

ATTRACTIVE CONVERSATIONS

Always Know What to Say



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What do I say to make her want me...or at least make sure I don't "mess it up?"

So many guys ask this question, and it's a good one, but I have some bad news if you're looking for a silver bullet.

There are no "magic words" that will make her fall in love with you.

In fact, worrying too much about what to say will put you in your head and make her feel less attracted to you.

From now on, there are no rules about what you can and can't say.

You are free to say whatever comes to mind as long as it's not hurtful, offensive, annoying, or negative. When you speak your mind freely, you demonstrate courage, non-neediness, and pre-selection.

Also, your main job is to get *her* talking as much as possible and encourage *her* to impress *you*.

So I encourage you to stop worrying so much about what to say. You'll never win that way.

What do I communicate? That's the key question.

Everything you do in every moment of your life is communicating something and she picks up on much more of that than you do. That's another reason it's so important to feel good about yourself and your life before you meet her. She'll pick up on it.

When it comes to women, the content of what you say matters, but the CONTEXT of what you say matters much more.

Are you communicating that you are higher-status than her in everything you say and do (playfully)?

Are you (subtly) communicating that you are pre-selected and have lots of options?

Are you communicating positivity and that you don't take yourself too seriously?

Are you communicating that you have good social skills, that you're safe, and that you're not a creepy stalker or a serial killer (at the same time as being challenging and fun)?



Are you communicating that you're a leader?

Are you communicating that you're a high-value man (and that you're not needy)?

Are you communicating that your opinion of yourself cannot be affected by her?

Are you communicating that things are good in your world with or without her?

Are you communicating that you're interested in her but also indifferent to the outcome with her?

Those are the things that really matter when it comes to talking with women. You can apply those standards to anything you might say and how you might say it to decide what's best in any situation.

It should also be pointed out that what you say doesn't matter unless she's at least somewhat interested in you and she sees you as equal to her or higher-value than her.

That being said, if she's interested in you, there's a huge difference between conversations that turn her off and attractive conversations.

Here are 7 principles of attractive conversations that will help you always know what to say:

1. Attractive conversations imply that you are the prize.

Holding the frame that you are the prize she's trying to earn is by far the most important principle when it comes to having attractive conversations with her.

Everything you say should be filtered through this frame.

The problem with this principle, however, is that it's easy to get wrong. Many men, when they learn this principle, think that being the prize means putting her down.

That's not what we do.

We want her to accept your higher social-status with a smile on her face.

How? By challenging her up instead of putting her down.

You set the bar high and encourage her to meet you there.



Your high value is assumed and implied, and you offer some of that value to her. It's "I'm awesome, so come hang out with me on my level because I think you might be capable. Let's find out."

Not only does challenging her up to your level make her feel like she's earning your attention because of the person she is (instead of merely through her looks), you're also creating real value and sharing it with her when you do this.

Putting her down implies that she has more value than you so you have to *take* some from her to raise yours. It's still saying that she's the prize.

So take the truly high-value approach and challenge her up to your amazing level instead.

This principle also means that you should go light on the compliments because they put her in the higher position. **Complimenting her isn't "nice" if she can't help the fact that she has to see YOU in the higher position in order to really feel attracted to you.** Get it?

This might not sound like a big deal, but when it comes to attraction, it's huge.

Compliments are dangerous, so try not to give her more than 1-2 light compliments (and don't compliment her looks) each time you see her.

Whenever you give her a light compliment, follow it up with a challenge.

Adding a challenge maintains your higher position so she still gets the awesome gift of feeling attracted to you even though you're giving her validation. It gives her an awesome "double-whammy" of good feelings. Also, when you add a challenge, she won't feel pressured by your compliment because she'll understand that you like her but that you're not going to put her on an unfair pedestal that she can't live up to.

It makes the compliments "go in" when you challenge her immediately after.

For example, "You seem really cool. You're probably too innocent for me though. Let's find you a super nice boyfriend..."

"You seem like such a cool person. It's too bad I'm not attracted to you." (playful smirk)

Notice that the word "seem" is also included in these light compliments. That communicates that you aren't sure about her, which also communicates that you are the prize in a subtle way.



Also, make sure to maintain a playful vibe when you challenge her so she gets that you're not being serious. That's the difference between a fun, challenging, teasing statement and a put-down.

