GIRLFRIEND ACTIVATION SYSTEM

RESETTING IMPRESSION
CHAPTER 16: Resetting Impression

Right now I want to talk about how to reset a girl's impression of you. You haven't made a good impression on her or whatever the case. Maybe you've been put in the friend zone, maybe it's been for a day or maybe for a week or for a month or a year. Whatever the case, of the dynamic is, she does not think of you sexually. That's what happens when you're in the friend zone. She likes you, but she does not think of you sexually.

The objective, if you want to turn that around, is to introduce sexuality to the dynamic of the relationship and what we would call, flip the frame. The frame up to that point is you're the one who wants her, and she doesn't see you sexually. You want to flip it around so that she is like, "Wait, does he not want me? Maybe .. Wait, but there is sexuality ... uh, oh wait, maybe he's a sexual guy, and I need to prove myself to him."

That's kind of what we want to do here. Up to this point, you've been trying to get sex from her. Now we want to try to have her thinking about sex with you. There's a 4 to 5 step process. It starts with getting your shit together. We've talked about exercise, good diet, and being social. If you are currently in the friend zone with a girl, then I would just say take this opportunity to get your shit together.

Get your diet together. Start exercising more and start going out and being social. That's going to give you some momentum, and it's going to give you
a different more positive, more attractive energy that she's going to notice and respond to.

What I'm also going to tell you, if you're in the friend zone, is the first step to being successful with getting a girl back is to give up on getting her back. In 1 way you've already lost her. She doesn't think of you as a perspective sexual partner. Now, you've got to get to the point where you are willing to take some risks in order to flip that around or perhaps lose her as a friend. The decisions you make around this are really going to be up to you. They're going to be in your heart how much you value her as a friend, how much you want her as something more.

I find that I've been friends with girls who have had these guys who really want to hook up with them and who just keep them around. I feel that it's mutually disrespectful. I feel it's disrespectful to the girl to keep around a guy who just makes her feel good and affirms her value. I feel it's disrespectful for the guy to not be honest with the girl about what he really wants and to stay in that situation is disrespectful to himself, so the second thing is give up. Then do what I'm going to teach you guys. Give up the fact that you've lost her already.

What is the 4 to 5 step process once you've given up and once you're getting your life together. The first thing is you want to create some space. If you see her regularly, if you see her all the time, if you have a pattern established of how often you see her, if she's used to calling on you for things like picking her up or driving her home or helping her out with
something ... I've talked to these guys who are like, "Yeah, I drive her home from work every day," or "I do this or that." Create some space.

You don't want to dramatically change the dynamic of the relationship. When you see her, you still want to be the same guy. You just want to start creating some space. Don't change who you are with her. Just create space.

Then, at some point, you're going to have what I call the 50 Shades of Grey conversation, and we're going to demonstrate this conversation very shortly, but this is a great conversation that starts to turn the frame around.

The next thing you'll do at that point once you've had this conversation, it's going to really reset the frame. Then, in all the subsequent interactions you have with the girl, you're just going to reinforce that frame with your body language and with little jokes. What you will find is if you have done this right, and if she's responsive to it, she will start trying to sexually qualify herself to you. You can do this, if a girl who is not in the friend zone, too. You can just be playful. You do it at a bar.

You're going to do some things like you're going to have a ... When you're around her, you're going to check out other girls, and you're not going to be ashamed of it. You can do all the stuff that Nick was talking about earlier like looking at girls when they walk by, giving them wry smiles, doing the things you need to do to share her that your focus is not 100% on her.
You can tease her about other guys. Look at ... He'd be really good for you. Pick like the dorkiest guy you can find. He'd be really good for you. Then a lot of it again, in terms of how you show this interest is just body language. Before you're probably always giving her all your body language. Now it's like, you're on your mission. You're on your path. You're in your zone, and she's just like there.

If you've done this all right, then what you will find is that 9 out of 10 times although I haven't done this 10 times, but I'm guessing 9 out of 10 or 8 out of 10 times, she will start to work to sexually qualify herself to you, and she will work within the frame that you've now established, and she will put some effort in to making things flirtations with you. At that point, it's back to everything else that we teach. She may make a move on you. That has happened. Sometimes though, you'll need to make the move on her, but at least you've flipped the frame around.

If none of that works, the next thing you can do is you can buy this book called sextrology. SEXTROLOGY. This book is all about what your astronomical sign. It's what your astrological sign says about you in a sexual relationship, what kind of sexual partner you are. I'm not the one who discovered this book. I can't remember where I heard about it, but it is like crack for every girl I've ever talked to or showed it to in my life.

