

How you become irresistible to women by simply changing the way you think.

If you suffer from:

Low self-esteem

Obsessive feelings of unworthiness and un-entitlement,

Feeling like you're not good enough.

Feelings of self hate and a poor self image

Constant self sabotage

The deep seeded fear of being unlovable

Whenever you approach a woman do you automatically assume she is going to reject you?

Do you try to leave interactions as soon as possible because you believe that the longer you stay in the interaction the more likely you are to fuck it up?

These are all indicators that you have an incorrect view of the world.

Decades of negative thought patterns, assuming the worst and poor social feedback have conditioned your mind to view the world through a negative lens.

This conditioning begins from a young age, usually between the ages of 5 and 10 due to negative social feedback from peers or superiors, or some form of trauma.

Once this negative presumptive view of the world is solidified, it often stays with you, skewing your perception of the world toward the negative.

It's as if you're wearing glasses that filter out positive social feedback and only allow you to see negative social feedback. As this fits the narrative that your brain has been telling itself from a young age.

And before you know it, you have conditioned your mind for DECADES to become hyper aware of negative social feedback, and blind to positive feedback. To the point where your brain begins to interpret EVERYTHING as negative.

The reason why your view of the world is able to shape your personal reality so much is because our brains are responsible for creating our world.

Let me get a little sciency, just for a second.

When you look at something, you're not actually seeing a perfect representation of that object.

What you see is purely your brains best interpretation of that object.

What you're actually seeing is a hallucination.

Light is reflecting off that object, and onto your retinas.

The cones and rods in your retinas then send signals down your optic nerves to the occipital lobe at the back of your brain, where the brain does it's best to interpret what it believes is in front of you by pulling from previous experience.

The mind works with patterns, and recreates the world around you by interpreting what you are hearing, seeing, feeling, tasting etc.

This is why your reality is so damn vulnerable to manipulation through it's previous conditioning.

Because you only experience what is your minds best interpretation of a situation.

And if your brain is only able to pull its interpretation from a pool of primarily negative social feedback and assumptions, then it will focus on everything in that environment that backs up that world view.

Think about the old saying “seeing is believing,” just for a moment.

consider certain mental health issues like body dysmorphia.

Now, I personally have dealt with body dysmorphia for years.

I know I am muscular, however when I see myself in the mirror, I look much skinnier than I actually am in reality (because I spent the first two decades of my life as the scrawniest person I knew)

It's not like I see myself as emaciated, but my perception is skewed just enough for me to see myself as a few kilograms lighter than I actually am.

And I would have no idea how much I am growing without the use of scales.

This then brings up a really interesting question.

If previous conditioning and poor self-image is able to completely warp what you are physically looking at, then how much more in your daily life is your mind misinterpreting, especially on the more subtle level.

Here's a hint.

Everything.

Your previous conditioning and life experience shapes how you interpret the world.

Studies have shown that when someone is overweight or feeling tired, they literally see hills as steeper than they actually are.

Or when you are hungry, you are more attracted to women with higher fat percentages than when you are full.

And here's the kicker.

Numerous studies have shown that people with low self esteem show a FAR higher attentional bias toward indicators of social rejection.

To the point where they begin interpreting neutral social cues as social rejection.

Again. you're literally wearing glasses that emphasise negative social feedback, and even interpret neutral social feedback as negative.

While simultaneously making you blind to positive social feedback.

You have conditioned yourself to see the world this way. Over decades.

If you're someone who has low self-esteem, experiences feelings of unworthiness, you lack entitlement or have a poor self image.

**YOUR INTERPRETATION OF THE WORLD IS WRONG!**

To the point that what you see and experience is literally skewed toward the negative compared to objective reality.

And in every social situation you find yourself in, understand your interpretation is certainly far more negative than what it is in reality.

This is one of the most common mental blocks that men deal with when it comes to improving their dating lives.

Interpreting everything as far more negative than it really is.

Let me give you a great example.

One of my previous clients while on a 5 day live immersion.

He met a girl on the street and ended up on an instant date.

This girl, within 40 minutes is getting his logistics and begins verbally escalating on HIM, by making statements of intent and begins making things sexual.

He then suggests they go for a walk.

Now with my trained eye I can see this girl is so keen for him to take her home she is almost getting impatient.

When she realises that he has taken her to the river to chat more, and not back to his place, she literally says:

"I do have to go home at some point."

Now there are two ways you could interpret this line.

#1. She is saying, C'mon buddy, take me home already, I have work tomorrow.

#2. she is saying she needs to go because she is not attracted to him.

Now to anyone watching she was obviously trying to get him to invite her home, she had been incredibly attracted to him from the beginning, she had gotten HIS logistics, she had turned the conversation sexual, and was super horny and ready for an adventure.

She had given every cue possible she was ready to be taken home.

However, because this client had such a negative assumptive view of the world, he had not interpreted any of her escalations as indicators she was interested in him.

