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Presents:

SUPREME SELF-CONFIDENCE:

The Alpha Man's Guide to Posture

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SUPREME SELF-CONFIDENCE

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Character is the quality of doing what you say you'll do, long after the spirit of the moment has passed

Introduction

Everyone is insecure to some degree. **Everyone.**

Huh? But what about the President? Or Brad Pitt? They have to be secure to do their jobs, don't they?

Nope.

You see, they only have to **act** confident ... and therein is the secret of self-confidence: You behave self-confident to **be** self-confident. It's not a trait that you own or possess, like brown eyes, or stubby fingers; it's only there when you *demonstrate* it. Much of an actor or leader's role requires a level of behavioral self-confidence. (No one would believe our Commander-in-Chief threatening military action if his voice shook as he spoke.) Hell, I bet the President probably checks in with the First Lady to get a little reassurance from time to time. The man who isn't just a little intimidated by the prospect of leading the Free World every day isn't the man I want in the Big Chair.

In my opinion, if they were truly confident, actors and actresses wouldn't have to date and marry only other actors and actresses. Hollywood is notoriously incestuous. If these people were *really* self-confident and aware, they'd realize that they could marry a 'normal' person, like a doctor or lawyer, and likely have a *better* shot at happiness. Alas, their world has been divided from ours, and stars live in a social royalty that we give them.

This brings me to my next point: *Self-esteem* is your acceptance and comfort with yourself. It is not quite the same as *self-confidence*, which doesn't necessarily require a real underlying foundation to demonstrate.

Self-confidence is the observable portion of your self-esteem. Interestingly enough, the two feedback and reinforce each other.

For the purposes of this program, self-confidence is the sum of your behaviors and attitudes that demonstrate your independence and security – not just to women, but also to the world around you.

What is Supreme Self-Confidence?

Everyone has his or her own personal definition of high self-confidence. For some, it's the ability to speak without feeling fear of ridicule. For others, it might be the ability to parachute out of a plane. For us guys, it's mostly about feeling that we can walk up and talk to any woman and not feel afraid of rejection.

The irony of this particular definition is that it presumes that our self-confidence (how we feel confident about ourselves) is dictated by *another person's reaction*. It's crazy, really, but it's the kind of power that men have given to women for hundreds – even **thousands** – of years.

For those of you familiar with the Three S's in **The Dating Black Book** program, Self-Confidence is probably the most important of the three, amounting for perhaps 50% of the total. It is a demonstrated characteristic, as we discussed before, and it is primarily action-based, meaning that you can talk all you want, but the bottom line is that you have to *do something* to be thought of as self-confident. Men hear words, but women see deeds. She needs to **see** you behaving self-confident to believe that you are. (This is why bragging is one of the most attraction-killing actions you can take for displaying self-confidence. If you are truly confident, you will **show** her, not tell her.)

Self-confidence is demonstrated by your overall poise:

- You act in ways that are consistent with a self-confident man
- You go after what you want
- You aren't afraid to speak your mind
- You're calm, at ease
- You're not impulsive
- You act, not react
- You're happy, and other people's moods never affect that
- You are independent. Not needy or clingy
- You have goals and activities in life outside of women

I think the ultimate example of a self-confident man is James Bond. Yes, I realize he's a fictional character, but there isn't a movie in that series that doesn't demonstrate how a man with impeccable self-confidence would act. The actors that portrayed James Bond on the screen felt their role, and they made him real. Some of his qualities to emulate:

- Imagination – Creative problem solver
- Education – Intelligent and aware
- Sophistication – Knows what quality is
- Aggressiveness – Going after what he wants
- Directness – Telling her exactly what he wants
- Physical – Willing to advance and move forward with women sexually
- Humor – Ability to tease and not take women (anyone) seriously

If there's one thing I can tell you about your self-confidence that will help you understand your situation with women, it's this:

You will only attract the level of woman that your level of self-confidence will allow.

This means, essentially, that if you are too intimidated by a woman, you'll have a hell of a time keeping her. You'll be too busy being insecure to do the right things to make it work. A little intimidation is necessary and good, because it lets you know you're on the right track. If you're not intimidated at all by a woman, you're probably playing it too safe.

The typical male response to his world does not generally demonstrate self-confidence. Especially in the last forty years or so, where most men have been brought up by single women and with very few good role models of confident male behavior.

A woman is always trying to test your self-confidence by intimidating you. I hope that doesn't come as too much of a shock to you, but it's very true. She is always testing to see if she can control you by intimidation. It's not always conscious on her part, it's just a defense mechanism that she's had installed by evolution to help her weed out the sissies and the guys who wouldn't be able to provide for her in the long run. You see, deep down, women want a man who can provide for them, someone they can lean on and trust when the chips are down.

Your only response to her can be a complete lack of fear for her. If you behave as if you'll do her bidding or let her walk on you, you will fail the test and you're as good as gone. If you stand your ground and give her the dynamic tension she needs, you still won't get a trophy, or her immediately swooning and jumping into your arms. Therein lies the rub, as Shakespeare might say. Her reaction to your demonstration of self-confidence may even appear *negative*, and she might even try to punish you with silence or pouty behavior.

"Then, why do it?" you ask. For two very good reasons:

One, even if you were to cave in to get her approval in the short term, she would lose her respect for you, which is critical for there to be any chance of passion. (By the way, **passion = sex** at some point. She's not going to sleep with you just because you're the guy who didn't make her mad. She's going to sleep with you because she feels the crackle and charge of **passion**. And sometimes that starts out with what *appears* to be *negative* passion. Don't be fooled!)

Two, you have to be willing to risk her anger in order for passion to develop. You have to be able to demonstrate that you have no fear – no intimidation – of doing without her so that she will really *want* to be with you. Confusing, in a way, but not really. You must understand this: She will never be attracted to anyone who supplicates or kisses up to her. On the other hand, if she believes you're capable of leaving at any minute, she is going to be more interested and not threatened, since you're probably not going to smother her and take away her freedom.

Now, let's look at the components of true self-confidence, and how they can be developed to your advantage.

RAS – Your Reticular Activating System

There are many parts of your brain that have been specialized for the various kinds of processing that you have to do every minute, from fine motor coordination to autonomic functions such as blinking and breathing. There is a part of your brain that has developed to allow you to cope with the barrage of sensory stimulus you receive. This part of your mind is called the reticular activating system, or RAS for short.

The RAS part of your brain is what filters out the important from the unimportant things that come in through your various sensing abilities. The RAS filters out the unimportant things so that you can concentrate on what matters. You'd go insane if you had to process every conversation you hear when you walk down the street, or recognize every sign or object you see. Your mind has to have a way to focus.

Ever notice that when you buy a new car, everyone suddenly seems to be driving that kind of car? You see them everywhere. This is because your RAS is now trained to be aware of your kind of car, whereas before it was considered unimportant information and filtered out.

