thing for the whole night and then wonder why it's awkward to suddenly lean in out of nowhere and make the "big move" for a kiss, much less try to sleep with her. The objective of the Love Systems Triad Model is to progress through increasing levels of physicality in the same way we progress emotionally through our conversation.

Physical progression should start from the beginning of the conversation. This breaks the touching "taboo" in the course of conversation and will generally progress through a few stages in the course of an interaction:

- Social
- Friendly
- Romantic
- Sexual

We covered a sample progression step by step from social to sexual in Routines Manual Vol. I. but you can be creative in how you move through them.

Men run into problems when they feel they have to escalate independently of what they say. They act as if physical progression is separate from emotional progression and the ongoing dialogue. They then force touching on the woman in inappropriate and uncalibrated ways and come off weird.

TIE THE PHYSICALITY TO THE WORDS.

To quote Shakespeare in the most inappropriate context ever:

“Suit the action to the word, the word to the action.”

If you touch a woman too much randomly and haphazardly, you will eventually creep her out. If it fits what you’re saying, the touching makes sense and will work.

Here are some good examples of tying the word to the action:

“You’re awesome, I’m adopting you as my new little sister.”

(With a hug.)

“We’re breaking up... I want my CDs back.”

(With a little shove.)

A push/pull dynamic is almost always built into any flirtatious conversation. Match the verbal pushes and pulls with comparable physical ones and your physical progression will be much more successful and calibrated. Enjoy.

IS THIS GOING TO WORK?

This is great to make clear in a playful way that you are sizing her up romantically while ramping up the physical progression.

In the middle of the conversation as things are going well, put your arm over her shoulder and look to your friends, or her friends if yours aren't there, and say as though you're not sure:

“So, what do you think? Is this going to work?”

(Point back and forth between the two of you.)

Regardless of the answer, you quickly release the arm on the shoulder and say:

“Yeah, I don't know yet...”

And continue your conversation normally. It plants the seed that you're interested and maintains a high-value but playful frame that you're still screening.

NOTHING SPECIAL

When a girl tells you something that isn't really all that special, like “I just got cable” or “These are new shoes,” you can pretend to be overly excited about the news and pick her up and start swinging her around.

“You got cable?! Oh my god! Now your life is complete!”

You have to commit fully to this for it to work. She will play along and have fun with it if you appear to be getting a kick out of it.

You can make it into call-back humor for later by following up with:

“Sorry, I’ve just been trying to work on being a more positive, enthusiastic person.”

And then do it again for different inane things she says throughout the night.

BETTER INTUITION

This is a fun routine that can be used as an opener or in attraction to escalate touching. As an opener it starts out indirect but ends up obviously playful and somewhat direct. It requires energy and comic timing.

“Who has better intuition, guys or girls?”

(85% of the time they will say girls do.)

“You know, I would have said the same thing. But get this, my friend Mikey was arguing with his girlfriend the other day and they realized that he could tell exactly what she’s thinking... as long as they were touching. It’s totally weird. He showed me how to do it, it’s unreal.”

(Pause.)

“Alright, so which one of you is the best liar? Come here, let me see your hand.”

When she raises her hand to meet you, don’t touch it but just let it come close to your hand.

“So, right now I have no idea what’s going on in your head. But when I do this...”

(Interlock fingers with her.)

“Then I can... Oh my God! You are not thinking that right now! Are you mental? I’m not that kind of guy. Relax!”

Break away from her hand and look at her friends like she’s crazy.

You can use any number of variations here, such as sexual framing, saying “**who has the dirtiest mind,**” or cold reads prior to locking hands with someone. This can be an open-loop game where you can tease playfully (or mercilessly) about what she’s thinking while physically escalating.

Starlight, Love Systems Instructor

QUICK PHYSICAL PROGRESSION STACK

This is a brilliant quick progression tactic that tests how interested and compliant the girl is through escalating steps that build on one another, culminating in a makeout.

1) First find a way to reward her with a high five for something she says or does.

“That’s awesome, high five!”

High five her and put your fingers through hers when your hands are in the air. If she doesn’t wrap her fingers through yours, release the hand and abort mission. If she does, take the hand and move to #2.

2) Spin her around in a playful twirl. At the end of the spin, if she plays along enthusiastically and doesn’t stiffen up, move to #3.

