

Flirting Guide For Introverted Men



By Michaela Chung

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Dating as an Introverted Man

If you're an introverted man looking for love, you know how it feels to be overwhelmed and anxious about all the pressures piled on you.

Today's dating culture places the onus on men to initiate conversations, make the first move, and set up dates.

As an introverted man who might tend to get tongue-tied talking to anyone, the idea of flirting with a woman you just met can seem terrifying.

You worry that you'll run out of things to say. Or you'll put yourself out there only to be rejected.

Maybe you're the nice guy who always ends up in the friend zone. Or you're a people pleaser, exhausting yourself to make a woman happy, only to feel unappreciated and invisible.

I know how you feel!

Though I'm not an introverted man, I am an introvert through and through and I've worked with hundreds of male introverted clients and students who share your struggles.

I've also consulted with top dating coaches and intimacy experts, all in the effort to help introverts like you gain dating confidence, open up, flirt, and become irresistibly magnetic.

I even wrote a bestselling book called [*The Irresistible Introvert*](#), which reveals how to unleash your natural introvert charisma and magnetism.

That's the thing about flirting as an introvert...

Magnetism is your best friend. You'll never be that super aggressive guy who hits on any woman who crosses his path. And trying to be overly gregarious will exhaust you and feel inauthentic.

For introverted guys, it's all about...

- Unleashing your inner magnetism so that women are drawn to YOU
- Embodying a confident, sexy vibe that makes you the prize women want
- Making women feel amazing around you so they always want more
- Knowing what to say to keep a conversation flowing and flirty (it's easier than you think)

This guide is going to give you all the steps you need to get started. If you're tired of one-size-fits all dating advice that ignores your challenges as an introverted man, you'll find these tips refreshing.

Because, let's face it...

A lot of the dating and flirting advice out there is made by and for extroverts. They think the only way to a woman's heart is to act super macho and use manipulative tricks that ultimately backfire.

If you want a quality woman—a woman who is intelligent, kind, and beautiful—there are specific things she'll be looking for.

At the top of the list is confidence. So, let's start by talking about how you can embody a confident, sexy vibe, even if you're quiet and fear rejection.

Developing a sexy vibe

Have you ever noticed a woman from across the room and thought, wow, she's so sexy. And it wasn't just her looks. There was something about the way she carried herself that made her magnetic.

Women experience this inexplicable sense of attraction, too. We notice a guy who might not be classically good-looking, yet we are drawn to his vibe.

Now, let's get clear on one important point about your vibe before we go any further.

You are sending out a vibe no matter what

That is to say that you are sending clues about your level of confidence, comfort in your own skin, and comfort with sex, whether you consciously acknowledge it or not.

The good news is that it is just as easy to send sexy, confident vibes as it is to send 40 Year-Old Virgin vibes.

It's just that if you've spent years HIDING your natural appeal, you'll need to invest some energy into removing those blocks.

Think of it this way...

Imagine you have a flashlight casting a beam of light in a dim room. Now, imagine placing a piece of fabric over it.

Hardly any light comes through, but the flashlight is still doing its job. It's still using the same amount of battery power, even though you're blocking the light.

It's the same with your vibe.

You have a natural charisma and sexuality that you've probably been blocking for YEARS. Luckily, there's a very simple way to remove one of the biggest blocks and start being magnetic to high quality women.

Stop hiding your desires

When you notice an attractive woman, do you automatically try to hide your attraction? Maybe you feel awkward making eye contact. If your eyes do happen to meet, you feel embarrassed and quickly look away.

If you muster up the courage to talk to her, you continue the theme of hiding your attraction. You keep the conversation friendly and talk to her as you would any acquaintance or coworker.

But hiding your attraction and denying the fact that you're a man with sexual desires backfires. Your vibe might come off as friendly and pleasant, but NOT sexy.

So, don't waste one iota of energy trying to hide how attracted you are to a woman. The sooner a woman starts seeing you in a romantic light the better. Just knowing your INTENT is romance rather than friendship will get her thinking about possibilities.

Now, let's talk about a few more simple, introvert friendly ways to transform your vibe and be magnetic to women.

Be direct

Do you know how a confident, sexy man walks? Whether he walks slow or fast, he knows where he is going. That's the difference between a guy who emits strong alpha vibes and a guy who is unsure of himself.