And don't wait for her reaction. Just say it and casually look away while holding your playful smirk.

Seeking a reaction from her destroys the frame that you're the prize and kills her attraction for you.

While it's good to be funny, don't laugh at your own jokes in an attempt to get her to laugh. Whenever you say something hilarious, just playfully smirk or smile knowingly with your eyes.

And cut the self-deprecating humor because making her laugh at your expense comes from the lower position.

Another thing you can do if you feel like you've given her a compliment that's too heavy is add "right now" to it.

For example, "You look amazing...right now."

Those two little words (right now) make that compliment a million times better. You still maintain your higher position because it implies that you might not always think so. It subtly communicates that she will still have to work for your attention.

You can also add "for a girl," to a compliment. Again, make sure you maintain a playful vibe when you do this.

For example, "You're really cute...for a girl." (playful smirk)

Challenging Teases that Imply You're the Prize and Build Attraction

Throw these into a conversation any time to ramp up the attraction:

"So, I'm curious, why do you like me so much?"

"What are 3 of your favorite things about me?"

"You are SO into me right now."

"You're a little troublemaker aren't you?"



“I bet your parents are so proud of you right now.”

“Listen, I know you’re attracted to me, but your staring is making me uncomfortable. Tone it down.”

“Look, I know what you’re doing, and it’s not going to work. I’m not that easy.”

“Before we go any further, you’re not some sort of stalker are you? I’m picking up on that vibe from you a little bit.”

“Stop making me like you. It’s not cool and I won’t stand for it.”

“You’re really cool...Like the 3rd coolest girl I’ve met all day.”

You can make up your own now that you get the general idea.

Most women can handle a lot more challenging banter than you think. It’s better to push the line a little bit than it is to never take a risk with it.

That being said, don’t beat a dead horse when it comes to challenging her. The point is to establish attraction, meaning that she sees you as the prize/higher-value than her.

When you tease her and she responds by qualifying herself to you (for example, “No, I’m not that kind of girl at all, I promise!”), she’s communicating that she DOES accept you as the prize.

At that point, back off the challenging statements and focus on being playful, move into the rapport phase, or start the process of escalation.

Also, I can’t stress enough how important it is to make sure she knows you’re just playfully teasing her. If she actually gets upset, give her some approval and make sure she knows you’re playing around.

For example, “Hey, if I’m teasing you that means I’m starting to like you, okay? You’re doing well.” (Smile) Then move the conversation on to something else and spark a little more attraction later.

She may also come back at you or challenge you first. When she challenges you or teases you, that’s her trying to ramp up the attraction between you. It’s an indicator of interest. [Always be prepared to come back at her and pass any of her tests.](#)



When she tests you or banters back with you, you have three options (see the [Pass Her Tests Bonus](#) for more details):

1. Agree with what she says and exaggerate it.
2. Ignore what she says completely and move to a new topic.
3. Respond as if she was hitting on you aggressively.

Your job is to hold the frame that you're the prize in a playful way no matter what she says.

Your awesomeness is assumed. You don't have to prove it to her.

The key is to **never try to convince her to like you**. That kills the frame that you're the prize.

That means you don't brag about your awesome car or your salary.

That means you don't put her ex-boyfriend down.

That means when she says, "You're an asshole," you don't defend yourself because you know she's testing you and you never have to prove yourself to her. So, you say, "Totally. I just got elected President of the Asshole Society last week actually," instead. (Smile)

Always remember that she's the one qualifying herself to you, not the other way around, no matter what happens.

She already likes you; you're trying to decide if you like her. That's the attitude you want to maintain 100% of the time.

So don't beg her to like you, put her or anyone else down, or brag about yourself because all of those things imply that *she's* the prize.

It shouldn't take you challenging her more than 2-3 times and holding the frame that you are the prize in the face of her tests for her to get that you are the attractive man she thinks you might be.

Continually challenging her over and over, especially after she shows you that she gets that you're an attractive man, ruins the effect and shows insecurity. It could also become hurtful if you do it too often. Challenging her is a spice; use it sparingly.

The number of challenging statements that will gain her attraction depends on her attitude, her mood, how big her ego is, and how attractive she is/how many options she has. Adjust accordingly.



After she accepts that you are the prize (once attraction has been established), move on to sharing fun stories and asking her open-ended rapport-building questions.

