

Your practical 25 page long guide
to flowing conversations.

DOPAMINE TEXTING

QUICKSTART GUIDE

[FROM DRY TEXTS TO FLOWING CONVERSATIONS]

DOPA Publications

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The sole purpose of this free e-book is to encourage and assist individuals in improving their overall quality of life using the author's strategies and knowledge. Any use of the information from this book without the author's permission is prohibited.

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FINAL WORD

And a whole bunch of more stuff. Filled with case-studies, proof material to show that I preach what I teach.

Before We Begin

I see people glued to their phones. The pandemic only amplified this phenomenon. During quarantine, our smartphones and laptops became our primary links to the outside world.

Unless, of course, you're like me—a G who went out and met people regardless. Rules be damned.

But here's the reality; women have become increasingly open to meeting new people online—whether it's through Instagram, Tinder, Bumble, Hinge, or other platforms.

Even if you meet her in person, **your texting game needs to be strong**, or the initial attraction might just fizzle out.

The bottom line? You have to be great at texting, or you'll miss out on countless opportunities to connect with amazing women.

A fun personality in real life is essential, but an even better text game will keep her intrigued, excited, and eagerly anticipating your next meeting.

When you apply the techniques laid out in this guide, **you will become unstoppable**.

The beauty of messaging is that you don't need the best body or the most charming voice. You can ignite her imagination and desire simply through the power of your words.

But before we get started:

Why The F*ck Should You Even Listen?

I'll be upfront here. No waffling...

I get the f*cking results. Actions speak louder than words.

Therefore take a look at the feedback:

Hey man, I'm halfway through the program and I already understand how stupid I was

I actually started blaming women for having too high expectations, but you made me realize how blind I was

Your help is a lot appreciated



Tbh I didn't really believed in it but something in me wanted to give it a try

When I finally saw the formulas and psychology explanations behind them all

It all suddenly made sense to me and rn visiting castles in Wales and I'm not alone

Probably the best date I've been in years bro



Hey dude, how is your progress?

Bro Tinder is such a powerful tool actually, literally just using the outreach formulas and I keep on getting responses + I have already booked 2 dates since joining

They are quite promising ones I must admit



Hello, I redid my social media and focused on its optimization for getting girls to write me in the first place and I already got the first girl to text me

I will use the texting strats from here on and let you know how it went

Honestly can't thank you enough man



What is the Point of Texting?

To put it simply—texting is about setting up a meeting between two or more people.

To elaborate—this "meeting" can be a date at a third location, her coming over to your place, or you going to hers.

Texting is also about building anticipation. Think of it as foreplay. It's your chance to show her that you're a high-value man who speaks her language—womanese—and to make her excited through the power of wordplay.

Women appreciate it when men have a superior command of language. **Tease her playfully about her vocabulary.** Use texting to build rapport, so she feels safe and knows you're not a threat, but a genuine, valuable guy who is fun and exciting.

Then, through clever wordplay, show her that you're not just a simp but a high-value man who she can have an amazing time with, both in conversation and in bed.

Master these techniques, and you'll make her eager to meet you and enjoy your company.



The Fundamentals

Busting the Myth of the "Perfect Text"

The first belief I want to bust is that there is no such thing as the "perfect text" or the "perfect text game." It's all about optimizing. You can become near-perfect, but there will always be girls who don't like it. Maybe they're not on the same wavelength, or perhaps they're just out of sync with the trend.

That's OK. Don't take it personally. **Bad text games often have these major issues:**

- Long messages
- Random texts
- Too many emojis
- Chody language
- Being submissive
- Lack of clear purpose

Eliminate these from your game and your life.

The Mindset You Need:

Think, "How would a high-value guy I know text back?"

Consider:

- **How they handle her shit tests;**
- **How they respond when she asks what they're currently doing;**
- **How they deal with her objections;**
- **Would they send long emotional paragraphs with emojis? Would they be overly polite?**

You need to practice this mindset until it becomes your default. You have the power to do it. The techniques here are rarely talked about in mainstream circles. **All you need is to take CONSISTENT and MASSIVE ACTION.**

Let's start with the principles. Remember, these are not rigid rules, but guidelines to help you refine your text game.



