



**Tim:** Hey everyone. What's up? It's Tim. I'm here with Chris today and we're going to go over the first of many parts on relationships. And this is a part that not many people in the seduction community talk about but Chris has a lot of amazing insights and I believe that's one of the things he's recognized for. So, Chris, what's up?

**Chris:** Hey, how're you doing, Tim? Well, like Tim said, relationships are obviously a topic people really want to hear about and today we're going to cover some strategies you could use to keep a girl attracted long term. We're also going to talk about how to get that special girl that you want and a few other things. So, make sure you take good notes today. And, Tim, why don't we just jump right into it?

**Tim:** Yeah. What are we talking about first?

**Chris:** Well, what I'd like to talk about first even before we get into the relationship part and this is very important. I mean, we've all been through this in our lives. People in the community call it one-itis. I call it one special girl syndrome. Always seems to be a special – at least in our mind – girl that we just fall for and we really would do anything to get and we never end up getting her. Did that ever happen to you, Tim?

**Tim:** Never ever.

**Chris:** Nice work, man. You're one of the lucky ones.

**Tim:** No, I was just kidding. Just as a disclaimer, even though this segment is going to be on relationships I think there's a lot of things that we're going to be talking about that apply to people that aren't in relationships or may not be looking for a relationship right now, so yeah.

**Chris:** Yeah, we'll talk about this right now kind of the one-itis or one special girl syndrome is one of the reasons why some people aren't getting into relationships. I mean, they have this girl they really like, that they feel this way about and it never seemed to work out. Now, it has happened to me many, many times and it has happened to you like you said and everyone can relate to this. For a while this was one of those unsolvable problems. It was something that people said don't even try to get this special girl because it's not going to work. You got to just give up and go hook up with other women.

I really thought about this issue for a while and I just wanted to get to the core reason why guys weren't getting the girl they really liked. Now, you might think off the top of your head that the reason they are not getting the girl is maybe because they are hanging out with her too much or they are not being a challenge. And while those reasons might have a little bit to do with it, I think there's something deeper and I as I look deeper into this issue, I really came to the conclusion that the reason that for the most part why guys don't get their special girl is because instead of building or capitalizing on the sexual connection they're very, very focused on the affection connection with that girl.

Let me be specific what I mean by that. Basically, any time with a woman that you like when you try to take the female affection first and what I mean by female affection is you try to enjoy the talking all night maybe on the phone or holding hands or lunch dates and you're doing all this kind of lovey-dovey stuff and you're doing it all before the sexual connection gets solidified what goes on in the bedroom it always ends up bad for the guy.

Basically, you're only going to feel happy about getting female affection when you're getting it from the lead masculine position because although you're getting like these great things now, you're talking to her all the time, you guys go shopping at the mall or whatever you're doing is no way you're going to keep getting those things that kind of fun female friendship and affection if you don't solidify a sexual connection first. So, again, the main problem is you're taking all the affection first before you build the sexual connection. In a way you have it backwards.

**Tim:** I think a lot of people also on top of having it kind of backwards I think a lot of guys probably start off in the community because they think that they can pull a fast one, hey, I know I'm just going to be the nicest person or I want to be the coolest person and then they find out about the community and then that kind of mindset never changes except it just turns into hey, I'm going to be the most attractive person. I'm going to be the most alpha person that she has ever met and all this time he doesn't even have sex in his mind. All he's thinking about is getting her to like him first.

And we talked a lot about this whole fallacy of trying to get a girl to like you in order to get the sex instead of just getting the sex.

**Chris:** Right. Absolutely. And I think you hit on the key point there as we talked about what is the reason why this guy is trying to take the female affection first? It's not a coincidence. The reason he's doing it is because he doesn't have a sexual drive towards this girl. Now, this sounds crazy. It's like you really like this girl. So, it seems obvious oh hey you want to have sex with her, but the thing is when you really think about it, you might want to have sex with her but having the friendship and the affection has taken over that need. It beats that need out. So, that's more important to you when it should really be the reverse. You should be going to solidify that sexual connection first and the reason you do that – it's actually selfish on your part – the reason you do it is because you do want the female affection and you know that if you get the sexual connection handled first, you will get that female affection. Again, I always say it's not that you're some jerk or you're some player and yeah, it's all about sex, you're really doing it for the love of wanting to be with this girl and that's the thing that's going to keep her.

**Tim:** I think in the beginning, every guy already intuitively starts off like that too. That's why you'll have these cases what is the typical "AFC story" the guy comes into the community because he has a one-itis, chased her for a while, she broke his heart but then he gets bitter because he did all this stuff in order to get her. And while the affection was nice, he wanted the sex in the first place. If she gives him the sex and the affection, there wouldn't have been a problem from the first place.

**Chris:** Yeah, absolutely. I mean, these are how these things start out and everyone can relate this back to their own lives. You somehow get introduced to a girl, maybe it's a girl you work with, or maybe it's a girl at a social circle, or a girl that's new. You get introduced. She's kind of flirting with you; you're vibing with her and yes, at first, sex is the first thing. You're like, oh man, I'm going to hook up with this girl. This is awesome. You kind of have that sexual drive for her, but if nothing happens after a while and you guys start hanging out maybe in a group of friends, you guys start doing things together, maybe you go get lunch, maybe you talk on the phone. Now, suddenly something weird happens. It's almost like you're this couple. You haven't done anything yet but you're almost like a couple and you start to enjoy these couple type things you're doing and you forget that you have to solidify the sexual connection. Not only do you forget but you don't have that same drive to get it done as you did in the beginning and that's why it's most likely not going to happen and the further it goes the less chance that it's going to happen and that's the bad part.

