

The Ultimate Attraction Guide **2025**

THE CONVERSATION **(Build Attraction)**

Here's why 80% of women ghost you when you get their number.
It's because you had a bad logical conversation.

Instead what you need to do is have an emotional spiking conversation.

Couple of elements that make a convo more interesting- Non-verbal communication(vibe) + verbal communication

Before we start lets touch on some MISCONCEPTIONS

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1. Misconceptions

a. looks are everything:

as much as ppl want to believe this is true, its half true and half wrong.

Yes of course better looking men have a better chance of dating. But..

Women look for a diversity of things in men. Biologically, women need to find

men who are capable of providing resources AND stay along. In other words if a dude impregnates a woman and just runs off to another one, that would be a red flag.

So what triggers attraction instead of looks?

Social skills. Men who have good social skills means that they have the ability

to use other men with different resources. If a farmer knew the seaman, he

would trade resources and provide different value to the woman. Also getting

along with other tribe mates means he's not gonna get kicked out and die

alone in the wild.

b. If I work on my career women would chase.

It's not completely wrong but there are two things you need to know. First you attract certain types of

women. If your only way of sparking attraction is money then you would attract

women who are interested in your money and success.

Secondly, rich dudes do not have the best dating life. Look at Steve Jobs, Bill

Gates, or Jeff Bezos. See a pattern? All of them or most of them got divorced.

Which tells you money and success does not guarantee a good dating life.

c. It's weird learning dating skills from a coach.

Common misconception. Why do you learn every skillset from a coach except your communication skills?

You would gladly learn how to swim, learn any type of sport from an instructor.

Why neglect one of the most important skills in your life? Because if you think

about it you open your mouth to talk to people every single day. Why not leave the best impression possible in every moment?

D. Learn everything at once

The clients that worries me the most are guys who are super enthusiastic in the beginning. They believe they can learn every trick in the book in a single month.

But what ends up happening is that they quit after some hard rejections.

So if you want to consistently build your social skills long term, it's key to do these two things.

First, build social momentum. Instead of approaching 10 girls daily which is scary in the beginning. Try giving out simple compliments, or ask for directions. Then move on to approaching women.

ex. Hey do you know where the nearest starbucks is? or Hey I like your shoes.

Secondly, try learning ONE THING AT A TIME. Do not focus on flirting teasing and opening all at once. Just focus on opening. then move on to your next goals. Teasing -> fliting.

2. Core elements of good Conversation

First we need to realize the core elements. In this case two of them. Non-verbal communication and verbal communication.

Non-verbal communication is way more important than what you say.

Imagine back in high school, the cool guy vs the awkward guy. Even if they say the same line, the cool dude always wins.

Reason why? Good nonverbal communication.

a. Your Vibe(self belief)

The easiest way to understand good vibes is understanding self belief.

Simply spoken, the amount of conviction you have in your voice is your level of charisma/vibe.

In sales there's a quote. The person who believes in himself the most sells more than the person who has the perfect objection handling skillset.

Same with talking to women. The dude who has conviction runs laps over the dude with perfect convo skills.

b. How do you improve your self belief

There are a couple of ways. One is more short term, something you can use right away.

The other one is more long term.

First let's look into the definition of self belief. (Think about it for a moment bc this is where you learn)

There are so many ways to put it, but the best one is 'not having any negative thoughts about yourself'

It's not approaching 10,000 girls or sleeping with 100 girls. It's removing the negative thoughts.

So a common mistake a lot of pick up dudes make is that after getting some results with women, they still have weak level of confidence because they didn't care to look inwards.

c. Short term solution: meditation

Imagine if you meditated for a full year.. How present would you be in conversations? No more negative whenever your approaching women or on dates. That is actually the core foundation of every date you go on.

You need to realize life is active meditation. I personally did it for the last 3 years 10~20mins daily and my level of confidence is on a different level compared to the non-meditation years.

So here are some rules. First don't try to be perfect. Don't try to block all of your thoughts because it's just humanly impossible.

Instead when you have thoughts you come back to your breath. Every rep you take your training your brain to come back to balance.