3) End the spin move by pulling her to your side so she’s facing the same direction as you and your arm is over her shoulder. Hold onto her hand and see if she curls up against you and maintains the hand hold. You are in a fairly intimate spot now. Gauge her comfort with being this close to you. If she seems comfortable with all of it, you

have the option to move to #4.

4) Holding her close to you, look her in the eye and give her a sly smile and see if she looks open to being kissed. If so, go for it.

At any point along the way, if she stiffens up or lacks compliance, you can stop and not overextend yourself. If she is playing along with everything enthusiastically, this is a great accelerated way to get to the kiss. Helicase regularly uses this to kiss close in under five minutes.

Helicase, Love Systems Instructor

THE GOLDEN RATIO

This is an intrigue-based routine you can use after you've given the woman a compliment on her looks or opened her directly based on her attractiveness.

“There’s a thing called the Golden Ratio that’s considered by many artists, scientists and designers to be a definitive measurement of natural beauty. There have been studies in every field that confirm it... For instance, psychologically people are attracted to the golden ratio on a subconscious level. Da Vinci consciously used it in his artwork, and it can be found in the designs of the pyramids and Parthenon. And women prefer the golden ratio in male physiques. It’s a ratio of 1.6 to one or about three fifths to two fifths... Seashells are patterned after it and crystals form to the ratio. It’s in your heartbeat, your DNA, your face and your hands. Let me see your hand.”

From here on, just use the dialogue as an excuse for physical progression. Emphasis is paid to highly sensitive zones.

“Look at the ratio of your hand and forearm... two fifths and three fifths.”
(Trace the movements as you describe them.)

“From the top of your head to your eyes is two fifths. From your eyes to your chin is three fifths. People who are attractive have the ratio the closest. People who are ugly have faces that are distorted and out of the ratio oftentimes. Your whole body from head to toe correlates as well. The distance from your head to near your hips is two fifths of the entire body...”

(Light touch on her hip.)

“And again from your neck all the way down to your breast is two fifths of your pelvis.”

(Trace a line.)

“Subconsciously, women look for the ratio when comparing a man’s hips to his shoulder width.”

(Place a hand near your crotch and again up at the shoulders.)

“Here’s another interesting thing, let me see your hand again... See how your pointer finger is longer than your ring finger? Well...”

And go into the Finger Length Routine from Love Systems Routines Manual Vol. I.

You don’t need a profound understanding of the math behind the Golden Ratio to gain her interest, and this opens the door to transition into other interesting topics.

Peanut, Attraction Forums Member

WORK OUT

If she’s in good shape and has been receptive to your physical progression maneuvers, you can say:

“You’re diesel. What kind of workout do you do?”

Whatever kind of workout she does, tell her you do a different kind, but you want to know how hers is by checking.

“Let’s see... Make a muscle.”

Have her flex her bicep then squeeze it. Even though she’s making a muscle tease her with:

“No really... Make a muscle.”

Then say “How are your abs?” Put your hands on her waist and push on her abs with your thumbs to check.

Then take one of her hands and put it on your abs. This can work even if you aren’t in shape, just say that you have the hottest abs on the planet, and keep insisting on it even after she’s put her hands on your beer gut and say something along the lines of:

“Yeah my workout is amazing... I found it on the Budweiser website. You should check it out.”

HAND ACUPRESSURE POINTS

This is a longer acupressure routine to introduce touching and gauge her interest by how well she responds to your pressure-point cues. This is really useful to amp up the touch for a sustained period, especially for guys who don’t apply enough touching or generally need an excuse to start touching women early in the interaction.

Lead in with:

“Hey, my ex-girlfriend showed me something really cool yesterday. She is a

masseuse and told me about these `pressure points` in the palm, kind of like acupuncture really. Here, give me your hand...”

(Take her hand, palm facing upwards.)

“You see, she started to give me a little massage right here...”

(Massage the outer part of her palm, the part facing her body if she has her hand palm up.)

“And the funny thing is that it made my left leg tingle! Can you feel your left leg tingle a bit?”

Of course, this isn't true. You say this because you want to measure the attraction you already have. If she instantly goes “Yes,” “I think so” or giggles, then you know she's attracted, but if she says “No” and looks weird at you, there's more work to do.

“She also told me that this area...”

(Move to another part of the hand. It doesn't matter which one.)