LISTEN UP!

What I'm about to share from now on will make a change in your life.

It can revolutionize your dating life.

Just bear with me, stay focused and don't go back to scrolling reels, because reading is "boring".

G, you need the upcoming information.

WITH THAT BEING SAID...

This right here is still a free guide, even though it is the greatest free information out there.

It unfortunately isn't the whole package.

There's so much more to texting than I can cover in this e-book.

That's why I encourage the most G individuals to take the step further.

I have already created a paid program aswell.

You have no idea how many nerds it has helped get themselves girlfriends.

To access it:

[CLICK HERE, BROTHER!](#)

I'LL BLAST YOU MORE WITH PURE RESULTS:

All these guys took the risk. And you know what?

It f*cking worked out. Simple really, if you're not a coward.



Hi man, Kay here

You wanted me to keep you updated with my dates and I'm so happy to say that I have got many responses from Instagram and Bumble in the last few days

Coming back to you to say that it has all worked out

Many potential dates and even seemingly wife materials so I'm extremely satisfied with your work bro

She is gorgeous and currently on our 3rd date this week

G, you don't know how much I appreciate it man



Just as you mentioned in the teachings that everyone should follow the formulas almost blindlessly and I tried it

This girl just today reached out to me

Literally works

Never before I had been messaged before. Immediately as I optimized my profile I saw results

Just started a chat w a girl and already booked in a date with her, easy stuff really

Really surprised me

What is Your Purpose?

When texting a woman, it's important to have a clear purpose. Don't just text for the sake of conversation.

Over-texting can lead to being labeled as a "texting buddy," and you don't want to be available all day. Remember, you have your own life, and she shouldn't be your top priority.

Define Your Purpose

Typically, the main reason for texting should be to set up a meeting. Additionally, texting helps you gauge if the girl is interesting, boring, or weird. You don't want to waste time meeting someone who isn't worth it.

Make Yourself Memorable

Setting up the meeting is just the first step. To prevent flaking, you need to make yourself memorable. Stand out in her mind and make her excited to meet you. While sexting can add some spice, it shouldn't be the main focus—it's just a supplement to your primary goal.



Being Brief and Direct

It's a sign of being of higher value. You hold your attention, yet still, get your point across.

Ask yourself:

Would Andrew Tate send long and personal texts to every girl, or would he be busy hanging out with women and just being himself?

Get into the habit of getting the point across with fewer words. Repetition is key.

For most of you, unfortunately it will be very hard to achieve this mindset.

Most of you will need a **STEP-BY-STEP** blueprint.

Just a **COPY & PASTE** script to book dates with girls.

And that's understandable.

I was in the same situation myself - **not knowing what to say next or drying out the conversation.**

This is the reason, I have created quite literal COPY & PASTE system.

If a girl says "x" you will just have to copy my answer "y".

And watch them melt.

If you want to access it, **CLICK HERE.**

YOU THOUGHT THAT'S IT?

I've got loads more. Hundreds even. Can you even comprehend the success my work has had?

I've got hundreds of 5-STAR reviews and positive testimonials.

Feel free to check my highlights to see many more.



The girl I have been talking to literally texts me all of the time, Im asleep and she stills texts me

Seems like you warned me for a reason hahahaha



This is the girl that just gave me her number

Literally no startgy I've used before works like that



Feeling as if I have discovered a fire rn

The mindset shift you gave me has made me fearless man, I can go up to any women absolute 10/10s and without any shame ask them anything and approach them

Confidence really works on women



You have done wonders brk

I messaged the girl I always wanted to, look at me now



We're on our first date and I must say it is honestly feeling so good right now

I can't thank you enough bro

Detachment

You've probably heard it a million times: neediness is repulsive. But hearing it isn't enough—you need to live by it.

It's crucial to stay detached in your interactions. Never put women on a pedestal. Remember, she's human just like anyone else.