Second rule: it needs to be done every day. Even if you're starting from 5 minutes, it's better to do it every day instead of 2 days 20 minutes. Consistency builds habit.

What you will notice is that when you approach women, you feel more grounded and comfortable which is the foundation of a good conversation.

d. long-term solution- life habits

There's a quote. How you do one thing is how you do everything.

Person A vs B, pick a person you would trust.

Person A, Jacked, always on time, disciplined

Person B, lazy, out of shape, eats junk food everyday.

Your pick is obvious(I hope)

Imagine if everything was on point. Your fitness, diet, mindset etc..

How would you feel about yourself? That's actually how women feel about you as well. They feel what you feel.

3. Core elements of good conversation 2- verbals

How you say things is 80% of communication. But what you say(Verbals) is the remaining 20%.

Good vibe keeps the conversation going. Good verbals moves the conversation forward.

Simply spoken, good vibes makes the convo more interesting but gets you nowhere(friend zone) but good verbals helps you build a man to women relationship.

a. Emotion over logic

First understand what Attraction is.. Think about it before looking at the answer.

Most dudes don't think. That's why they forget. I would say 99% of you guys won't stop and think.

So if you're doing what I tell you to do, you're already top 1% tbh.

Back to the point. attraction = emotion

No woman chooses a man from logic. If thats the case we can call them gold diggers or maybe highly religious.(Most cases.. not all of them)

Women want to feel a curtain way. Whether thats from looks, money, status, or conversation.

In our case we want to build emotion from conversation not from anything else. Since that has the highest return in a short period of time.

b. Why do most men get friendzoned?

You already know the answer. Because they're boring or creepy.

One common pattern they have is they fall into interview mode. For example.. 'where you from > whats your name > what do you like to do for fun?'

question after question after question..

This is called information exchange. Just simple exchanges you can make with EVERYONE, which puts you in the friendzone.

But what if we stir up their emotions like a dance. Pushing away, pulling her in. That is where attraction is built.

So how do we do it? You simply learn how to tease and flirt. Think about a situation where you were teased or flirted for a moment.

When you were teased most likely, you would feel like women are pushing you away.

When flirted, you would feel like women are pulling you in..

Imagine you're a nice guy always pulling her in, no wonder she's turned off.

e. instead of questions

make observations. For example, instead of hey where you from -> You look like your from x(location).

Instead of what do you like to do for fun? -> You look like a person who likes y(activity).

Obviously, don't overuse this but it's the most simple way to stop asking boring questions.

Key examples you can use in any situations are..

you look like a tourist

you look like your going on a date

you look a bit lost

f. Instead of switching subjects(until building attraction)

Stick to one conversation thread. Simple reason why you run out of things to say is because you ask meaningless questions. instead understand the structure.

A 10 minute conversation should look like this.

question/observation -> tease/flirt(build emotion 1) ->

different question/observation -> tease/flirt(build emotion 2) ->

different question/observation -> tease/flirt(build emotion 3) ->

setting up a date -> getting the number.

What you're doing wrong is..

question -> question -> question. That's why you're running out of things to say and also not building any attraction.

So if you're smart you would understand what I mean by dont switch subjects until building attraction.

Stop asking different questions, stick to one until you teased or flirted.

4. How to tease(examples)

Now let's first learn the Types of teases you can use. The basic easy ways to push a woman away.

- Disagree with playful vibe - simply say 'no way or bullshit' after your question

Below are some examples of convo structures.

ex 1. Instead of:

Man: where are you from? -> women: I'm from australia -> oh thats nice, I've been there a couple of times.(information exchange)

Do this instead:

Man: where are you from? -> Women: I'm from Australia -> no way(with smile), you're lying to me

ex 2. Instead of:

Man: how old are you? -> Women: I'm 25 -> okay I'm 30

Do this instead:

Man: how old are you? -> Women: I'm 25 -> haha thats bullshit you look way younger.

ex 3. Instead of

Man: whats your favorite food? -> Women: I love seafood -> oh I like that as well.. whats your name(different question)

Do this instead:

Man: whats your favorite food? -> Women: I love seafood -> come on.. you look like the last person to like seafood

An important thing to notice is that it has to be playful. We're not trying to pick a fight.