Just to back up for a second when you have what people call one-itis or like this one special girl, it's not some weird thing where you're like a stalker and there's no chance you could get this girl. One-itis really strikes with the girls that you have a good chance of getting but somehow you don't. It's like you were almost there and you didn't get it done. That is the worst feeling. That's what creates one-itis. You know what I'm talking about, Tim? You don't have one-itis for a movie star you can't get. You know what I mean? You might like her or something or think she's hot. You have this feeling of one-itis to these girls. It's like you could have got, you almost got and then you don't got, you miss your opportunity and that it haunts you for sometimes months or years.

**Tim:** Yeah, I think you put in a really interesting way basically that you're doing all this relationship like girlfriend/boyfriend type of things and basically with all these things with affection at the core like every guy knows that something's missing and that's what ultimately drives them crazy.

**Chris:** Yeah, and he knows. When you talked about before how this is how people find their way into the dating and seduction community and once you get there and you go on one of these forums and you say, hey, there's this one girl I like and I'd really like to get her. I mean, what is the advice they give you? They say, totally forget about her. You need to – they use this term – you need to get 10 other women. Forget about how you get 10 other women first and then you'll be able to go back and get her.

Now, my problem with this is why I don't think this ever works to get you the girl you want is because then you're going to spend your whole life getting over one-itis after one-itis because even if you go have sex with 10 other women. Let's say you like this girl, Tim, you don't get her. You say, hey guys, how could I get her? We say, hey dude, forget about her. You can't get her. Go have sex with 10 other women. So, you go do that. Then you meet another special girl that you really like. You get some affection from her but you don't have sex with her and then you say, hey guys, what should I do? We go, hey, go hook up with 10 other women.

Now, you're going to be doing this cycle time after time after time. We have to break this and find you a way to get the girl that you want. You don't want to spend your whole life getting over one girl after another. Yeah, it's true because sleeping with a hundred other women is not going to teach you how to get aroused for a woman that you only want affection from. That is the core issue here. How do you get yourself back in touch? How do you get yourself wanting to have sex with a girl that you just want affection from.

**Tim:** I guess I should get this tattoo of GFTOW removed. Shit.

**Chris:** Well, I mean, it's not bad advice. And I mean, obviously, people should or guys should learn how to hook up with many different women. That's a good skill to have. At least at some points or even if you do have a girlfriend in the back of your mind if it doesn't work out, you'd be able to go out and meet someone new. That's definitely a nice trump card to have but this is a separate issue. There are guys who have slept with hundreds of women. They don't get this key point.

I meet the biggest players you've ever seen and they still have this problem. They meet this girl and all of a sudden they are so head over heels about her and they just want affection from her that they don't even try to hook up with her and these are guys that are really good with women. So, this is something that really affects everybody.

**Tim:** Yeah, I mean, everyone has probably read the book by Neil Strauss and you can see the prime pickup artists of his time or whatever. Even people like that everyone's breaking down and I think it's good to take a look as to why this phenomenon happens and what we can do to kind of combat that.

**Chris:** I'm glad you brought up the book "The Game" because it's great. What we're talking about right now isn't even in the book. You have this guy like you said, he's portraying himself as the best pickup guy, the number one guy and the same thing happened to him. So, obviously it could happen to anybody and he was kind of working his brain trying how do I get this girl? What trick do I need? What routine? What special thing do I need to do? It had nothing to do with that. The reason why it took him a while to get her is because he was more infatuated with the affection. If you remember in the book, they go do stuff together, they listen to music, maybe we'll go for a walk on the beach, who knows, didn't hang out in a group. But the thing is he didn't push for the sexual connection quickly and then he kind of got hooked on the affection and then that's a hard road to recover from.

**Tim:** Yeah.

**Chris:** So, if we want to just break this down simply, what went wrong? What's the reason why you didn't get the girl you like? The first thing is you don't want to sleep with her. I know guys don't want to hear that but this is the truth and knowing the truth is going to help you in the future. Your special girl – you do not want to sleep with her. To get a woman you have to start a sexual relationship. So, here's the riddle, Tim, so try to help me out. How can you start a sexual relationship with a woman you don't want to sleep with?

**Tim:** You can't.

**Chris:** Exactly. So, like we said, you got it backwards. Try to take the affection before the sex, but the thing is you're only going to get a woman's long term affection unless you sleep with her. The only woman that's ever going to give you long term affection without sleeping with her is your mom. Your mom's going to love you forever. Your mom's going to give you affection. But you better believe girls aren't going to do that to you. You might have a female friend and she might be around. You guys might go on a little lunch or whatever you do but that is not going to be solidified. The number one man in her life is going to be the guy she has a sexual connection with. The "bad boy" in her life.

**Tim:** You brought up a really good point because I'm sure a lot of the people are listening and they are like, hey, you know what, I'm getting affection from my female friends. I'm getting good affection from them. You know what, even in my own life a lot of the women I really prided myself on building really strong platonic relationships. The girlfriends of mine are really close friends and such, even then it's like we'll be really, really close friends but then you know what happens? As soon as anything hits the fan between her and her boyfriend, she will ditch you, your friends, anything because her man comes number one in her life. That's how it always is. I'm glad that you brought that point up.

**Chris:** Yeah, it's totally true. We're not saying she's a bad friend but that is just the truth. They're going to go for that guy first and when you think about and there's this girl that you like, you want to be – at least in this situation – you want to be that guy. You want to be the guy she calls first. So, what usually happens is you like this girl and you're doing stuff together, you're doing the couple stuff where we talked about the lunches and the hanging out in the group and the laughs and the talking on the phone and whatever. But the thing is once she gets a text from that guy she really likes and then she

disappears and you sit there and then your heart just sinks because you are not that guy. You are "a" guy that she hangs out with but you're not "the" guy and guys just cannot deal with that truth.

