

The Game Acceleration Doctrine



WHY 90% OF ALL GUYS WHO JOIN THE SEDUCTION
COMMUNITY ULTIMATELY FAIL
-- AND HOW TO MAKE SURE THIS
DOESN'T HAPPEN TO YOU!

Table of Contents

Who is SINN?.....	1
Why I am Pulling Back The Curtain And Revealing All My Secrets To You?..	3
“The Contest”: How One Of My Students Became A Master Pick-Up Artist In Nine Months.....	4
Why Most Aspiring Pick-Up Artists Struggle.....	5
Putting the Secret Underground Internet Seduction Community Into Perspective.....	6
The Mystery Method.....	9
Speed Seduction.....	11
Juggler Method.....	12
The Elusive Obvious.....	13
The Two Types Of Anxiety That Cripple Your Game.....	14
The Two Step Process To Beat Approach Anxiety.....	15
The Three Main Causes Of Sexual Anxiety And How To Solve Them.....	21
The Path To Becoming “Normal”.....	25
Step 1: Fashion And Grooming.....	25
Step 2: Basic Body Language And Tonality.....	28
Step 3: Comfortable Conversational Skills.....	31
The Secret To Consistent Improvement.....	36
Sticking Point Analysis.....	37
Information Overload And The Paralysis of Analysis.....	40
Questions To Get Started The Right Way.....	43
Changing Things Up.....	44
The Differences Between Correlation And Causation.....	48
Are You Learning The Right Way For You Or Someone Else?.....	50
The 2 Most Important Factors For Learning.....	51
Setting Realistic Goals For Long Term Success.....	52
What is YOUR Ultimate Goal for Pick-Up?.....	54
A Quick Recap of Principles For Long Term Success In The Game.....	56
Skyrocket Your Success With Women.....	57

What you're reading right now is a snapshot of 4 years of coaching in the secret underground seduction community. The information within has been honed by teaching Thousands of students at over 150 bootcamps.

Until now this information was only available to a small circle of fellow coaches, and those I had trained to be instructors. That's guys like Future, Tenmagnet, The Don, Ozzie from RSD, Captain Jack and many other dating gurus who would prefer to remain nameless. In fact some guys have even paid as much as \$30,000 for a month of one on one coaching with me.

In fact I highly recommend that you guys read this Doctrine a few times over the next few weeks to really internalize some of these ideas as they are very counter intuitive. Plus the more times you read things the more your brain picks up on various points you may have missed the first time.

The information in this report is the result of literally thousands of hours of my own research in the pick-up arena as well as tens of thousands of hours of time in the field. After reading this report, you'll not only know what exactly you need to do to take your game to the next level, you'll also know *how* to do it.

WHO IS SINN?

You might know me from my 3 years as head instructor at The Mystery Method. What you might not know is that during that time I trained instructors from EVERY major pick up company. I became somewhat of a go to guy for professional pick up coaches when they were having problems with their game.

If you know anything about the seduction community, you no doubt have heard of and maybe even bought products from all these guys.

The reason these guys all came to me was because of two things. First my obsessive nature led me to keep up with EVERY new advance in pick up theory. And second I recognize patterns very well.

This part will actually be very important going forward. Learning to recognize patterns in social interaction is one of the most basic skills to getting better with women and socializing. The reason patterns are so important, is because they allow you to quickly zero in on sticking points and natural advantages. Which is the key to getting better at the game.

I wanted to create a system that tied together all of the things I had learned and taught over the last four years. The problem was, it was a **TON** of material.

I mentioned earlier how I was obsessive right? Well during the 2 and a half years I trained all these guys, I kept a massive amount of notes. And slowly but surely I developed a program to take any guy to his full potential with women. That's actually one of the reasons I didn't do one on ones for over 2 years. I was busy working with various instructors around the country on their game, and figuring out how to apply that to newbies.

See I always believed in total mastery of "The Game". That means being able to pick up women everywhere. I never wanted to be the guy who had to be at a friend's party or a club where I knew everyone to be able

to successfully meet girls. It's kinda embarrassing to bring up but my accomplishments in creating content are legendary:

- I taught the community's first ever day game seminar. In fact every product I've ever seen on day game borrows from the concepts I laid out here
- The next year along with Future I created a program called Breakthrough Comfort. It was literally backwards engineered love.
- I taught specialty programs on picking up strippers in strip clubs
- Authored over a thousand articles on dating science (including groundbreaking articles on Compliance, Qualification, and Micro-calibration, concepts which are now considered standard rhetoric in the community).
- Last year I created the community's first Same Night Lays seminar. A program dedicated entirely to strategies to bring girls from the bar or club to the bedroom
- I wrote sections in both the original "Venusian Arts Handbook" and Savoy's "Magic Bullets".

I have also trained thousands of students both in person and over the phone. In fact just this past year three of my former students have gotten engaged to the woman of their dreams and invited me to their weddings, and hundreds of others have sent me pictures and stories that boggle the mind.

Bottom line, I know how to get real results for myself and my students. I've been teaching men to have more success with women for almost 4 years and over the last two and a half I've coached a lot of "gurus" on how to do it my way.

“WHY I AM PULLING BACK THE CURTAIN AND REVEALING ALL MY SECRETS TO YOU?”

As I mentioned before for the past two and a half years I've been personally coaching some of the most successful instructors around. What I didn't tell you was the reason why.

I wanted to create a coaching program to guide students to and beyond the level of success their instructors are having. In less than half the time it took most of the instructors to get there.

“The Contest”: How One of My Students Became A Master Pick-Up Artist In Nine Months!

About a year back readers of my blog may remember a contest between myself and two other instructors as to how many new girls each of us . One of the instructors had been in the game a month less than I had and is generally regarded as the best in the world at Same Night Lays(not incidentally he had the most SNLS that month with 7). The other was a former student who was the first person I applied this completed system on. He was just 9 months out of his own bootcamp. And he won the contest. The system I had come up with was able to condense over three years of learning into 9 months and produce more results than two of the best instructors in the world.

After the contest I knew I was on to something. Now I just had to figure out how to get the same information to someone who didn't have access to me all the time.

Now, after months and months of tweaking, I'm very close to realizing my vision. I can now honestly say that I can take any guy and turn him into a world class pick-up artist in 12 months or less.

The system I had come up with was able to condense over three years of learning into 9 months and produce more results than two of the **best instructors in the world.**

But to due the creation of my company, Sinns of Attraction. I know have a lot less free time than I used to devote to teaching.

At the same time, one of the most rewarding things I ever experience is being able to make actual, permanent changes with my clients. I want to continue doing this, but on a much more limited basis.

What that means is that aside from a select group of guys, most aspiring pick up artists may never get the chance to work personally with me in field EVER again.

That's why it's so vitally important to me to get this information out as soon as possible, so that everyone can benefit.

“ WHY MOST ASPIRING PICK-UP ARTISTS STRUGGLE ”

As I'm writing this I'm preparing to go to the Love Systems Superconference. And while it's great to catch up with everyone and see the guys just starting out. I'm always struck by how almost everyone trying to learn pick up goes about it the wrong way.

Lack of a few fundamental principles, causes most guys to struggle or waste their valuable practice time. Not knowing these principles is the reason that over 90% of guys who enter the seduction community will fail in achieving their dreams of success with women. Even if they buy lots of products, study and practice religiously.

I'm going to talk about all of these issues here. Because I'm sick of seeing awesome guys who would make great boyfriends, husbands, and lovers going dateless night after night. I know from my past experience that I can make a dramatic difference in people's dating lives, and I can't sit by anymore as so many men are forced to live lonely quiet lives of desperation, due to a lack of understanding of the process of getting better with women.

This report is here to address each of these issues one by one and help you gain a better understanding of how YOU are going to learn game. Not myself, not Mystery, not Style. You.

To get started I'm going to reveal to you the most important factor that students NEVER take to heart. This factor alone was a major reason that only nine months after his bootcamp a former student turned approach coach was able to beat myself and Captain Jack.

But first, let's take a look at the history of the pick up community and how that has influenced learning.

Not knowing these principles is the reason that over 90% of guys who enter the seduction community will fail in achieving their dreams of success with women.

“ PUTTING THE SECRET UNDERGROUND INTERNET SEDUCTION COMMUNITY INTO PERSPECTIVE.”

To really understand why over 90% of people in the community make minimal progress toward their goals, you have to understand what the secret underground Internet Seduction community is and how it came to be.

It started as an extension of Ross Jefferies' Speed Seduction business way back in the early 90s when both the internet and the idea that you could learn to get better at meeting and seducing women were brand new outlandish concepts. There was a fundamental problem though.