“... is stimulating the heart, so if I do a circular motion like this right here, you should feel a warm sensation in your chest.”

If she says she doesn't:

“You don't? Hmm, that's weird. You know when she did it to me it felt amazing. There must be something wrong with you, because I know I'm doing this shit right... (playfully). Let's try the last area she told me about.”

If she says yes or nods:

“It's really relaxing, isn't it? Makes you feel really good!”

“The last part she told me about was this part right here...”

(Move to a random part of the palm.)

“This one is connected to the lower part of your back, right here...”

(Put your other hand on her lower back and gauge her response.)

“She told me that if you massage this part for about 10 minutes a day, you can get rid of a lot of back problems. Isn’t that sweet? Apparently some Chinese guru showed this to her when she was studying in China, and now you too know the ancient secret of the palm pressure points. You better not reveal it to anyone, this shit is powerful... Pinky swear.”

At this time you’ve got enough indications as to whether she’s attracted and you can proceed within the model accordingly.

You can add as much extra stuff into this routine as you want. If she’s “feeling” all the points working, make up more. Or you can tease her by wiping your hands when you massage hers, indicating her hands are sweaty.

Or, if she’s skeptical about the whole thing, say: “Here, look me in the eyes and try to lie to me that this doesn’t give you a warm feeling in the chest area.” Sustain eye contact in an intimate way.

TEQUILA SHOT GAME

This is great to rapidly escalate on a woman you have succeeded in attracting already. You can’t do this routine until you receive solid interest or it will come across as very weird.

At some point in the conversation, without inviting her, plant the seed that you’re

going to go do a shot at the bar later. As the interaction improves, decide to do it and invite her along. This is also a great way to isolate and get her away from her friends.

Order two tequila slammers and tell her you're going to teach her how to do it properly. (You should pay for the shots as you're the one inviting her to join you; if she's been showing legitimate interest, you are buying the drinks on your terms so it's okay.) It's important to mention that you don't really like tequila as this will be important for a rapport break, or moment where you show some disinterest in her, later in the routine.

Direct her along, as both of you lick your own hands between your thumb and index finger (as in a normal slammer) and then pour some salt on the area.

Then take the lemon and place it in her teeth, skin side in toward her mouth and fruity side out. Tell her you're going to show her how to do it first; then it's her turn.

Take her hand, lick the salt off it, down the shot, then lean in and bite the lemon slice from her mouth. Leave your lips touching briefly then roll back and grimace at the harshness and bitter taste - this is the rapport break.

It's important that you throw this break in right after the intimate moment to maintain the push/pull vibe. It also helps build the sexual tension. Make sure you're laughing and enjoying the fun factor, then turn back, pick up the other slice, look her deep in the eyes and say: "Your turn."

She now licks the salt from your hand, downs her shot and takes the lemon from your mouth.

After this, you can bounce her straight to the dance floor or get her alone as you will have amped up the sexual tension in a big way.

BRAIN SURGEON ROUTINE

This is a great routine to see how far she'll allow you to move up the physical progression ladder. Gauge her comfort level and be very playful to make it seem innocent.

“I really believe in giving back to society, so I volunteer my free time at the local hospital. I oscillate between doing janitorial work and brain surgery... you know, wherever they need me on a given day. In fact, I'm out here tonight because we're trying to recruit new brain surgeons. You like helping out your fellow humans, right? Do you have steady hands? Let's see, hold out your hands as steady as you can and don't move them.”

Notice whether she puts her palms up or down, and how enthusiastically she goes along with it. You can even balance a shot glass or two on her hands for extra fun.

“Okay, wow, that's pretty steady. Okay, now I'm going to try to distract you -- just like a real hospital -- and you have to keep your hands as steady as possible. Remember, a human's life depends on this.”

Start by lightly touching your hands to hers and see if she flinches or moves away. If she doesn't, reward her with “**Very good!**” Then lightly grab her wrists and say:

“Sometimes the gloves can get really tight around your wrists, but you still have to plow forward.”

(Shake her elbows a little bit...)

“In California, there are earthquakes.”

(Then, lightly brush back her hair and blow on her neck.)

“The air conditioning vent may cause your hair to blow out of the way and send a breeze down your neck.”

(Then, try to tickle her.)

“Sometimes your orderlies will tickle you to see how good you are...”