**Tim:** I think that's one of the worst moments when (this first start out) you're like, oh, this is going to go so well and then she's like smiling, she's having fun and then she gets a text, oh, this guy that I just met last week has just texted me. Sorry, I got to go. I'll talk to you later.

**Chris:** Yeah, exactly, a guy I just met last week, a guy who's a nobody. A guy who's nothing to her and he is getting both things. He's getting the sex and that means he also gets the affection because when they wake up in the morning and snuggle in bed and get some breakfast and maybe go see a movie, do all that stuff. He's getting to enjoy female friendship and affection, but he's also getting to enjoy the sex and he's in the better position than you all because he was more turned on by her, more aroused by her so he got the job done.

**Tim:** What a bastard, huh?

**Chris:** Exactly. The jerks these guys. But now you're going to be able to be on a level playing field with them because right now I'm going to take you inside why you don't want to sleep with the girls you really like. Now, I know there might be a guy out there listening he's like, no (60), I do want to sleep with her. You might but again I'll call you out on it. You want the affection more than you want to sleep with her. You might still want to sleep with her and you might even be trying to hook up with her, but actually, Tim, this is an interesting thing. I think guys the reason they – you like a girl and you hang out, you might feel like oh, I want to kiss her or I want to do this and that, but the only reason that you want to do those things is because it would prove to you that she likes you. What I mean is you are not doing it from a place of arousal like oh man, I just really want to kiss this girl or oh man, I really just have to get this girl back because she turns me on so much. You kind of relate to that. It's like you want to kiss her because that would mean, oh my God, she kissed me. She does like me.

**Tim:** Oh man, you're just opening up a whole can of worms because I feel that is the core of where the seduction or the community - I don't want to call it the seduction community is these days like almost everybody I see out, these clowns that I see out. You just look at them. You know they have no desire to bang them. They're going out. They love talking to women. You look at their faces. All you will see please like me? Please give me validation? Please prove that I am a PUA? They're like, oh, if this hot girl likes me? It's going to be everything and it's not even just community people too. I mean, I have my friends, they ask me all the time, hey what do you think about this girl. And then I was, oh, she's okay. I don't know her. You just met or something? Yeah, we met her last week. I don't know. You think she's worth it? And I'm like yo, shit, if you get it up. Just fucking do it. People are always asking for validation, asking hey if I care about this girl, is it okay for my stature. What the hell, we're supposed to be guys. Let the women worry about who they bang and their social status among their peers.

**Chris:** Yeah, absolutely. I mean, this is the core issue. We're really getting deep into what's going on here is the fact that if you are not escalating from a place of arousal being aroused by a woman, then that's when the problem start because like we said, you're going to kiss her but not because you want to get the girl. You just want to see if she likes you. Thus everything you do in the game becomes – like we talked about – seeing if you can get validation or seeing if people like you and then if they don't respond well, of course you're going to take it personally. But if you are just coming from a place if this girl turns me on, I'm going to go to kiss her. I like this girl. Yeah, she's special, but you know what, she's really like turns me on I'm going to move. Everything's going to work out a lot better for you.

**Tim:** Yeah, definitely.

**Chris:** But this still doesn't solve the problem of why. Why are guys going for the affection? Why do guys lose touch with their sexual side? So, we really got to go into that issue as well. When I thought about it a little further, I really realized that guys trying hard time to look at the contrast between feminine beauty and girls doing sexual things because what happens is you like this girl. She's a special girl. She's the one of a kind girl. And then you start seeing her feminine side, her caring side, her enthusiasm, her bright smile, her wide eyes, all her plans and she's such a fun girl, and then as you see all these things, you're like they are so amazing. You start to think, wait a second she probably wouldn't like to go down on me. She probably wouldn't like to have sex right now. She probably wouldn't like for me to talk dirty to her in the bedroom. All those things like that you forget about those types of things. It's hard for you or guys in general to contrast those two things in their life. Oh, the special girl and the girl I have sex with. I mean, you could just look at certain guys who get married and their wife is the special prized girl that you don't anything with and then they go to escorts. They can't do those same things they want to do with their wife and kind of the same thing plays out on a smaller scale with one-it is.

**Tim:** Yeah, that's really interesting that you said that because I think they also say this in their book but a lot of times when guys are out and they're talking to women, the first things they are going to look for is, oh, is this woman attracted to me or everyone says that, is she attracted, does she like me. These are all synonymous. The truth is they tell a little story, they tell a little gambit and they're like, oh look, I'm so funny, I'm so whatever, they're saying all these things indirectly to a girl and then you know what she laughs or she's like oh my God, you're hilarious. The guy is just eating it up.

In his mind it's not going to translate into anything sexual. I feel like most of what the seduction community advocates these days directly correlates to this whole phenomenon of you're doing things for the affection not for the seduction even though you're supposed to be doing for the seduction if that makes any sense.

**Chris:** Yeah totally and I mean, you brought up at the beginning of your point there and what I did talk about in the book is I called it Need 1 and Need 2. Contrasting those two things or coming to terms with Need 1 which is the need for sex and all that stuff and need 2 which is the need for affection. Being able to come to grips with those two things is pretty much one of the biggest keys to the game whether it'd be getting the girl you like, whether it'd be hooking up with girls when you go out. You have to be able to come to terms with that. Some people call it the Madonna/whore complex. Whatever you want to call it that is the most important thing.