Thus message boards such as Fastseduction.com and The Don Juan Boards were born. There was a slight problem though. Because no one ever met, and there was no way of substantiating any of these claims. The most ridiculous ones being made on the Speed Seduction Basic Home Study Course by some guy who claimed to be over 300lbs and successfully seduced 83% of the women he approached. So anyone who was convincing enough quickly became a “guru”.

Then along came a guy some of you may have heard of, Mystery. Mystery was the first person to ever take the idea of demonstrating and teaching pick up out into the real world. He taught the first live program back in 2001, his first student being another guy you may have heard of, Neil Strauss. From this, a string of other teachers, some learning from Ross and Mystery, others coming up with theories on their own, erupted.

And here we run into our first problem.....

Dogma.

No not the movie with Kevin Smith, but the phenomena of believing something to be true without the need for proof. Because many instructors in the seduction community are charismatic and believe what they are saying, students take it to be true before they've even tried the alternative.

This brings up the first important point:

Different people have separate and distinct advantages and disadvantages. Everyone has heard the saying what you can't fix you feature, I disagree with this statement. I say you feature the best parts of yourself. While working on the worst parts.

Advantages

- Being tall
- Being Good Looking
- Being well socially connected
- Having a great sense of humor
- Being in good physical shape
- Having a positive attitude
- Understanding women
- Having Children
- Not getting embarrassed easily
- Being expressive
- Having an Identity women respond to
- Having a variety of interests
- Speaking passionately
- Liking attention

Disadvantages

- Having social anxiety
- Being out of shape
- Being short
- Being of a different ethnicity than the girls you're attracted to
- Balding
- Dressing out of fashion
- Being significantly younger or older than the girls you're attracted to
- Being "ugly"
- Poor hygiene
- Being rude
- Being socially awkward
- Being shy

Besides having different advantages and disadvantages, different styles of game are going to work for different guys.

Let's take a look at some of the different systems out there and how they are engineered to help certain types of guys succeed, while others will get little if any success with a given system despite trying as hard if not harder than others.

From teaching well over 150 programs I've dealt with students who have been exposed to all different types of methods. Here's what I've seen from the three most popular methods in the community.

The Mystery Method:

Mystery Method is designed to work in clubs. Utilizing social proof, disqualification theory (negs), demonstrations of higher value, and story telling in the attraction phase.

Mystery's Method assumes that girls have "bitch shields" that need to be knocked down. It also assumes that your value is lower than the girl's when you approach her and therefore you have to do a lot things to raise your value while lowering hers.

Mystery's method also proposes going indirect, that is masking your intentions toward the girl and the group. Mystery Method calls for the rote memorization of routines and strict adherence to a 9 step model. Problems as you are applying this stuff are dismissed as delivery issues. Which Mystery says will go away if you say the exact same thing 12-24 times.

Who succeeds with Mystery Method? Most normal socially adjusted guys with decent fashion sense and an absence of anxiety can succeed in the Mystery Method.

It helps to have a love of the spotlight, and feel comfortable being the social center of a group. As Mystery likes to say “ A pick up artist is a performing artist.”

With the Mystery Method, it's crucial that students don't follow the method dogmatically, or believe that they MUST go through all 9 steps in order every time. Students without the common sense to see it as a map, rather than a step by step guide, fail.

Who fails with Mystery Method? Any hard case student will struggle with MM. The reason being that the tactics and techniques of MM assume a basic level of social skills. You can't “neg” a girl successfully when you can't make eye contact or hold a normal conversation.

Breaking out stories about your stripper ex girlfriend getting chased by a group of guys while you stutter and stammer through it, doesn't fool anyone. MM can also take normal guys and make them stilted awkward and robotic as they try to go through the method in it's entirety.

Speed Seduction:

Speed Seduction was created by Ross Jeffries in the early 90s. It was the first major school of seduction. Speed Seduction focuses on using Neuro-Linguistic Programming language patterns to arouse women covertly. It specifically uses things like embedded commands, ambiguity, weasel phrases, hypnotic demos and more. It is often said in SS that if a woman doesn't like the hypnotic patterns and deep therapeutic conversation, that she doesn't have isn't a quality women. Thus explaining any lack of success by their students or gurus. SS is geared away from meeting women in bars and clubs.

Who succeeds with Speed Seduction? As far as I can tell, not very many people. The amount of verifiably good students who use purely SS is currently 0 and I've met a decent amount of them. A guy could theoretically succeed with SS if he were able to get attraction another way and he had an identity to support why he was asking all these questions about energy and passions etc(think yoga teacher, writer,sexuality expert)A romantic outlook on life and love of language would also help a would be SS'er.

Who fails with Speed Seduction? Almost everyone. There are a variety of reasons from the complexity of the material, to the tone of the openers, and routines. Speed Seduction is clearly a system that was theorized in a classroom not the field. Some SS patterns and demos are useful in arousing women once they are already back at your place, but at that point it's almost unnecessary.

Juggler Method:

Juggler method was introduced by Wayne “Juggler” Elise. His system focuses on creating rapport, and investment then using statements of intent to escalate the interaction.

Juggler recommends using statements rather than questions and creating vacuums to force girls to qualify themselves. Juggler’s system takes the focus off of the guy being entertaining, and instead searches to find reasons to be entertained and seduced by the girl. Juggler himself doesn’t like bars and clubs so his system is designed more to focus on one on one interactions without a lot of distractions. His system is much harder to implement purely in bars and clubs.

Who succeeds with Juggler Method? Normal socially adjusted guys with a decent fashion sense and an absence of anxiety. The more social you are the better you will do with Juggler method as the absence of an overlying structure and routines will hinder guys with less social experience. The faster you think on your feet, the more success you will get with this method.

Who fails with Juggler Method? Guys with escalation anxiety. Because of the use of statements of intent, guys who are scared to demonstrate interest or “hit” on girls have a huge problem with this method. Guys who don’t have a good grasp on basic conversational skills and confident subcommunications will also have problems.

Looking at these three methods gives a good picture of what is important to succeed with any method.

“THE ELUSIVE OBVIOUS”

If we look for the correlating factors between who succeeds and fails in each of these methods we come to a simple yet profound conclusion:

**A normal socially adjusted
guy with decent fashion
sense and an absence of
anxiety can succeed in
virtually any method that is
effective in the real world.**

Thus we understand that the first step in getting success with women is becoming a normal socially adjusted guy who isn't hindered by anxiety.

“The Two Types of Anxiety That Cripple Your Game”

In my experience coaching almost all sticking points guys have come down to two types of anxiety. They are social anxiety and sexual anxiety.

Social anxiety rears it's ugly head in a variety of ways in a pick up. The first and most obvious is approach anxiety.

The biggest reason why students don't get good after bootcamps is their inability to overcome approach anxiety by themselves. That's why on the second night of my bootcamps I have a two hour window where I don't speak to the students and they have to complete at least 6 approaches on girls they are attracted to.

Being pushed into approaching by an instructor can yield results in the short term on a bootcamp and may even result in a student getting phone numbers, makeouts or even lays. However if the student cannot motivate himself to approach, he will fail when he returns home from “fantasy camp.”

Luckily for us approach anxiety is a very beatable opponent. The key to beating approach anxiety is expecting it and having a easy to execute plan to deal with it. For the first time anywhere I'll reveal my two step process to consistently beat approach anxiety.

“THE TWO STEP PROCESS TO BEAT APPROACH ANXIETY”

Step One: Mental Reframes:

The first part of beating approach anxiety is how you think about approaching. Most guys have one of a few different thoughts:

1. **“I don’t know what to say so I can’t approach.”**
2. **“She’s so hot, I hope I don’t mess this up.”**
3. **“That’s scary.”**
4. **“What if she rejects me?”**
5. **“She won’t like me because I’m too fat, short, ugly...”**

None of these thoughts are productive.

The first mental reframe is that approaching can only ever be one of two things. It’s either going to be boring or fun. That’s it. If you approach a group and they reject you, it’s boring and you can leave. If at first it’s going really well and then you stall out it’s boring and you can leave.

If it goes well it’s fun. That’s it. You are under no obligation to stay in a conversation if you’re not having fun, no matter how hot the girl is.

The next mental reframe is the concept of resistance. When most guys get AA they try to push their way out of it. I used to berate myself into approaching consistently. Now this can work, but it’s an unhealthy and wholly time consuming process. Plus there are some nights where you won’t be able to get yourself over the hump. The problem is that by resisting the AA you actually make it stronger.

In Eastern philosophy there is a phrase “That which you resist persists.” Which means that the more you fight against something the stronger it becomes. So instead of getting annoyed or angry by the fact that you have approach anxiety, accept it. Think to yourself “Yep I have approach anxiety,” By not fighting the anxiety, you strip it of a lot of it’s power.

