

GIRLS  CHASE

Great with Women

The Beginner's Guide

Getting Girls is a *Skill*

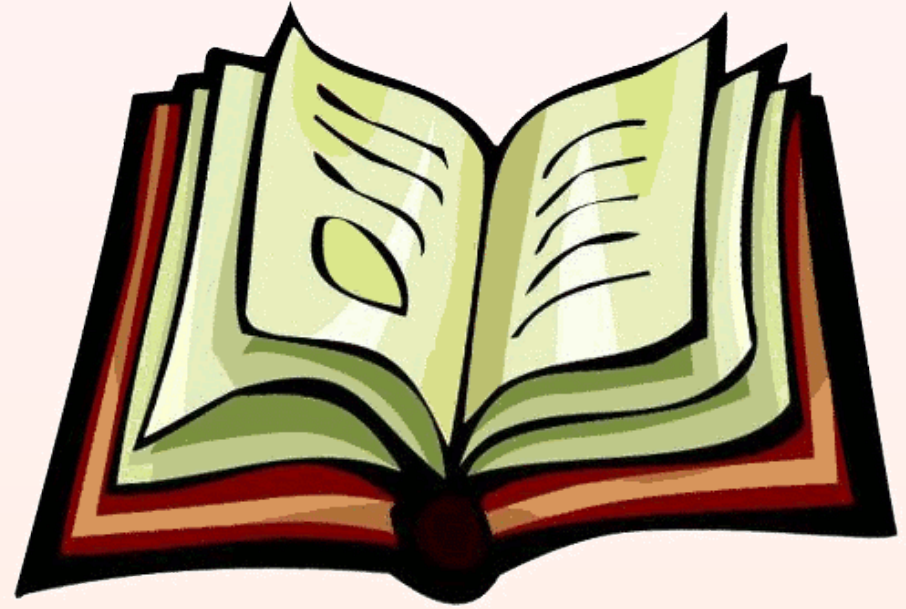
You may not yet think about it this way – you probably haven't been *taught* to think about it this way – but having success with women, dating, relationships, and socializing in general is a *skill*, just as playing piano, shooting basketballs, writing compelling essays, and solving math problems are skills.

Levels of “Game”

- ✓ There are various “skill levels” in the various different aspects of “game”: approaching women, connecting with women, generating sexual attraction, taking new women as lovers, dating, having relationships.
- ✓ As you “level up” in skill, you’re able to unlock more abilities, and more positive outcomes with more desirable women.

How to Use This eBook

This eBook is broken down into 30 different days of learning, with two (2) to three (3) articles to read and one (1) assignment each day.



The first thing we'll focus on is *mindsets*, because the way you're thinking about women and dating now and the way you *want* to be thinking about these may yet be miles apart.

Section One

Beginnings



Day 1: That One Special Girl



Read these articles:

[Can't Stop Thinking About Her? Here's Why You Need to Meet More Girls](#)

Hyperlink
(Click Me!)

Falling for one amazing, unique girl, who you never take action with or get anywhere with, is leaving you stuck in place.

[How to Get Girls: The Last Post You'll Ever Need](#)

An introduction to how dating dynamics work in the real world – and it *isn't* “take things slow and be a gentleman.”

Do this:

Sit down and write down the name of a girl you're caught up on now or were before. Next, write down everything you've done to move things forward with her, and how each thing has gone. Have you lost her through action... or *inaction*?

Day 2: Your Life is On You

Read these articles:

[Just Friends: A Man's Worst Nightmare](#)

Men often take the approach of trying to be a girl's friend before being her lover under the mistaken belief that they can "prove" themselves.

[How Victim Mentality Can Stifle Your Life – and Luck with Women](#)

When things don't go your way, it's easy to point out reasons why this isn't your fault. Except while you shift the blame, you don't get anywhere.

Do this:

Are there any women you're "just friends" with, or have been "working on" for more than a couple of weeks? Write down how much progress you've made with them – and whether that's their faults... or yours.