Then, any time you feel that things are getting boring, you've given her a compliment that's too heavy, you're losing her attraction, or just to amuse yourself randomly, throw in a challenging statement.

Make sure to keep the attraction going this way as long as you're dating her. If done correctly, she'll love you for it (even though she might hit your arm for it – which, again, is a GOOD thing).

Also, whenever you can, make statements instead of asking questions.

For example, “Tell me one awesome thing about you that I wouldn't know by looking at you,” is better than “What is one of your best qualities?”

And make sure she earns the full attention of your body (don't point your head, shoulders, hips, and feet at her all at once, especially when you first meet her). Turn your body toward her slowly as she earns it by qualifying herself to you (see the Attractive Body Language bonus for more).

One last thing... Watch how much you're investing into the conversation (talking) vs. how much she's investing. Make sure she's contributing to the conversation.

You can talk more than she does for a bit when you first meet her to get things going, but your job is to get her talking and laughing while establishing the higher-status position.

She should be doing most of the talking.

All of these things imply that you are the prize, which is the most critical element when it comes to attractive conversations.

2. Attractive conversations are playful.

Focus on creating a fun, light, playful atmosphere in your conversations with her.

When she asks you personal questions, don't answer seriously at first. Give a silly answer before you give a real answer. Make her work for the information a bit.

For example, if she asks, “What do you do for a living?”

You could respond with, “Oh, I'm a ninja.” Or, “I'm a bank robber... What about you?”



Then, if she presses you more, you can give her a real answer.

You can also just make her guess any time she asks you a personal question before you reveal the real answer.

She should feel like she's earning your attention and the information you reveal about yourself. Don't give it away easily.

Also, keep the topics light and fun.

Avoid These Topics:

Her age

Her physical appearance

Politics

Religion

Your feelings about her

Your insecurities

Negatives or anything serious

For example, "Did you hear about the tsunami that killed 14,000 people yesterday?"

Sex

Be very careful with that one. Don't talk about it much, and if you do, make sure you talk about it like it's no big deal and don't dwell on it. Be comfortable with it, but shift the conversation to a new topic as soon as you can.

If you disagree with her about something, let her know, but show her that it's not a big deal and that you won't try to change her opinions. You just have your own opinions and you stick to them unless you're convinced that you should change your mind.

It's okay if you disagree. No two people ever have exactly the same values and worldview. It's about how well you treat each other, not how much you agree about everything.

Disagree without being disagreeable and transition to a new thread.



Fun Games You Can Play with Her at Any Point

Whenever you feel like the conversation with her is getting stale, you can bust out any of the following games to make your interaction with her more fun:

Truth or Dare

Two Truths and a Lie

Thumb War

Tic-Tac-Toe

Any Psychology Game (see *Kokology* for examples)

You can also transition into a role-playing scenario any time that puts you in the higher-status position.

For example, you're a doctor and she's your nurse. Or, you're the teacher and she's your student. Or, you're a mad scientist and she's your attractive assistant.

Most women will enjoy acting out a role-play with you and will easily pick up on what you're doing and play along. Not only is acting out a role-play fun for her, if you put yourself in the higher-status position, it also reinforces the frame that you're the prize.

If you really suck at conversations, use this bonus to work on your skills, but in the meantime, create a playful atmosphere by doing fun activities with her that take some of the focus away from your words.

Meet her at a dive bar?

Play darts or shuffleboard with or against her.

Taking her on a date?

Play board games at a classy wine bar.

Take her to the zoo.

Go hiking.

If you make the focus of your interactions a fun activity that you do together, your presence will be more important than killing it conversationally.



Also, it's a good idea to give her a silly nickname at some point.

Whatever you do, make sure you maintain a fun, playful, positive, challenging vibe most of the time you're talking with her.

3. Attractive conversations are about feelings (not logic).

This one is related to the last one. When it comes to attractive conversations, throw logic out the window. It all comes down to the way she feels around and about you.

Of course, that doesn't mean you should share how you feel about her with her (you shouldn't because it goes against principle #1 – you are the prize).

It means that being with her and the “vibe” between you is more important than what you talk about.

What you say matters much less than how you make her feel.

So, attractive conversations will provide her with a variety of strong emotions.