Another mental reframe I want to talk about involves focus. Focus is simply where your attention is directed. There are two separate and distinct ways

to use focus to overcome approach anxiety.

The first way to use focus to lessen AA comes into play when you first see a girl you're attracted to. If you're like most guys than you immediately start thinking of reasons why she wouldn't like you or you can't approach her. Instead you want to start focusing on why you want to approach her.

You should think to yourself how amazing it would be to hold her against you, how sweet her lips will taste, the noises she'll make as you're taking her from behind.

**You should think to yourself
how amazing it would be to
hold her against you, how
sweet her lips will taste, the
noises she'll make as you're
taking her from behind.**

Anything to keep the focus on why you want her and have to approach as opposed to building a case for why it's a waste of time and she won't like you. This will also help you be in a more sexualized state when you approach which will subcommunicate itself through things like bedroom eyes and voice.

The second way to use focus to lessen anxiety is through shifting your focus outward. Maybe you've heard the term "Stuck in your head." If not, it refers to the process of overthinking and analyzing things when you should be taking action. Being stuck in your head can happen for a variety of reasons approach anxiety being one of them. So when you're stuck in your head it can be helpful to simply shift your focus externally by looking at ANY inanimate object and really allowing yourself to become fixated by it. It can be a chair, a bench, a tree, whatever. I know it sounds a little woo-woo and new agey, but allow yourself to drink it all in.

Think about what it would feel like to be that object how it relates to the rest of the environment etc... If you can let yourself become amused by it. Or if not by it, by the ridiculous amount of effort and time that went into making and getting that object where it is. As you do this you'll notice that you're forced out of your head, because your thoughts stopped being about yourself and approaching and thus the AA disappeared. The key with this technique is to approach immediately after focusing on the inanimate object. Extra degrees of difficulty for approaching while talking about the object.

Before we move out of the realm of the mental into the more tactical, I want to introduce the concept of the light switch. What I mean by this is that I view my desire to approach a girl as if it's a light switch. That means if I see a girl I am attracted to and my brain says "yes she's hot" then I approach. If it doesn't then I don't.

Now this simplifies everything because it boils it down to a yes/no decision on your part. No hemming and hawing about whether or not she's attractive enough or if the moment is right. Yes = approach. No = forget about her and move on. We want to train ourselves on this process so that even if we approach by blurting out "you're very pretty." As we walk by, you get used to approaching women as you soon as you make the decision you want to. This establishes a habit and much like working out, once you've done this all the time for 6 weeks or so, it will seem weird to not approach.

Step Two: Implement AA Beating Tactics

Ok onto the tactics for beating AA.

The first tactical way to beat approach anxiety is by doing warm up approaches. The best way I've found to use warm up approaches, to reduce approach anxiety came from a friend of mine known as AFC Adam. He recommends warming up by walking up to three different women, complimenting them on something and walking away.

This is a great way to get past the fear of approaching, because it takes away a huge amount of outcome dependence. Since you know that you won't be trying to pick up the girls it takes all of the pressure off

approaching. It's also fast as you can usually do all three of these warm up approaches on your way to wherever you're going to be meeting women.

The more comfortable you are in your environment, the less approach anxiety you will have. So one of the best things you can do to work on your approach anxiety is make a list of places you want to go to meet girls. These can be bars, clubs, coffee shops, whatever. Places that have the types of girls that you want to meet, and that ideally you like hanging out at. You can even take a night and get used to hanging out at these places. You can talk to the staff, watch the girls get hit on, but focus on getting comfortable in that environment. That way the next time you go in you won't have to worry about adjusting to the environment in addition to worrying about approaching.

Deep breathing is another tool for fighting approach anxiety in the moment. As soon as you feel yourself getting nervous take two or three deep breaths where you hold before you exhale. Physiologically when you are having approach anxiety your body is tensing up. As adrenaline is released, your body starts to tighten up and your breathing goes shallow. By taking a few deep breaths you stop that process which should relax you a decent amount.

It's very important that as soon as you see a group or girl you want to approach, you start walking. The first step is often the most difficult, so make sure to get moving as quickly as you can. But be sure that you actually walk up to the girl. Some students have been known to make abrupt U-turns or keep walking past them. The idea is to put pressure on yourself by walking over there. It's a lot harder to approach from across the room than it is from right there.

Lastly I want to talk about high social pressure situations. These are great for getting rid of approach anxiety. I used to have a rule on bootcamp, that as soon as I walked into a venue, I would approach the most difficult seeming group.

The reason I did that was twofold. First exposing yourself to that much social pressure always eases anxiety. Once you walk up to a group of 9 and 5 guys seated in a booth in the back of a crowded club, the two girls at

the bar don't seem as scary.

Secondly the more difficult the approach, the greater, the chance of a blowout. And nothing is better for getting over approach anxiety than getting blown out. Think about it like this, a blowout is the worst thing that can happen when you approach a group. Not only do they not want to have sex with you, they don't even want to talk to you!

But guess what? When you get blown out, you don't bleed, you don't get any broken bones, and you can still breathe. The great thing about getting blown out is that you've seen the worst it can get, and you survived it. And as a very good friend of mine once told me fear plus surviving that fear equals confidence.

Ok so let's talk about how to apply this information. All of these ideas are designed to be used out in the real world. I'm not a big believer in any tactics to deal with approach anxiety that can't be used when you're, ya know approaching .

So the real first step is getting out of the house and finding women you want to approach. Once you want to approach but are having approach anxiety.

- 1. Apply one or more mental reframes.** Remind yourself that approaching can only ever be fun or boring. Ask yourself the empowering question “ How can I make this more fun?” Remember to accept the feeling of approach anxiety rather than resisting it. Focus on what you want to happen, not what could go wrong.
- 2. Take some form of action at the same time.** It's no good to just sit there mentally reframing, you have to get your body involved in the process as well. So while you're mentally reframing things, you should be walking towards girls you want to talk to. Complimenting 3 different girls or groups to warm up, and taking deep breaths.

So now that we've dealt with approach anxiety, we can move on to sexual anxiety.

Sexual anxiety is anxiety associated with sexual situations. This can come from your upbringing, inexperience with women and sex, religious views, your beliefs about women, and even internal success barriers.

This anxiety can manifest itself in a variety of ways. By far the most common way is escalation anxiety. Guys with SA can't escalate the interaction verbally or physically. Oftentimes they get stuck in the dreaded "friend zone."

Another way that SA comes up is through excuse making and rationalizations. This is where guys will say things like "I could have pulled, but I was tired." "I don't really wanna have sex with these girls, I just like the pickup." Guys will also rationalize SA. They'll say things like "I just didn't like her" or "She had weird toes or something." SA can even cause impotence for some people. Based on the stress of feeling like you will be judged sexually.

“The Three Main Causes Of Sexual Anxiety and How to Solve Them”

- 1. Inexperience with women.** There are a number of reasons why inexperience with women leads to sexual anxiety. The first is the fear of being judged. The same way that guys are worried women will judge them for approaching, gets amplified tenfold when it comes to getting sexual.

Plus sex is one of those things that people are just supposed to get. You get a small amount of sexual education in high school and other than that you're supposed to figure it out yourself. So most guys don't educate themselves about sex other than through watching porn.

This overlooks the fact that most of the time women already like you by the time you're getting ready to have sex. As long as it seems like you know what you're doing, you'll be fine.

Another reason inexperienced guys have problems with SA has to do with confidence and competence. When guys only have a little sexual experience they assume they have very little competence and thus they feel a decided lack of confidence in their abilities.

When you feel that lack of confidence it can be difficult to escalate. Some guys also experience sexual anxiety simply from the newness of the situation. The less times you've been in a sexual situation with a girl, the more likely you will feel some jitters simply because it's new.

Alternatively this is why younger girls will typically give you more last minute resistance. A girl who is 19 and has had sex with only one other guy will feel the same kind of sexual anxiety an inexperienced guy does, Only through education can we lessen the SA caused by inexperience.

There's two types of education on sexuality. Book learning and hands on experience. The book learning is an easier place to start. I recommend you guys all check out the book “ The Guide To Getting it On.” It's a great, well written look at all things sexual. Hands on

experience can only come through sexual encounters with women. I recommend that every guy who's a virgin or close to it get a regular sex partner. She doesn't have to be the cutest girl in the world. But she needs to be someone you can have regular sex with. The more times you have sex the more comfortable you will become. I also recommend experimenting and opening up an honest sexual dialogue with these girls. Be willing to push things sexually to experiment. This will teach you a lot about yourself, women and sex.