Obviously, you want girls, you want quick sex, you want blowjobs, you want big breasts, you want all these things and at the same time you want kindness, affection, hugs, a girl that is interested in you, all this stuff and a lot of people compartmentalize these things. It's like the women of porn and the sluts. These girls are different and then it's the nice girls and the girls you marry and all these things. The truth is all women are almost pretty much the same. All women like sex. All women to some degree do some of the stuff so if you try to put them into different buckets, that's when you run into a problem with women.

**Tim:** Yeah.

**Chris:** So, basically, I also have - and I've talked about it many times before is the theory that many guys you like this special girl or you're going out trying to meet women. Most guys are pretty satisfied with their sex lives as is anyway so why aren't they getting as aroused for these women, why aren't they really pushing things sexually. Well, the first thing is they might already be pleasuring themselves many times a day already. The porn today is out of control. We always talk about it. So, that always gives them an outlet to get rid of their sexual hunger so to speak. So, if they're doing that all week and then you go hang out with the girl that you're trying to get, what's going to happen? You're not going to be as aroused by her. You're not going to be pushing things as hard because your sex life is taken care of or your sexual needs or we talked about Need 1 is pretty much done.

But what's still missing? Your affection needs aren't met. You can't get, as I like to say, you can't find female affection on the internet. You just can't go these sites and get your fill of female affection. Female affection is always the ingredient that's missing. That is why it beats out sex most times. Yes, you want sex. Yes, you're a horny guy. Yes, you're still going to all your little porn sites, but the thing is affection. You can't get your affection and that's why when you meet this special girl and she's so nice and she's so enthusiastic and it's great going to lunch and we're going to see a movie, and she makes me laugh, of course you are not going to be as in touch with your sexual side and what happens is you don't end up hooking up with her most times and then nothing happens.

**Tim:** Yeah, maybe one day they'll manufacture affection over the internet at some \$30 a month subscription thing. A girl in India calls you and asked you how your dick was.

**Chris:** It gives you some affection. Wow! I think we opened up a new market right there.

**Tim:** Oh man, there's this is competitors.

**Chris:** Cool, man. Alright, I think we got a jumpstart on even why guys aren't getting into relationship. So, that should give you a few good tips for getting that special girl. I don't want people to give up. I don't want people to just say, oh, I like this girl. You know what, forget it. I can't get her. Let me become some pickup artist and have sex with a hundred girls because like we said, good for you, you could go have sex with a hundred girls but it still won't teach you how to deal with Need 1 and Need 2. It still won't help you come to terms with your Madonna/whore complex. It still won't help you get aroused by a woman that you only want affection from.

Well, let's switch it up and maybe now you did get the special girl you like. So, you're in the honeymoon phase and the next thing that comes to mind is you might say, all right, my main goal now is I want to keep this girl attracted forever. I really don't want to lose her. I want to do what's right and I want her to like me over a period of time. A lot of guys worry about this to the point of paralysis. I mean, this becomes a huge, huge fear when they get into the relationship and this can make them very needy. I think we've all been there at some point where we're with a girl we really like and we didn't want to lose her and a lot of things in this seduction community there's plenty of books, there's plenty of postings, there's separate boards just to talk about relationships and guys swapping tips on how to keep a woman attracted forever.

So, after doing the same thing for a while and thinking about these types of things and really coming up with some of my own tips, I really felt I came to a conclusion or came to the end of my journey and what I realized was the real question wasn't how could I keep one woman attracted to me? That was going to be the easy part. Once you learn all these things. Once you learn how to get multiple women. Once



you learn that how to be more attractive. Women are attracted to you over a long period of time. The real question becomes how are you going to stay attracted to one woman? Then everything kind of just flips on its head. Now, you don't look at relationships as, oh, how can I be a challenge so a woman will always love me, you start thinking, I need to be a challenge so I will always love her. So, it's kind of the different way of looking at stuff.

**Tim:** No, that's complete reframe of being a challenge. I mean, being a challenge has been in the community since the very beginning but no one has ever known why. It's always like this whole obsession with attraction and keeping a girl attracted. I think it's pretty obvious when you see guys running attraction routines and trying to attract way – even to the point where women are already attracted and they'll keep running attraction routines. They sleep with them. Later on, they'll keep running at a trial like what's the default thing to do next time they meet up, run attraction routines, what's the next thing they get – how do they manage their relationships, attraction routines, reframe her. That's all the community is concerned with and I think it's interesting to know that actually you should be a challenge because you're being a challenge for you not for her.

**Chris:** Right. And I think once you internalize that mindset that I'm being a challenge for myself not for her then you truly are the prize in your mind. Because how could you be like I'm the prize, I'm the prize and then it's like all day you're thinking about what little tricks can I keep to keep her attracted to me forever. So, basically, it all comes down to this. You're way more concerned about losing interest in her than you are of her losing interest in you. So, let's think about some of the things people do to be a challenge.

One of the main things people do is try to spend only a certain amount of time together like not hang out every day so you could be a challenge. Now, most people do that from a place of, okay, I know she wants to hang out today but I'm not going to hang out with her because I need to be a challenge so she'll like me. So, the flip of that is I know that if I hang out with a girl too often, I am going to lose my interest level so I better do something else today with my friends instead of hanging out with her so I will still like her.

**Tim:** If anyone here has been in college before in a room with somebody I think there are a lot of parallels in that situation in this. Maybe you've experienced this phenomenon but if you ever got to pick your roommate and you pick one of your best buddies and then you think you guys are so similar etcetera, etcetera, etcetera and then you guys become roommates and then you see each other every day, you have the same classes, you freaking doing everything together, pretty soon all of a sudden what happens? The smallest thing will set you off. And then these insane roommate arguments will break out. You never maybe even had a fight before you guys became roommates and kind of spirals off into this too.