Day 3: Not Static

Read these articles:

[Just Be Yourself: The Worst Dating Advice Known to Man](#)

A lot of people want you to believe the key to success is to “just be yourself” – but if you aren’t already getting all you want, this is bad advice.

[Do You Really Need to Learn Game to Get Girls?](#)

This seems like a lot to learn just to get a date or a girlfriend – how much do you *really* have to do to get success with women?

Do this:

Make a list of things off the top of your head that you can probably improve about yourself with just a little bit of effort. Fashion, hairstyle, facial hair, posture, mannerisms, movement speed, and anything else that comes to mind are all fair game.

Day 4: The Way Forward

Read these articles:



Do this:

How to Master Anything

The path to mastery lies through repeated, devoted deliberate practice, and a clear idea about where you want to get to.

Your Mental Model is Flawed

Most people spend far too much time telling others how things “should” be, and far too little understanding what really *is*.

What are the things in your life you’d really like to learn – maybe even master – and what daughter skills do you need to learn well to achieve a high degree of excellence in any of those things? Write each of these that you’d like to work on down.

Day 5: Out with the Old...

Read these articles:



Do this:

Do you have any bad emotions towards women? Write them all down on a piece of paper, then stick that paper in a drawer somewhere and don't look at it for an hour or two. Once you're very calm, take that paper out again, and look at it. Underneath, write "Signs I don't fully empathize with women yet" and circle it.

Dating Without Sex: Why It Usually Doesn't Work

Feel free to skip this one if you already think sex on the first date is about as long as you want to wait. For everyone else... read on.

Most Important Thing to Becoming a Lover of Women? Don't Be Bitter.

Realizing that what you were doing before doesn't work so well and that you've got some work to do, it's easy to become bitter. Don't be bitter.

Day 6: Whom You Must Be

Read these articles:

Secrets to Getting Girls: Better Than Jerk

Jerks get a lot more success than nice guys do, that's for sure. But there's a level above jerk... *better* than him... that outperforms both.

Why Girls Like Bad Boys

The allure of the bad boy is not that he "treats women wrong", like many nice guys seem to think. It is rather his wild, untamed nature they love.

Do this:

Are you a nice guy... or a bad boy? Make some notes about how you think women see you right now when they look at you – good things, bad things, sexually appealing things, and platonic non-sexual "like a brother" things.

Did You Know?

For actually getting together and commencing a sexual relationship, perceived (apparent) physical dominance plays a very large role.

For success in a relationship, however, the top predictor of relationship longevity is how agreeable you are and how agreeable she is.

From "[How Much Do Looks Matter for Romantic Success?](#)"

At this point, your head may well be spinning – possibly with excitement at your potential, possibly with cognitive dissonance at the collision of all these jarring new ideas with the stodgy old ones you’ve long held; or, most likely, with a bit of both emotions.

This head spinning isn’t going to go away so long as all these things remain mere concepts and ideas to you. There’s only one way to settle your mind and get all sections of your brain on the same page now: **the field.**

Section Two

Fieldwork



Day 7: Finding Your Niche

Read these articles:

[Finding Your Niche](#)

Grab a copy of the free Girls Chase eBook on finding places you're comfortable meeting new women at to speed along your learning.

[Social Circle vs. Cold Approach](#)

Why should you go to the trouble of learning to approach strangers?

[Where to Find an Amazing Woman: 20 Surprising Places](#)

Don't know where to go to meet women? No problem – here are 20 great suggestions to get you started.

Do this:

Download your copy of *Finding Your Niche*, and complete the exercises on what type of women you're looking for and where you might be able to meet them. Next, go visit at least two (2) of those places to get familiar with them.

Day 8: Looking Proud

Read these articles:

Book Excerpt: Good Posture (for Attracting Women)

How important is posture? It can make the difference between seeming invincible... or appearing already beaten.

Do this:

Practice your posture, eye contact, and smiles in front of the mirror until you're comfortable with them. Do you notice the difference? Now, go outside and walk somewhere in public for 20 minutes, trying these out. Pay attention to how people are reacting to you – do they give you more space? Respect?