- 2. Beliefs.** Specifically SA comes from unhealthy beliefs about women, sex and yourself. And the dangerous thing about beliefs is that they don't have to be true for you to believe them. Society in general would like you to believe that men like sex more than women and that sex is something men pursue that eventually women give into. You can even see this in the language people use. Women "give it up", Men "get lucky". The truth of the matter is that sex is normal and natural. Women enjoy sex just as much if not more than men since they have one organ that exists strictly for sexual pleasure.

This is unfortunately not the way it's portrayed in the media though the success of shows like "Sex and The City" has helped a little bit. In fact if you want to see how graphic female sexual fantasies can be check out Nancy Friday's book "My Secret Garden".

Sexual Anxiety can also be caused by guy's beliefs about themselves. Some guys think that no woman would want to get sexual with them because they are too short, fat or whatever.

The first step to dealing with negative beliefs is to recognize them. You can take a few minutes now to write down five unhelpful beliefs you have about women, sex or yourself.

After you write them down I want you to write out five beliefs that are the diametric opposite of what you have now. Next get a small notepad and a pen. Carry these around with you everywhere and start looking for evidence to support your new beliefs. So for example if one of your bad beliefs was that girls don't want to have sex with guys who are overweight, and you see a hot girl out with an overweight guy, write it

down.

Our brains have something called a reticular activation system which looks for evidence to support our beliefs. The more you can direct your RAS towards positive beliefs the easier it will be change your beliefs for good. As Robert Anton Wilson wrote in Prometheus Rising “ What the thinker thinks, the prover proves.

- 3. Success barriers and deservingness issues.** These are a special type of bad belief based upon your internal self image. Everyone has an idea in their head of how cool they are, how much success they should have, what type of girls they should get etc... Maxwell Maltz's tackles this subject in depth in his groundbreaking book “ Psycho-Cybernetics.”

Anyhoo this idea is your self image and it governs everything you do. Success barriers happen when the success that you are getting in real life is more than you think you deserve.

This happens with lottery winners all the time. There's a statistic out there that says that something like 90% of all people who win the lottery end up going broke in less than five years.

The reason being that if you don't feel like you deserve something your mind will find a way to get rid of it. Our brains are set up to hate incongruence. So when reality is conflicting with your self image, you will unconsciously sabotage the situation to restore order in your reality. This is where rationalizations, excuses and giving up happen. In order to deal with deservingness issues and success barriers, you have to come up with your own reasons for why you deserve to be successful. This is where sitting down and doing some introspection can really help.

The first thing you'll want to do is sit down and write out a list of 10 reasons why a woman would be lucky to be with you. These reasons can range from personality traits to experiences you'd be able to give her. Be sure to check back on this list every day so that you are reinforcing the reasons women should be with you daily.

After that write down a list of 10 things you don't like about yourself.

These are the things to work on. Try to set up small daily goals to work on the stuff you're not happy with. The reason behind this is that the brain moves in directions. You can't all of a sudden decide that you're the pimp of the world. Instead your brain needs to see consistent progress. So if you don't like how anti-social you are, try to make 30 seconds of conversation with a new person everyday. That way you're actively working on the things you need to work on daily and that gets relayed to your brain as well.

Before we move past dealing with anxiety, I want to make a quick note that some anxiety is a medical condition and cannot be fixed by any of these tactics or techniques. If you have major anxiety related to socializing or sexuality, I highly recommend you consult with your physician.

THE PATH TO BECOMING “NORMAL”

In the seduction community there is something of a prejudice against normal guys who don't know a lot about pick-up. They are derisively called AFCs or average frustrated chumps.

The reason people in the community do this is it allows them to feel a sense of superiority over most other guys. When guys first get into this stuff, they feel that they somehow are better or smarter than guys who haven't read about meeting women. This can even happen when the newly identified PUAs are still virgins.

Simply feeling they know something other guys don't causes them to feel superior. This is one of the most damaging thinking traps the community has. The reason being is that guys outside of the community tend to get laid a lot more than guys in it. Hence why they don't find the community. This is also unhealthy because it starts to breed separation between guys in the community and guys out of it.

In fact every few months I'll see a thread on a message board about how you should dump all your friends if they're not into pick up because that's all that matters. Which might be the most unhealthy thing someone could do. In fact even referring to people as PUAs and AFCs is weird and gets in the way of becoming a normal guy.

So what is a normal socially adjusted guy and how can we become one quickly?

Good question. I've broken it down into a few simple steps.

Step 1: Fashion, and grooming.

The biggest thing I notice with guys I work with is the way they dress.

Almost every student comes into a bootcamp dressed poorly with below average grooming. This is one of the easiest things to fix. It doesn't even take a lot of money if you shop at second hand or vintage stores.

“The 3 Major Fashion Faux Pas And How To Avoid Them.”

- 1. Clothes that don't fit.** This is by far the number one problem with guy's fashion. The way your clothes fit you is WAY more important than anything else. A \$10 dollar T-shirt that fits will look a million times better than an Armani suit that's two sizes too small.

Your clothes should not be too baggy or too tight, instead they should fit and flatter your body type. If you need help figuring out if something fits, take a friend shopping with you. Preferably this would be a friend whose sense of style you admire. But nevertheless having a second pair of eyes around can never hurt.

- 2. Colors that clash with your skin tone.** This is another major problem that guys don't seem to understand. The lighter your skin tone is the more you want to stick to darker tones and avoid pastels. The darker your skin is the more you can wear lighter, flashier colors.

If you want to expand the spectrum of colors you can wear without looking like a retard, get a tan.

- 3. Clothes that are out of style.** A lot of guys go clothes shopping once a year if that. However fashion is a dynamic industry. It's constantly changing. Which means that if you are wearing clothes from 3-4 years ago, even if they were cutting edge then, you look dated now.

If you need a real life example, all you have to do is try to remember Von Dutch hats and jeans. They were all the rage about 2 and a half years ago and now you never see them.

You want to learn to shop like a girl. Instead of going out and spending hundreds of dollars on a complete wardrobe, commit to getting one new item every time you get a paycheck. That way instead of having a bunch of stuff you may hate 6 months later, you have a constantly updating wardrobe.

One of the best ways to decide on a new fashion is to look at the guys you see with the girls you want and copy that style.

In addition to fashion, grooming is one of those things that everybody has heard a million times yet many guys still don't pay attention to.

"The 3 Most Important Elements of Grooming."

- 1. Hair.** This goes for both the hair on your head and the hair everywhere else on your body. Every guys should have a haircut that suits his face. If you need to save enough money to go to the nicest hairdresser in your area. Generally gay guys are a better bet for a good haircut than women as they'll cut your hair to make you look sexy, not safe.

Let the hairdresser do whatever they think would look best even if it is "not you" Next you need to make sure that all of your body hair is neatly trimmed. The most important areas are your eyebrows and nose hairs. I cannot tell you how many students have showed up with near unibrows and hairs poking out their nose.

Buy some tweezers and pluck those hairs out. It hurts but will make a huge difference. Also make sure that if you have a lot of body hair you keep it trimmed to a uniform length. You don't need to shave it all off, but it does need to look under control.

- 2. Breath.** You can have the best game in the world and if you have bad breath, you still won't get anywhere. I use a three step process to make sure I always have good breath.

The first step involves brushing, flossing and using mouthwash right before I go out to meet women. Next while out or right before going out, I avoid things like garlic, onions, etc.. and finally I always carry some form of breath freshener. Bottom line I have met way too many guys I had to offer gum to. There is no excuse for bad breath. If you do all these things and still have bad breath, consult with a doctor as you might have a medical issue.

- 3. Scent.** Obviously everyone knows they need to bathe and avoid body

odor like it's the plague. So for the sake of completeness I will tell you guys to shower and wear deodorant. But some guys still cannot manage to smell good. If you have a perspiration problem try a more medicated deodorant like Certain Dri.

You should also pick out and wear a nice cologne. Smell is one of the most powerful senses we have, so you want to make sure women are telling you how nice you smell as opposed to being grossed out by your odor.

I like Aqua Di Gio, Marc Jacobs, and Dolce and Gabbana. You can go down to your local department store and try a few different ones on. This is also a great opportunity to ask women for their opinions on what smells best on you. Remember different colognes will react differently to your specific skin type, so try a bunch out and find the one that works best for you.

Step 2: Basic Body Language and Tonality.

A lot of guys have very easily correctable problems with their body language and tonality. By simply fixing these few problem areas, you will see a big change in how people react to you.

The most important thing when it comes to having “normal” body language is your posture. You want to make sure that everything you do is related to lengthening and straightening your body. A lot of men have learned bad posture as a result of working at a computer all day. When you are standing still, imagine that there is an invisible string connected to the both your head and your chest yanking both of them up as high and straight as possible. If you are a taller guy be sure that you don't slouch or do anything to make yourself shorter.