**Chris:** Yeah, absolutely. You used the roommate example. Obviously, the guy's your friend and you want this partnership to work out and it's the same thing with women. But the even worst part with women is when it comes to attraction because unlike friendship, attraction is a very mysterious feeling. Friendships can kind of survive the ups and downs. You're like, oh man, I hate my roommate right now. I can't deal with this dude and then it's like ah, it's all cool, man. We're back. We're friends. Let's go grab a beer.

With attraction the scary part is at least with these relationships is once it's gone, sometimes it's gone forever because it's a really mysterious feeling. It's like a girl wakes up one day looks at her boyfriend.

I'm not attracted to this guy. I don't know what the hell's going on. And I always bring up that song, I think, the singer Amber covered from somebody else and it goes like, "I don't why I feel this way. I just don't get it" or something. You know that song? "The feelings gone but I just can't get it back".

**Tim:** Oh yeah, yeah.

**Chris:** Yeah, I almost feel like she's talking about attraction in a way. She doesn't know what happened. So, I'm like the female mind, I don't know what happened. I just woke up today and I'm not attracted to you and I can't get this feeling back. So, it's over. And that's really how it goes. And as a guy, if you're looking at it is I'm the prize, you don't want to wake up and look at your girlfriend and be like oh my God. I'm not attracted to this girl at all. All because you hung out with her too much or you talked on the phone for too long or you texted all day or you did all these things. Now, you're going to be very tempted to hang out all the time because you have so much fun and everything seems to be going great. Those are the times that it's so hard to pull back and say, you know what, let's take a break for a day. Let me go do stuff with my friends. Let me go take that trip with my buddies. Let me grab a beer with my good buddy and go watch the football game because I know over the long term this is going to help my relationship and that's where a lot of people go wrong at the beginning.

**Tim:** Yeah, I think it's important to get your priorities straight, not have her be the center of your existence and just have some diversity in your life.

**Chris:** No, absolutely not and the thing about spending time together is I call it units. Let's look at it this way. There's seven days in a week, day and night, we'll say there's 14 units in a week. So, sometimes what I always tell guys is oh yeah, I'm dating this girl. How many units do you spend with her a week? And they'll like what you're talking about. I'll be like a day and night scenario, a whole week. They're like maybe 6 or 7 units. Think about units of time is. It's hard. Once you set a standard of units of time, it's very hard to pull back. You could always add more but you cannot pull back. So, you can't be hanging out with a girl 10 units a week and then all of a sudden, you know what I'm just going to do 2 units a week now. What's going to happen if you go from 10 to 2? What is this girl going to do? She's going to complain and she's going to think that the relationship is going backwards and then she's going to nag all the time about it and it's not going to be fun. So, you want to keep it at a certain level of hanging out and keep it with that and then increase it slowly if you want but you just can't hang out every day and then be like oh, we're going to hang out once a week now. It's not going to happen. You know a girl is not going to let you do that.

**Tim:** No, definitely not.

**Chris:** And why isn't a girl going to let you do that? It's because she sees you if you hang out with her a lot as this is a relationship and this could be something and this could mean something. This is so great and then it's like you totally deflate that dream for her by doing now, we're just going to hang out once a week. And she's not going to put up with that because she no longer sees you as – once you hang out all the time, she no longer sees you as some dude that just kind of pops by once a week to hook up or whatever. She sees you in a different light. This can actually be a bad thing for you because she now sees you as a potential long term investment or something good can happen with you and when you try to pull back from that, it's not that she doesn't like you, but she's like this isn't worth to me. She only views you now through a lens of this could be something special with this guy.

**Tim:** Yeah, and I think not even just the male/female dynamic but as a human, I don't think anyone likes to move backwards in life or at least have something that they have move backwards. To think about it from the girl's perspective it's like you have a potential relationship maybe something serious. Maybe this girl didn't even want something serious, but then before she even knew it all of sudden you are the one that's cutting back and then she's like this thing is regressing. There's a pretty common saying whatever in life is not growing is by default dying so yeah.

**Chris:** Yeah, no absolutely. And I think we could sum it up with this key point is women aren't going to be a challenge for you. It's not really in a woman's interest to be a challenge. She wants to hang out a lot because that means that you've kind of solidified this partnership, this connection, you're moving forward. You always see women talk about, what are we doing next? We need to move forward. Where is this relationship going? So, it's not really in their best interest to be a challenge. What does that mean? If they're not going to be the challenge, who has to be the challenge? You. You have to be challenge. What I mean is you can't leave it up to women to be a challenge because women really aren't that concerned with you being a challenge.

They might blame it on you later when they lose attraction and be like, oh man, I wish this guy would have been more of a challenge. I'm not attracted to him anymore, but at the beginning they're all too happy if you hang out with them all the time. They think it's great. I have a boyfriend. And we are hanging out all the time and we're doing this and we're doing that. So, if you don't step in and fill the role and be the challenge, you got to realize buddy, nobody's going to do it because she's not and you're not and that's where these relationships go downhill because nobody's being the challenge. So, again, you have to be a challenge for you. You are the man. It is your responsibility. You cannot leave it up to women to be the challenge because they are not going to do it.

**Tim:** They will not be 60 years of challenge.

**Chris:** They absolutely will not. You have to be 60 years of challenge. We all do. So, as we talked about the main overall arching frame is the fact that you want to be a challenge for you not her. It is your job to be a challenge. The woman is not going to be a challenge. It's not really in her best interest. We talked about later on she might blame it on you and say why weren't you a challenge. She won't say those words, but when she breaks with you, that's what she will think. This guy was all over me. We hung out too much, but she's not going to be a challenge for you. So, it's you.