I don't know why, but a lot of girls seem to be into astrology, and it combines the naughtiness of sex and the cold-reading allure of astrology. You buy this book, and at some point you just make sure that it's wherever
that she's going to be. Maybe you give her a ride home from work. It's in your car. It's not just sitting there on the passenger seat. Maybe it's one of 3 books in a Barnes & Noble bag, but her eyes will land on that one.

That's going to introduce even more sexuality to the conversation. You can talk about her. She can talk about you. This can all be combined very quickly. You can have that sextrology conversation the exact same time you have the 50 shades conversation, and we'll demonstrate the 50 shades conversation in a little bit.

Finally, if none of that works, and I've never done this. I'm just including this because my buddy Adam Lyons told me that this has worked quite well for him. Does anybody know Adam Lyons or know of Adam Lyons? You know Adam Lyons. Adam's a great guy. We were hanging out the other week, and we were talking about our various techniques to get a girl who's friend zoned you to get you out of the friend zone.

He's like, "Oh, mate. All right. Technique is a full body orgasm technique." This is my best Adam Lyons impression. It's still pretty terrible. It's like, "What's the full body orgasm technique?" "All right, what you do is you create the space from the girl."

You create space from the girl for a while, maybe 2 months, and then you get coffee with her, and when you see her you tell her ... She's like, "So what have you been up to?" You ask her. She asks you. You say, "And life's just been crazy lately."
You know a few months ago I went to this seminar that kind of changed my life. At this seminar we learned how to give women full body orgasms, so I've been doing that. And I go out, and I talk to people, and they want to experience this because they've never experienced something like that before, so I've just been meeting a lot of women, and they all want to experience this full body orgasm, so I've been doing that a lot lately, and uh ...

She'll be like, well, how does it work? And you'll be like, "Well, I can't show you, obviously, not right here." It kind of starts and you just lead it into a sexual conversation. I'll leave you to seek out Adam Lyons if it gets to that point.

I don't want to take credit for what he did, but he said that that works very well. If it gets to that point, I'd love to hear about it if that works for you, but I thought I'd throw it in there because he was so excited about it. He's like, "Mate, it works every fucking time. Every time. All right. Maybe not every time, but most of the time, it works. Really well." That's how Adam talks, so ...

Let's talk about the 50 shades conversation because this is something that I know works. This will work over text messaging. If you're texting with a girl a lot you can ask her this. It works in real conversations, so if you wouldn't mind joining me once again. Imagine that I have friend-zoned myself with Alicia. By the way, most of the time if you're put in the friend zone it's because you did not initiate touch or sexuality soon enough in the
relationship. You notice, even in that earlier conversation, I was still touching Alicia a lot.

If I'm in the friend zone right now, and I'm friends with Alicia and she just sees me as a nice, sweet guy who's a total non-threat. We're just going to roll with this. Alicia, I got to tell you, I just feel like girls are so weird. Have you heard of this book 50 Shades of Grey?

Alicia: Oh, yeah, of course.

Christian: Okay. Interesting. I just found out how popular this is with women. It's really strange. Have you read the book?

Alicia: Yeah. Sure have. Yeah. It's like break up therapy.

Christian: How? What do you mean by that? Go ahead. What were you saying? How's it break-up therapy?

Alicia: It just creates the perfect dominant male, and he just tell her what to do. He just shows total dominance, but he still totally respects her. It's like the best balance of both.

Christian: It's about sex, right?

Alicia: It is about sex.

Christian: Where's the dominance and stuff play into that?

Alicia: He gets rough with her which is something, too, that most women don't always get to do, but he totally takes hold of the situation and-
Christian: I'm sorry. I'm just really weirded out right now.

Alicia: Why?

Christian: I don't know. I just never ... It's just weird for me to hear you talking about sex and dominance because I just never think of you I that way. You're my friend. It's just weird for me to think about you reading that. What I understand is every woman, they read it, and it's like porn for the female mind.

Alicia: Right.

Christian: That's so strange. I'm sorry. I've never seen you that way. You're like my friend. I just don't really ... I don't know.

Alicia: Every woman has that side. That's what's so appealing.

Christian: I guess. I never really thought you ... I've just never seen you that way. Forgive me for that. I've just never seen you like that. This is kind of bad, but you know those starfish. They reproduce without having sex ... That's always how I've ...

Alicia: What?

Christian: You're like a star fish to me.

Alicia: That's horrible.
Christian: You're like a starfish to me. It's wonderful. It's so sweet. Now I hear this, and it totally ruins my ... I don't know. You've always been my sweet friend and you're like my starfish. Now you're-

Alicia: Oh, good. Just like a starfish.

