



INSTANT CONFIDENCE “TALK TO HER” TECHNIQUE CHEATSHEET

Get Confident. Talk to Girls. Get a Girlfriend.

TIP #1

Women WANT you to approach them.

Seriously. They feel flattered and attractive. Dude, who doesn't want to feel that way?
The things is—women are afraid.

They need to feel safe and, since they've been hit on by douchebags all their life, they're hesi-tant because they don't know that you're not a douchebag.

TIP #2

Don't be a douchebag.

What's a douchebag? A Player.

Player: A guy who's only interested in fucking and chucking the chick, but plays her like he actually wants a relationship. If you've got that covered—as in: you're honest about your intentions—then congrats! You're still in the running!

But, Anna, that's not a technique.

I know, but hold up. Knowing this info is what will make the technique work for you.

TIP #3

You ain't gonna die.

Unless you're running across the street, dodging traffic and Godzilla, it's highly unlikely you're going to die approaching her. Unless, of course, you trip and impale yourself in the eyeball on her pen.

But since we've already established that she's not across the street and as she's on her phone and not holding a pen, the chances of impending death are relatively low.

Reality Check: You could meet your maker tomorrow without ever have spoken to this beautiful creature. You want that? No.

INSTANT CONFIDENCE

The Instant Confidence Technique

Now that you know women want you to approach them—or at the very least are flattered by your non-douchebag attention—and you know you're not going to die, get ready to talk to them!

No, I'm not tricking you. You just get up and go talk to her.

Fuck off, Anna, I'm sitting here shitting my pants about what to say.

I know that. Re-read the 3 Tips above—#JustTheTips—and then do this ...

Get Present.

You're back in your head. Here's how to get out of your mind and begin moving your feet toward her.

Steps to Get Present aka The Instant Confidence Technique

1. Focus on these five senses—touch, taste, smell, sound, sight.

When we redirect our energy out of our head and back into our body, we ground ourselves, and fear subsides.

Fear starts in our heads. And what is fear anyway? It's ...

- False
- Evidence
- Appearing
- Real

So, literally, take a deep breath and make a mental list of what you ...

Feel—the chair you're sitting on; the table; your now-cold coffee.

Taste—take a sip of that cold coffee; lick the crumb off your lip.

Smell—the panini in the grill; the pages of the book you're reading; nothing.

Hear—the bustle of the traffic; the steam of the espresso machine; someone ordering something; a bird outside.

See—a tree outside; magazines on the table; the chalkboard menu.

As long as you're no longer focused on fear, you're good to go. The main thing is to get out of your head, move past the fear sensations in your body, and get grounded.

Obviously, if this takes you 30 minutes, she might get up and leave. It's good practice, anyway.

Then, before you can get back in your head, get up and go talk to her. Now!

If you have to, remind yourself that women feel flattered when they're approached; you're not a douchebag; **you're not going to die.**

BONUS TIPS

Bonus Tip #1—It doesn't matter what you say!

Whatever your icebreaker is doesn't matter.

But because I'm such a giver, here's something a very shy guy said to me when he approached me in a grassy park one day, and we ended up chatting for a bit and then going for lunch to-gether after ...

"Hey, I saw you sitting here reading, and I thought to myself, 'Hey, maybe she's a nice person and wouldn't mind some company for a little bit.'"

What a geeky line, right?

And you know what? He was so nervous that it was actually kind of endearing.

Why this works:

- By saying, "Maybe she's a nice person," you don't focus on her looks, which she's already used to getting compliments on, but you compliment her on her personality, which strangers don't usually notice or remark on. Plus, you're giving her the benefit of the doubt.

Who doesn't want to be nice, after all? I'll tell you who: Bitches, so if you get one of those and she rebuffs you, congrats on dodging a bullet!

- Next, by saying, "...for a little bit," you mean you're not going to become a Clingon, as in hang around for way too long. It's an easy out for both of you because you're asking to share her time for a *short while*.

Bonus Tip #2—Make sure you're the one to leave first!

Always leave them wanting more.

Say, right from the beginning, "I can't stay long, I've got an appointment."

Stay for 10 minutes, then leave with, "I gotta run. Will you let me make it up to you by buying you a coffee some other time?"

Why this works:

- You reassure her that you're not there for a long time but a good time. In this case, chicks dig this. Plus, it makes you look like you have a life. (Once you're in a relationship, obviously this changes!)
- You're asking her out without asking her out. IF she's at all interested, she'll feel sympathetic that you feel apologetic for leaving her so soon.
- You're not asking for a specific date and time, which means noncommittal and no pressure for either of you. It also shows that you're not desperate. (Even if you are.)

If she says OK, get her number and away you go.

If she says no at any time during this whole interaction, pat yourself on the back for growing some balls and vow to practice again at your next earliest convenience.

Now you're rolling!

Did you like this Instant Confidence Technique?

If you're ready for everything you need right now to get a girlfriend, then my **Shy Guy's Get A Girlfriend Guide** provides the map to the "Meadow of Love" and your happy ending.

Shy Guy's Get A Girlfriend Guide gives you the step-by-step treasure map to:

- Understand what women really want. (They don't even know!)
- Become the man she wants. (While still being you.)
- Find her, charm her, keep her.

Be Brave. Slay the Dragon. Get the Girl.

xo

Anna

Love Warrior & Founder of Wingmam