So, what else can we do besides that number one frame of be a challenge for you? What are some of the things we can do to keep a woman we like attracted to us long term if that's what we wish? What are the other mindsets and skills that we really should develop? You're really thinking that if she broke up with you, it really wouldn't be that much of a problem. You could always go out and meet new women. You'd have more time to hang out with your friends. You can actually go travel for a few months if you really wanted to. That would be a great opportunity. As soon as this girl breaks up with you, you smile, you turn ESPN, you grab a beer, you call Tim, and say, where are we going tonight? It's not that you're a heartless person or you don't care or you don't have feelings. Of course it's going to get to you and of course you're going to have to go through a kind of a readjustment and a pain period, but the thing is you realize that even if you're not in a relationship, then you get to spend a little more time in all these other areas of your life that are fun for guys. You're not as worried.

**Tim:** Yeah. I think the core of that really has to come from you being okay with you being single, being okay with letting – not even just with women. I'm sure that the same thing happened with one of your

friends. You had a falling out or something. You're going to be kind of upset about it for a while, but I think a really good card to always have in the back pocket is just to know that you know who you are, you know what you embody, you know what you give. And if other people are not in alignment with that or you two just happen to fall out or you two fall out of being friends or you just are too different, that's life, but it doesn't affect you. It doesn't change who you are at all.

**Chris:** Right. There's always a debate like what's better having a girlfriend or being single and some people make the joke that both are miserable. They're like well, the guy in the relationship he's miserable and the guy who is single and when he goes out and he doesn't hook up and he spends all his money and makes out with some ugly girl and goes home. He's like I hate my life. He's miserable too. I'm a relationship guy myself and I've been in many relationships and I enjoy relationships but at the same time, I don't worry because if anything happened, then I would be single. So, I look at it from the opposite. I think both things are great. I think being in a relationship is awesome and I love hanging out with women and being single is just as good also. So, really both options to me are great. And once you kind of look at the world that way, you're not going to be worried. It's like oh, I'm in a relationship. Cool, I'm going to enjoy it. This is going great. Oh, this girl doesn't want to date anymore. Cool, I'm going to be single. I'm going to have more time to do that. Once you look at things that way, there's really nothing that can get to you. Both options are great.

**Tim:** I think like we're starting to like cross over that threshold blurring the line between seduction and philosophy and how you live your life, but I mean I think that philosophy definitely has its place and it's actually one of the more important things in life and how you live your life. This is one of the few things where I think it actually does have an effect on who you are because if you're the type of person that no matter what, you'll be able to see the positive in something or not just some Pollyanna that's just oblivious and naïve but just genuinely some bad thing happens and maybe you won't see it as something good in the moment, but you get over it very quickly and then you do learn from it. Something like Chris just said I mean, hey, this girl doesn't want to date me anymore. It's awesome. I'm going to be going out a lot more now. Things are getting serious with me and some girl. That's fine. I'm going to be able to do all this couple stuff and lot more affection-related stuff. And really that's how it is for everything else too.

**Chris:** Yeah, absolutely. You don't want to be one of these weird guys that's like I don't need women, screw women. I know a guy is a healthy guy, has a healthy mindset when he's like hey, I'm in a relationship. Cool, that's awesome. I'm going to enjoy it. Female affection, friendship, holding hands, talking all night, whatever, but if it doesn't work out cool, single, let's go out tonight, where are we going, let's watch the game, let's go on a trip, do whatever. And of course you can still do some of those things if you're in a relationship, but that's a normal healthy guy that can do both things. It doesn't matter to him. He's not afraid of women. He's not afraid to have relationships and take that road, but then again if it doesn't work out, he's not going to be bitter about it because he gets to live the single life and it's all fun.

And it's funny because once you have that mindset, then like girls do not leave you because they know that you are the real deal and that you don't have to bluff or make ultimatums or give rules. They know just by being around you this guy would be fine if I left and then surprisingly they never leave after that.

**Tim:** Some people I've talked about this sometimes in passing but I really hesitate to talk about this because I know some jackass is going to go out there and be like yeah, it's all about making her think. Hey, she's going to leave this, all this. Get an ego about it. But the truth is like Chris said, if you really

genuinely are fine with whatever happens, nothing even needs to be said. When she hangs out with you, she's going to know. She's going to know if I try to threaten this guy or give him an ultimatum or something, he very well may leave me and he's perfectly fine with doing that that (has a slide) against me because he has something to prove but just because I'm the one that's leeching to hold on to him. I think that's the mindset a lot of women have when you are genuinely like that.

**Chris:** Absolutely. And that's what we're teaching in these audios. There's going to be no secret little tricks in these audios. These are mindsets. These are the main mindsets to have to keep women attracted to you forever. And if you even think people in our society, I mean look at like recently this thing with Mel Gibson. Do you think Mel Gibson has any clue about – he may be able to get women, he's kind of famous and been in movies but when it comes to relationships, do you even think this guy has any clue how things work? Do you think his girl doesn't know that he'd be scared if she ever left? Women know this. They can smell it on you. That you would be upset if you ever single. That you would be scared if they ever left and if they know that, they're just going to tool you. They're going to just do certain things and they're going to be doing whatever they want and you're going to be scared and you're going to be needy.

But like Tim said, they just know your aura when they are around you that this guy would be fine both ways. I call it this and I could sum it up in one saying, be vulnerable, but not needy. And by vulnerable I mean hang out with girls, be affectionate with them, be open, don't be scared to be affectionate, but at the same time, you're not needy. You don't care if the relationship ends because too many guys are trying to be a challenge, trying to be closed off, trying not to talk about feelings and stuff like that because they're scared that something's going to happen, but at the end of the day, the guys who are the best are vulnerable and at the same time they are not needy.