Learning to train your reticular activating system is essential to build your self-confidence, as you need to train yourself to notice the Truth of the dating situations you are in, and not pay attention to the illusions. Let's see how this is done.

Why You Don't Do What You Need To Do To Meet Women

If there were one concept I could tell you in this e-zine that would clear your head about why your self-confidence isn't where it needs to be, it is in this section. I'm so serious about this that I want you to re-read this chapter as many times as necessary to understand at a very primal level what I'm relating here.

Every human being works on the principle of pleasure/pain. You respond to those things that give your nervous system a reward, and avoid those things that cause you pain – or that you **think** might cause you pain. (For those of you familiar with this principle in **The Dating Black Book**, it addresses many of the negative reinforcement concepts.)

Here's the dynamic that occurs when you fail to connect with a woman:

- You see a woman you're interested in. She's cute, slim, and seems very bubbly. You're attracted to her.
- A split second later, somewhere in the back of your mind, you feel uncertain. You're not even sure where this feeling came from, but you suddenly sense doubt creeping into your thoughts. Should you really go over there? What if she isn't interested?
- You start to notice things about your environment that support your notion that you shouldn't approach her. (Your RAS kicked in and told you that you shouldn't do this, and now it will find all the supporting reasons you shouldn't.) You notice that she's got funky rings on her fingers, and that could mean she's a hippie-type, and you had a bad experience dating one of those. And there's a guy at her table, and he looks like he might be interested in her. Plus, they look like they're getting ready to leave, and that would just be uncomfortable.
- You flip the switch in your head that was once about to let you go approach a fine candidate for your attention, and now you've decided to forget about it.
- Somewhere, deep inside, you feel a sense of relief – some *pleasure* that you didn't have before. You don't have to risk anything, and now you feel a little *better* than you did before you got that crazy notion in your head to pursue a woman.

Negative Reinforcement

I commend you on your ability to make the best of the situation, but you're sabotaging your future success with women. You might even buy yourself a beer to make yourself feel better about your lack of action – which is a reward for the **wrong** behavior. Sure, you felt a small twinge of exasperation knowing that you didn't do what

you knew you needed to do, but it's forgotten as soon as you feel that relief about not having to take that risk. You keep submersing your discontent further and further underneath the false relief each time you go through this cycle.

The net result of this situation is that you have just reinforced several beliefs that will fester in your brain so that it's even **more** difficult to act the next time around. Those erroneous beliefs are:

- You believe that women (especially a woman you're attracted to or interested in) are intimidating.
- You've just reinforced the false belief that it's *more pleasurable* to avoid risking the connection with a woman based on the incorrect assumption that *rejection is likely*. You did this by rewarding your nervous system with that pleasurable relief in the last part of the cycle.
- You've just trained your RAS to be keenly aware of all the things that are likely to block your success, and you've trained it based on **complete illusion**.

I want to make a bet with you. I'll bet that you've never **really** experienced any severe rejection from a woman. And if you are one of the few who have, I'll bet that you never were able to correctly interpret what it meant, either.

How many times have you ever seen a man actually get a drink splashed on him? Or had his face slapped? Or seen the woman curse him out and leave? Or she insults him and stomps off with another man? I, personally, can't recall **ever** seeing this happen. In fact, I have only *one* memory of a "bad" rejection, and that was from a girl in high school who slapped a friend of mine, John. But what stands out clearest was his reaction – he did nothing. I was impressed, because I saw that even after her massive rejection, John still got plenty of action elsewhere. She didn't hurt his sex life **at all**.

You almost **never** really experience this rejection you fear, and this fear you have is mostly based on rejections you had in *different* circumstances. I'd be willing to bet that most guys out there actually have no problem getting at least an initial response from a woman that is at least polite (even if she isn't interested, chances are she will not want to hurt your feelings.)

Your perception of possible rejection seems as if it were real. In fact, it probably seems a little **more** real. That's the power of your imagination. What you have to understand is that it is a complete and total fallacy. A lie. An untruth.

So why do you create this fear for yourself? What possible benefit could it have for you that you would go and invent such a thing?

It's a holdover from other fears you held early in your life, primarily, when you went into your teenage years hungry for validation and over-sensitive to rejection. And this fear now gives you an excuse for avoiding risk. Risk is always scary, and at some point in your life, you chose to believe the lie (her opinion of you counts) – the 'easy' way out, instead of the Truth.

You've got to break this cycle! If you don't, you will sink further into passivity with women, and you will not achieve success. Remember, there is NO risk to you when you walk up and talk to a woman. If you believe this simple fact, you'll be able to reverse the affects.

Did you know that no man has ever really suffered any lasting physical pain from a woman's rejection? **The only pain you suffer is that which you create for yourself.** Imaginary mental pain. Whenever you interact with a woman, *you* control what you interpret the situation to mean. If she isn't interested, you can choose one of two reasons:

- 1) She rejected me because I'm unattractive and not special
- 2) She rejected me because she wasn't smart enough to spot a good catch

Why do you want to believe the #1 reason instead of #2? Because, in some perverse way, *you gain a little **pleasure** in validating that experience.* So many people suffer from what is known as the Imposter Syndrome. This is the secret fear that we are not who we project to be in our public life, and that we are forever in danger of being "found out." She's going to discover that you're really a Bad Man who wants to have sex with her. Then most men take a neurotic pleasure when that fear seems to come true.

Believe in reason #2. You need to learn how to be *thankful* when a woman rejects you. I'm not talking about that silly mind-game where you pretend that you're trying to get as many rejections as you can so that you get success by playing the numbers. I'm saying that you need to re-interpret her rejection for what it **really** means.

When a woman rejects your offer of companionship, she is:

- A) Ignorant of your value
- B) Proving that she doesn't have what it takes right now to be the right woman for you, and ...
- C) Saving you incredible amounts of time, money, and physical and emotional effort.

You need to thank her for screening herself out for you. I'm serious when I tell you that when a woman pulls out of the race, I sigh a little relief that she didn't waste my time and energy on a lost cause. I've got a lot of women to meet, and she would have been getting in my way. That's the kind of *positive* reinforcement your nervous system needs. Not the mistaken belief that because she said "No" or appeared uninterested that there must be something wrong with **you**.

Learn what it takes to make your mind feel a happy jolt of reward for doing the things that usually give you *pain*. Attach this reinforcement to any behavior that limits your ability to connect with women. Don't reward yourself for the wrong kind of behavior (i.e., no action, just sitting there watching her, immobilized by fear.)

On the other side, you need to attach appropriate *pain* to your lack of action. You need to have a ready list of penalties that you understand you are incurring when you do nothing. Don't let yourself believe that by not acting that you've managed to keep things the same or avoided making it worse.

You think to yourself ...