The next most important thing when it comes to basic body language is identifying and fixing all nervous ticks and gestures. These could be anything from facial flinches to talking with your hands. The best way to identify and work on these is to have a friend tape you as you guys are having a normal conversation. Look for anything that you do more than once that makes it look like you are nervous or uncomfortable.

If you want to go a step further, you can look for any movements that are not directly related to the conversation and eliminate those as well. Always remember that the person who is moving around less has more social power. The more relaxed and comfortable you look the better your body language will be.

Another huge factor in body language is how much space you take up. In general there are two types of bad body language. The first happens when guys are afraid to take up space. This is often reflected in closed off stilted body language.

**The more relaxed
and comfortable
you look the better
your body language
will be.**

The other type of bad body language happens when guys are taking up too much space.

This looks try hard, and sloppy. Instead the right balance is to take up just enough space that you are completely comfortable. Don't try to take up less space to make others comfortable, but don't take up more space than you need either. Generally in North America personal space is defined as the area 18-36 inches around you. As long as you stay within that bubble you should be fine.

Your voice is one of your most important tools when it comes to socializing. The most important thing when it comes to your voice is speaking loudly and clearly. You want to make sure that you speak from your diaphragm instead of your throat.

To find out what it feels like place two fingers on the notch of your ribcage (where your stomach and chest meet) then take a deep breath in. Once you've filled your lungs with air, exhale until your body forces you to breathe. You will feel a contraction as your body begins to breathe again. The muscles that are contracting are your diaphragmatic muscles. The power for your voice comes from your breathing, so it's important to make sure that you speak on the exhale. This alone will make you much louder. You also want to make sure to aim your voice at least one person behind who you are speaking to. Much like in martial arts where you punch through the board. This will ensure that everyone can hear you when you're

speaking.

There are a few ways to make sure that you are speaking clearly. The first is to slow down the speed at which you talk. Most people speak too quickly especially when they are nervous. To eliminate this, you can use an old trick they teach studio musicians. The trick is to slow down your speaking speed by 50% then slow that down by another 50%. This will feel extremely strange at first but it will result in people being able to understand what you are saying much easier.

The next thing you want to do is eliminate fillers. These are things like ums, ahhs, etc... Whenever you feel the urge to use a filler, instead pause. Pauses build response potential, and add an air of intrigue to anything you are saying.

Lastly you want to work on the actual quality of your voice. Many guys have high pitched or nasally voices. So we want to work on cultivating a voice that is smooth and soothing to the ear. The best way to do this is to sit down and record yourself speaking for 3-5 minutes straight.

Most people do not have a good idea of how they sound and thus say they don't actually sound like that. The way you sound on recordings is the way you sound to women. Once you've identified what you want to work on with your voice, you should find a passage or paragraph and read it into the recorder while trying to change the sound of your voice. So if you want to have a deeper, more sultry sounding voice you should read the passage or paragraph while trying to speak in the most extreme deep voice you can produce.

From there it's a matter of calibrating down to a more normal sounding version of that deep voice. The more you record yourself the easier this will be.

The last thing I want to talk about in regards to basic body language, is eye contact. Eye contact conveys a lot about our level of confidence. You want to be able to hold eye contact until the other person breaks it.

Now obviously this is not a hard fast rule, as you can come off like a stalker

if you never break eye contact. But in general you want to hold eye contact for as long as possible. The next thing about eye contact is the way you break it. As much as possible you want to avoid breaking eye contact by looking down. This is a sign of submission and shows a lack of confidence. Instead you want to break eye contact to the side, as if you simply got distracted by something else. When you are speaking to groups of people, it's important to spread eye contact throughout the whole group as opposed to just looking at one particular person. Especially if that person is a girl you're interested in.

Step 3: Comfortable Conversational Skills.

The biggest problem I run into with students, is their inability to have a comfortable conversation. I define a comfortable conversation as one where there is no agenda. It's simply socializing.

There are a lot of reasons why I think guys struggle with basic conversational skills, but the biggest one in my opinion, is a lack of practice. Everyday you are presented with a million and one opportunities to practice having conversations.

You have to interact with coworkers, baristas, waiters, passengers on public transportation etc... But most guys rush through these conversations as quickly as possible to get back to what they were doing. Also because a lot of us who get into this stuff are naturally introverted to begin with, we never learned how to be a good conversationalist.

Here's a few tips to get you started.

- 1. Don't ask questions make statements.** Asking questions is like withdrawing money from a bank account. The only problem is that you don't know how much money is in there. When you ask people questions, you are putting the burden of the conversation on them. You're also putting them under pressure to come up with answers on the fly.

Neither of these two factors make the person particularly comfortable. So instead we want to make statements and then use check ins. It's

very easy to turn any question into a statement let's take one of the typical boring, getting to know you type questions like "where are you from?" You ask that question to gather information about the other person that you can relate to.

If I had a dollar for every person who when they found out I was from L.A asked me if I knew someone, I'd be rich. By asking this question the only information you are going to get is where they are from. But by making a statement, like "You girls look like East coast girls." You'll actually get more information to talk about. What will happen here is that if they are from the east coast, they'll be amazed you were able to guess that, and they will tell you where they are from specifically.

If they're not from the east coast they'll tell you where they are from and ask why you thought they were from the east coast. So not only do statements not withdraw money from the imaginary bank, they actually get you more information as well.

2. **Use check ins to make sure people are paying attention.** The idea of a check in was popularized by Juggler. A check in is simply a small question to make sure people are relating to what you are saying. Some examples are "you know what I'm saying?" "You've have been there.", "Right?" etc... These will allow you to keep the other person(s) attention focused on you while you speak for longer periods of time.
3. **Observe the basic conversational ratio for the first 3-5 minutes.** When you are talking to a stranger or group of strangers, and you have initiated the conversation, you have to remember the 90/10 rule. That means for the first few minutes you will have to do up to 90% of the talking.

The reason behind this is simple. You started the conversation, so the burden of keeping it fun and interesting is on you not them. You need to let them become comfortable and most people cannot become comfortable with a stranger if they are expected to carry the conversation. So you carry the conversation for the first few minutes.

4. **Don't be afraid to share things about yourself, especially if they are interesting.** In psychology they talk about the rule of reciprocity. Simply stated because humans evolved as social animals, we have a predilection towards forming alliances.
5. **Because of that if someone helps us, we are more likely to help them.** The same thing applies to sharing about yourself. The more we know about someone else, the more we are going to be willing to share about ourselves.

A lot of guys have a big problem when it comes to this area because they are afraid they are going to come off as an asshole. To which I always respond with "who do you always complain gets the girls?"

6. **Use sensory information and details.** As guys we are very factual. We are concerned with the 5Ws of journalism. Who, what, where, when, and why. But women process the world entirely differently they are much more concerned with emotions and one of the best ways we process emotions is through our senses.

When speaking it's important to talk about what you saw, heard, touched, tasted, smelled and felt. By using this type of language, you add a richness to your descriptions that women go crazy for.

7. **Use multiple conversational threads.** Multithreading was introduced to the community by a guy named Toecutter. It refers to discussing several different conversational topics at the same time. Instead of speaking from the beginning through the end of each topic. This is something that happens naturally when we are speaking to people we have a certain amount of rapport with. For example when you get together with your friends, you don't discuss one topic by itself for a long amount of time.

Instead other subjects come up and the ones that are most interesting at the time get talked about. Whether or not you had finished with the previous subject. It can seem unnatural to walk up to a group of strangers and speak to them as if you've

known them for 20 years. But it is effective. Be careful not to do it so much that you end up looking like you have A.D.D.

8. **Don't argue.** This can be a big sticking point for a lot of guys. Oftentimes I think people would rather win the argument than get the girl.

If you feel like being right is more important by all means argue, but recognize that it's a bad way to get people to like being around you. Unless the argument is obviously fake and done for comedic reasons.

9. **Avoid awkward silences.** One of the biggest conversation killers out there is the awkward silence. We've all been there, you're talking to a group of new people when all of a sudden you run out of things to say.

The silence gets deafening and you quickly excuse yourself too much embarrassment. Instead when you feel an awkward silence coming on, ask a question. One of the most basic rules of pick up is that saying something is always better than saying nothing. By asking a question you buy yourself time to think of something to say.

10. **Make sure that everything you are talking about is situationally relevant.** That means not bringing up random topics, or talking about things that happened years and years ago. Generally you should be able to tell if the topic is situationally relevant by the listener's reactions.

If people often remark about how random the things you're talking about are, or ask you why you're telling them this, you are not being situationally relevant.