Christian: Okay. Listen we're friends, so I don't want to think of you that way. It's just fine as it is, and I've liked it up to this point. Anyway, that's the 50 Shades Conversation. You're just going to have this conversation where you're like I can't believe that you're a sexual human being, and you're starting to turn around the frame of the conversation to this is a shock to me that you are a sexual human being.

Then you give her that nickname. You're like a starfish or like a lima beans. Lima beans also reproduce monozygotically. This is a very constricted version of the conversation or compressed version of the conversation. It can go on a little bit longer. You can talk to her a little bit more about what is it about the book that makes you like it?

Usually discovery is going to be a little bit longer, too. The discovery that she's a sexual human being is a surprise. I was really trying to get it out very quickly there, but in the past when this conversation has happened it's always been more of a slow, wow, I just didn't really ... I don't know. Then you start talking about I know you've had boyfriends in the past, but I was never sure if you actually hooked up with them or what. It's a slow, long, protracted process. The effect is has is somewhat magical.
That's it. The body language you're going to have from that point forward if you're a guy who has traditionally given a girl all your body language, you're like this when you're talking to her. Imagine you're out with her at the bar, and you're just like ... We're out at the bar now, and we're friends or what have you.

My body language is just going to be a lot less interested. Once we've had this conversation maybe it's a week later we're hanging out. We're talking, but I'm just like this. I'm not giving you a whole lot of my body. I'm just standing here looking out, talking like that. That's the real key. Your body language is going to be a lot less interested from this point forward. Thank you, very much for that.

I love the shock on your face by the way because it's always like that. It's like, is he really saying this to me. Does he really mean this? You're getting a little impudent right now. Would you care to comment?

Alicia: It is a total ... Even someone like a guy friend of yours or something to have them say I don't think of you as a sexual person ... I'm just like "uh."

Christian: What is the "uh."

Alicia: Of course. Everyone's sexual. Why would you not ... It kind of-

Christian: How does that make you feel?

Alicia: It makes me want to challenge you and prove to you that-

Christian: You're sure it does? Kind of, sort of, a little bit?
Alicia: It makes me want to play with the idea, yeah.

Christian: Okay, good. You're not just saying that?

Alicia: No, totally. It's like a challenge. Why would you not?

Christian: All right good. I just wanted to make sure that I wasn't saying shit that didn't match up to your reality. That's really ... Thank you very much. That's really the principle here. It's like you tell a girl that she can't do something or you don't see her in a certain way, most girls will respond to the challenge and step up to it.

I was talking to my friend Ashley last weekend. She's like, "Oh yeah, we were out with some guys the other night, and they were like, 'Yeah, you know we're going skydiving tomorrow morning, but you guys don't really seem like the type who would be down for something like that." She's like, "Fuck that. You don't tell me I'm not down for something like that. I'm going to go."

It's that sort of challenge, that same principle that you're putting to work here. Again, we did it in a very compressed way. I would have probably been a little smoother, and a little more protracted with it. You can start this over text messaging and go from there. It's great when it happens over text messaging because the moment you say, "I'm shocked that you've read this," or "Oh my God, that's so weird," she's going to ... It just captivates her attention. Why is that weird? What about that is weird.
That's about it. I want to make a quick impression of the summary, or a quick summary of impression. We're towards the end of impression, and we still have inspection to get through, the whole dating process, and that's a whole lot of stuff, too. We've dwelt on this for a long time. The key point that I hope you guys take away ... We've seen a lot of body language demonstrations, a few conversations, demonstrations.

This stuff does not have to be hard. Impression really does not have to be hard. The magic of standing out is really in the simple stuff. It's in being genuine and being dominant if you can be dominant, if the situation calls for it. It's in making that eye contact, allowing your sexuality out, allowing yourself to make that connection with her. All of the stuff that we discussed on day 1, it's just allowing that to flow in conversation.

The magic, I want to make this clear, the magic of standing out is in the simple stuff. Furthermore, the higher value of a guy that you can be, the easier that this stiff gets. I showed you how you can engineer social situations in your favor, how you can make it so that girls approach you, so that you have them working to build rapport for you.

The higher value of a guy you are, and the more that you create those social situations, the better. You don't have to be rich to do any of this stuff, either. That's a common objections guys have. You do not have to be rich to do this stuff. You just have to be resourceful with your time, with your focus.
This is all about creating value for others if you're going to do it that way. Then, at that point forward, it's a pretty simple conversation, pretty similar to the one that you saw just a few minutes ago, and something that simple can lead to a phone number, that leads to great dates, and leads to a girlfriend. We're going to show you how to get to that from this point forward.