"By failing to act, I have:

- Demonstrated that I'm never going to know that woman that I let slip through my fingers
- Denied myself one opportunity for a date this week
- Denied myself one opportunity for sex in my future
- Not improved my situation **one bit**. In fact, I've made it worse because I let an opportunity pass by me again."

You miss every shot you don't take.

Now, when using this formula, I encourage you to leverage the pleasure side as much as the pain. Re-define what is pleasurable, if you have to. The problem with motivating yourself purely from fear of pain is that while it is very effective, it takes a toll on your attitude in the long run. You have to use a combination of motivating by pain **and** pleasure to really benefit in the best way. Attach pleasure to the actions you wish to reinforce, and pain to those you wish to avoid.

Remember that you are already doing this in your life every day, but you aren't necessarily conscious that you're responding to this motivation.

- You either get up to go to work from a fear of the pain of not having a job/money, or you are one of the blessed individuals who loves what they do so much that the joyous pleasure of doing it is what brings you back day after day.
- You drive the speed limit because of the possible pain of a speeding ticket and higher insurance.
- You eat because of the pleasure of the taste, and a subconscious knowledge of the pain of starvation and malnutrition.

This pain/pleasure motivation is present all the time. Now it's time for you to use it to boost your self-confidence and improve your success with women.

What Do I Have To Do?

Knowing that you have to take action is one thing, and knowing what actions to take is another. To get you started, here is a simple plan of action that you must take to be successful with women:

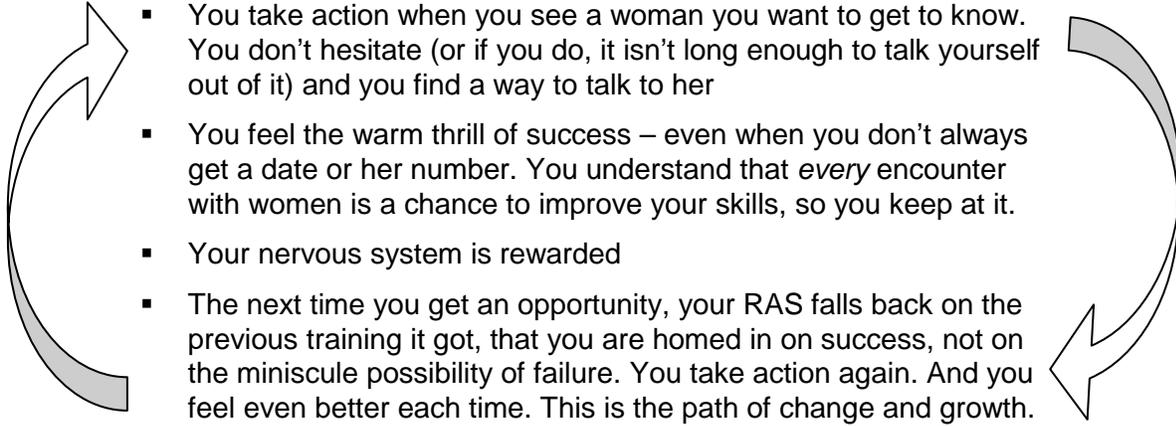
- Approach, flirt, and talk with her
- Get her phone number/email and then call her and make a “date”
- Go out with her and demonstrate self-confidence, self-discipline, and a sense of humor (not act needy or dependent)
- Plan the next step and keep progressing (moving forward – on the natural progression from meeting to physical and emotional intimacy)
- Learn from your mistakes and correct them

That’s really the short and sweet of it, guys. If you do these basic things, **you will be successful with women.** I can say this definitely, *without a doubt*. I’ve done them, and I’ve seen other guys do them, and they may not score with *every* woman, but they always score with *many* of them. You control the results in this equation by the number of times you go out and work this list. The more you repeat it, the more success you get.

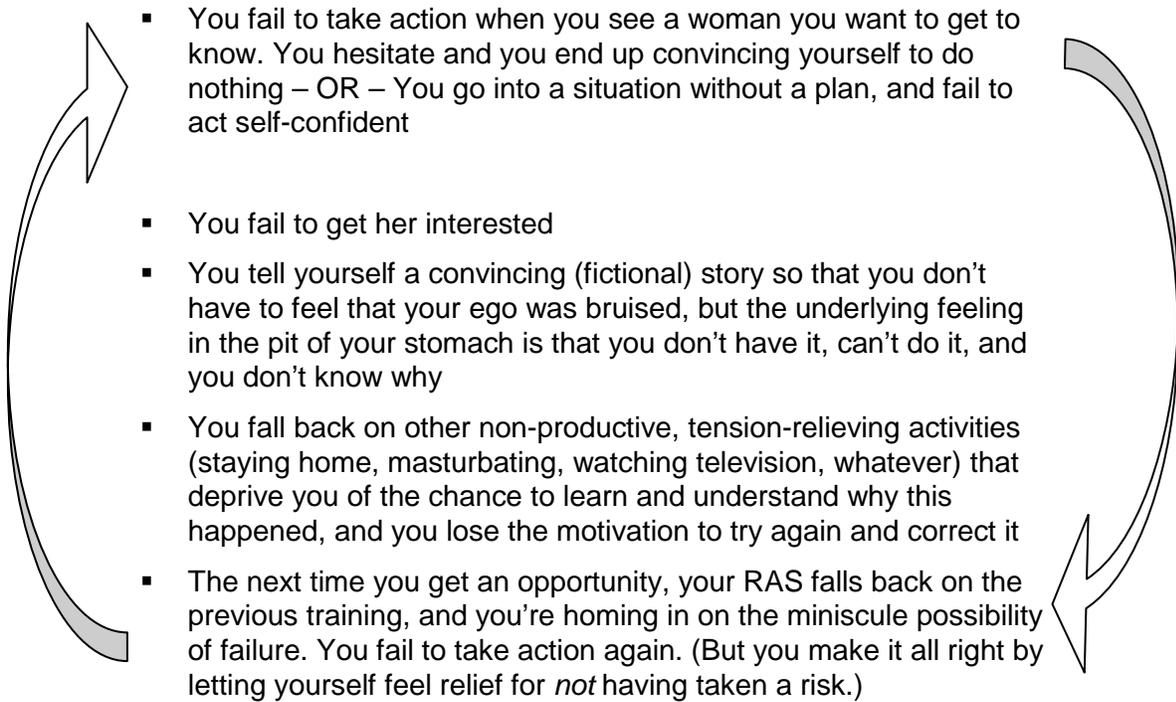
The Dynamics of Self-Confidence

There are two kinds of spirals that the male ego and self-confidence falls into: The Positive-Upward Spiral, and the Negative-Downward Spiral. Here are the dynamics of each. Study them until you understand them completely.