11. **Don't brag, or exaggerate to make yourself seem cool.** The harder you try to convince people that you are cool, high value, etc... The worse it makes you look. A cool guy doesn't have to tell you how cool he is.

If you do have a lot of cool things to talk about, use unanswered questions to get the listeners to ask you about yourself. Saying something like “ I’m totally in the wrong business because I hate to fly.” Is much more effective than telling girls I’m a traveling comedian. It’s not bragging if people ask you about something and it’s true.

So now that we’ve talked about how to fix your fashion, grooming, body language and comfortable conversation skills, you should see a marked improvement in how strangers react to you when you start conversations.

These things alone will help you get laid if you go out and do approaches. But to really take control of your love life, you need to learn a few more things.

**These things alone will help
you get laid if you go out
and do approaches. But to
really take control of your
love life, you need to learn a
few more things.**

The Secret To Consistent Improvement

One of the reasons that I wanted to get this Doctrine out there, is because of stories I've heard from guys all over the country. It's very often the same story, perhaps some of you reading this right now can relate.

A guy finds the community, either by reading "The Game", watching the VH1 show, or simply doing a google search. Then they read up and perhaps even try out some of the techniques. They start to see changes in the way women react to them when they're using these tactics and techniques. Some may even see some initial success.

But there are so many unanswered questions about what to do next. So they take a bootcamp or a one on one. At the bootcamp they get to see that this stuff does actually work, as well as getting told what they are specifically doing wrong.

You get advice like "don't lean in", "talk louder", or "touch more." Perhaps you even get some phone numbers or makeouts. If you're lucky, you'll even leave with a grasp on what your current sticking points are, and how to work on them. Then you go back to your city and regular life.

If you're like most guys you struggle with approach anxiety and being able to go out enough. But if you go out and follow the advice you got on bootcamp, you fix your first set of sticking points. And then the problem appears. Because you weren't taught to recognize the patterns of social interaction.

When you are interacting with a girl or group, there are only so many things that can actually happen. These are often referred to as contingencies. The path to consistent improvement requires that you recognize and solve the patterns you consistently see.

This is where sticking point analysis comes into play. In my opinion this post by Captain Jack is one of the most important in the history of the community. Here is the original sticking points analysis post in it's entirety:

Sticking Point Analysis

Early on when I wasn't getting the types of results I wanted I decided I needed to take a more systematic approach to my development. In my area, there were no other PUAs that I knew of so after the bootcamp I was basically alone.

I had to become my own best teacher by systematically using my in-field experience combined with my analysis.

So, I developed this "Game Improvement Plan" –

First Realization

The purpose of your Game Plan is to get you laid consistently by the type of women you want.

Second Realization

You can't go out with the purpose of getting laid.

Third Realization

Every action should be judged on its overall (GLOBAL) purpose rather than its immediate effect.

Take number closing as an example. Most guys feel great when they number close. But, are they really any closer to the Global goal? Could be, but probably not. But, Time Bridging is a better solution because it puts you closer to the Global goal (it is, of course not guaranteed but much better as a local option than the phone number alone.)

A dichotomy? Yes and no.

Your focus needs to be adjusting your behaviors until you can run through your Game Plan with an unconscious smoothness.

When your Game Plan is not getting you what you want you need to focus on something else...

- 1. What to change**
- 2. To what to change to**
- 3. How to cause the change**

This is what I call “Sticking Point Analysis” and I credit it with my last 18 lays. I learned early on I needed to have more than a Game Plan, I needed a method for IMPROVING the Game Plan if I was ever to get to where I wanted to go.

Once you understand the basic courtship process and start running your Game Plan in the field you will start to notice where your sarges are failing. You’ll notice patterns. They are failing in the same places quite often.

Step 1. Identify Your Sticking Points

Sticking points limit the entire system’s output. (The system being your Game Plan and the output being lays.) Therefore we have to stop focusing on getting laid and instead focus on fixing the sticking points.

Step 2. Decide How to Fix the Sticking Point (SP)

Now that you have identified the SP the next step is to find possible solution(s) for fixing that sticking point. Pick one way to fix it and commit to 10 tries with that solution.

Step 3: Subordinate your Game Plan to the above decision.

Redesign your Game Plan to implement the fix for that SP.

Step 4: Elevate the Sticking Point.

With your redesigned Game Plan you will go out and start hunting for opportunities to break the SP. You will subordinate everything to working on your SP. That means you will EVEN give up a lay opportunity for a chance to work on Sticking Points (unless you haven't yet had 2-3 lays from the Game – in which point I say take the lays as it will give you a better Global view and a nice boost of confidence.)

There will come a time when you break that SP.

Step 5: This is a continuous process. Go back to step 1.

My suggestion is to work on 3 SPs at a time. Experience has shown me that every set will not present you an opportunity to work on an SP. However, if you have 3 then you have a good shot at getting a few repetitions per night.

~ Captain Jack ~

By implementing sticking point analysis and testing out different solutions you will be able to improve forever.

“ INFORMATION OVERLOAD AND THE PARALYSIS OF ANALYSIS”

One of the other major problems guys run into within the seduction community is the plague of information overload. When you first find the community it can be overwhelming.

There are literally hundreds of thousands of pages written on subjects ranging from approach anxiety to dealing with other guys. There's also hundreds of hours of videos on topics ranging from “Cocky Comedy” to avoiding flakes. You can even download audio straight to your Ipad.

But here's the problem, the more information you have in your brain, the more tempted you will be to go into your head when you're talking to girls.

That's why it's so important to understand the principle of small chunking. Small chunking simply refers to taking breaking all of the information you take in, into small actionable steps that you can work on in the field.

This is especially important in learning pick up because of the other factors that affect you when you're out meeting girls. The first and most important is the adrenaline release that happens when you first start approaching.

As much as we can tell you to stop being a pussy, there is a real physical sensation that does happen when you are putting yourself under the social pressure of approaching women you are attracted to. In fact there was a study done in 1998 at UCLA that concluded that when people are placed under high stress social situations, a part of their brain called the Anterior Cingulate Cortex fires.

This firing is very similar to physical pain in terms of the effect it has on the body. Having that part of your brain firing and telling you to get yourself out of the situation, can make it very hard to remember anything.

The other problem with taking in too much information is that it can leave you paralyzed as you try to figure out what the best possible way to approach is.

Should you go direct or indirect? Should you tease or compliment? Should you try to demonstrate high value or amuse yourself? Should you break or build rapport? The options out there are limitless and there is no shortage of bad or untested information. So it's crucial that you take in information only from high quality sources.

Here's a few things to look for when determining whether the information you're taking in is high quality.

- 1. Can the person giving advice demonstrate this in the correct environment?** There is a difference in the way you will try to attract, date and seduce women in different contexts.

There are specific intricacies to day game, night game, strip clubs etc... It's very important that all tactics and techniques are quantified as to where they have been effectively implemented. And that the guy giving advice can actually do it.

- 2. Are OTHER people having success with this person's advice?** There are a ton of guys out there who are AMAZING with women. Much better than any of the famous pick up artists you've heard of.

The problem is they don't know how to break down and explain what they do to help others. A lot of the time it's not even their fault as they aren't sure of WHY what they are doing works. There are even many teachers in the community whose systems only work for them.

- 3. Does the guru offer a money back guarantee?**

Every teacher worth their salt offers a full money back guarantee. Anyone who isn't willing to do that is probably up to something.

One of the most important things you can do when you are getting started with this stuff is to pick one system and stick to it for the first 6-18 months. This is hugely important so that you can avoid becoming an information junkie. To understand why this is important I'm going to tell you the story of T.

T is a guy I met in Dallas through Captain Jack. He is a guy who has

constant revelations. In the 18 months I have been in Dallas, he's gone through 6-7 different systems for getting girls , from Mystery Method to Speed Seduction. In this time he's also quit the community 3 or 4 times. One day he admitted to Cj that he hasn't had sex in over 10 years. He keeps looking for the magic pill that's going to fix him. But the dirty little secret of the community is that there is no magic bullet.

His problem is that he doesn't recognize that there is a learning process to pick up. And much like learning any type of skill, the first few months are going to be the pain period. As George Leonard explains in his amazing book " Mastery" most of the time you put into anything will be spent on the plateau.

The plateau is the period of time where you are going through the motions of diligent practice, but not getting the results you want. In pick up most of your time will be spent here. Everytime you break through a sticking point another one will arise. There is no finish line. You will be dealing with women and relationships for the rest of your life.

By recognizing that you will never be finished with your learning in the game, we gain a huge amount of freedom. You can take a lot of the pressure off of yourself once you realize that you have the rest of your life to get good at this. That's why it's so important to break everything down into small chunks and focus on the fundamentals. The stronger you build the base of your skillset the better everything else will work as you become more and more advanced.