You can improvise this routine all the way up to kissing her, all under the pretext of testing her worthiness as a brain surgeon. If she moves her hands too much, tease her that there’s no way she could ever work at the hospital and you’re shocked that she doesn’t value human life.

BACK TICKLE CONSPIRACY

This works best when her friends are around. It lets you build a little conspiracy with the woman you’re talking to.

Gently tickle her back, either over or under her shirt, depending on how far along the physical progression ladder you are.

Make sure her friends can’t see, so only she knows it is happening. Continue having normal conversation, as though nothing is going on at all.

LOGISTICAL PROGRESSION

An important element of seduction is moving a woman through several locations to ultimately get her to a place you can be intimate. It doesn't matter how great your "game" is in the bar if she won't meet you outside the bar.

Keep in mind three main location movements in the Triad Model.

- 1) Getting Her Alone – Getting her away from her friends so you can get to know her on a genuine one-on-one level is crucial for building comfort.
- 2) Another Venue – This may be either the same night where you go for food or to another club or it might be later for a date. Either way, you need to be together outside the original venue.
- 3) Private Location – Ultimately to be intimate with a woman you need to get her alone and back to your home or hers or something of the like.

GETTING A DRINK APPROVAL

Perhaps the easiest and most effective way to get a woman alone is to ask her to come with you to get a drink. Something like:

- “I need a drink. Come keep me company.”
- “I’m thirsty, let’s grab a drink.”
- “What are you drinking?” (She answers.) “Cool, let’s go.”

This can be perfectly effective if she is sufficiently attracted to you and you’re reading the signs right.

Sometimes, though, her friends may act weird when you try to take her away. Here’s a good way around this if you have a wing:

Look at the group and ask everyone, but end up looking at your wing:

You: “Hey, we’re going to go grab a drink, cool?”

(Then your wing jumps in and “answers” for the whole group.)

Wing: “Sure, go ahead.”

This creates the illusion that the group has approved. You then lead the woman away to get a drink.

FUCK/MARRY/KILL

This routine was part of the first volume of the Love Systems Routines Manual, but

we decided to include it in this section because it can creatively move a woman away from her friends and get her alone under the guise of playing the game. It functions not only as an attraction routine, but also as a tool for getting her alone.

“Okay, we’re going to play a game called murder/marry/shag. I will point out three guys in the crowd. You have to tell me which one you would murder, which one you would marry, and which one you would shag – and then you have to tell me why... And you can’t kill them all.”

Pick the three dorkiest guys you can find. She will want to kill all of them, but tell her she has to play by the rules and then tease her a bit for her answers and say she has a crush on the one she said she’d marry. Offer to introduce them.

It is now her turn to pick three girls for you. You now use the game to get her alone. Put her on your arm and walk her away from her friends to find three girls to use for the game.

Continue walking around the venue together as she picks out three women. Then tell her which one you would murder, which one you would marry, and which one you would shag... and why. And enjoy the fact that the two of you are now alone.

CHAPTER 11

SEDUCTION

After Attraction, Qualification and Comfort comes Seduction: the final phase of the Triad's Emotional Progression Model. A lot of people think it's clear sailing once you get to this phase.

Ideally it is, but that isn't always true. If you've done the other phases correctly, then it can be straightforward. But sometimes lots of issues crop up. Some will stem from not having built enough attraction or comfort, and some materialize for other reasons such as the woman having arbitrary limits on how sexually active she will be.

A lot of seduction comes down to simply leading and physically escalating. What you say while doing this can make a big difference in your success so the following routines will help you use effective language while physically leading the woman into the Seduction phase.

SEXUAL SEEDING

Often you don't want to physically escalate too much on a girl until you are in the bedroom or other seduction location. Although on some emotional level she should feel sex is a possibility with you, she shouldn't be forced to make a logical decision about it early in the night – which is what will happen if you start touching her too sexually in the nightclub/bar/on your date.

The best way to convey this emotional possibility without setting off her logical alarm system is to plant a seed of sexuality. A seed like the following routine can start turning her on and making her want sex with you, while reassuring her it's still just a possibility, not an obligation.

“Baby, you look so hot in that dress... I love the way your neck feels on my lips. I'm curious what your legs feel like too. I'm going to have to explore there later on with lots of kisses. I bet your whole body is as luscious as this patch of skin right here.”

(Stroke a bit of her neck.)