The alpha guy knows what he wants, feels he deserves it, and takes the most DIRECT route to get it.

That might sound aggressive and entitled to you, but there is a way to embody this confident masculine energy without feeling like a total sleaze ball.

For starters, be aware of your intention before you even talk to a woman. Do you want to be her buddy, or do you want to date her? That certainty of purpose will come through as you engage her.

Here's an example of what I mean by certainty of purpose

I'm an avid salsa dancer and occasionally when I go social dancing the following scenario occurs:

Two men approach me to ask me to dance at the same time. One is direct—he walks right up in front of me, extends his hand and asks me to dance.

The other guy is more unsure. He kind of side-scuttles over like a crab and hesitates just long enough to miss his chance.

Whenever this happens, I always say yes to the guy who walks straight up to me and asks me with directness and confidence.

If you tend to be unsure of yourself around women, don't worry. You can be direct in conveying your interest, WITHOUT being aggressive and sleazy, by following the below tips.

Initiating touch early on

Have you noticed that often the most socially confident man in the room is also the man who isn't afraid to touch people? He shakes your hand, gives you a gentle pat on the back or shoulder, and puts his arm around you.

When he's with a woman, he initiates touch early on by extending his hand for a handshake or offering a hug.

He might also place his hand on the small of her back (just for a few seconds), or gently touch her upper arm or elbow when they are laughing or agreeing.

Even if you're quiet and a bit shy around women, you can emulate this confident and sexy quality, too.

Start with a simple handshake and move on to a light touch on her elbow or upper arm when you're laughing or agreeing.

When you're feeling more comfortable with touch you can try leading her into a room with your hand on the small of her back. Place your hand gently, as if sweeping a balloon through the air. Just a couple of seconds of contact is enough.

Verbally express interest

A sincere compliment is a not-so-scary way to show a woman that you're interested in her. You'll want to avoid complimenting her the way her BFFs would. Saying, "great sweater," isn't the ideal approach.

Here are some ideas for the right kind of compliments:

"You smell amazing."

"Wow, you look stunning."

"There's something really charming about you."

You can also involve yourself in the compliment, which creates a 'we're in this together' vibe.

Here are a few examples:

"We're hilarious!"

"I think we win the award for the most stylish people in the room."

"We're on fire, we make a great team." (This works well if you're playing a game or doing an activity together.)

You can also outright tell a woman you like her by expressing how much you enjoy being with her, how you get excited to see her, or how she makes you feel.

Let her know that she makes you feel...

- like you can be yourself
- like a kid again
- nervous, but in a good way
- alive

Now, onto the next simple tip to emit strong, sexy vibes.

Slow down

I mean this literally. Slow down your movements and the way you talk.

The good news is that as an introverted man, you probably already have a tendency to speak slowly. Now it's just a matter of doing it intentionally and in way that amps up your magnetism.

Think of a GQ model slowly, but smoothly walking toward a beautiful woman. His mouth slowly curls into a grin. When he talks, he takes his time and uses intentional pauses that create intrigue and convey confidence:

"Hey, how are you...I wanted to introduce myself...I'm Ben."

Simplicity is best when you start up a conversation. Because, as the old adage goes, it's not about what you say, but how you say it.

When you STOP making efforts to hide your attraction and START sending sexy vibes by slowing down and using the next golden flirting tip I'll share, anything you say will be more intriguing.

Dreamy eyes

I'll never forget his eyes. In Hollywood they'd call them "bedroom eyes". But to 19 year-old me, they were just plain dreamy.

I'm talking about the American Mormon missionary who knocked on my door one day. I was already a Christian and not shopping for a new faith...but those eyes.

So, I let him and his companion in and we talked about The Book of Mormon. Not exactly a scintillating topic, but this guy's slow way of speaking, combined with his dreamy eyes made me melt.

The good news is that dreamy eyes aren't genetic. At least not entirely. You can have women swooning over your eyes in a couple of simple steps.

Simply lower your eyelids a little and focus on taking in a woman's beauty. Again, this action is attractive because you're conveying your romantic interest instead of trying to hide it behind a formal, friendly face.

This might take some practice, so try it out in front of the mirror. Watch some clips of Ryan Gosling falling in love on the silver screen. I know it sounds cheesy, but that dreamy look is highly intoxicating and worth a little research.

Next, use the triangle technique of gazing at a woman's eyes and then her mouth. Slow down the transition from eyes to mouth just a hair of a second so that it's more intimate.