Remember the attractive conversational patters from inside *Attract and Keep Her*:

PC = Playful and Challenging

CC = Connecting Conversation

SC = Seductive Conversation

TBS = Tension-Building Spikes

+Qualification

Whatever phase of conversation you're in, forget talking about boring details and focus on the feelings you're creating.

Each conversational pattern will help you create a different emotional tone or vibe with her:

PC = Playful, teasing, lightly challenging, fun vibe

CC = Supportive, comfortable, chill, “real” vibe

SC = Relaxed, close, warm vibe



TBS = Heavily challenging, frustrating, desirous vibe

Qualification = “She’s starting to win you over but you’re not sure about her yet” vibe

The general vibe you should be creating most of the time you’re with her is the fun/challenging/playful vibe, but give her the gift of feeling ALL of these things with you.

Put yourself into the appropriate state first and then lead her into it.

Be able to transition into any state from any other state and from any conversational pattern to any other pattern. Master the right times to lead her into each of these conversational patterns/vibes/states.

If you can do that and you’re comfortable with silence as well, you’ll have all the bases covered.

Calibrate by practicing and making mistakes until you get a good feel for it.

You will transition between these modes of conversation with her for as long as you’re with her.

Chances are you’re really good at one or two and need to work on the others. If you can master them all, you will have the greatest chance of attracting her and keeping her interested in you over time.

4. Attractive conversations are free-flowing.

Lead the conversation with her, but never FORCE it.

Go where the conversation takes you. Let her contribute and build off the things she says. Not only will this show her that you’re actually listening to her and including her, it will also show her that you’re not trying to prove yourself to her.

She will subconsciously get that you really are the prize because only a guy who is truly confident can risk NOT trying to impress her by controlling the conversation.

Once you move beyond playful banter, each of you should be sharing interesting stories back and forth and continually shifting the conversation to new threads related to something one of you has been saying.

Even though you should let your topics, stories, and the conversation free-flow in general, it’s still best to set up your stories and topics so she knows what you’re talking about. Feel free to change topics any time, but let her know that’s what you’re doing.



Use statements like these to change topics any time you want:

“That just reminded me of an awesome story about...”

“On a completely unrelated note...”

Remember when I said there are no rules for what you can and can't say? That rule applies to this principle. You don't have to stay on topic and you can change topics any time. Even in the middle of a sentence.

And when SHE changes the topic, go with it instead of forcing your thread.

Keep many threads open at the same time and come back to them later. Or don't come back to them at all.

If you're interrupted when you're telling a story or talking about something, don't finish unless you're asked.

Let it go. Move on.

Because you already assume she's attracted to you, it's easy for you to let the conversation free-flow.

You don't force the conversation because you have absolutely nothing to prove and no points to make. Your ultimate goal is to create good vibes and get *her* talking, not to make points and finish stories.

Once again, attractive conversations have the following five elements: PC, CC, SC, TBS, and Qualification.

Keep in mind that these conversational patterns don't have to follow any particular logical order.

Attractive conversations are non-linear.

Your ability to shift into any phase of conversation any time and be completely comfortable in any phase will make you and your conversations more attractive.

Your job is to set up the framework of your conversation with her with you as the prize and then let it go wherever it goes.



5. Attractive conversations are primarily about you and her.

When you're with her, you have the option of talking about her, you, or anyone/anything else. Keep the conversation about you, her, and the dynamic between you and her as much as you can.

The focus on her means your conversation will be as interesting as possible for her. The focus on you means that she'll be thinking about you primarily instead of anyone/anything else. The focus on the dynamic between the two of you allows you to playfully establish and maintain the frame that you're the prize.

When you're talking with her, the conversation should always come back to you, her, or you and her eventually.

For example, if you're telling her about a concert you're going to later, keep the details of the concert venue to a minimum. If you talk about the friends going with you, do it in a way that relates to how you feel about them and that shows your good qualities (for example, you're a good friend who hangs out with awesome people).

The best thing to talk about in this example is to tell her why you're excited to go to the concert, why you enjoy music (or this kind of music) so much, why you like the band, and/or how their music makes you feel. Or, tell her why you're not excited to go at all because you hate this kind of music but you're going because you're an amazing friend.

As another example, if she's telling you a story about her trip to Japan last year, don't ask her about the airplane she flew on. Don't ask her about the friend she went with.

Instead, ask her about HER experience and how it affected her. And do it in a way that's totally comfortable and non-needy (you're still the prize).