Eye Contact Flirting

Women are experts at using their eyes – and soon, so will you be, too.

Smile Warmly, Smile Sexy

If you don't know the difference between a friendly smile and a sexy smile, you're about to find out.

Day 9: Perspective



Read these articles:

Girls, Girls, Girls! How My View of You Has Changed

An insight into how one man's view of women changed as he became more sexually and romantically experienced.

Keeping Your Cool: Don't Chase Women

It's a common and almost unconscious occurrence – if you like a girl, and don't have her, you soon begin to *chase*.

Do this:

What are *your* views about women? Take a moment to really spell them out. Do you have any anger or frustration toward women? Do you see them as saintly, or asexual? Are they hard to get a read on? Compare with the articles.

Day 10: No Excuses

Read these articles:

[Break Your Porn Addiction and Sleep with Real Girls Instead](#)

If you ever watch pornography, you may not have realized it, but it does a lot more than just give you a quick buzz.

[9 Terrible Excuses Men Use to Avoid Meeting Great Women](#)

You're not going out to meet women right now... and you probably have a really good reason for it. *Balderdash.*

Do this:

It's hard to get started approaching new women when you're not in the habit of it yet. Turn a spotlight on your rationale for not doing so – are you unmotivated, or do you always have “very good reasons” why not today?

Day 11: Say Hello

Read these articles:

Easy Opening with Indirect Direct

An easy way to start conversations that's not too intimidating and combines light and funny with genuine interest.

Do this:

Jot down a couple of openers that appeal to you, and that you can imagine yourself using. Practice them in front of the mirror if you like, or write them down on paper if you need them. The next time you go out, try each one out on at least three (3) different girls.

Book Excerpts: The Direct Opener

The most powerful form of opening? Walking right up and telling her you're interested.

When to Use Direct Openers Versus Situational Openers

Here's how to tell whether you ought to lean direct or situational with any given girl or scenario.

Day 12: Love for Women

Read these articles:

[Book Excerpts: Women Love Sex](#)

When you're inexperienced with women, it can seem like women don't much care for sex at all. But nothing could be less true.

[What Women Want](#)

What is it women want, exactly? Much of the time it seems like even *they* don't know *themselves*. But women *can* be understood.

Do this:

How is getting to sex right now? It probably seems like an uphill battle, and feels like sex – or at least, sex with *you* – is the *last* thing women want. Really go through these articles though, and try to imagine what it's like to be a woman yourself – experience the uncertainty, the excitement, the let downs when guys aren't as you hoped they were.

Day 13: Deep Diving

Read these articles:

[Secrets to Getting Girls: The Art of the Deep Dive](#)

Deep diving is conversation on easy mode – get women opening up to you about all the topics they find most personal and interesting.

Do this:

It's time to practice deep diving. Have you got a handle on how it works? The great thing about this is you can use it on *anyone* – so if you're still a little intimidated by pretty girls, that's okay – but make sure you deep dive *someone*. In fact, *multiple* someones... your homework today is to try it on 3.

[The Conversationalist](#)

With this article, you'll be a master conversationalist for all occasions.

[Conversation Example](#)

A favorite of many longtime readers of Girls Chase, see how a conversation unfolds and grows.

Day 14: Testing & Teasing

Read these articles:



Teasing a Girl the Right Way

It's easy to go overboard teasing women and do it in an un-fun or even insulting way. Make sure you're doing it *right*.

When Women Test Men

Ever notice how much women like those little "gotcha" questions? Why do they do that? We take a peak under the hood here.

Do this:

Today's assignment is to tease two (2) different girls... in a fun, inclusive way. They don't have to be strangers – although you get bonus points if they are; any woman in your life works here (yes, even your mother or sister).

Day 15: Bring the Energy

Read these articles:

Bring the Energy:
Being the Life of the Party

What do the men people love and throw attention at all have in common? One thing: they all *bring the energy*.