- Exaggerate/analogy- exaggerate her behavior or situation

This takes some practice. but basically find a trait about her and double down. Exaggerate

ex 1. Instead of

Man: Do you go to the beach often? -> Women yes I love the beach -> thats nice whats your name

Do this

Man: Do you go to the beach often? -> Women: Yes i love the beach -> yeah, you look like you go there 7 days a wk(exaggeration)

How did I exaggerate? she goes to the beach. I exaggerated, you go 7days a wk?

ex 2. Instead of

(Lets say she is disagreeing a lot on date) Man: I like how disagreeable you are

Do this

(Lets say she is disagreeing a lot on date) Man: Why are you trying to be my lawyer today, you're disagreeing with everything I say.
(Remember to make it playful)

How did I exaggerate? woman disagrees -> makes her a lawyer

ex 3. Instead of

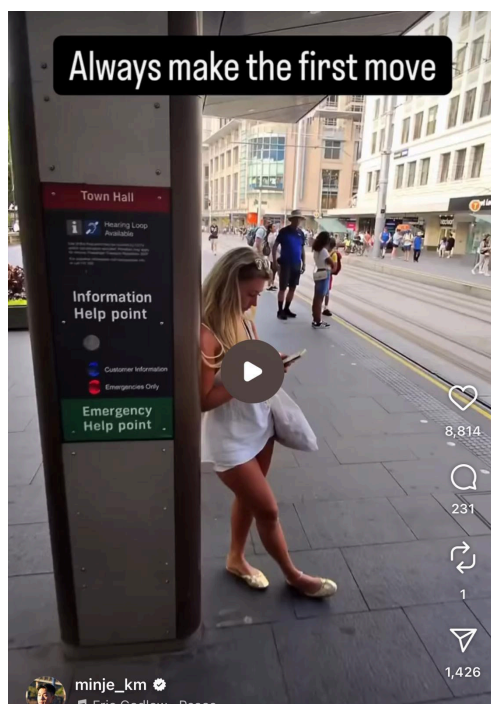
Man: You look like a tourist -> Women: Yeah I'm visiting from London -> thats nice whats your name

Do this

Man: You look like a tourist -> Women: Yeah I'm visiting from London -> I can hear the London accent a mile away

How did I exaggerate? woman is from London -> can hear it a mile away

teasing example video here:



<https://www.instagram.com/reel/DEFRhFETTBX/?igsh=MWFsaWZxdmQ4Z2NkMg==>

In this video I say: Do you go to the beach, 7 days a wk -> teasing(exaggeration)

- Qualify her

Women often test men if they are truly confident. Men can use it as well and women start qualifying themselves.

ex 1. Do you say that to every girl you meet?

Women often say this line when you're smooth. When they feel like you have been approaching women for a while.

ex 2. Is that your pick up line?

This gives you power since you are the one getting pursued. Not the other way around.

ex 3. I think you're sweating.. Am I making you nervous?

Same concept that gives me all the power. It subconsciously tells the women that I am of higher value, making you nervous.

● Switch roles

ex 1. I don't kiss on first dates

Imagine going on dates and you hear this line. It's women trying to act difficult. (Not look like a slut). Use this first and now shes the one asking for the kiss.

ex 2. Are you trying to get me drunk?

same concept. When you're having drinks don't always try to make her drink, try pulling back. Reverse psychology.

ex 3. I don't sleep around on first dates

Common objection women give you when you try to take them home. But if you throw this out in a playful way firsthand they can't use it anymore.

Beware not to use it too many times bc it gets obvious real soon.

5. How to Flirt(examples)

Now let's first learn the Types of flirts you can use. The basic easy ways to pull a woman in.

- Direct flirting(easy) - simply say 'you look cute, I like your outfit'

ex 1. 'Hey excuse me I thought you looked cute'

Simple and easy. Just express that you like her straight up. Use this when you're a beginner.

ex 2. Kind of random but I like your eyes btw

In the middle of the conversation, use this line. Can be as simple as..

