● Access:

- Cold Approach
- Shared Activities
- Social Circle
- Online
- Fame (Global or Local)

● Good Strategy

- Plausible
- Abundant/Scalable
- Well Framed

● Attraction

- Genetic Indicators
- Social Proof
- Social Honest Signals (Implied: Social Proof)
- Displays of Competence
- Displays of Abundance/Reseources
- Power

Being good at any skill/behavior even sell ones
Being good at chess, video games, Speaking a language, code, art ,music.

Follow Through:

(Cocktail of Not Fucking up)

- Comfort
    - Wrong idea of comfort: Shared interests only a little bit of comfort via association (low value comfort)
    - High Value comfort: She's comfortable being with you won't be a degridation of her, slutty, bad socially, STD, Bad genes (for children), Not a Father Figure etc.
- Proper Escalation
    - Escalation Value is a form of value based on your history because you already know how to escalate. "I've been with girls before, you can be comfortable that being with me won't be a loss"
    - Knowing how to escalate and NOT make her feel nervous

- ■ Not escalating enough, you will never get laid
- ■ Escalating too much you run the risk of
- ● Manage Logistics
  - ○ Getting from Point A - Point B without being awkward, or slutty.
    - ■ Managing peer group to get to sex
  - ○ Maintaining attraction through the comfort phase (**critical common problem**)

- ● The Attractive Qualities Model: Attractiveness, Attentiveness, Assertiveness, Assuredness, Aliveness.
  - ○ Limits Only attractive in isolation from the girl, not while interacting with the girl (no follow through).

  - ○ Attractiveness: doing the most you can with your looks/style, Hair cut, Gym, clothes etc.
    - ■ Even Ugly faces but overall Good attraction. It's not about being perfectly symmetrical or looking like a model etc.
  - ○ Assertiveness: Saying what you want, Doing what you want etc.
    - ■ Indication of Leader/High Social status
    - ■ If unwilling to speak your mind, it means in the your history you recieved negative responses to "speaking your mind" vs Positive Responses.
    - ■ If you are willing to speak your mind, it implies people in your past responded to you positively
    - ■ Do not be overly accommodating.
  - ○ Assuredness: Believing that you are of high value and that she will respond well to you; even if you are doing something "wrong".
    - ■ Be aware of if you are being Assertive but not assured
      - ● Ex. "Stand up for yourself, but when it comes time to talk not sure if it will end well thus nervous, stammering etc.
    - ■ Be aware of if you are being Assured but not Assertive enough.
      - ● Ex. You are fine 1 on 1 but when the friends show up you act like you were not hitting on her at all out of fear. "I wasn't doing pickup...hehe never!"
  - ○ Aliveness: Being Non-boring. Being willing to take risk, energy or sparks to the conversation.
    - ■ Why? Emotional Stimulation even if it is logically stupid.
      - ● Ex Guys who ride motorcycles, Fighters, Arent afarid to Skinny dip etc.
  - ○ Attentiveness: More comfort. You actually care about the girl and show some attention to her.
    - ■ Ex. In relationships girls pick a fight with you
      - ● Early on in the pickup/relationship a girl will just shit test you, to see if you give in to her.

- Later on in a relationship a girl will pick a fight with you you just to see if you will fight back.
- If you are too dismissive and don't seem to care (at all) then that is going to make her feel uncomfortable. It's going to make it seem that what you have is not special.
- The fact you do care makes a difference.
- Caring about giving her a good experience while escalating on her sexually vs just ripping her clothes of in rushed and non-calibrated way. Kissing, caressing, foreplay. Indicating sexial comfidence/comfort.
  - Aggressive Eye Contact:
    - Staring/Leering directly at/with girls
    - Gains their peek interest.

● Making People talk: Barry Farber:

  - https://www.goodreads.com/book/show/545802.Making_People_Talk
  - It's not about you talking AT them, it's about getting them to talk. **GET HER TO TALK**!
    - Assume the Burden of the Interaction: "its your job, not hers".
      - 90/10 rule only as long as it has to be, until she starts talking.
        - Common problem: 90/10 at first, does not work leaves
        - Common problem 2: 90/10 for 6 hours, no space for her to talk.
      - As soon as she is willing to talk, sit back and let her talk
    - Make the other person feel important/most special in the world
      - They associate good/cool/important with you
      - A girl may not care enough because its too much if you make her feel too special and important.
    - Importance of words: Study words, humor and vocabulary