When she shares something really amazing, you can say so and then playfully bring in the dynamic between the two of you with you as the prize if you want.

For example, "Wow, that's honestly really impressive...but it also means we have WAY too much in common. I have to break up with you now before it gets awkward..." (smile).

Or, "That's such a good story. For real. Please stop making me like you. You know I'm trying not to like anyone right now...it's not cool" (playful smirk, or play the bit and look fake mad at her).

She and you should be the main characters underlying everything you talk about.



You can talk about whatever topics you want and anything you want, but bring your conversation back to her (best), you (good), or the dynamic between you (okay now and then), and your experiences, feelings, and reactions as often as possible.

6. Attractive conversations are interesting.

As we touched on a bit in the last principle, talking about HER is going to be the most interesting conversational topic for her. But, there are many more things you can do to make sure your conversations are interesting, and therefore, attractive.

The key is to stand out by having more interesting conversations with her than other guys. The way you talk with her will be different than she's used to, which is attractive because it's not boring.

Conversations are interesting to her if they:

1. Are different than the conversations she usually has with men (for example, you don't ask her the traditional "interview" questions most people talk about on a date or compliment her looks).
2. Are about her.
3. Give her the chance to learn about you, learn about herself, or tell you about her.
4. Involve topics that apply directly to her.
5. Appeal to her self-interest.
6. Involve people, their relationships with other people, and their feelings and experiences.
7. Involve little, vivid details.
8. Pique her curiosity before revealing the punchline, point, or climax of a story.
9. Challenge her, inspire her to greater heights, teach her something, or intrigue her.
10. Involve really good stories.
11. Involve open-ended questions.
12. Involve her talking more than you.
13. Illicit more than one feeling in her (for example, she's laughing, then feels scared as you share a story that involves you being scared, then feels close to you, etc.).



14. Are fun and playful.

15. Include responses from you that are different than what other guys would say (for example, you tease her about something, point out something you find unusual that others wouldn't notice, or pick up on a detail she shared and take the conversation in a new, surprising direction).

16. Involve you leading the conversation in interesting directions without forcing it.

17. Involve you talking about anything with conviction and passion.

When you speak passionately about anything, even if she's not interested in the subject, it makes for attractive conversation.

Do things that make you excited as often as you can so you have interesting things to talk about.

An interesting life leads to interesting conversations naturally.

Leave out the boring bits. Leave out small, meaningless, colorless details and facts and stick to the interesting bits.

Build the tension and set the scene before you reveal a punchline or the climax of a story.

And let her talk as much as possible...

Interesting Topics You Can Bring Up Any Time:

1. Pop culture/music/movies/TV shows.

Focus on the people and the relationships between them. It's also better if you just state your opinion about whatever you bring up. For example, "I think TV Star 1 and TV Star 2 are dating in real life. It seems like they have real chemistry..."

2. Any observation you're making about the environment around you.

For example, "Have you noticed that everyone here is wearing black right now? What's the deal with that?"

3. Anything you're curious about.

4. A really good, interesting, short story about anything related to anything the two of you are talking about.

5. People, their experiences and feelings, and their relationships.



6. Anything interesting that you've learned and want to share.
7. Any topic you're passionate about. Again, leave out the technical details and talk about it in a way anyone would understand.
8. Anything that comes to mind any time that YOU think is interesting. If you convey what you're saying with enough belief that it's interesting, chances are she'll find it interesting because your vibe says it is.

Cold Reads

Another thing you can do to make your conversations more interesting is to make cold reads. You can do this at any point in the conversation.

Instead of asking the boring "interview questions" (Where are you from? What do you do? How many siblings do you have?) like most guys, you can spice it up by making cold reads about those things instead.

"You're from Iowa aren't you?"

"You're definitely a nurse."

"You have older brothers for sure."

One of two things will happen when you make a cold read like this. You'll either be right and she'll be amazed or you'll be wrong and she'll want to know why you thought that thing about her.

If she responds, "Yes, how did you know?" say something like, "You just have that Iowa vibe about you. What's your favorite thing about Iowa?" or, "You just seem really nurturing. What made you get into nursing?"

If she responds, "Wrong! I'm...X," say something like "Ahhh okay. You just seem really X, so I thought for sure that X," or, "I don't believe you."

Making cold reads always makes for interesting conversation.