**By recognizing that
you will never be
finished with your
learning in the game,
we gain a huge
amount of freedom.**

QUESTIONS TO GET STARTED THE RIGHT WAY

No matter where you are in your development, it's never too late to get back on the right track. The key to getting on the correct path for learning, is asking yourself the right questions. The following questions are key to your development as they allow you to find a proper baseline for your game.

Let me explain. One of the major reasons that guys struggle when they are trying to learn this stuff is that they don't understand what their baseline is. A baseline is a rough idea of what reactions and results you are getting. Remember when a few sections ago we talked about pattern recognition and sticking points analysis? These questions are designed to figure out what the patterns are in your social interactions.

1. How long have you been in the community?

2. What products have you tried in field?

3. Describe a usual night out, how many sets do you open, what do you open with etc..

4.What problems do you encounter in set?

5.How do your sets usually end?

CHANGING THINGS UP

Once you've established your baseline and you know what you need to work on, you have to start testing out different variables. This is what I did with every instructor I have ever trained as well as all of my long term coaching students. In fact I've included in this PDF a copy of a training log with a guy who now teaches with a very well known pickup company.

My text will be in red, the student's text is in black.

Training Log: 8/16/2007

Name: XXXXX XXXXXXXX

Sticking Point: Approaching Mixed Sets.

External Problem: I can approach mixed sets but I freeze right after opening.

Internal State: I feel uncomfortable because I'm expecting the guys to be cooler than me.

Hey dude,

These sticking points are pretty commonplace for where you're at (1.5 years in). Make sure you get the sets in this week cause we should be able to make some good progress here.

Possible solution # 1: Come up with an opening stack. Put together something like an opener, an observational transition and a social question to make sure that you have at least 3-5 minutes of material and avoid the freeze up.

Possible solution # 2: Make a rule. Set a rule that you aren't allowed to approach all girl sets until you have approached at least 3-4 mixed sets. You can also set a rule that says you have to stay in the set for at least 3 minutes before you can eject. The key here is progressive desensitization.

The more you can put yourself under this social pressure, the easier this will get.

Possible solution # 3: The Ignore the guy drill. To really put yourself under a tremendous amount of social pressure approach a mixed set but only talk to one girl. If you can, cut the guy out of the set with your body language. You can do this with a backturn or by stepping directly in front of him. If this exercise is too easy try approaching the set with a direct opener and ignoring the guy as he gets pissed.

Possible solution # 4: Approach the guy in the set and try to just talk to him. Make it your goal to make friends with the guy. This is where you can really do a lot of rapport building and complimenting. Remember you can always talk to guys about girls, alcohol, sports, money, and partying. XXXXX you shouldn't have a problem with stuff like that. Just treat it like we're hanging out in a bar.

Like always, remember to implement the 3/12 system so you get a proper reading on which one of these is going to work best for you. My style is a lot more aggressive than yours so 3 usually works best for me. But you're a lot nicer so my guess is 4 will be what works best for you. But we'll find out.

Sticking Point : 9s and 10s.

External Problem: I can get attraction with hot girls, but have a lot of problems with them. I stale out, can't get them to accept escalation, run out of things to say, and over neg.

Internal State: I feel like these girls are not even sexual beings. I don't feel like I deserve them and I feel like they understand that they are cooler than I am. I feel like they don't like me even when I am getting IOIs. The speed of the conversation even feels faster, and I know I should be talking but I can't.

Possible Solution # 1: Progressive desensitization. The more you approach these girls the easier it will get. The speed of the interactions will slow down the more you do it. An easy thing, you can do, is pick the 4-5 hottest girls in the club and approach them first. Think of it as a warm up for

your later approaches as these probably won't go well at first.

Possible Solution # 2: Pinging for qualification as soon as you can. When you have attraction you have to remember to push the interaction forward. You can do this by either throwing out a large qualification hoop like “ Why are you special?” Or you can use a smaller hoop and build up.

Possible Solution # 3: Mix disqualifiers with physical escalation. If you're having trouble getting your advances accepted, you may want to blend disqualifiers in as you escalate. Saying something like “ You know we could never be together” while stroking her face or pulling her into you should create some better results. Also be sure to keep her swinging between validation and devalidation. Don't ever let her know she has you completely or make her feel like she can't have you.

Possible Solution # 4: Come up with a structure for conversational escalation. This is where things like Strawberry Fields and The Question Game come into play. You need to create a framework, so that when you have attraction and you need to escalate, you don't have to try and freestyle. Trust me I know what it's like. You don't need a whole routine stack, but you should def have a few waypoints. I'd say use strawberry fields to set sexual frames, pick a few hoops for qualification and then question game once you're in comfort. You can also do identity conveyance and talk about random subjects your passionate about. Remember your game works on less attractive girls, there's nothing that's going to change that with hot girls.

Honestly XXXXX, these seem like inner game motivated sticking points. It's like you don't see your own value. You're still stuck in the old school paradigm of assuming that your lower value than the girl and that she won't like you just for you. You might want to try dropping all game and seeing if you can get attraction just from walking up and introducing yourself. If you can do that hopefully it will be enough to convince you that there's not much of a difference between the hotter girls and the less hot ones.

The reason that I include this in the PDF was to show you guys how many different things there are that can be altered to produce different results. By changing any of these variables you can produce different results in field.

Hopefully this illustrates why it's so important to be able to recognize patterns and know where your baseline is. The more aware you are of what your usual results are, the more you'll be able to identify and isolate the changes that actually lead to results.

THE DIFFERENCES BETWEEN CORRELATION AND CAUSATION

Because the science of dating is less than 10 years old, there are a lot of theories that are widely accepted that are not necessarily correct. Think about all of the ideas that were widely accepted in the first ten years of other sciences.

For hundreds of years people thought the world was flat and that the sun rotated around it. The problem was, that all of the evidence that supported these theories was based on correlation, not causation. You can see the same phenomenon in the pick up community.

For example let's look at Mystery and his concept of peacocking. Peacocking, means dressing in an outlandish manner in order to attract attention. While this can be an effective technique for some people, it doesn't translate to everyone. The reason is there are correlating factors that are not represented in the final conclusion. Let's look at it like:

Mystery peacocks and gets attention from girls that he turns into success.

Mystery draws the conclusion that since this works for him it must work for everyone.

However he is missing two major pieces of information that explain why this technique works for him. Namely his identity and his ability to justify the peacocking. Because Mystery presents himself as a superstar daredevil illusionist, his fashion choices automatically become congruent.

He is even helped by media portrayals of magicians like Criss Angel. Meaning that without qualifying himself, Mystery is able to explain why he dresses the way he does. Now were Mystery called out on his identity by someone who didn't believe him, all he would have to do to prove himself was a few simple magic tricks.

On the other hand let's contrast this with the real life story of a guy name N. See N took a bootcamp with Mystery and myself back in 2005. He was a computer programmer who Mystery advised to peacock. N went out and

immediately bought a ton of peacocky clothes. Fishnet shirts, and couch coats galore.

He then started to go out 4 nights a week. After about 3 months we ran into each other at of all places Saddle Ranch. He was dressed in the old school uniform of the community. A long flowing coat that looked like something a medevil king would wear, flashing LED belt buckle that said “ I lie to girls” and a 4 inch high pair of New Rocks with flames on them. I asked him how things had been going for him since his bootcamp.

He told me he was pretty stressed out about how little progress he had been making. I asked him how most of his sets were ending and he shared something that changed my entire way of thinking on peacocking.

He said that most of the interactions he was having weren't going past the opener. He would use an opinion opener and then the people in the group would ask him why he was dressed like that. He had tried a variety of cocky funny responses, but ultimately they would always ask him what he did. I watched this happen a few times that night and it became obvious to me in one interaction.

With a little bit of coaching from me he had ended up in isolation with a fairly cute girl. I had told him to try to get her number by setting up a date when I heard her say the following.

“Well if we do hang out, what are you going to wear?” She couldn't imagine herself with someone who dressed that outlandishly. Had he been dressed like a normal person he NEVER would have gotten this objection. And because he couldn't justify his image he lost the girl. This is an example of a piece of correlating information that can make a negative impact on students despite it working for certain guys.

**You have to learn to
separate correlation from
causation as you're learning
pick up or you will find
yourself chasing your tail
for large periods of time.**

You have to learn to separate correlation from causation as you're learning pick up or you will find yourself chasing your tail for large periods of time.

ARE YOU LEARNING THE RIGHT WAY FOR YOU OR SOMEONE ELSE?