**Tim:** Yeah, great point.

**Chris:** Cool man. So, like you were talking about is a little bit a philosophy in life lessons being thrown in here so let's kind of continue with that line of thought. And the second kind of mindset to have is one of just thinking about things and in permanence and I mean nothing lasts forever. So, basically you want to just think big picture philosophy life is suffering. We're all going to die eventually. I mean, if your girlfriend's younger or you marry a younger woman, I mean, most likely you might die before she does. You might die first and what is she going to do if you die? She's going to go hook up with other guys and she's going to get married to one of them.

So, none of this stuff is going to last forever no matter who you're dating, you're married, whatever. Eventually everything ends. I don't want to be a downer but that's just life. So, no matter what woman you are with you don't own that woman forever. She's not yours forever and I think that's a great thing because you really enjoy the time that you have together. Just knowing that right off the bat no matter what it is this doesn't go on forever and it really helps you enjoy every day. Again, like we said the life lessons. You think of life that way. Dude, life isn't going to go on forever. We really have to enjoy every day. So, you kind of take that same mindset and apply it to relationships.

**Tim:** Yeah, I think if you embody this kind of philosophy that we're advocating here by default you're grabbing life by the horns and on top of that you live each day more fully when you think about these things and when you live every day and you're like hey you know what, I don't know what the future holds. All I know is what's going on right now and every day you reevaluate.

**Chris:** Yep, absolutely. So, like we said, you don't own this woman forever. She's not your property forever no matter what. You could stay together for 60 years of challenge and then it ends one day. You die, she dies or whatever happens. So, the good news is you're enjoying her feminine essence, her spirit for a short time while you can. And at the same time you might stay with one woman. You might be even faithful to one woman but you're not going to share only share kind of your good qualities, your masculine gift only with her.

You might, like we said, be faithful, but you're going to still go out. You still make other women laugh. You're going to make other women smile. You'll bring joy into other women's lives because that's kind of your core purpose in life. You're not going to give that up. So, really no matter what women you're with you're still going to have that side to yourself. And you really have to look at it this way. No woman no matter how great – she might your special girl, the best girl ever. She's not going to be able to solve all your problems. You really have to realize that and be fine with that. She's not your savior. So, even if you do master women and you master dating, you're still going to have a lot of work to do on yourself. So, she's not going to be the be-all end-all to your life.

**Tim:** A lot of people get into this thinking that a woman is going to solve all their problems and most of the time they're thinking that female affection's going to solve all their problems. The truth is women just are people too and the worst thing is when you have two people that think get into a relationship and they got this co-dependent relationship and that's usually where the most horrible breakups and crazy divorces and shootings or whatever happen.

**Chris:** Yeah, exactly. So, we've done two already. We have two things. The ultimate frame being please break up with me and the mindset that life is impermanent and nothing's going to last forever. The third thing is you really need some point in your life – and this will definitely help you in your relationships with women – is the experience walking away. Now, I know in like pickup they always talk about willingness to walk away. That's a big thing. But you really need this experience walking away from relationships that don't work. A guy's trump card is the willingness to walk away.

And I was watching a show on History Channel. I don't know if you've seen it called "Pawn Stars" and these guys are really good at making deals. People come in and try to sell stuff and the guys they have the option to buy it if they want and they're really good at wheeling and dealing in getting this stuff for really cheap and the reason they are so good at it is because they have the willingness to walk away. If they don't like the price they like, they just say, yeah, nope, I don't want to buy it and they say peace out, see you later. And they've done it so often that they are good at it. So, it's the same thing with women. If you really genuinely have the willingness to walk away, you're not going to have to worry about every little detail in your relationship.

So, how do you get good at this? Well, the first thing is just getting experience. So, basically this means at some point in your life you walked away from some kind of quality woman. She was good. She might have been really good looking. She might have been fun but she didn't meet all of your standards and that can really hurt and I call it taking your medicine because this is a woman you really like but you still say you know what she's a little bit nuts. She's driving me crazy. This probably isn't going to work out. Yes, she's hot. Yes, I like her, but you know what, I'm still going to walk away from this deal even though it's going to cause me a little bit of pain.

**Tim:** For me at least, it's not even about having a trump card or anything it's just I know what kind of people I want in my life. I know what I want from a woman in my life and I know what I want from my

friends in life and to go along with the whole theme what we're saying before life is so short and it's like why am I going to waste my time with an inferior person, inferior woman, inferior friend or somebody who brings drama to my life whether it's a girl, whether it's a guy. I just do not have time for any of those. No offence it's just hey look, this is my life and I know what I want and I'm going to take it. You really have to kind of go into this with the mindset that hey, the next pretty woman that shows interest me that's not good enough. You do have to have some standards and you have to know what you want.

**Chris:** Yeah, absolutely. I mean, standard is a huge part of having that willingness to walk if someone doesn't meet them. So, a lot of things I see in the seduction community, guys are always seeing how they can hold on to these girls forever even if they are not in the relationship. They're dating some crazy girl and she caused all this drama in their life or maybe the girl crushed their heart and cost them a lot of money and they're like is there any way I could turn this girl into a friends with benefit situation. All so they can get like some lame hand job once a month. They're like can I keep this girl around in their life because they can't totally sever ties. What you need to do is just walk away say see you later, get rid of her and get on with the long process of actually getting good with new women because until you cut her loose, you're always going to have a little something in the background and you are not going to have nothing.

And as we know, having nothing makes you hungry. Hungry to learn, hungry to improve yourself and that's what you need to do. You need to cut ties with these women that are dragging you down. This gives you and then you say why 60, why do I have to do this, why is this so important in the context of relationships because again having the willingness to cut the ties, the willingness to walk away when you could get that extra little blowjob from that chick who's nuts and saying, you know what, I'm not going to do it.