Why "Fun" is a Seduction Killer

It may seem like being the really “fun” guy is a great way to get women – but more often than not, you’re shooting at your feet.

Do this:

Go out and get involved in a group activity of some sort; it doesn't matter what. What's important is that it's social, and what you must do is work on commanding the group's attention – not by asking for it, but by infusing so much good energy into it that it simply starts to come your way naturally.

Day 16: You Must Lead

Read these articles:



Do this:

To succeed with women (or with much of life in general), you must get comfortable with getting people to do what you want and need them to do. To start, find two (2) people you can ask (or tell) to do something – and do so.

[The Real Reason Many Men Can't Get a Girl](#)

There's one blaringly obvious (to those who know) reason most guys do so poorly with women: **they don't know how to lead.**

[The Sad Tale of "Shopping Guy"](#)

Just in case you still thought you could “wear her down” by hanging out with her or going on enough shopping expeditions.

Day 17: Locking In

Read these articles:

[How to Compliment a Girl Like You've Known Her for Years](#)

A good compliment is worth 100 generic ones. Start paying proper compliments, and sweep women off their feet.

[Tactics Tuesdays: Locking In](#)

Tired of feeling like you're perpetually "hovering" or on the outside when talking to new women? Not anymore.

Do this:

Two assignments today: for the first, try to pick out interesting items about the next 10 people you talk to, and compliment them on these. For the second, aim to get locked in in your next 4 conversations within 2 minutes.

Day 18: Getting to Know You

Read these articles:

**Get to Know a Girl:
Connection-Building Tactics**

See how to combine deep diving with screening and qualifying to really give your conversations some pep.

**Spell Broken: Big Mistakes
That Shred Conversation**

It's pretty common to have conversations going great that out of the blue turn sour. Here's how to remedy that for good.

Do this:

Head outside today and meet three (3) people you can have conversations and try out this material with. Do you end up "spell broken" at any point – and if so, are you able to identify the cause, and fix it for next time?

Day 19: Look Sharp

Read these articles:

[Facial Hair Styles to Make You Look Cool, Sharp, and Sexy](#)

Facial hair is one many men overlook for its potential to really rev up their masculinity and sexuality. But it's big.

[Fashion for Men: The Primer on Looking Amazing](#)

You don't have to have a million bucks to look like a million bucks. A few smart selections in wardrobe will take you far.

Do this:

What kind of facial hair suits your style best? Try growing some out, or shaping up what you've got now if it's wild and scraggly. As for fashion, make a list of what you'd like to try upgrading, and go shopping to do just this.

Day 20: No Faux Pas

Read these articles:

[Faux Pas of the Sociaux Nouveaux](#)

A quick “getting started” guide to some of the most common mistakes those new to socializing will make.

[Getting Past Small Talk](#)

It can be very frustrating mired in small talk – for *both* parties to a conversation. With these tools, you’re able to break free.

Do this:

Hope you’re not tired of conversation with strangers yet. Today’s assignment: new conversations with two (2) new people – and you’ve got to blow through small talk and into *real* talk as fast as humanly possible. Can you do it?

Day 21: Calling Card

Read these articles:

How to Text a Girl

Texting: you've been doing it wrong.

Do this:

You guessed it – I'm going to ask you to go get some phone numbers now. Two, precisely. They don't have to be today – that'd be nice if you can do it, though – but you DO have to get 'em... two new numbers from two new girls.

How to Get a Phone Number from a Girl Every Time You Ask

Getting phone numbers from women might feel intimidating... but it won't be if you ask for *dates*, instead.

How Long to Wait Before Calling (or Texting) Her

The age old question: how long to wait before you start contacting the phone numbers you've got?

Day 22: Boyfriends & Dates

Read these articles:

[The Early Boyfriend: Why It's a Bad Idea](#)

It might seem like doing a lot of boyfriend-y stuff prior to actually becoming her boyfriend guarantees you the role – not so.