● Double Your Dating

  - Cocky Funny Permission To Break Rapport, Permission to be cocky, shit test passing, basic frame control
  - "Im amazing" communicated: her options
    - Accept that you are amazing
    - Challenge you are amazing | Back and forth banter
  - Passing shit tests with "misinterpretation"
    - her "your shirt's so black and ugly" You: "i'm glad you like it"
  - Pros: Attraction
  - Cons: Not Comfort
  - "Any large numbers multiplied together with even one zero in string always equals zero" - Warren Buffet

- ○ Most of the time you are going to lose.
- ○ Not good by itelf

- ● Speed Seduction
  - ○ Permission to Get Sexual
  - ○ Leading The Conversation
  - ○ Storytelling
  - ○ Genuine Frame Control
  - ○ Going First Emotionally

- ● Structured Game 1.0
  - ○ FMAC
    - ■ Find
    - ■ Meet
    - ■ Attract
    - ■ Close
  - ○ Group Theory

- ● Advanced Structured Game
  - ○ Mystery 2.0 and RSD Model
    - ■ Mystery: Open-> Attraction -> Comfort -> Close
    - ■ RSD: Open-> Hook -> Connection (Emotional + Physical) -->Close
    - ■ Cons: Too long, Not Flexible, canned lines would get blown out, Hard to recover from Loss of Attraction,, Failed to Calibrate to a girl and situation (cookie Cutter, Lots of flaking.
      - ● Hard to escalate and close Too Dismissive and incongruent
      - ● Reliance on routines stifled improvasional skill, blindly stating lines and not paying attention
      - ● Attraction was so high that it creates flakes because it was too weird for them.
    - ■ Pros: Amazing at groups, Great for 10's and Celebrities, Testable group size
      - ● If you are proactive its easy to hell if you are doing things well, if you are reacting then you are in effect and can not learn from your mistakes.
      - ● Writing notes about what did vs didn't work helped get become more storytelling, funny etc. for future sets Actively working on yourself.
      - ● Great for flipping the script and getting her to chase/invest (Reverse LMR)
    - ■ Plotline: Underlining story between you and the girl.

- Formula for Falling in Love: Strong Negative emotion/tension and then Positive emotion. Half hour talk to nowhere because the guy is trying to keep zero tension and all good emotions.
- If you have a plotline, its prevents the Starting and dropping of conversational threads. Keeping the interaction more organically engaged versus starting and stopping logical conversations.

● Direct Game/Natural game

- Essentially Attractive qualities model with an early display of intent
- "I like you and I expect you to instantly see that I have attractive qualities"
- Direct game is not a numbers game.
- The point of game is to convey enough attraction so that by the time you say "hey do you like me" she says yes.
  - Pros: Helps escalation a lot easier, it makes more sense to escalate to instant date etc.
    - Forces improvisation/Self-reliance
    - Encourages Calibration because each set is different
- Current Natural Direct style only gets you laid more often but with lower quality girls, not a higher percentage, because you are getting more sets in and closing the girls who liked you in the first place.
- Old school Structured Style: Less sets with a girl, but longer and with higher quality girls, a lot of girls attract and flake and difficult escalation.
- Cons for Direct: Worse for groups
  - Worse for Hotter girls
  - Typically leaves the guy chasing
  - No Plotline (flat or obvious interaction)
  - Hard to measure and improve (highly random)
- Basically Direct gets you the girls you are "better than or equal to" routinely, whereas structured game will get you girls "out of your league" more rarely.

● The Goal: Best of Both Worlds (Holy Grail)

- High Opening Consistency and Immediate Emotional Relevance
- Bits, but not routines
- Plotline
- Calibration to blueprint
- Escalation with disqualification
- Measurable by way points
- Direct game essentials
  - Positives: Makes it easy to escalate, and to get sexual fast, Man to woman on start.

- - ■ Cons: High risk high reward, fails more often, consistently. vs Indirect is opening more consistently but once you open you have more to do and you need to bring the directness later.
    - ○ Good game should be today:
      - ■ Tell the same stories that have worked in the past, used on congruent times not forces. Measureable by weight.
      - ■ Act by act the same, not word for word the same. Structure each waypoint but not each word. Like how every romantic comedy is different but has the same Act I II and III in a plot. Every girl is different, but has the same waypoints needed to be executed.
      - ■ Calibrate to the girl not blindly spitting words
      - ■ **Smoothest way to escalate: Escalation with disqualification!** Disqualify while escalating to encourage her to be more receptive to your advances.
        - ● False time constraint: "Hey I g2g in a min" while sitting down
        - ● "I fucking hate you" Pulling her hand/shirt
        - ● "I have to get up early, but i guess you can come over for a few min" pull disqualifying escalation.
    - ○ The Winding Forest path: There is always a linear model available as a way forward. You know the path, but you are looking for the shortcuts. There is a gameplan in the back of your head but you hope you don't need to use it all.
    - ○ Looking for a more efficient direction to deviate from the linear path.