This doesn't mean you should put her down. Instead, treat her with the same interest and respect you would show any stranger worth your time.

Key Principles to Remember

Stay Ready to Walk Away: At any point before, during, or after the interaction, be prepared to walk away if things don't align with your goals and reality. Your time is valuable; don't waste it on what doesn't fit.

Be Direct: Honesty and straightforwardness are attractive. Don't beat around the bush.

Qualify Her: Make sure she meets your standards and is worth your time and effort.

Be Persistent, but Detached: Show interest, but don't get emotionally invested too soon.

Be Bold: Women appreciate confidence and boldness. They forgive the bold, never the weak.

Avoiding the Simp Trap

Guys who get too attached often start behaving like simps—overthinking every text and interaction.

This kind of over-analysis is counterproductive. When you let go and stay detached, your mind naturally comes up with better responses, and your conversation flows more smoothly.

By following these principles, you'll maintain your self-respect and attract higher quality interactions.

Stay detached, stay confident, and always be ready to walk away if something doesn't serve your best interests.



Make it Easy for Her to Respond

Sales is a game, and the first rule is to make it easy for the customer to respond and take action.

The same goes for texting her. You need to make it effortless for her to reply, especially in the beginning stages when she hasn't invested much in you yet.

Think about it: she probably gets tons of messages on social media and dating apps. **To stand out, you have to be easy to talk to.**

Once you meet in person, you can showcase your A-game and she'll be hooked. But before that, you need to navigate the initial, less-exciting phase effectively.

For instance, if she says, "**Hey, how are you?**" and you reply with, "**I'm good,**" you've essentially closed the conversation. It's tough for her to respond to that. Instead, say something like, "I'm fantastic, just came back from a run."

This not only keeps the conversation flowing but also shows that you're active and care about your health, which is attractive to many women.

Keep it engaging and open-ended, giving her something to build on. This approach makes it easier for her to respond and keeps the conversation lively and interesting.

Cut Through the Bullshit

Many guys make the mistake of taking the "friend" route before asking a girl out or making their intentions known.

This is not the way to go. If you're on a dating app, it's clear that she wants to meet someone. Facilitate that meeting—she's interested in connecting and potentially having a romantic relationship with you.

Being direct and confident increases your Sexual Market Value (**SMV**) in her eyes. It shows that you're not afraid to go for what you want, which is attractive. **Don't waste time in the friendzone.** Make your intentions clear and take action.

This same mindset you should be adapting, when it comes to investing into yourself. I want you to increase your **SMV**, easiest way to do it, is by becoming more knowledgeable.

As I've mentioned before, I have a full program for the most G individuals.

The individuals that want to start dating **3-7 women** every single week.

You can't do it alone, you can't do it without guidance.

For many of you, you can't even book **one date** with a gal.

So, if you truly want to make a change in your life:

CLICK HERE.



ACTION-TAKERS BEING SATISFIED:

The people taking action are the one's that will master texting. They're the ones that will be pulling the girls.

What is there for you to lose?

I even have a full **90-DAY MONEY-BACK GUARANTEE.**

Literally no risk at all.

Hello I'm a Indian and I started talking to Europe women and they're saying they have never met a guy so funny, I do not get stuck anymore when talking with girls. I'm so glad for finding you and making the right decision.



My man I literally thought fuck it and decided to give it a try man. With my looks(I'm not the most pretty) I am attending dates week in and out. The change you made is crazy man, thank you so much honestly



Hi, my name is Umut and reaching you from Turkey to say that I love you I love your program and your page totally, you have changed my whole life and biggest struggle ever



Bro I've been following your for some time now and I got so much info from your posts sorry I decided to try dopamine texting too and this shits crazy fr



Bought dopamine texting program and the Tinder one too and I love how they work so well in symbiosis. Just implemented some startgies from the program and I can't handle how many potential dates I have.



Hi you wanted me to get back to you when I get results. Bro I just finished Date with a gorgeous Russian girl and it ran so smoothly even the chat when I usually got stuck and no idea what to write next



Emojis

Do you think Gs send emojis to girls? Probably not.