Interesting Questions You Can Ask Any Time

If you get stuck in a conversation and aren't sure where to take it, I highly encourage you to get really comfortable with that momentary pause. An attractive man is supremely comfortable with silence because he's got absolutely nothing to prove and no points to get across.



Often, if you let a little silence exist between you and her, and you're comfortable there, SHE will fill the silence and keep the conversation going. That's what we want.

On the other hand, here are some questions you can ask any time if there's a lull in the conversation, you're not sure where to take it next, or just to make the conversation more interesting (choose 1-3 of these and make sure you have them ready any time):

What's your best memory from grade school?

What was your favorite thing to do during recess at school growing up?

What was your favorite activity as a kid?

What's your favorite movie and why?

Who would you choose to play you in a movie and why?

Who's your favorite actor and why?

If you could meet anyone dead or alive, who would it be? Why?

If you could be any animal, what would you be and why? <===One of my favorites.

Who is the greatest musician/band of all time in your opinion?

If you could have any superpower, what would you choose and why?

Would you rather be able to fly or make yourself invisible? Why?

Serious question: Mayo or Miracle Whip? (Then tease her about her answer being wrong and why you must break up with her now because of it).

You can come up with more interesting questions on your own. Just make sure they are playful, fun, open-ended, and not the usual questions she hears all the time.

Of course, you can (should) tease her playfully about her answers because these are pretty light topics. When she shares deeply personal things, lay off the teasing.

The point is to ask interesting open-ended questions and then share related interesting stories and anecdotes. See the Attractive Rapport Bonus for more.



7. Attractive conversations protect your sacred core.

This one might sound strange at first, but bear with me for a second because it has the potential to make you more attractive for the rest of your life.

There should be a part of you that she NEVER gets to. She can earn 90-99% of you if she keeps being awesome over time, but make sure to save a sacred space that she can't enter, win, or affect.

Think about the movie *Beauty and the Beast*. If you haven't seen it, there's a wing of the Beast's castle that Belle, the woman he loves, is forbidden from entering. That's what we want to set up.

Then, picture a vault inside the forbidden wing. So, even if she gets into the forbidden wing, there's still a vault that she can't get into. And then, there's a smaller safe inside the vault, etc.

Don't give away who you are easily. Be a bit of a mystery to her in your conversations by revealing information about yourself slowly as she earns it. Never reveal everything about yourself to her.

Keep part of you for yourself. Be real with her and reveal some of yourself after she works for it (for example, by giving her a real answer after you give her a silly one and she responds by saying she really wants to know), but be willing to frustrate her a little bit as she tries to figure you out. That way, she gets to feel special because she understands that you don't just share yourself freely with everyone.

As soon as she gets that she has 100% of you and has you completely figured out, the fun's over for her.

That's another reason attractive conversations involve her talking 60-80% of the time. **You can't be sharing too much about yourself if she's the one talking.**

Your job is to get her going and then listen to her while remaining relaxed and playful, mixing in some challenge.

That way, she feels connected to you because she's sharing herself with you, and she thinks you're a mystery she gets to figure out over time. Let her play the detective and she'll be much more attracted to you.

Along the same lines, remember that your emotional state is yours and yours alone. You are responsible for it and there's a part of it that she can never affect.



That means you don't react strongly to the things she says because your emotions are caused by YOU, not your external environment.

No matter what she says, you believe in your value, your attractiveness, and that you're a good man. Your opinion of yourself matters more to you than her opinion of you.

Always be prepared with a funny comeback no matter the situation or what she says. If you don't have anything good to say back, ignore her challenges as if they never even happened. That's just as effective.

If she talks about other men, don't react.

Keep your internal state positive and assume you're the prize no matter what she does (see the [Pass Her Tests Bonus](#) for more).

It also helps to have a mission that will always be a little more important to you than she is. It doesn't mean that she isn't important; just that she always has to work to try to be #1 and never quite gets there.

Sound harsh? Well, instead of thinking of it that way, think of it as giving her the gift of lasting attraction that most women don't get to experience. It's better for her over the long-term this way, even if she gets upset in the moment.

Be the guy that gives her what she needs, not what she says she wants.

Without saying it directly, let her know she can never get you or get to you 100% (again, she can get most of you by earning it over time, but she can NEVER get all of you), and she'll stay attracted to you.

BONUS: Attractive conversations are congruent.