- ● Q&A:
  - ○ How to get better at storytelling
    - ■ Tell more stories
    - ■ Any good story has a set of bullet points, every story have elements needed to work.
    - ■ Working on delivery of story "I didn't say she stole the cookies". More leverage and use out of each story.
    - ■ Making people talk book
    - ■ Watch stand up comedy
  - ○ How Do i approach groups discretely.
    - ■ Group theory synopsis:
      - ● Engage everyone either positive or negative in one of 2 ways:
        - ○ Open Engaging everyone in the group or
        - ○ Open only 2 girls in the group and use them as a catalyst to meet the whole group.
      - ● Don't engage the area of the group with the guy in it initially. So that the guy does not see the initial open and has less leverage to interrupt the open. They have history.
      - ● Open "accidentally" Accidental openers "Bump into a girl on accident".

- - - If the opener is accidental and he the guy objects to you, he looks like the asshole fun hater.
      - Crate situation where if he objects he is viewed as an asshole.
      - Ideally be introduced by a friend of the guy in set
      - How do you all know each other to a girl who likes you, not to the asshole amog guy or bitchy friend.
      - Ideally be the fun happy guy
      - Group Open frame "The frame you want is not sexual, it's chatty" - Mystery (sexual eventually with the girl one on one. Fun, non-threatening and happy. Better to go over the top with fun vs negativity.
      - Out-Alpha's in a fun way." Call security in a fun way to get an AMOG out of the set."
  - Opening sexual and indirect works, to get a 3some etc.
    - Fun gambit, easy to open sexuality, allows chaos and random factors
    - Look for the escalation
    - More guys in the set can AMOG easily
    - Could be more complicated than needed
  - How Do i create plotlines
    - Todd plotline 1 "Sweety/sex addict game": stunningly hot, who likes you / or just attracted: Would you please stop being so cute. I'm trying not to like you. Like please. Look. I'm fuckn I'm so attracted. I'm holding your hand now like. Woah. This is weird. Like we have to stop."
      - Incorrigible sex addict who's trying to stop.
      - Clear intent, but holding back/resisting.
      - Only if the girl is very cute but not stunningly hot
      - Or Only if the girl is stunningly hot and has some level of attraction (not cold).
      - Only if a girl is already attracted
      - Can speed up things from when a girl is somewhat attracted to very attracted.
    - Romantic Comedy Plot line
      - Girls harder to get
      - "Im not so into you" -- "There's something weird about you" -- "You and me are not going to get along
      - Works better in groups but also one on one because hot girls are not used to being push away.
      - Push away first until she want some attention from you, and then you give it to her but make her work for it
        - Impressing you for attention
        - Complimenting you attention
        - Hanging around you for attention
        - You turn away, she pulls you back

- She's chasing.
- Idea: I'm interested in her in a way, she's in the right category of women I am interested in but there's just something abot her that you don't quite like which makes her feel like "grr i'll get this one" making her invest/chase you.
  - Ex GF Plotline (fun)
    - Act like she's your ex-girlfriend
    - "Who are you doing here"
    - "Chill out we can both be friends here"
    - Man to woman "sexual intent" in a fun carefree way
    - "You look better than the last time I saw you, but it ended badly I can't get my heart hurt"
  - How do I handle sexual tension
    - "I want to feel the tension and I want to enjoy the every second of it"
    - Fear and excitement are the same thing.
    - You want to feel the sexual tension as an exciting thing
    - You want to be more unattached than her, but still attached to the overall feeling of sexual tension and be comfortable and congruent with the sexual tension and your words.

● Part III Implementation:

- How to learn game the best, how to structure your night etc.

○ Jerry Seinfeld method:

- Add one or two jokes per night. Each night keep 90-95% of what worked before. Adding only 5% of new material.
- 3 reasons
  - 1) try out new jokes
  - 2) try out new timing structure and order of other jokes
  - 3) it's fresh and new and a challenge
- If structured game:
  - Run your regular structure then add one or two new tweaks opposed to having the same bits or outline.
- If Non structured:
  - Add one or two things like push/pull lines, or try actively disqualify and see if she will chase tonight.
- Do not add 5 things at once.
- Trust yourself of where you are at.