Most emojis break the sexual tension, and the same goes for "lol." These are rapport-seeking behaviors that can make you seem less confident. Aim to use them sparingly—like zero to one per conversation.

Using "haha" is another way you might unknowingly give away your validation. Try removing these fillers from your conversations for a few weeks and notice the difference.

You'll likely find that your stress tolerance increases because you'll be handling more tension in your interactions.

By avoiding these habits, you come across as more confident and in control, which can be much more attractive.

There are dozens and dozens more **fillers like these** and **deadly mistakes** you're probably making.

Unfortunately I can't go over all of them in this free guide.



Calibration Levels

To succeed, you need to be bold, but with social intelligence. **Don't rush; play the long game.** Keep her excited. Balance pushing and pulling without going overboard; too much neediness will drive her away.

If she needs more rapport, take a step back. Have genuine conversations to get to know her deeply.

The biggest mistake is not being direct, but a close second is being too crude or uncalibrated. If she tests you, stay calm, master the situation, and turn it back on her.

Show her that you've been through this before and can't be shaken. **You're in it to win**, but also ready to walk away and start fresh with someone new.

Willingness to show the door is what will build you a presence of high-value.

Same happens when a man is able to withstand his own opinion and say "**No!**" to a woman if necessary.

If you want to learn it all, know the ins and outs of female nature.

The **link is in my bio** man - make the change for your future.

CLICK HERE to learn more.

HAVE PEOPLE REGRETTED LEARNING MORE?

Well, as always. Have a look yourself:

Imago creation and setting up profiles really do help man and the formulas you described are strong, they simply work

No nonsense, straight to the point I love your work honestly

Hi Pat here, just gave The Lock Screen Method a try and it is absolutely insane work. I used to be left on read man and they now can't resist the excitement when I message 😊😊

Literally saw some of your testimonies and thoughts how risky can it actually be if everyone looks happy with their purchase

Now I see why there was so many of them, very insane value for the money

For fun decided to buy the program man and what bad could happen if I'd learn a little and I still can't believe it's available for so little money, there's actual gold in it

You're the real Flirt Chad fr

You should be charging way higher brother

Literally saw some of your testimonies and thoughts how risky can it actually be if everyone looks happy with their purchase

Now I see why there was so many of them, very insane value for the money

You should be charging way higher brother

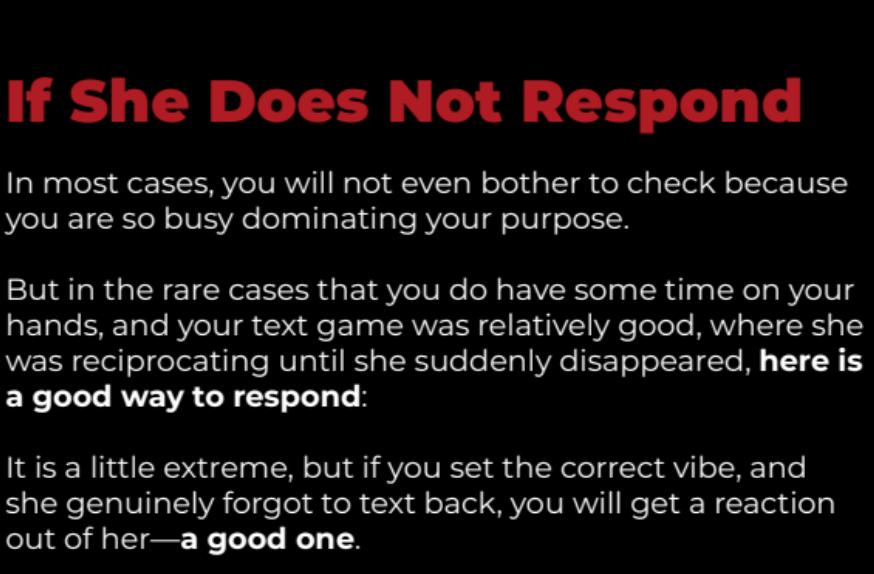
Memes & Gifs

Memes are huge right now. Sometimes, what you can't say directly to a girl, you can easily convey through a meme. Even a bold, sexual meme can be well-received if you've built enough comfort.

