



THE ROLLERCOASTER

How To Generate Intense Attraction Using Hollywood-
Style Storytelling Techniques

SHOGUN 軍 **METHOD**™



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The Rollercoaster

I remember the day when Stephen came to our workshop in the year 2011.

The price of the workshop was \$10,800. Plus there was overseas travel involved (Stephen was from the UK). With food and accommodation, the trip was going to cost Stephen more than \$14,000 to join this workshop.

And Stephen made the decision on the basis of one promise that I made him: that I would solve all his relationship problems forever with one single technique. This promise got him to pack his bags and go.

Stephen came to the workshop and we taught him that one technique. Long story short, Stephen completely transformed his love life from routinely getting rejected by women to bedding his hot college professor.

You are going to learn that *one* technique today.

That one technique that will give you the superpowers to build intense rapport and generate attraction with any woman you want is storytelling.

One little story can take your woman on one heck of a trip. Just like you went on that trip with Stephen when you read about him going to my workshop.

I got your attention with the details although they may be somewhat sparse.



The hefty price (\$14,000) certainly made you perk up and pay attention. What kind of information can be so expensive? What did Stephen learn for \$14,000? And finally, what happened to Stephen? Did he end up with the woman of his dreams? Or did he end up lonely?

Don't underestimate the seductive power of a good story.

Storytelling is what makes Fractionation work. A good story sucks you in like a pit of quicksand. And yet many guys completely suck at storytelling, or worse, they rely on memorized stories (also known as canned routines in the Pickup Artist world) which make them look and sound like *rigid social robots*.

There are many methods and systems on how to tell stories. Indeed, you can find lots of books on this topic on how to craft story plots worthy of Hollywood blockbusters. However, this book is not about writing screenplays. It's about skillfully and effortlessly seduce women by exploiting their vulnerability when they get engrossed in a carefully crafted story.

In short, there are dozens of methods you can make a story interesting, but you don't need to learn all these methods. If you want to immediately generate interest in a woman, continually captivate her and ultimately make her fall head over heels in love with you, you will only need one very specific storytelling technique: the **Rollercoaster**.

The core of the Fractionation tactic is rollercoaster-style storytelling. Without mastering the Rollercoaster technique, it's impossible to use Fractionation without sounding weird, incongruent and unauthentic.

Derek Rake



So, what's a Rollercoaster?

Intuitively, it's a simple concept. A rollercoaster is something that goes up and down, and up and down again. Every single story ever told share this same characteristic: it has got to be somewhat rollercoaster-y even to be a wee bit interesting.

Imagine telling this following story to a woman you want to seduce...

"I once had a craving for some tacos for breakfast. So I woke up at 7.30am and went to the best Mexican joint in town. There, I ordered my usual tacos and ate it. Then, I drove home."

You can be sure that the woman you're trying to attract won't be excited by that story very much. As you already know, one of the flaws in the female brain is that it continually looks out for a change in the story.

The truth is that her brain can only process that much monotony before her interest in your story (and you) fizzles out.



Flaw in the female brain

The female brain continually seeks a change in the story, and if there is none forthcoming, she will quickly lose interest.

Revisit the basics of Fractionation

The "Harley Quinn" seduction video shows how the perfect Fractionation sequence is executed: [click here to revisit the video](#) (hosted inside the Derek Rake Insider Labs – you'll need your client password).

Now here's the “spiced up” version of the (same) story...

So here's the same story, infused with Rollercoaster elements:-

“I woke up at 7.30am, and had this crazy craving for flavorful grilled beef breakfast tacos. So I drove to Torchy's Tacos, which served the best Mexican fare in Austin, if not the world.

But as I took a bite out of the juicy beef tacos I felt a rather strange sensation. The world started to spin and I started to choke. Panicking, I gobbled down some orange juice and I immediately regained my senses. I looked into the filling and got the shock of my life. And then, I saw it...”

The #1 way to make your story come alive - introduce conflict!

Of course, you're curious about what inside that beef tacos that caused the choking and vertigo, but that's not the point here. What I want to show you is that the story now takes a life of its own, and importantly, it ceases to be boring.

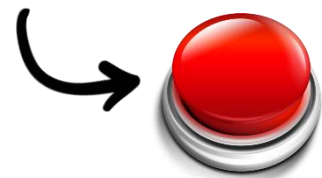
The original story line was *mundane* because it was rather flat from start till the end. The improved version, on the other hand, is interesting because there's an element of *conflict* weaved into the story.

If everything went well all the time, it wouldn't be very interesting indeed. **Conflict is what gives a story its life.** Furthermore, for every conflict you introduce into the story, there must be a corresponding **resolution**.

Hence the concept of a story Rollercoaster. Conflict and resolution, conflict and resolution. Up and down, up and down. That is the core of every good, seductive story that builds strong empathy and deep rapport.