Upward Spiral

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- A diagram of an upward spiral. It consists of two large, curved arrows forming a circle. The left arrow starts at the bottom and curves upwards and to the right. The right arrow starts at the top and curves downwards and to the left. The arrows are white with a grey shadow, creating a sense of depth and movement.
- You take action when you see a woman you want to get to know. You don't hesitate (or if you do, it isn't long enough to talk yourself out of it) and you find a way to talk to her
 - You feel the warm thrill of success – even when you don't always get a date or her number. You understand that *every* encounter with women is a chance to improve your skills, so you keep at it.
 - Your nervous system is rewarded
 - The next time you get an opportunity, your RAS falls back on the previous training it got, that you are homed in on success, not on the miniscule possibility of failure. You take action again. And you feel even better each time. This is the path of change and growth.

Downward Spiral

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- A diagram of a downward spiral. It consists of two large, curved arrows forming a circle. The left arrow starts at the top and curves downwards and to the right. The right arrow starts at the bottom and curves upwards and to the left. The arrows are white with a grey shadow, creating a sense of depth and movement.
- You fail to take action when you see a woman you want to get to know. You hesitate and you end up convincing yourself to do nothing – OR – You go into a situation without a plan, and fail to act self-confident
 - You fail to get her interested
 - You tell yourself a convincing (fictional) story so that you don't have to feel that your ego was bruised, but the underlying feeling in the pit of your stomach is that you don't have it, can't do it, and you don't know why
 - You fall back on other non-productive, tension-relieving activities (staying home, masturbating, watching television, whatever) that deprive you of the chance to learn and understand why this happened, and you lose the motivation to try again and correct it
 - The next time you get an opportunity, your RAS falls back on the previous training, and you're homing in on the miniscule possibility of failure. You fail to take action again. (But you make it all right by letting yourself feel relief for *not* having taken a risk.)

The Downward Spiral **must** be broken. You do this by slowing it down until it stops, and then you jump on the Upward Spiral. Don't expect to be able to jump from one right over to the other in a single leap. It's like a car that you've been driving really fast in reverse: If you throw it into drive without slowing down first, you'll leave your transmission all over the road.

You slow this spiral down first by getting educated, as you are doing right now with this course. The next part is to start planning your interactions with women. That's right; plan them so that you don't feel like you're always going in on a wing and a prayer.

If you have to, get out a piece of paper and write down how most of your interactions start and progress it from there. Start with "Hi!" – your first line. Then, list her most likely responses. Then, write the next response back to her, and so on. Even if you script out the first two or three, you'll be ahead of 80% of the guys out there who have no clue how to approach a woman and progress beyond the introduction. Most guys wind up throwing away hundreds of dollars buying women drinks just because they never stopped to think of a better introduction than: "Hey, can I buy you a drink?" (**Never** buy a woman a drink to get her interested in you. You buy her a drink when you *choose* to because she's *already* interested in you.)

Think about it: You feel self-confident when you have experienced success at something, and you're most likely to feel that success if you *prepare* for it. You may have fallen down on your bike at the start, but you kept getting back on. Why? Because you knew from seeing everyone else ride bikes that it could be done. (In reality, you'd only need to see **one** person riding a bike to believe that it could be done.)

Well, there are over 2.4 million marriages a year, which I offer as pretty darn convincing proof to you that you *can* do this. (Perhaps marriage isn't the best motivator. It's better to consider all the umpteen millions of people who are only dating and having sex out there.)

Overcoming Personal Challenges

This section will teach a method to overcome whatever personal limitations you feel you have in terms of your self-confidence. Every man has his own challenge(s), and it's up to each of us to find a way to overcome it. I'll start with an example that's close to home: My own.

I started dating girls early, and had the good fortune to realize very early that I didn't need to stick with one girl. I went after them *all*. With that kind of brazen approach, I got a lot of experience – good and bad.

One error I fell into in my mid-twenties was that I decided what had been working for so long didn't seem *right* all of a sudden. The problem was, I wasn't sure what it was I'd been doing that was so successful – at least not on any conscious level.

(Incidentally, this happens frequently to guys who were fairly successful with women but then decide to fix what ain't broke.)

I was sleeping with women regularly, and then I started to feel some guilt over it. I started listening to my female friends who complained about “jerks” and how they wanted a Nice Guy. I started falling for this and my success dipped radically. I began to lose that sense of self-confidence I'd managed to cultivate. Instead of practicing the techniques of the Alpha Man, I started acting like wimpy boy, trying to be a woman's confidant and therapist. I figured if I could bond with a woman on some 'spiritual' level, that I'd have the relationship of a lifetime.

I was so mistaken.

Thankfully, I only went through a few years of this behavior before reforming. What I figured out was that my self-confidence was always there. I had just undermined it by letting women cloud my mind as to what was effective. I had never really been a jerk to women, and I always treated them well. They didn't sleep with me by manipulation or tricks. These women had been more than willing.

My self-confidence had disappeared because I stopped to examine myself in fear that I might be a Bad Man, like the media has demonized in recent years. I believed what women were saying rather than what they were **responding** to.

Well, to close on that sad chapter of my life, I bought books, got dating, and I got educated. But if there was anything that was the key to my success and comeback, it was the ability to *stop lying to myself about why certain things weren't working*. I grew an ability to observe my dating situations impartially and see what was really happening. I regained the skills I'd been using intuitively for years. I started losing that useless male guilt, and I started making my own goals clear in life. I stopped needing women to approve of me. I started *turning women down* for sex, and it was *incredibly* empowering.

Challenge Your Beliefs

The problem with most guys in developing their sense of self-confidence is that they can't put aside their childish fears or stop defending their fragile egos long enough to face the Truth about what they're doing wrong in dating. They avoid any challenge to their sense of self. They make the same mistakes over and over because they're afraid that if they face a fault in themselves, they'll somehow be lesser men. In fact, the **opposite** is the truth.

The most critical step you take on the path to overcoming your own personal limitation on the path to higher self-confidence is being willing to face the Truth. Deep down, you know when you cloud your understanding with illusion, and now you must have the courage to do what you know is right.

So let's get working.

Your next step is to identify some of the limiting beliefs you have about yourself and women.

- Do you believe that women actually control your value?
- If a woman rejects you, does that mean she's right?
- Do you believe that you're hideously unattractive to women?
- Do you believe that a woman controls sex as a weapon?
- Are you bitter about what you perceive is a constant game of jump-through-the-hoops to get sex?

You also need to identify the limiting beliefs you have about your own performance with women. You may have to dig pretty deeply to discover what is holding you back, so don't stop at just the first things that pop into your head. The harder you dig, the more Truth you'll discover.

- Do you believe that you have to spend a lot of money to get women to be interested in you?
- Do you believe that you have to be rich/have huge muscles/have a nice car/look like Tom Cruise in order to attract women?
- Do you believe that men hurt women, even when they don't mean to?
- Do you believe the media – that men are violent, and women are justified in being scared of you?
- Do you believe men only want sex from women? Do you believe that wanting sex is wrong?
- Do you believe that sexual harassment is a horrible crime that only men perpetrate?
- Do you believe that men only treat women as sex objects?