Look at her like you know her

Let's say that you're passing by an attractive woman you've never met. You can get her attention without saying much by doing what

one famous salsa instructor (a skilled womanizer, no doubt) did with me.

As we crossed paths, coming close enough to meet eyes, he looked at me as if we were close friends and said, “hey”.

And that’s it.

I still remember this 2-second interaction years later because of the way he looked at me like he knew me. It made me wonder, “do I know this guy? Have we met before?”

His sense of familiarity tricked my subconscious into thinking that I knew and trusted him, even though I’d never talked to him before.

To replicate this effect, start paying attention to how you greet your favorite people. Your eyes probably light up and you have an easy smile.

Do your best to mimic that greeting when you pass an attractive woman, or when you greet a woman on a first date.

Be a gentleman

Being a gentleman is a great way to help a woman see you as a romantic prospect early on. After all, a guy who is a woman's buddy doesn't open doors for her, call her to make plans, or pay for drinks when they go out.

Though you might feel afraid of coming off as cheesy or old fashioned, there is more risk in NOT being a gentleman than vice versa. The key is to do it with certainty and confidence.

Open the door automatically, as if you've been doing it your whole life. If she's not into it, she'll let you know, but she'll probably still find it endearing nonetheless.

Most high value women are used to chivalrous behaviour from men, so they will expect and appreciate your gentlemanly gestures.

Talk about the right topics

One glaring advantage that introverted men have when it comes to flirting is that you don't typically make the biggest flirting mistake: talking too much about yourself.

As an introverted man you likely feel most comfortable allowing the woman to do most of the talking.

This is a smart approach when you consider the fact that the key to making a woman fall in love is making her fall in love *with herself* when she's with you.

Make her feel like SHE'S interesting to talk to, has great stories, and an amazing sense of humour, and she'll definitely want to see you again.

But it's not enough to ask any old question just to keep her talking. It's important that you steer the conversation in the right direction, towards topics that create a spark.

The best way to do this is to focus on emotional topics like dreams, experiences, passions, and motivations.

Here are three key questions that will help you steer any conversation in the right direction:

What do you love to do outside work? (passions)

How does it feel when you do x? (emotions)

What's something you've always wanted to do? (dreams)

What made you want to do that? (motivation)

You can modify these questions to fit into many scenarios. Here are some examples:

Woman: I started taking a painting class.

You: What made you want to do that?

Woman: I really love what I do.

You: What do you love about it?

Woman: I like public speaking at big events.

You: What does it feel like when you get on stage in front of hundreds of people?

Important: mix questions and statements

Always mix questions with encouraging nudges, affirming statements, and self-disclosures.

Encouraging nudges: These are simple phrases that show you're listening and encourage her to go on. "Oh yeah", "really", "I can imagine", "For sure"

Affirming Statements: This is a positive statement that acknowledges and gives a verbal high five for what she has just said.

"It sounds like you have a real adventurous streak"

"That's so interesting, that must've taken a lot of courage."

Self-disclosure: This simply means sharing something relevant about yourself. The same rule of thumb applies as when you're encouraging her to talk. Try to stay on emotional topics, like your dreams, passions, and motivations.

What are you excited about? What do you love? What are you obsessed with right now? What's your next adventure? How does it make you feel when you do what you love? How does talking to this amazing woman in front of you make you feel (excited, alive, nervous, happy).

All of the above are great things to have a think about before you even get in front of a woman, so you'll always have something interesting to talk about.

Of course, there's so much more that I can share with you, but for now, you have plenty to work with to begin flirting with any woman who catches your eye.

Remember, you don't have to do everything at once. As I always tell my introverted clients and students, it only takes a small crack to let

the light in. You already have everything you need to start seeing major shifts in your dating life.

Try one or two of these tips the next time you're talking to a woman you're interested in. Feel free to let me know how it goes by sending me an email at michaela@introvertspring.com.

Love,

Michaela



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About Michaela

Michaela Chung is the author of *The Irresistible Introvert: Harness The Power of Quiet Charisma in a Loud World*. She is an expert on introversion with a rich background in communication and self-development strategies. Best known for her popular website, [Introvert Spring](#), her work has also been featured in HuffPost, The Globe and Mail, INC, Lifehack, CBC Radio, and The Chicago Tribune, to name a few.