Vividness gives a story color and character

Use as many sensorial descriptions as you can in the story to make it more vivid. The more involved she gets with your story, the easier it would be for you to push her Attraction Button and seduce her.



Burnout Beware: Use Story Plateaus

The “dodgy tacos” story was quite lukewarm until the protagonist sunk his teeth into the food and **went bonkers**. Yet if we go from one conflict to the other, it would be monotonous and repetitive. If you attempt to make everything stand out, then nothing will.

Here’s the other flaw in the female brain that is at fault here:- *it cannot handle endless conflict, resolution and drama. It needs (brief) pauses of sanity.* And sanity comes in the form of **Story Plateaus**.

What’s important is that a combination of conflict, resolution and plateaus will transform any boring story into something worthy of a Hollywood blockbuster.

With an engaging enough story, you will be able to captivate any woman you want and put her under your thumb – *it’s that powerful.*



However, endless conflicts will cause her brain to fatigue, and you don’t want that to happen. Give her a breather. That’s the proverbial *lull* before the storm, where you will spike her interest and excitement again with yet another conflict in the story.

Being Too Original Is A Mistake

Little Red Riding Hood went to visit her Grandma. But she didn't know that the Wolf swallowed her Grandma whole. The Wolf disguised as her Grandma, and waited for Little Red Riding Hood to come. Little Red Riding Hood saw through the Wolf's disguise. She whipped out her black shiny Glock 19 and shot the Wolf right between the eyes, blowing his brains out.

Decoding the Dark Rake Method

The Dark Rake Method (available separately) is built using the same Rollercoaster storytelling principles. For example, consider the **Yin / Yang Routine** (found inside the Rake Routines manual):-

"The other day I was thinking about opposites – the concept of Yin & Yang. About how opposites complete each other. And about how polarities are just the same thing on the different sides of the same spectrum.

[PLATEAU]

Everyone has got a hidden part of them – the Yin. This is the place where the forbidden desires reside. This is the part of you which you hide from everyone else. These are the thoughts you have that you never tell anyone else. [CONFLICT]

On the other side of you, the Yang, is the part which you show the world. Both sides of you – the Yin and the Yang bring you a sense of balance in your life. [RESOLUTION]

Imagine now you step into your dark side – your Yin. [CONFLICT]

Imagine you are in your dark side now, and looking out to the world. What would you say to yourself?

What would you do if you're totally uninhibited and free from any rules and prohibitions?"

At this point, you are eliciting her response in the form of the resolution of the conflict. Remember: if you are able to involve her inside the storytelling then you will be able to build deep, seductive rapport with her.

To access the Dark Rake Method, either click [here](http://derekrakehq.com/dark-rake-method/) or copy and paste the link below into your browser:-

<http://derekrakehq.com/dark-rake-method/>

I'll bet that you'll remember that story a week, a month, or heck, even a year from now. Why? For one, there's the Rollercoaster (*the Wolf is the conflict, and its gruesome death is the resolution*). That's part of the reason... but the real reason you'll remember is that you're already familiar with (most of) the story. Most of us have heard the fable of the Little Red Riding Hood growing up.

So you're familiar with the story. What you didn't know was the part when our heroine unleashed a can of whoopass in the form of a loaded Glock.

However, since that's the only part in the story that's different from the original, it's easily understood. If the story line is completely alien to what you have personally experienced before, your brain will soon tire off from trying to process the story.

You must therefore not make the mistake of being too original. 80% of the story that you want to tell her must already be inside her brain. You're just going to fill in the remaining 20%.

The two biggest reasons women lose interest when talking to men are (1) the story is too boring (i.e. elements of the Rollercoaster are absent), and (2) the story is too difficult to process. The female attention span is unforgivingly short. Drop the ball once and you're already at the tip of the abyss of failure.

Remember: her subconscious is always looking for reasons to reject you.

Keeping the story simple will make it easy to digest. Confusion will trigger off her "fight or flight" response. In short, don't clutter up your story with outlandish sub plots and unnecessary detail.

Summary

- Storytelling gives you the superpowers to build intense rapport and generate attraction with any woman you want.
- The only way to use Fractionation successfully on women is to through masterful storytelling.
- Good (seductive) stories have Rollercoaster elements in them. Successive cycles of conflict introduction and resolution make stories interesting and lively.
- Vividness gives a story character and color.
- To prevent “story burnout”, introduce Plateaus.
- Don’t make the mistake of telling an entirely “original” story. A better approach would be to tell a familiar story with a twist in the end.
- An advanced technique (used in the **Dark Rake Method**): leave the conflict resolution with the woman so as to involve her in the story. 将

WARNING

This booklet is insufficient on its own, and has been developed as a component of an individual module inside the Shogun Method.

Refer to the original module by logging on the DerekRakeHQ.com private membership console by clicking on this link below:-

<http://derekrakehq.com/login/>