Once you've broken down and identified what you believe about women, men, and yourself, you can start to address the Truth and think more objectively. Question your assumptions. Start to investigate what the reality is going on in the world around you. Don't take vague statistics or second-hand knowledge as gospel.

Take a moment to think about your personal feelings when you feel that loss of self-confidence around women.

- What's happening?
- How do women normally behave around me?
- What do I feel, and why?
 - Am I afraid? Of what?
 - Am I intimidated? Why?
 - Am I angry? Why?
 - Am I confused? Why?

The next step is defining the path you'll need to walk to start shedding these limiting beliefs. You need to define what you can do to act based on your new understanding. There are some very effective techniques of retraining your reticular activating system to this so that you get back on the Upward Spiral. I will give you a two-step visualization technique that allows you to break through this barrier.

Step One: Body of Evidence – The Past

The place to begin is to establish your “body of evidence” to support your new belief that you can act differently and be as self-confident as you desire. You do this by consistently recalling times that you were able to regularly overcome what was once difficult and threatening to your self-confidence.

When you were a kid, I'll bet there was a time when you were afraid to order from the cashier at McDonalds. I know I was pretty scared of that. My dad recognized this and would regularly give me money to go to up and order what I wanted if I would just go up and do it. When I saw that these cashiers actually responded positively to people ordering and buying their food, I got more and more used to them, and I lost the fear. The situation remained exactly the same, but the way I *perceived it* had changed.

This happens to us all through our development. We start with an assumption about the world, and then create an obstacle out of our own beliefs. Many of these we overcome. Riding a bike, learning your multiplication tables, playing basketball – all

these activities required you to jump in and do something intimidating. Later, when you'd mastered it, you laughed at how silly that was to be so afraid.

Success with women is no different!

Any one of us can come up with numerous examples of overcoming some small limit of our self-confidence, and you'll have to compile a mental stack of these to use as reinforcement when needed. The faster you can fall back on these examples, the quicker you counter the impulse to avoid risking. Before you know it ... whammo! You're on the Upward Spiral.

Step Two: Visualization – The Future

Something that has always helped me in the pursuit of my goals is constantly keeping an emotionally involving image of that goal in front of me all the time. That way, when things were most challenging, I had the inspiration and incentive to keep on keeping on. You can use your previous Body of Evidence method for past examples, but you'll also need to be able to imagine success you haven't yet obtained – the future state.

In the martial arts training that I'm currently in (as with many others), you progress through ranks of belts which change color as you progress to black. Along one wall of the dojo where I learn they've put up the entire spectrum, from beginner to expert: white, yellow, orange, purple, blue, blue-stripe, green, green stripe, brown (three stripes), and black. Every class I attended, I look at that black belt with longing and reverence. There are a lot of bumps and bruises along the way, along with frustration, but that goal sits clearly in my vision the whole way through. The goal is bigger than the discomfort.

You see, I want that black belt.

Intensely.

You can use this principle in your own life as well. You may not be able to find the right image to describe your goal with women, but it can be done. Maybe it's a paparazzi photo of an actor you respect with a beautiful woman at his side. Maybe it's just a picture of a man who looks so confident by himself that you know he's getting laid more than George Clooney.

Another important exercise is to visualize what it will be like to achieve this goal you've set for yourself. Sit down for just a minute and really think about it. Engage all your senses in the experience - see the beautiful ladies, smell their perfume mixing with

your cologne, hear her whispering in your ear, feel her hand stroking your arm. Feel the tingly charge and thrill at having achieved it. Imagine what you want in such clear detail that it seems like it's really happening. You see, the mind cannot tell the difference between reality and something you vividly imagine. Have you ever had one of those moments where you remember something, but you aren't sure if it was a dream you had or something that happened to you in real life? It seemed so *real*.

Imagine...

How will it feel to be a respected and successful man with women? How will it feel to you to be able to walk into a room full of people and not have one fear about being able to talk to the prettiest women there? To be able to come up with an approach on the fly for any circumstance you can imagine and approach **any** woman?

Won't that feel *fantastic*?

(This is an extension of the exercise from the Secrets of the Alpha Man book.)

Visualization is the secret of all great motivators, and you've probably experienced this at one time or another when you've heard a great speech or seen an emotionally moving scene in a movie. They emotionally involve you, and it's up to you to carry it on with your actions.

I had this kind of epiphany when I saw the movie "Forrest Gump." (Go ahead, laugh a little.) I remember this feeling I had at the end of the movie that hit me at a fundamental level of understanding: "We're all making this thing called 'life' much more complicated than it really is." From that day on, I had a new view of life, and I regularly checked my reality against it. My happiness is no longer contingent on other people's say-so, or some future state. We could all do with a little more of Forrest's simplicity.

Do this visualization of your successful self every day for a month, and you will have unlocked one of man's greatest success secrets:

You become what you think about.

Approval

I think, in essence, Supreme Self-confidence is your ability to not need other people's approval. The fundamental reason men have so much trouble displaying self-confidence to a woman is that deep inside they are trying to get a woman's approval, believing that this is how they get sex.

It is not. Approval seeking is actually repulsive to women. Men often find it flattering initially, and we don't realize that long-term, we find no challenge or independence in a woman who only wants our approval. If a woman feels that a man is looking for her approval, she hears this message from him:

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“I need your approval because I have don’t believe in myself. I am probably also needy and clingy, and I’m very likely to smother you at the first opportunity. My insecurity also probably means that I won’t be able to provide for you very well, since I’m not capable of self-confident action.”

This dialogue does not go through her head in precisely these words, mind you, but it surfaces in a slightly ill feeling of doubt in the back of her mind that she isn’t able to identify. The fact that it appears this way means that her fear *cannot be addressed with words*; you can only overcome this mental unease by action. **Self-confident action**. You must understand that she doesn’t make these decisions consciously. They occur at a level that is hidden from your view.

The Two Faces of Anger

Impulsive anger is the first response of low self-confidence. You see it all the time. A guy feels that someone is getting too close to the holes in his self-esteem, and he reacts by getting angry. He's a prickly guy that is hard to deal with because he's so volatile. That kind of uncontrolled hand-grenade volatility is an indicator of a man with poor self-confidence.

You have a space of time when you can choose to either react immediately to a stimulus, or pause to change your response. It's in this time that you will make some critical distinctions for yourself. Can you demonstrate self-discipline and contemplate the effects of your actions before you take them? More importantly, can you see how a woman might view a man who reacts with anger rather than staying cool and level-headed? Remember that evolution has taught her things that she never learned verbally or even understands on a conscious level. She only knows that a man who responds without control is potentially violent (the ultimate loss of self-discipline) and will not be able to raise her trust if she feels that she is always walking on eggs around him.

Women don't want to feel intimidated; they want to feel protected.