**Tim:** I'll just say know when to cut your losses. It's you don't need negative influences like the people we're just talking about. You can go through all this drama and keep this kind of like mental stressing presence in your life just for a hand job or like you said once a month or something like that. Have some damn pride in your skills or some confidence that you'll be able to go out and find a better woman. I can't stress that enough.

**Chris:** Yeah, and you're not even doing it for this girl. You're doing it for the next girl that you meet because she's going to know like we talked about. You say how can you have the aura of a guy who has the willingness to walk away? How can you have the aura of somebody when the girl's like whoa, I know that if this relationship ever ended, this guy would be totally fine. You get that aura by walking away from other women who don't meet your standard. That's how you get to this level and it has happened many times in your life and it has happened in my life. I've had the girl that's almost 9 or 10 in looks with a hot body that's actually a girl I like, but she was a little bit nuts and she was doing stupid stuff and she wasn't exactly living up to my standards. Now, that's hard to walk away from that, but you have to do it if you really want to be good at relationships.

**Tim:** Yeah. Once again, it comes back to focus, what's your focus on. You really have to know what you want and it really surprises me how few guys that I talk to when I go out or all the guys that I meet how few guys really take the time to think about what they want out of life, out of a woman, out of this whole reason why they go out. They just go out because I don't know. I know I should be opening. I think it's retarded. I just want a girlfriend. They have the lamest excuses. They have the lamest driving forces for their behavior.

**Chris:** Yeah, definitely like you said need standards. Last one we're going to talk about on today's program is probably one of the more important things and that's the ability to be able to pick up various women. Not once a year. No one's saying that you got to be the greatest pickup artist of all time, but you should have the ability to be pretty good with women or if you go out a few nights you might be able to get a girl maybe two. This means you have some skill in that department. So, what we mean is there is no way around this. A lot of guys just want to get into the scene and get their girlfriend and get the hell out. It's like all right you got to learn this stuff. Got to get my girlfriend. Now, I'm just going to wave goodbye and just pretend I never even heard about this stuff.

This is not really how it works. You should get to the point and like we said no one says you got to become some international playboy but you should definitely keep added in so you have a decent amount of skill with women. Why is it so helpful? Well, it's helpful because again it's not something you have to tell women. It's something you're going to sub-communicate the fact that your girl's going to look at you and go huh, I see this guy interacting with women when we go out or my friends or when women are around and he really looks like he's good with women. I see the way they look at him. I see the way they stand close to him. I see the sparkle in their eyes. It's because he's good with women. And you want to get to a point in your life where you're confident in yourself that if anything ever happens, you'd be able to get a new woman even as fast as one night if it came down to it.

**Tim:** I think all this stuff we've been talking really kind of synergizes together and building more on this aura of a guy who is willing to walk away. Nothing says that more than hey, you leave me. I'll probably have another girl by the end of tonight. What are we even talking about here? What have we been talking about this whole time? You're not some pickup guru or whatever if you're able to do that. All you are is somebody who's willing to go out, willing to push past that first approach anxiety to open, willing to push past that first escalation anxiety to make a very physical move or willing to make that first move to pull her when you know it's on. That's it.

**Chris:** Yeah, it's nothing special. You aren't some pickup guru but you have the skills to do that. That's all we're all saying to learn. And if your girlfriend doesn't believe that you can't get another woman at least of equal value of her, you don't really stand a chance in the relationship. You're going to be like this guy can't get another woman like me and she needs to know that you can or this relationship is never going to work. So, again, there is no way getting around learning this stuff. I mean, you might not want to learn it. You might want to hide your head in the sand and wish you never heard of this seduction stuff, but dude there's no way around it. Even if you get one girlfriend, want to keep her for the rest of your life, you still at some point in your life have to work on your skills with women. You need to have a little bit of choice when it comes to women.

So, again, you don't have to be a pickup guru but if we put you in a social gathering for few hours, you should have the skills to come out with at least one quality girl to maybe follow up with at least. And that could lead to sleeping with her or even a new relationship.

**Tim:** Yeah. And just one caveat like I know there's a lot of focus in the discussion community about who's the (richer), who's the seller, who's the top dog, is she the one settling, what's this dynamic like. I think you can simplify the whole thing and just know if you truly believe and know as a result of all your life choices, that we talked about today and we will continue talking about next time. It's not believing you are. It's not hoping you are. It's not working your way to being like an awesome person and just somebody's shoe. Any person or any woman would be delighted to be able to then I mean, that is ultimately where you want to get to and it's not about you being better than her. It's just about look I



don't know. You don't even have to engage in these types of games. It's just about I know my value. I don't care about anyone else's value. Either you recognize my value or you don't. That's simply it. If you don't recognize it, somebody else will and probably within a day or two.

**Chris:** Absolutely. And this is a great way to wrap up this whole CD right here is that it's not something that you have to hit women over the head with. It's not something that you have to tell them like we talked about. There's no secret trick. This is all mindsets that you have. The mindset of being a challenge for myself. The mindset of it's going to be fine if you break up with me. The mindset of nothing lasts forever. The mindset if a woman doesn't meet my standards, I walk away. The mindset of I know I've put in the work and I know how to get new women if it ever came down to that so I will be able to.

So, these things are all mindsets. You know these things. You don't have to tell women. They already know just by being around you. So, let's wrap it up there. We have a lot, lot more to talk about in the coming months. Want to do a few series on relationships. And it was good talking today to you, Tim. We'll get back into it soon.

**Tim:** Yep.

**Chris:** Talk to you later.