Within the ranks of teachers in the seduction community, there are a ton of guys with a lot of game. However there are not a ton of guys with a lot of teaching/coaching experience outside of seduction.

What this leads to is a bunch of guys trying to teach other people to learn the way they learned. On the surface, there doesn't seem to be anything wrong with that notion. After all "what one man can do another man can do." But what's being overlooked in that pithy quote is the fact that people learn differently based on a variety of factors.

THE 2 MOST IMPORTANT FACTORS FOR LEARNING

There are two major factors for learning that are not mentioned by most teachers in the seduction community. The first is representational systems. The second is knowing what kind of learner you are philosophically. A representational system is the way you make up your maps of the world. This is one of, if not the most important factor for learning.

In George Leonard's brilliant book "Mastery" he talks about three types of learners. The dabbler, the obsessive and the hacker. By learning which one of these categories you fall into, you give yourself a much greater chance for success.

I've actually written a step-by-step guide to learning pick-up that goes into great detail about both of these. Be on the look out for that in the next couple of weeks. For now, it's important to understand that these two factors have a HUGE impact on your long term success with game.

Ok, so let's review what we've learned up to this point. We figured out that to get success with women no matter what system you want to use, you need to come from a baseline of being a normal socially adjusted guy. You have to get rid of or at least manage both social and sexual anxiety.

We talked about developing a game improvement plan based on sticking points analysis. We talked about avoiding information overload, the differences between correlation and causation. And lastly we discussed figuring out what type of learner you are and customizing the type of information you take in towards that for the best possible results. The next thing I want to touch on here is goal setting.

SETTING REALISTIC GOALS FOR LONG TERM SUCCESS

One of the most important parts of my job is helping students figure out exactly what it is they want from this part of their lives. Contrary to popular belief in both mainstream society and the seduction community, there is no wrong answer to what you want.

Since I've been in the community almost 5 years, I've seen the flavor of the month goal change almost as many times as the seasons. First everyone wanted to be a player, in fact to even suggest you were interested in one specific girl would result in being ridiculed and told that you had oneitis.

Contrary to popular belief in both mainstream society and the seduction community, there is no wrong answer to what you want.

Then for awhile after *The Game* came out, everyone wanted to have girlfriends to prove how normal they were, then it was threesomes and so on and so forth.

The point is there is no shame whatsoever in any goal with women or relationships that you want.

When you're setting your goals make sure that you aim for what you think would make you the happiest. Not what you think is going to impress a bunch of names on an internet forum.

If you think you want to date 7 different girls at the same time, go for it, if you want to find happiness with one special girl and get settled down, that's great too. Remember the most important person in any relationship that you get into is always going to be you. You've got to make sure that you are happy with the situation before you can make the other person(s) happy too.

Before I give you some specific exercises to help you set your own goals, I want to address the difference between a goal and a wish. The reason I want to designate the difference here is that I meet a lot of clients who come to me with a list of "goals" like this:

“ I just want an 18 year old lingerie model girlfriend with a genius level I.Q who supports me financially while we have sex all day and she brings other girls over for.”

A goal is specific, targeted, realistic and achievable within a certain amount of time. Goals take into account where you are now and how much work it will take to get to where you want to be.

Wishes on the other hand are day dreams that don't get you any closer to actual success. Wishes tend to focus on perfect situations or results. Tony Robbins has a great saying about perfection. He says perfection is the lowest possible standard we can set for ourselves because it gets in the way of setting real goals.

Let's get into some goal setting. The first step for setting any goal is establishing where you are now or your baseline. Obviously the goals of a guy who can't even go by himself to the mall are going to be different from a guy who can approach and get phone numbers but has endless flaking.

So the first step of goal setting should already be done for us by now. Once you have a baseline you have to ask yourself one of the most important questions you will ever ask yourself about this area of your life.

What is YOUR ultimate goal for pick up?

The reason we have to determine your final goal for pick up is so that we can work backwards and determine all of the stage you will have to go through to get there. It would be very nice if you could just decide to get a perfect girlfriend and then have one .

But again life doesn't work that way. So you have to figure out what you ultimately want your life with women to look like. Do you want multiple relationships or just one? Do you want to go on a lot of dates or sleep with girls the first night? Do you want threesomes or some other type of alternative sexual fetish? Figure what will ultimately make you the happiest in this area of your life and then write it down.

There is tremendous power in writing things down as it makes you accountable for your actions. That way at the very least every time you see that goal you'll feel a little guilty for not working on it.

**There is tremendous
power in writing things
down as it makes you
accountable for your
actions.**

After you figure out what your ultimate goal is then you need to backwards engineer how to get there. This is what we do in my coaching program for each client. It's important to realize that there will be different stages of development that you go through while trying to reach your goals and learn to recognize them.

It's also important to realize that in the process of success with anything, most of your time will be spent on what's known as the plateau. The plateau is where it doesn't appear you're making much progress at all, until all of a sudden you've arrived at some level of success.

Another great tip for goal setting is to set short, medium and long term goals. A short term goal should generally be something you can work on every day or at least a few times a week. This could be something like “start a conversation with a woman I’m attracted to every day.”

At their longest short term goals should last no longer than two weeks. My favorite short term goal while I’m teaching is makeout week. Where for an entire week the student has to try to makeout with every girl they approach regardless of the circumstances, to learn makeout intuition.

Medium goals usually will be goals that should take between 1 and 3 months to accomplish. This could be anything from getting your first same night lay, to getting building a routine stack. This should take a little time but be easy to finish if you put in the work.

Lastly long term goals are anything that will take over 3 months to achieve. This is stuff like getting threesomes, finding a great girlfriend, etc..

A lot of guys once they get their ultimate goal set, simply focus on that and ignore the short and medium goals. This can lead to a lot of frustration and annoyance as they struggle in field making little or no progress towards their goal.

In the coaching program we teach how to use these goals to build on each other as much as possible.

Instead we want to always have a short term goal we’re working on, as well as a medium. In the coaching program we teach how to use these goals to build on each other as much as possible. But for here I’ll just make the point that all of your goals should be somewhat interrelated or at least not contradictory.

A QUICK RECAP OF PRINCIPLES FOR LONG TERM SUCCESS IN THE GAME

What I've attempted to do in this PDF is get you thinking about how you're working on your game differently than you did before. Here's a quick recap:

1. No matter where you are in your development, there is still time for you to get the success with women you always dreamed of.
2. No matter what system of game you want to use, you must become a socially adjusted normal guy who can manage his anxieties
3. The two types of anxieties you are going to be dealing with are social and sexual anxiety
4. Before you should even think about meeting women you need to get your fashion and grooming completely taken care of.
5. You need to correct your body language, vocal tonality and develop comfortable conversational skills before attempting any "pickup" material
6. You learned the value of pattern recognition and how to use sticking points analysis and baseline variations to keep improving forever
7. We talked about how to avoid information overload and the paralysis of analysis.
8. We learned why it's important to figure out the difference between correlation and causation to figure out what's going to work best for us.
9. We learned how to figure out what kind of learner you are philosophically and representationally to maximize the information that gets taken in.
10. We learned the importance of goal setting to consistent improvement.

If you just follow these suggestions you be well on your way to increasing your success with women and dating, while reducing your stress, frustration and worry.

SKYROCKET YOUR SUCCESS WITH WOMEN

As I mentioned early on in this report, due to the formation of my business I am being forced to reduce my amount of coaching drastically. In fact, beginning next month I will only be doing in field coaching for students enrolled in my coaching program.

So that's the bad news, the good news is that in order to complete the systemization of this coaching program, I've decided to offer my own personal coaching one last time in an intensive YEAR long coaching program. That means that everything I have covered with all of my students who went on to become instructors will be shared with you over the course of an entire year. And now that I have everything codified you'll have the opportunity to make the same progress in a year that previously took almost 3!

This program is certainly not for everyone, it will be intense and we will be working very closely together. Since I will be working with each client individually, the program will have a very real limit on the number of people accepted and it won't be sold at bargain basement prices either.

In the next few weeks I'll be releasing new details about the year long Become Your Own Pickup Guru course. In the meantime, I'm going to reveal to you A LOT of incredible content about how to improve your success with women absolutely free of charge.

You won't want to miss this as they're not what you think they are or anything you've ever heard from anyone else.

Stay tuned,

Sinn

P.S. What did you think of the Game Acceleration Doctrine? I'm anxious to hear your comment. Please post them at www.sinnsofattraction.blogspot.com.

P.S.#2 Hopefully you found this Doctrine helpful and can relate to some of the truths in it. If so, I'd appreciate it if you can tell as many people as possible about it who may benefit from this information. Please pass it along to anyone who you think might benefit from this information.