There are two kinds of anger: The knee-jerk reaction anger that demonstrates low self-confidence, and the carefully-contemplated, *justifiable* anger that reflects a man who has high self-confidence and shows that he won't be taken advantage of or taken for granted.

Women know the difference between these angers, and they'll react accordingly.

Case Studies: Maverick's Self-Confidence

I have a collection of movies, and since I'm a film buff I like to go back and watch some of my old favorites from time to time. I watched "Maverick" again a while back, and I was impressed with some of the subtle (and overt) examples of male self-confidence that Mel Gibson demonstrates throughout the movie. Eventually, it lands him an attractive woman named Annabelle (played by Jodie Foster) who most men would find intimidating in spirit and presence. If you haven't seen it, I recommend you go rent it. It's highly entertaining – and highly educating as well.

Maverick's character is a poker player, and a lot of his personality and style is conducive to this game. Early on in the movie, he gets into a game of poker with a rough looking group in a saloon. He uses an interesting technique to convince them to let him in on their game: He promises to lose for an hour straight. Hey, who could refuse that offer? They let him come in on the game, and true to his word, he loses for an hour. After that, though, he starts sharking the game and winning hand after hand.

What Maverick reveals is that during that first hour, he was observing the players. He used the time to figure out what each person's "tell" was. (A tell is a physical cue that you're bluffing, like reorganizing your cards, or twirling your hair, as Annabelle was during the game.) Once he'd figured that out, it wasn't hard for him to read the players and start using this knowledge to start winning.

Maverick demonstrated confidence and cockiness by making that offer, knowing that once he got in the game, he'd be able to work his talents. The lesson here is how you can use the same technique to grab an opportunity with an attractive woman (and how you keep getting opportunities when there are a lot of defenses engaged.) You make an offer that she can't possibly see as threatening to her in any way. In the words of the "Godfather," make her an offer she can't refuse. As long as it's not too crazy that it raises suspicion, you'll get yourself an opportunity where you might not have had one before. Then use your first hour to figure her out and how to demonstrate your self-confidence for maximum results.

Back to the movie: After Maverick reveals how he was winning in the poker game, he gets challenged by one of the players – a gunfighter. Maverick seemingly backs down from the confrontation, joking and using his sense of humor, and when he's pushed and called a coward, he still deflects it with more humor. Only when it suits him does he show that he is a much faster draw than the gunfighter is. Maverick even clowns around to defuse the potentially humiliating experience, and finishes up with "Hey, c'mon, guys. I just want to play some poker. Whaddya say?" Everyone nods and breathes a sigh of relief. He took the tense situation and allowed everyone to save face, as well as letting him get back to winning.

Annabelle's reaction is dead-on to real life: She's impressed and speechless. Maverick demonstrated self-discipline by not bragging or flaunting his skills. He sneaked in under their radar by not using his ego. He waited and demonstrated his ability when it

had the most impact – after he'd let everyone think he was scared of a confrontation. He wasn't scared; he just knew when to act on *his* terms. And in the end, he got the result he wanted, instead of an angry confrontation that would have demonstrated poor self-control and left him with no results.

The rest of the movie is a study in how well humor can convey confidence, and how even a guy with seemingly low self-confidence as Maverick (he's called spineless and yellow by several people) can still come out on top. It's his attitude that conveys self-confidence, not foolish bravery. He demonstrates that his wits keep him alive longer than bravado. (Remember, bravado is basically *foolhardy* bravery that masquerades as self-confidence. Not the same as true self-confidence.)

These next case studies will show you how to demonstrate self-confidence in your behavior with women, and I'll also discuss why they work. Start leveraging the use of these tactics in your dealings with women, and you'll be communicating – through action – that you have supreme posture, and high self-confidence.

Tactic 1: Lay Down Your Laws

In order to appear credible when you stand up for yourself, you have to present your limits up front to a woman, before you are forced into a situation with her. The most important statement of your sense of self-confidence is drawing the line between acceptable and unacceptable behavior, as well as the penalties for overstepping these bounds. Make a list of the most important limits to your self-respect. For some people, it means that they are never insulted in public. For others, it might be an absolute necessity that they not discuss religion. Decide what your laws are and establish them early.

A personal example: Cell phone conversations during my dates are unacceptable, and I communicate this to my date in one of two ways:

The first is that I will make it a point to bring out my cell phone first and make a show of turning it off. (I actually turn it on vibrate only, just so I can know if I'm called.) Then, I tell her why I'm doing this.

"I like to be courteous and remove unnecessary interruptions when I'm with a friend. Are you expecting any urgent calls? No? Then, would you mind turning yours off? Or, at least doing me the courtesy of not answering it while we're out together. Deal?"

She's always welcome to refuse, but I've made my statement.

The other method I use is if I've forgotten to turn my phone off first, and then she gets and takes a call. I make it a point to show by posture (crossed arms, glaring) that I consider this intrusive. (Again, I stress that I don't act all childish and pissy, but I do show my disapproval.) I listen to the conversation and wait until she's done to judge

whether or not she was grossly discourteous or just politely brushing off the call. Then I tell her:

“Would you mind doing me a favor? Pay me the courtesy of not answering your cell phone while we’re out together, and I’ll do the same for you. Deal?”

Say it with a good-natured smile. No indication of anger.

Here’s a list of my Three Commandments so you can better understand where I’m coming from:

- Do not take me for granted or take advantage of me
- Do not disrespect or insult me in any way (No put-downs)
- Communicate honestly to me (Never lie or omit the truth)

Each one of these limits works in both directions, and I state that when I let her know my boundaries.

If you don’t draw the line and define what you consider acceptable, you can’t really complain about her walking over them, now can you? It sends a resounding statement to a woman when she knows what your limitations are.

More on this in Tactic 4, where you will act if these limits are disregarded.

Tactic 2: Calm Non-Reaction

Most men cannot resist the lure of a woman who is primed and ready to pull them into a fight. It’s so easy to get caught up in her need for drama that most men pitch all sense of self-discipline out the window when she starts pushing buttons. And she knows just where those buttons are, too.

The key to this tactic is to recognize when she’s in need of drama or a fight, and stay in control. Do not react. She will probably do her best to draw you in, and she’ll even sulk if she doesn’t get her way, but inside, she’ll respect you more for your demonstration of confidence.

Here’s what you do: When you sense that you’re being provoked, and a fight is in the brewing, you counter it early enough, and you give her the opposite reaction. She will likely start raising her voice and getting emotional, as well as withdrawing, but you have to demonstrate your confidence, despite a lack of feedback from her that you are getting her approval. When she starts pressing hard, you call a time-out on the proceedings and bring the level of emotion back down to something you can address.

Here’s an example:

Lori: “Where have you been? I was trying to reach you on your cell phone for an hour.” (Visibly fuming)

Ted: “My battery died on the way over.”

Lori: “Don’t you have a car charger? What if an emergency came up? You’re so disorganized, Ted. And you should have called me before you left. Why didn’t you?”