Of course, you need to be seen as the "**fun, sexual, cocky guy**", which you'll achieve by following the tips in this course.

Start by creating a collection of memes to send at different times of the day. There's an endless supply out there! For instance, follow Nugget on Instagram for a regular stream of sexual memes you can forward to her. It's personal and easy.

However, don't become her "**meme dealer**". Limit yourself to sending one every two days, and always follow up with a conversation. **Remember, actual texting is always more important.**



Balance of Effort

You ensure that you don't double text when she is single texting.

You ensure that your investment levels are less than her investment levels.

Initially, you might have to invest more than her, but once you have hooked her in, **you make HER invest in you**.

Don't send long messages. Keep the length less than hers.

Girls subconsciously pick up on all this. I

If you have to convey an important point across, then you can send a longer message, **but it will be an exception**.

If you want to learn all about "**Dopamine Texting**", take advantage of **women's simple nature** and start booking **7+ dates** a week then go right now and check the link in my bio.

Or **[CLICK THE LINK HERE](#)**

If not, keep reading. **A lot of value still to come**.

Lead the Interaction

You facilitate the conversation, and more importantly, you lead it and escalate.

You keep it lighthearted and flirty, and then at times, **you take it deep and full of sexual tension**.

You take her on a rollercoaster ride of emotions, where she cannot grasp you.

Stay away from topics like politics and religion—they don't end well.

If she takes the conversation that way, give her very little attention and deviate her to your topic of choice.

These topics are a slippery slope, argument is too easy to come if you stand your ground.

Trust me, avoid them at all costs.

Escalation Games

Building upon the previous point, here's a great game that you should be playing with girls because it breaks the ice and will help you escalate without much effort.

Play the questions game (**after building a good level of rapport**) where you ask each other general questions, and then you escalate it slowly and steadily.

The only rule is that you cannot ask yes/no questions.

The key for you is to have a list of questions prepared.

Remember to keep them **exciting** and on **the positive side** because she will relate those feelings with you.

Examples:
1. "Dear diary, the cute girl vanished. Should I call 911?"

2. "Hey, I'd like your advice. I met this interesting girl, but she seems to be mute."

3. "If you're this quiet during sex, I'm friendzoning you."

See what we did there? **We called her out, and when this pops up on her phone, she will open it and reply because it's also a neg** (a kind of push).

Also, learn to innovate this line. The exact words don't matter as long as you end it with a negative line for her, which shows your detachment and nonchalance.

Remember, you're a cool, chill guy who is screening this girl to see if she's worth your time.

Your life remains the same—**FUCKING AMAZING**.

FINAL THOUGHTS

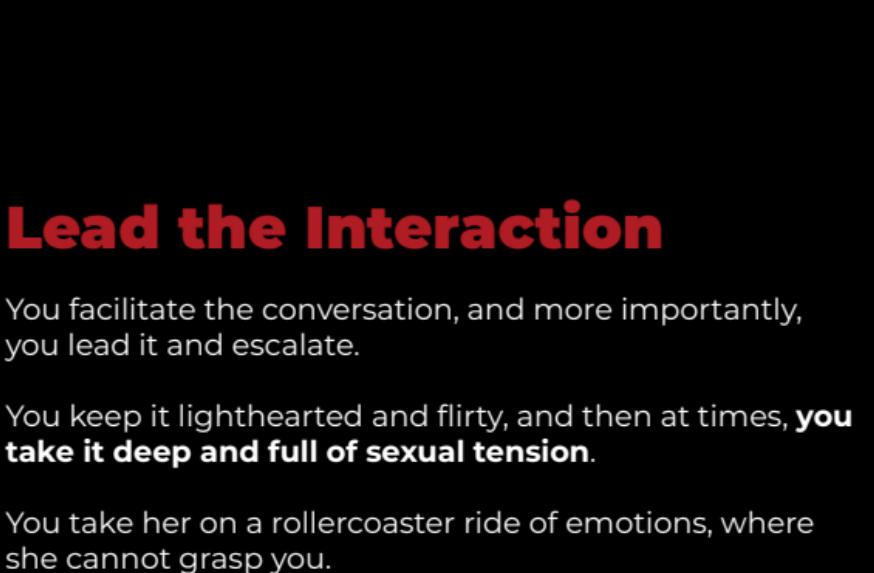
The goal has always been to STOP the brainwashing of men worldwide into becoming simps—because that is the REAL pandemic.