[Date Templates: Minimize Confusion, Maximize Returns](#)

Date planning just got a lot easier, now that you have a set of date templates to pick and plan from.

[What to Do When Girls Flake](#)

Before you hit the panic button because she canceled on your first date, read this.

Do this:

Have you grabbed some phone numbers from girls yet? See if you can plan out a few dates – but adhere to the guidelines here, don't go overboard on the early boyfriend stuff, and stay cool if she has to reschedule.

Day 23: The Other Side

Read these articles:

[Understanding Women: It's Not as Hard as You Think](#)

Really get into women's heads and see the world through their eyes. Women's is a world of reputations... and *yearning*.

[Women's Forgotten Past](#)

There's a good chance you don't know her as well as you think. See why women hide their pasts, and how to cut through this.

Do this:

The next time you have a conversation with a woman, see if you can get her to open up more than you normally would using the techniques in these articles. Try to withhold judgment if you *really* want an inside look.

Day 24: All About Attraction

Read these articles:

Attraction Has an Expiration Date

You might be surprised how often you may have lost women by moving too slow... and letting their interest in you cool off.

Escalation Windows

Where do most men lose women's interest? When they fail to hit those women's windows.

7 Ways to Touch a Girl + 3 Ways to Have HER Touch YOU

Touch is crucial to moving an interaction from platonic to sensual, sexual, and romantic.

Do this:

Practice your touch today with three (3) different women. It doesn't have to be anything dramatic – your hand on her elbow or taking her hand to examine something is fine, so long as you're getting practice with touch.

Day 25: The Root of Desire

Read these articles:

[How to Attract Women: The Guide](#)

What's attractive to women? Can you talk women into liking you? Or is attraction based on something more... *elemental*.

[How to Be a Sexy Man](#)

"Sexy" isn't just for celebrities and male models. *Any* man can learn to wield the power of sex appeal... if he's willing.

Do this:

Take inventory of how you've been trying to woo women to date. Have you been trying to win them over with words, and largely ignoring your fundamentals? That's what most do. Start writing down what you'll change.

Day 26: Rolling with Punches

Read these articles:

[Going Stag: Your Guide to Going Out By Yourself](#)

Drop all your misconceptions about going out alone – the results you get with women are absolutely worth it.

[How to Act When a Girl Rejects You](#)

It's embarrassing to be rejected; nobody enjoys it. But you can absolutely handle it with grace and wit, and save face.

Do this:

If you have yet to venture out by yourself, now's the time to do it. So suck up some courage, put your meeting-women clothes on, and let's get out there. Your objective today is to approach three (3) women... out by yourself.

Day 27: Fun and Flirty

Read these articles:

How to Flirt with a Girl

Flirting with girls is *loads* of fun... especially when you're using the techniques we have covered for you in this post.

Think in Numbers: Talking to Lots of Girls

It's hard to get good with women when you're only meeting girls here and there.

Troubleshooting Your Opening

Opening not going quite right? It may not be she doesn't like you... you may just need some tweaks.

Do this:

Flirting is fun – *especially* when you're doing it with *lots* of different women! For today's exercise, let's try it on four (4): go out, meet four new women, and flirt to your heart's content.

Day 28: Silly and Cute

Read these articles:

[Girls: Silly and Cute](#)

Don't take girls too seriously... they're just *girls*. And girls are silly and cute.

[How Girls Show Interest](#)

Women have lots of signs they give off that they're interested in you – you might be surprised what some of them are.

Do this:

Today's assignment is simple observation: head out to your favorite spot to meet new women, and just watch the women you see. Try not to see them as beautiful, or intimidating... but as *cute, funny, feminine, and silly*.

Day 29: Ask Her Out

Read these articles:



[How to Approach a Girl Wherever You Are \(Easily\)](#)

Process is a key aspect of being ready and able to approach new women at a moment's notice.

[How to Ask a Girl Out and Always Get a "Yes"](#)

Asking girls out is easy – so long as you don't make it into a bigger deal than it needs to be.