- ## Outcome Dependent Mindset:
    - Performance in game is what matters.
    - Be outcome dependant
        - Bullshit because outcome independence for weeks or months hurts your inner-frame and perception of what you are trying to do.
        - In game and you get blown out 20 nights on a row, it's not just a technical problem -- it affects you emotionally.
        - You need to have successes along the way.
        - Succeeding breeds success.
        - You need to have an outcome that you can achieve and you need to have that positive feedback along the way.
        - The winner effect book: If you experience winning your body releases different hormones than if you experience losing and those hormones encourage you to keep winning in the future.
        - IF your metric for success is "I have to pull tonight" then youare going to experience fail fail fail fail fail.
        - If your metric for success is "I have to employ push/pull lines tonight" then you are going to experience success success success success
        - Be outcome dependent on your own personal micro achievements because they factors that are in your control.
        - Not outcome dependent for a result or a girl, but for something for a victory and progress for you.

- ## Structured Backup plan
    - Opener: Either or
        - Say whatever comes to your mind.
        - Say something you have already said before, in your backburner.
            - "Hey sorry, i just thought that i'd come grace you with my presence"
        - I prefer to never use the backburner line, but if I am drawing a blank as I open then i'll use it.
            - If things are going well and she is qualifying/investing
            - If I absolutely cannot get her to qualify I used the backup qualifier: "Beauty is fine but what do you have going for you other than your looks".
        - IF you are going un-canned have this backup plan
        - IF the friends come, venue closes, security guards or other guys bother you use a backup plan.
        - Only if "In case of emergency" use backup plan

- **Expected Value Model:**
  - How to run you run your night/know when to leave
  - When should you stay and leave?
    - Expected value for a day:
      - How many numbers do you get?
      - What quality of girl are you pulling on average?
      - What % chance?
      - What is your average result?
    - While you are talking to a girl ask yourself: "Is my average result from talking to this girl higher or lower than my average result in the night"
    - Todd's Value Model:
      - 80-85% chance of pulling a girl who is an 8 or better.
        - Only if he's pushing for a pull and there are proper logistics.
      - 7 and giving me shit do not stay and try to turn it around.
      - If she's a 10 you are going to feel like staying around to grind it out and turn it around.
      - i f an 8 and it's on: stay there
      - This way you are a comparing your expected value for the set versus the expected value for your average night.
    - What style of game you are doing has changes your expected value.
      - Shotgun-style game has a different expected value
      - Quality/finess style where you try to go after the hottest girl and turn it around.
    - How long you should stay in set is equated with your expected set value / average night value + your Style of game.
  - Re-cap
    - Mostly you want to do your best
    - However you want to throw in a few new things (to learn)
    - In set be aware of your expected value model.
  - As the night goes on, your expected value goes down because you have less time to get a hot girl.
    - If your expected value was an 85% chance to get an 8 then taking a girl home who's a 7.5 is looking good. Or an 8 giving you shit is higher odds than finding a new 8.

- **Freeing up Mental RAM**
  - For what? For focusing on HER.
  - If you have to spend all your energy thinking up whole new things to say then that's taking up RAM
  - If you have some things in your backup to say, then you can just run on auto-pilot and in the back of your head be thinking where you are at.

- ○ 90/10 rule: only till you have to
- ○ Goal is to flip the 90/10 script with her investing and qualifying etc. / get her to game you.
- ○ Yes I am thinking about those things, but not thinking about the basics.

● Intent vs freedom from outcome

- ○ Solution: Change your outcome to one that is positive and in your control = No Neediness.
- ○ Free from outcome: Non-needy and attractive but you get a conversation to nowhere
- ○ Intent: You will get to the point, get to the outcome, avoid the half hour conversation to nowhere.
- ○ Never try to be free from outcome
- ○ Pick a good positive outcome that you have control of, and that she would be okay with.
- ○ If your outcome is "I want to have an amazing conversation with you and maybe something will happen" that's a not an agenda outcome that is creepy or weird.
  - ■ Now that it's an amazing conversation, my next outcome is "I want to make this a deeper sexual conversation and have sex with her"
- ○ A series of progressive outcome of a realistic goal.
- ○ Each step is an outcome is one you have control over so that you are not needy and relying on other people and it's positive so you aren't at odds with the world but you are in partnership with the people you are with because they will be more oppositional.
- ○ Don't try to be outcome free, try to pick good outcomes and very intentful for those outcomes.