It's important to make all of this part of your "normal" personality. You're just an attractive man who has attractive conversations now.

Of course, as you practice and learn how to have these kinds of conversations, it might not feel natural at first. Keep going until it's just who you are. Once all of this is completely congruent, it will work much better and you won't have to work so hard.

Work on yourself until you genuinely believe that you are the prize. Practice the principles in this bonus until they're part of you.



That's when you'll get best results.

What to Say in a Group

You should always isolate her and get to know her one on one, but if you meet her while she's part of a group or one of her friends comes over while you're talking, I've got you covered.

Just ask, "How do you two (all) know each other?" or "How did you guys meet?" Then, take their responses and say something related to what they share.

Allow the group conversation to free-flow just like you do with her by herself and allow everyone to participate.

Be willing to change topics over and over and just focus on creating a fun vibe.

You can challenge her *a little bit* in front of her friends, but be careful. It's a much stronger challenge when other people are around, so you shouldn't do it as much. Make her look good in front of her friends, and make them think you're a cool guy, and then challenge her harder when you're one on one.

If she challenges/teases you when you're in a group setting, pass her test like you normally would. Feel free to pretend that only the two of you exist and challenge her hard at that point (playfully, as always, of course).

How to Practice Attractive Conversation

Here are five practical ways you can practice attractive conversation so everything becomes natural for you:

1. Take an improv class.

Taking an improv class will massively improve your ability to banter and get you out of your head. It will definitely help you have more attractive conversations.

2. Find a banter buddy.

Find someone you know who is good at banter and spend as much time around them as you can. Ask them if they'll practice with you. The more you do this the better.

A variation of this is to go to a bar you don't plan to go back to, or a speed dating event, or even sign up for an online dating account just to practice your banter with real women.



Women are generally much better at banter than most men, so practicing with them is best.

Practice as much as possible and don't be afraid to make mistakes. You're bound to make some when you're first starting out, so don't practice within your social circle too much without letting your friends know what you're doing beforehand.

Once you get it down and it's part of your natural personality, your friends will enjoy it. But only then.

3. Watch shows and movies with great banter.

Some great examples include:

James Bond films

Anything with Cary Grant

Suits

Burn Notice

Californication

Ocean's 11, 12, and 13

Watch how the strong male characters banter with their love interests and their friends. Model them. I recommend picking your favorite character and watching him in action for a few minutes every day as practice.

Surround yourself with good banter both virtually and in person as much as you can.

4. Take the one-week "pause challenge."

For a whole week, every time you're having a conversation with someone, pause for 5 counts or 2-3 seconds after they're done speaking before you speak.

This will make you much more comfortable with silence and relieve the pressure you may currently feel to keep your conversations going. You'll probably find that the other person will usually attempt to continue the conversation, that they will feel more valued and listened to, that they will see you in a more positive light than if you had said something, and you'll probably feel a surge of personal power, calmness, and self-control that wasn't there before.



When I did this for the first time, not only did it have a profound effect on me, I also found out that what the person shared after my pause usually came from a deeper level. I had been missing out on connecting with people on that level.

I want you to see what happens for yourself, so if you're up to it, take this challenge and find out.

It will definitely help you have more attractive conversations with women.

5. Every day, write out an attractive stream of consciousness.

Take 5 minutes per day and just write down everything that comes to your mind with no filter in a rapid-fire style as if you were having a conversation with an attractive woman. Focus on letting your banter flow. Play with taking your thoughts in different, fun, playful, challenging directions.

After your session, note what could make what you automatically think about saying funnier, wittier, more playful, and more challenging.

Pick a character mentioned above and ask yourself, "What would he be thinking here? What would he be saying?"

It may be difficult the first time, but doing this practice every day will make you a banter pro in 60 days or less. Do it.

Of course, the best way to practice attractive conversations is to spend time talking to women as much as possible until you get it down.

The end goal of this bonus is to make attractive conversation your default setting. You should be able to be light and playful with everyone and you shouldn't have to think about all of this too much when you're on a date.

The only difference between the way you interact with the women you're interested in and everyone else should be that you add a bit more challenge and a bit more tension. That's it.

The interesting thing about attractive conversations is that **the less you talk and the less you try to prove yourself, the better you'll do.**

Now you're well on your way to becoming an interesting, attractive conversationalist all the time. Congratulations!