Be sure to keep applying the techniques that you've learned here. I recommend going over this texting guide at least three times, make notes, and keep them beside you when you text women—at least initially so that you can quickly refer and accordingly reply (or choose to leave her on read).

When you know you are truly high value, you automatically say the right shit. But before I go, this was just the surface of **Dopamine Texting**.

Right now we didn't have the time to dive into the exact messages you should respond with and how to actually make her melt.

For that exact reason, **consider checking the program**.



CLICK HERE TO LEARN

If not, keep reading. **A lot of value still to come**.

You will not regret learning "**Dopamine Texting**" in depth.

Till then, keep winning brother.

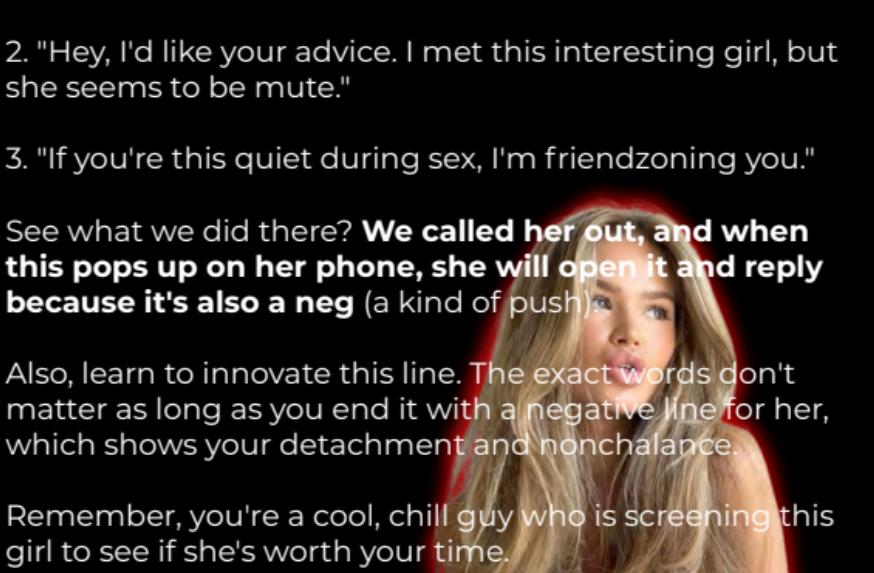
— DOPA Publications

****If you made it this far, DM me on IG that you read the whole book and I have a GIFT for you.**

As soon as I saw success with the first girl in my drs I suddenly got all the confidence I needed.

It's not only the strategies I want to thank you for but also the confidence you gave me man.

Honestly, great work.



GRAB THE FREE GIFT & YOU WON'T REGRET

Last few testimonies. This it for this time.

DM me on Instagram that you've read the whole book to receive your extra **FREE GIFT**.

Every single person has been satisfied. You will be too.

I'm the lad from UK, we spoke last month and you wanted me to get back to you for feedback and here it is: I listened and read through the material, made Tinder and G accounts for dating and started using your approaching messages, compliments etc and results speak for themselves literally

Implemented the "bad boy" cover even though it is not real who I am and I must say it's doing wonders, never had too many women and now all of a sudden who ever girl I message to I feel like I can have any of them

Psychology can really do wonders it's just the info that's so fucking valuable

The gal I mentioned and can use as a testimony

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