Do this:

Your objective today: two (2) girls asked out on dates. It doesn't matter what the dates are; who the girls are doesn't matter either, nor does how you know them; it doesn't even matter if they say "yes." You must simply *ask*.

Day 30: Never Scared

Read these articles:

[Going Out to Meet Women Even When You Don't Want To](#)

Sometimes you just don't want to go out and socialize or meet new women – but if you want progress, it's vital that you do.

[Social Skills 101: Socializing and Dating for Introverts](#)

If you prefer doing things on your own to large groups of people, this is your guide.

[How to Demolish Approach Anxiety Forever](#)

Nervous about talking to that cute girl over there? Here's how to get yourself in gear.

Do this:

This assignment is one of will: pick a day when you definitely *don't* want to go out, and go out and talk to some new women *anyway*. The goal is to approach just two (2); just to show yourself that you can do it, “state” or not.

Did You Know?

Not only are ovulating women more interested in masculine men, they also flirt more, compete harder, and dress more provocatively.

Men are more interested in ovulating women, are more competitive around them, and present mates engage in more mate-guarding behavior.

From "[Which Women Want Sex? Here's How to Tell](#)"

That's it! You made it through the full 30 days! Pat yourself on the back if you've done all the assignments – you should be proud, and you've probably seen some major advances compared to where you were when you started. And if you've skipped some assignments – *do them*.

There was a *lot* more material that we wanted to recommend a beginner to check out on the site, but to not overwhelm you we left a bunch out. However, if you haven't read enough yet, see the next section for more to read through.

Section Three

Bonus Reading



More to Read

On Conversation:

- [20 Ways to Talk to Women and Make It AMAZING](#)
- [Emotional Contagion in Seduction and Socializing](#)

On “Game”:

- ["I'm Picky"](#)
- [How to Be Unpredictable with Women \(and Up Attraction\)](#)
- [“Do You Have a Girlfriend?” Here’s How to Answer This](#)

On Being Unflinching:

- [Are You Sure?](#)
- [How to Be Decisive](#)
- [The 100 Hour Rule](#)
- [Women on Pedestals](#)

On Kissing:

- [Can't-Miss Tips for Getting the First Kiss with a Girl](#)
- [How to Kiss a Girl Like No One's Ever Kissed Her Before](#)

On Phone Calls and Texting:

- [Text Girls to Success: Phone Secrets Part I](#)
- [Call Girls to Success: Phone Secrets Part II](#)
- [Making the First Phone Call to a Girl](#)

More to Read

On Nonverbals:

- [How to Have a Powerful Masculine Presence](#)
- [How to Have a Sexy Walk That Drives Women Nuts](#)

On Social Dilemmas:

- [How to Not be the Creepy Guy](#)
- [Says She Has a Boyfriend? Here's Why It Doesn't Matter](#)
- [Dealing with Disruptive Men](#)
- [Secrets to Getting Girls: Get Out of "Polite Conversation"](#)

On Attachment:

- [Don't Get Too Attached to a Girl Before the Sale](#)
- [Non-Supplication: Why Working to Impress Women Doesn't Work](#)

On Understanding:

- [Reactions from Women or Results with Women?](#)
- [Why It's Bad to Want to Be Liked Too Much](#)
- [Social Skills 101: Reading and Using Body Language](#)
- [Why Chasing Women Doesn't Work and Why Persistence Does](#)
- [Mixed Signals from a Girl: What These Mean](#)
- [Why You Don't Want to Be Her Perfect Man](#)

Get Mastery



If you're ready to learn even *faster*, it's time to upgrade to the Mastery Pick Up Package. You'll get:

- *How to Make Girls Chase*, the 406-page eBook with everything you could ever want to know on getting girls
- *Spellbinding: Get Her Talking*, the 63-minute video on getting razor-sharp conversation skills
- 3 hours of *Seduction Sensei* audio interview training programs

Ready to find out more? Check out the program page here:

[Get Mastery](#)