After using a sexual seed like that, PULL AWAY and keep talking about something else. Don't let things get too heated or dwell on it too long because that gives her a chance to rationalize what just happened. Talk about something else, and then logistically escalate with a location movement, for example, “Let's get out of here and grab some coffee.”

VERBAL AGREEMENT

Any time you're observing a woman, watch closely for her actions and tonality rather than her words. A lot of times a woman will say things like, “We shouldn't be doing this,” or, “I'm not going to sleep with you,” but she'll let you keep kissing her and

getting sexual.

Most of the time this is her logical mind trying to interrupt her emotional flow. In these instances, simply agree with her and continue.

“You’re right baby, we should totally slow down.”

If you then slow down for a few seconds, chances are she will grab you and kiss you more voraciously.

You can also pre-empt a logical response from her by saying:

“This is so crazy. I can’t believe we met just a few hours ago at X. I just feel so comfortable with you.”

Important: The concept of “no means no” is undoubtedly self-evident to almost all readers. Still, better safe than sorry. So, with apologies to the overwhelming majority of readers for whom this is beyond obvious, allow us to clarify: No means no. “Stop,” is very different from a playful, “We should stop.” If she resists at all or you even have any doubts where her mindset is, stop immediately. Communication is your friend.

COMPLIMENTS

You should always compliment a woman’s body when she gets naked with you. It really doesn’t matter whether she is just averagely cute or a supermodel -- ALL women are insecure about their bodies in some way, so you should reassure them how sexy they are when you are getting intimate.

Make them comfortable and they will open up much more to you sexually. You want her to feel sexy, comfortable and empowered in bed so that you both have the best

time possible.

Here are some great examples of compliments for seduction:

“Your breasts are beautiful.”

“Your skin is so soft.”

“I love the feel of your neck in my hand.”

“You smell incredible.”

“You have the most incredible X.”

“You have the sexiest X.”

AD HOC COMFORT

If a girl says to you, “But I don’t even know you! This is too soon,” and won’t let you physically escalate, then you probably haven’t built enough comfort with her.

This is not a problem. The great thing about comfort is that you can usually build it on an ad hoc basis. Here is my normal routine in these cases.

“That’s okay. I totally understand... Listen, I really enjoy your company – you’re sexy and everything but you’re also a really cool girl. I like talking to you too... Come here, lie down with me and we’ll chat.”

Then, talk with her for a while, and try escalating again. Chances are things will be different and go smoothly after this.

The key is to not disagree with her and keep pushing. Simply agree with her, confidently divert the energy to getting to know one another and later steer things back to sexuality once the comfort is better established.

WILLINGNESS TO WALK AWAY

Sometimes a woman may say something like: “I’m not going to have sex with you,” even though she seems very attracted to you.

You can often bypass this just by saying, “Cool,” and carrying on by talking and building ad hoc comfort as discussed above and eventually physically escalating again.

But if you get to a point where you are both together on the bed and she keeps saying she won’t have sex with you (even though she is still there with you and NOT saying that she has to leave), then you need to show her that even though you want to have sex with her, you don’t NEED to.

This willingness to walk away is critical, and will typically give the attraction spike she needs to jump you. You can demonstrate this by saying:

“I really don’t care if we have sex tonight or not. I’d like to, but baby I don’t need it.”

The important thing after that is to turn very slightly away from her. Create a physical vacuum, which she will then be inclined to fill.

The willingness to walk away makes her feel less pressure and makes her feel like sex is her choice and isn’t imposed on her.

WHAT-ARE-WE GIRL

This is a way to set a sexual frame for the future that the relationship is going to be casual and both of you are perfectly cool with that.

At some point as things are heating up and you are making out, stop and say in a playful teasing way:

“You’re like the ‘What-are-we?’ girl, aren’t you? We’re going to wake up tomorrow and you’re going to be like, ‘What are we?’ ‘Where do you see this going?’ ‘Should I get your initials tattooed on my ass?’”

She will laugh and deny it and then you should seem satisfied and proceed.

Then the next morning when you wake up, spoon her in a silly, needy way and say:

“Wow. That was amazing last night. You’re awesome... So, what are we now? Where do you see this going? Can I be like, your boyfriend now?”

She will laugh and you have now set the frame that you are keeping things casual. You can also proceed with the “Creepy Needy Guy” role-play from Routines Manual Vol. I.