● Self-Amusement Vs Structure and Direction

- ○ Don't use stale material, become fascinating by the game "self engagement".
- ○ If I am willing to be amusing myself, I am not needy for a reaction and shows agenda. If I'm willing to be self amusing, it shows if in the past it's been effective.
- ○ However if you are too self amusing this conveys negative attributes of you and is not going to help you.
  - ■ Violating social rules
  - ■ Self-deprecating
  - ■ Saying awkward things
- ○ Self-Amusing isn't by itself attractive, but the attitude of self-amusement is going to lead you towards behaviors that is attractive.
- ○ If you are bored by telling a story don't tell it. Use what you want to use
- ○ Become fascinating by the game
  - ■ Become a student of the game / a researcher of game it's a new revelation.

- ■ Fascinated by the girls and the game itself, which allows you to be self-engaged, present, and focused in what you are doing.
- Structure Over Conten
  - It's about hitting the waypoints not delivering lines.
  - Improv comedy/Analogy
  - Be aware of the waypoints
    - ■ different things are going to happen with each girl
    - ■ Every single interaction waypoint: Walk up and start a conversation, sexual tension and pushing away, we are going to resolve we like each other, but not completely, I'm going to seem hard to get in a get to know you type of way, I'm going to structure a way to take her home".
  - Not a line then story
  - Dynamic then next dynamic, because i know the next step then it gives me the liberty to try to new things because I know where to bring it back if I mess up and I know those risks are moving it in the right direction instead of the wrong direction
  - It's not stand up comedy it's improv with structred very planned out with content that is free.
  - You will learn skills for all of the structure
    - ■ Push/pull
    - ■ Qualify
    - ■ Blueprint
  - It all comes down to the structure and learning skills to fill in that structure.
  - Every single set is completely different, but also completely the same.
  - If you ever get lost, you have a repertoire to fall back on.

● Finding Your Own Style

- Imitate then innovate
  - ■ Try things that work
  - ■ Don't just try something completely random.
  - ■ Imitate but not blindly.
  - ■ If every coach in the world is doing something that works but it's not working for you then don't do it.
  - ■ Imitate with intelligence and see if it's congruent with your style.
- Your style should get you to YOUR goal.
  - ■ Every single person who is good at pickup have different outcomes in mind from pickup and their structure and strategy gets them their desired outcome.
  - ■ Shotgun-method: Wants to get laid alot, no care for quality very polarizing, abrasive willing to move on to the next set at any first sign of resistance.
  - ■ Hot girls (10's) only: Stay in set, get social proof, not as much volume.
  - ■ How much can you get away with alot of shit style

- ■ Whatever your style is should help you get to your goal.
  - ● What is it you actually want out of pickup?/What Kind of girl?
    - ○ Lot's of girls?
    - ○ One special girl?
    - ○ Lots and Lots of sex with girls? vs sex with a few girls that you think things could go a little more special?
    - ○ Multiple long term relationships? Or Serial monogomy?
    - ○ Ethnicity or body type?
    - ○ Educated or not?
  - ● What Kind of set do you want out of pickup?
    - ○ Super charged and super flirty? More Direct
    - ○ Wordy talky interactions/get to know a girl? More Indirect
  - ● What are you best at?
    - ○ Are you best at conversations? Or
    - ○ Are you best at being flirty?
- ■ Whatever style you do choose there will always be elements that are the case.
  - ● You are going to have to continuously apply trial and error. Take what you are doing, tweak things try things, learn.
- ■ Whatever style you adopt: 3 trigger points
  - ● You have to have Access
  - ● Attraction
  - ● Follow Through
- ■ Most likely if you are meeting strangers you will need a form of attraction comfort
- ■ There needs to be congruence for how you are closing, a plotline is needed. Whatever you adopt it help you to have canned things to go back to or based on what style you adopt it's going to help if you are not so structured that you can't pay attention to the girl. These elements are always going the to be the same.
- ■ What's going to matter is varying your own style.
  - ● It all starts with:
    - ○ What you want
    - ○ Who you are
    - ○ Learning styles and how to implement it.
  - ● You now have to tools and understanding to make your own style
- ○ Q&A
  - ■ What would you tell your younger self?
    - ● 1) Never stop learning/ get arrogant and think you know it all. No matter how much you think you know shit, you still don't know shit.
    - ● 2) Never forget how fun this is. Game is fun and really beautiful. Even when your results are not what you want, being in love with the game and having fun is better than being out of love and getting better results.