'you do remind me of that singer(different subject) -> Kind of random but I like your eyes btw'

ex 3. Has anyone told you, you look very pretty today.

Similar concept with the first two examples but works well since it's a bit unusual for a woman to hear this in everyday situations.

An important thing to remember is you can't flirt with a serial killer face. You have to have a smirk and a soft vocal tone.

- Indirect flirting

Now we are getting into technical stuff. Flirting indirectly. Usually when you watch romance movies, men don't flirt in an obvious way. I like you, I love you.(would be the worst romance movie).

Instead, they flirt in an indirect way. Like a dance!

Simply say you like women who like x,y, and z.

ex 1. Man: What kind of drink do you like? -> Woman: I like white wine -> That's nice, I like women who are into wine.

So, it's not just bluntly saying you like her. You like women who like wine.

ex 2. (If she initiates any type of physical contact or gives you a compliment) Say: I like how you're flirting with me already. I like that.

what did I do? I implied we are in a man to woman conversation.

ex 3. Man: What's your favorite hobby? -> woman: I love going to the gym -> Man: That's nice I like girls who are fit.

Again, just indirectly flirt by using the same structure.

- We frame

Basic concept of flirting is making the conversation consistently about you and her.

Here are some examples

ex 1. Man: They say women in white and men in black get along.

So what did I just do..? We frame.. We would get along. men in black + women in white get along.

ex 2. Man: how old are you -> women: 25 -> Man: I'm 30. thats perfect.. they say a 5 year age gap is the best.

Again what did I do? (We are perfect) 5 year age gap is nice

ex 3. Man: Do you like cafes? -> Woman: Yeah I love macha late -> Thats perfect. we should get some macha someday.

- Contextual flirt(aikido)

Most difficult of all. If you think about the wittiest answers you can give in a conversation, it's always contextual. Meaning using what she mentioned in the past.

One thing to notice.. Every convo can be made into a flirt.

ex 1. Woman: I like going on runs -> Man: "You're into running? Then let me make you like *me* even more than that."

What did I just do? Used what she said. I like runs -> make u like me more than runs

ex 2. Woman: Have you slept well? -> Man: Not really, bc you weren't here to cuddle.

Same concept. Used what she said.

ex 3. Woman: Did you have a good time with your friends? -> Man: kind of. but it was a bit boring since you weren't there.

If you guys have mastered this far, I guarantee you you are top 0.1% of conversationalists out there.

One thing I'd like to finally add is.. remember a conversation is like a dance.

If you only use one move over and over again, it gets boring. So remember to use different techniques to diversify your moves.

6. How to get the number

So if you followed so far props to you. This is basically most of the conversation structures you need to learn to build attraction like a pro.

So lets recap real quick for a moment. Your convo structure should look like this..

Open -> question/observation -> build attraction(tease/flirt) -> repeat building attraction -> get the number. (Total 5~10mins)

Now how do we smoothly get the number. If you build enough attraction, It really doesn't matter how to get the number. You can simply just say

“Hey lets grab continue this conversation some other time, let me get your number”

But if your convo wasn't as smooth this is the basic structure.

a. Bring up the idea of the date -> b. figure out when she is free -> c. grab her number.

a. Bringing up the idea of the date is simple. Just ask questions like..

ex 1. What's your favorite drink? -> thats nice -> lets grab one together sometime.

ex 2. What do you like to do for fun -> used to do that a lot -> lets do it together sometime.

b. Then figure out when she's free. Just ask

When are you usually free? -> that's nice, let's do x activity together.

c. finally grab her number -> hey let me grab your number real quick. or lets exchange numbers.

Small detail.. dont beg for the number.

Can I pls get your number? X

Do you mind if I get your number? X

Also, When you're getting the number don't just stand there with awkward silence, continue the conversation.

If you need more help Join Our community here:

<https://www.skool.com/brothers-in-dating-9696/about?ref=85df7a95e011422f9128bcc3590bb2d8>