And instead took her saying this as a REJECTION!

And to ANYONE watching the interaction, the clients interpretation would seem like borderline insanity.

He then said, oh ok I guess ill walk you to a cab.

The disappointment on this girls face.

He couldn't even see it.

He was literally blind to the possibility.

Because taking home a girl of this calibre 2 hours after meeting her on the street was so far outside his reality.

The funny part is, because he was now walking this girl to a cab,

Now SHE believed she was being rejected!

After this ordeal I semi-abused him (lovingly of course), because he had sabotaged such an amazing experience for the both of them.

And it's as if he was barely even mad at himself, because still deep down he believed he would have fucked it up somehow, if not then, at some point.

This is a pretty blatant example of a poor interpretation of the world.

He was blind to SO much information he was being given during the interaction and only took in what fit into his previous world view.

But again, it is probably the most common internal block I see in our clients. And chances are you suffer from this issue to some degree as well.

So Ben, you ask.

How the fuck do I fix it?

And the answer is not so clean cut.

The mind is an incredibly complex, yet crude piece of machinery.

It takes a long time to unwire decades of conditioning.

The first step is understanding unequivocally that your interpretation of reality is incorrect and the truth is far more positive than your assumption.

You need to really drill this reality into your head. Because the brain is great at finding evidence that will back up its negative assumptions, and if you don't shut it up, it will always find something that supports its bias.

And the same is true if you delude yourself to assume the positive, you will always find evidence to back up your bias view of the world. But for those who are optimistic, they will ALWAYS end up in a better position.

Because the real danger of this negative view of the world is that it becomes a self fulfilling prophecy.

Think about it.

Even though my clients interpretation was objectively incorrect. The outcome of his negative assumption was still the same.

I.e. her getting into a cab and leaving, without them consummating their budding romance.

And if he didn't have me there listening with an objective view of the situation, he would have come out of that interaction with another piece of evidence that confirmed his poor self image.

SO

How do we change this toxic view of the world?

The answer:

Consistency.

Consistency at re-framing every negative thought and assumption you have.

Every time a negative assumption comes through your head, remind yourself that the reality is much more positive than your interpretation.

How often a girl will just be nervous and you interpret her nervousness as disinterest.

How often she is just having a bad day and blows you off, and you assume it's because you're unattractive.

How often she is incredibly attracted to you, but genuinely is having a girls night but you assume she has to leave because she doesn't like you.

How often she wants to kiss you, but has to reject you because she can't look sl\*tty in front of her friends, but you take it as a rejection and all you needed to do was wait till her friends weren't watching.

How often you meet a girl who flirts with banter, but you take it as an indicator of disinterest.

These are just a couple scenarios, but as you can see, your negative view of the world and self consciousness makes you unable to objectively interpret situations.

Start re framing every negative assumption. To the point its almost delusional.

Assume every girl wants you.

If she blows you off “she wasn’t entitled”

If she isn’t holding eye contact “she was too nervous”

If she has a boyfriend, “she’s an idiot for not waiting to meet you”

If she is giving you one word responses “She is lacking social experience, and needs a little help learning how to have a conversation”

practice reframing EVERYTHING.

And I know that it may feel disingenuous when you begin reframing your thoughts to the positive because you don’t actually think that way and it may not be objectively correct.

But what is objectively correct?

As you can see, you are already creating your reality through your negative assumptions.

It’s time to create your reality in a way that actually serves you!

And just as importantly, your positive re-frames are probably more likely to be closer to objective reality due to your decades of negative conditioning.

And to prove this point further (because the brain loves evidence).

I’ll share a really interesting point from a study done on optimists and pessimists.

The results of this study showed:

whether you are an optimist or a pessimist, optimists ALWAYS end up with better life outcomes.

So what does that tell you.

Whether your assumptions are correct or not, assuming the positive will ALWAYS result in a more positive outcome.

And you already are skewed toward the negative, so why not swing the pendulum back the other way.

You’ll most likely end up being far closer to objective reality with your new sunny disposition anyway.

So, start re-framing your negative thoughts.

Constantly.

A lot of people like to justify their negative assumptions as if it is “preparation” for the worst to happen.

But all this does is:

1. causes you to suffer.
2. primes you for negative outcomes.

This old way of thinking is not serving you.

And yes, it is not easy changing the way you think.

You will never be completely free of negative thoughts. But just blunting your natural inclination to only see negative feedback will result in amazing improvements in your social interactions.

Sometimes the hardest part is realising you're having a negative thought in the first place.

And don't be lazy.

This is not something that will instantly create net positive gains in your life.

But the gains you will see from practicing optimism can be the most rewarding of your life.

better constant mood,

more emotional regulation,

better control of your thoughts

and having more success in ALL areas of your life.

But it is just like going to the gym.

It takes time, feels weird and awkward at first and takes constant practice.

Don't be lazy.

Ben Sterling.