Ted: (Nodding, and speaking in a very hushed tone, almost a whisper.) “Hmm. Time-out, here.” (He moves in and rubs her shoulder, not attempting too much physical contact.) “Sorry about the phone. You seem upset. You going to be okay?”

Lori: “I just wanted you to call me. Why didn’t you?” (More exasperated than angry now that she sees she’s not going to get a rise from Ted.)

Ted: (Very softly) “I told you, my battery died on the way over.”

The softer you keep your voice, the more she feels self-conscious of her own behavior and will de-escalate her emotion. It’s nearly impossible to argue with someone who does not match your energy level of interaction. You don’t fuel the fire. (This works on guys, too, reducing their anger.) Just beware that you don’t sound whipped and beaten. Your tone still has to be confident and sure.

Of course, there are many assumptions built into this example. One is that the woman you’re dealing with is fairly stable and not prone to continuing irrational outbursts beyond their useful life. If she’s a ranting type, you may have to move on to more aggressive tactics. See Tactic 4 below. Ninety percent of all arguments are really just a need to blow off steam, as well as a woman’s need to feel the drama of a relationship. (Remember, it’s all about *passion*.)

The key is to **not** react. When you react, you give up self-confidence and self-discipline. You only *act*, which keeps the control with **you**. Stay calm and do not assume that you are in the wrong. If you are, you can always apologize and move on.

Tactic 3: Humorous Retaliation

As we discussed in the Maverick example, almost **any** situation can be defused with humor. It works, as long as the guy delivering it isn’t obnoxious about the delivery. It has to be humor that doesn’t try to put him on top, or make her feel worse than she already does.

If a woman says something to you that you find questionable, your ability to poke fun at it is more important than lecturing her on her insensitivity or exploding in anger.

Here’s an example:

Annie: “Well, that sure is an ugly tie. Who picked that out for you?”

Mike: “I ran into your mom at Wal-mart, and she said these colors would work with that silly purse of yours. Where *did* you get that?”

Okay, it’s a little severe, but most women do appreciate a cocky response – as long as the delivery is handled well. The key is to follow up any kind of humor with an

expression that clearly states, “I’m joking with you.” If you do, you can get away with quite a bit. If you don’t, you come across as abrasive, not fun.

And if she reacts negatively to you after communicating that you’re busting her balls, then you need to be concerned that she’s probably a rigid, controlling woman. There’s nothing worse than a woman without a sense of humor. She’ll be about as satisfying as reading the Braille version of Playboy.

Tactic 4: The Hang-up/Walk-out

You have to know when to cut her off. Women can be very intense and emotional, and you need to provide a firm boundary to her behavior. This is an example of constructive use of anger to demonstrate self-confidence as opposed to over-sensitivity. In order to be credible demonstrating your limits, you must have expressed them in the first place. Be sure you employed the first tactic and laid down your law.

Once you’ve made it clear what your limits are, you can then employ a judicious use of the Hang-up/Walk-out Rule. When (it **will** happen, you can be sure of that) a woman has done something distinctly out of bounds for you, you must make a swift, decisive strike.

Here’s an example, where Leonard has been perfectly clear about his rule about not being told to “shut up,” even in joking. This is their phone conversation:

Leonard: “So I told Chris about the money I won on the Oakland game, and he just about died of embarrassment. He –“

Dana: “Oh, jeez, will you just shut up about that football game, Len.”

Leonard: “Excuse me?”

Dana: (Realizes her error, but chooses to gloss over it rather than apologize) “Well, you just keep going on about –“

Leonard: (Not yelling, but firm) “I’ve told you how I feel about being told to shut up, and you do it anyway. That is *totally* unacceptable. I’m ending this call. Give me a ring when you’re ready to treat me with a little respect.”

CLICK.

Leonard hangs up.

And if Dana calls back, (she usually does within about a minute or less) he’ll let the answering machine catch the call. If she’s apologetic, he can choose to pick it up. If she calls back, indignant that Leonard would dare to hold her accountable for her actions, he’ll ignore the call.

What happens in nine out of ten incidents like this is that she sees that she cannot run over your boundaries and she will call back with a genuine apology. And from that point forward, you’ll have gained her respect. In the one time out of ten where

she stands her ground for her misguided cause of saving face, you will then have a clear indicator of what the future holds for you in that kind of a relationship.

Remember: If you think you have a tough time with Self-Confidence now, just imagine how bad it would get if you hooked up with a woman who likes it that way and feeds off it. They'd have to invent a whole new synonym for 'miserable' for you.

Don't be afraid to make a decisive stand for what you believe in with a woman. It's the boldest statement of self-confidence a man can make, and the most effective. If she knows there is a point where you will walk away from her, she will understand fully that she is lucky to have you. It's when a woman thinks that you will stick around and take anything she dishes you just so you can get sex that her respect for you will disappear – and then her attraction will disappear right after that.

Tactic 5: Demonstrating Detachment

One of the key ways a woman knows you're self-confident is to see that you don't really need her. Not that you don't *want* her, but that you are independent enough that you don't **need** her – to tie your shoelaces, to fetch you a beer, or be your mommy. One of the best ways to display self-confidence is to show how independent you are.

When you demonstrate detachment, you show that you aren't going to run her over with your tendency to cling. When you can give her distance, you are showing that you don't need to smother her or come on strong. You stand on your own. You're independent.

For example, you are hanging out with a girl at a record store. You should make it a point to **not** follow her around like a lost puppy down every aisle as she browses from Sheryl Crow to Alanis Morissette. Get lost. Literally! Go off on your own and start looking at stuff that interests you. Don't blatantly ignore her, but don't attach yourself to her hip. When you wander away momentarily during a date, you show her that you're capable of independent behavior, which lets her breathe a little. One of her primary fears is that you'll come in too quickly and steal her freedom.

This also works in restaurants, or on any date or meeting. What you do is find an excuse to be away from her for a little longer than is normally comfortable. Wander off and find something interesting that has nothing to do with the woman you're with. And be sure to let her know about it, too. You don't want to just vanish into thin air. You come back and make a comment that you saw some art that looked interesting, or you wanted to find out from the waiter where they got their wine. She will see by your constructive demonstration of detachment that you are not the kind to single-mindedly obsess about her.

The best way of demonstrating detachment that I've found is to engage in conversations with other strangers wherever you are. Being able to engage and talk with other people is a highly attractive trait, especially if you can balance it such that you don't ignore the woman you're with, or appear to be more interested in the other party. Balance. (The advanced form of this tactic is when you can talk with other *women* and not appear as though you're flirting with them or hitting on them.)

Find methods of remembering who you are when you're with a woman. Keep your own identity separate from hers by demonstrating your detachment, and you'll automatically reflect a high level of self-confidence.

Tactic 6: The Silent Treatment

Have you ever been with a woman who went quiet and completely stopped talking to you? One minute you two were yakking up a storm and suddenly it was like talking to a cardboard stand-up of Barbara Bush. If you asked her, "What's wrong?" she probably gave you a distant, "**Nothing.**" *Yeah, sure, babe.*

Do you remember the dry little panic it put you in? How all of a sudden you were afraid of losing her, and wondering what you'd done wrong? *Uh-oh. I better move in quick – she's slipping away.* The same feelings work on her when you do the same thing. Insecurities surface, and she'll wonder what she did wrong to shut you down. She wants approval, too.

Every so often, you need to go quiet. Don't act nasty or angry with her, but make it clear that you've switched gears. Just shorten any answers to her questions to as little as you can get by with, and consume yourself with your own world for a while. Tune her out. Pay attention to other things going on in the world around you. Let her wonder what you're thinking for a bit.

Of course, this tactic has to be done *after* you've shown a pattern of fairly consistent responsiveness to her, otherwise you'll just look moody and strange – definitely not something to pull out on your first meeting or date.

I did this with a girlfriend once, completely by mistake. I suddenly got caught up in thinking about work and stopped talking to her as we drove back from the airport, for about forty minutes or so. She eventually had me pull the car over on the highway as she burst into tears, worrying that she was "losing me." I was astounded at this response when I wasn't even thinking about her at all. Uncertainty is a very potent weapon.

Of course, the real benefit of this tactic is that, after you resume talking to her, she will feel a rushing sense of relief when she gets back into your good graces. Why? Because ***you value most that which you feel like you've lost but got back.*** Think about how many times you lost something you liked, like a watch or a cell phone, and when it was returned you suddenly regained all your gratitude and appreciation for it. I'll

bet you even made a mental commitment to be more careful, that you wouldn't lose it again.

She will do the same with you.

Tactic 7: Sexual Anticipation

The only way to have sex with a woman is to inspire enough passion and desire in her that it overrides her caution. She's not going to jump you just because you showed up for the date, or you look smart in that suit. If she's holding off on you, you haven't given her enough expectation to build her desire to a feverish level.

Have you ever seen something so cool in a demonstration that you just have to have it? You don't care how much it costs, you simply **have** to get one. That's the kind of desire she needs to feel for you.

So how do you stoke her fires of passion and desire?

She has to want what you have more than you appear willing to give it to her.

The most important part of the theory of supply and demand is based on the premise that what is scarce is perceived as more valuable. What is difficult to get is more prized than what you can get easily. Essentially, I'm telling you that Hard-to-Get **works**. In fact, it works like a champ.

Most people think playing hard-to-get is a game, and the way most women use it, it very often is manipulative. But the Truth is that you shouldn't *really* be very available anyway. You don't make yourself scarce by *pretending* you're not home when you really are. You get out and do things so that your scarcity is for real.

To employ the sexual anticipation tactic effectively, you must learn the fine art of making yourself scarce **while she's with you**. You need to demonstrate self-confidence by creating sexual anticipation. The best way to do this is to deliberately insert pauses into your sexual progress with a woman so that she does not slam on the brakes with you and send you launching through the windshield.

For example, Justin is getting into a pretty hot make-out session with Jennifer. He sees that things are progressing well, and he wants to start touching her more intimately, yet he senses that she might be getting ready to stop him any moment. He runs his hands up the side of her hips and, just as he closes in on her breasts, he stops and pulls away from her with a sigh. "Phew!" Justin says. "I think this is moving too fast. I need a breather." Jennifer reacts with shock. "What?" she thinks. "He stopped **me** from going too fast?" Then, after a few minutes of pause in the action, Justin resumes where he left off. Now Jennifer will be much more amenable to his advances.

I'll be honest, it takes a little bit of a masochistic tendency to employ this tactic, but it will work wonders for you. How many men do you think women find that can put on the brakes *first*? How many can say what Justin just said to Jennifer? Almost **none**. That's why you'll stand out as unique and desirable.

You can (and should) do this for any physical situation you find yourself in with a woman. You should be the first to pull away and end the first kiss, as well calling time outs along the way. The more she sees that you have this kind of self-discipline, to step forward and step back, the more she'll find herself subconsciously drawn to you. She feels this way, because she knows you **must** be self-confident if you don't give up your game to her the way the last ten guys did.

You pull away to give her space to feel attraction in. Women don't feel attraction when you're smothering them. They feel attracted when you are *almost* uncomfortably far from their reach. It's up to you to find out where that zone is and hover there. That's why demonstrations of Self-Confidence like this work with women.

Bonus Self-Confidence Tactic: Unspoken Potential

One of the most difficult aspects of self-confidence to communicate, but is one of the most effective, is that of Unspoken Potential. It's a mystery trait that is exceptionally powerful. I would almost call this the "Un-brag," because it underplays you in a way that draws her in. This also demonstrates a level of self-confidence, and requires a man's self-discipline. However, for the tiny amount of work you put in, it pays off massively.

Here's how this works. Let's say Gary is in a conversation with Lola, a pretty blonde from the coffee shop. You're both talking about passports and travel.

Lola: "Well, I'm thinking of traveling to Europe sometime in August of next year."

Gary: "Where are you going?"

Lola: "I'd like to go to Italy. The southern area. Maybe Naples and Sicily."

Gary: "You might want to go a little earlier in the season. I really hated the summer heat there at that time of year. So, are you going to backpack it, or are you planning to do one of those tours?"

The dynamics of this conversation is that Gary has now put some information out there that will probably intrigue Lola, but he didn't change the subject over to himself, or come across as bragging. He even put the conversation back in Lola's lap so that she could continue. Lola, meanwhile, is going to be curious about Gary's knowledge of Italy in the summer. She now has questions popping up left and right in her head. She's wondering about Gary, which means she is now *attracted* to him, even if she isn't aware of the dynamic. The more Gary can get her to wonder and ask questions about him (which he leaves mostly unfulfilled at the early stages) the more she will feel a desire to see him. On the other hand, the more she knows about him (i.e., *the more he tells her and brags*) the less she will feel that desire. The more you leave unspoken, the more attraction potential you create between you and her.

The Last Word on Self-Confidence

Well, I suppose there is no final word on this topic, but there is something that you need to be working out for yourself. You need to always pursue your definition of self-confidence for yourself. You have to personalize this quest in such a way that you will **never** give up on developing your self-confidence, **never** stop looking for ways to enhance your sense of self. Because, *it's really not about the women*, when you get down to it. There are millions and millions of guys sleeping with beautiful women every day, and I'll tell you from meeting a lot of them that most have a shaky sense of self-esteem. Many of them only get what little self-esteem they have by being *seen* with those women. And many of them have an ignorance and an underlying fear of losing their ability.

The ultimate statement on self-confidence I can give you is this:

Many guys walk through life believing that **if only** they were someone else, **if only** they were that movie star or bodybuilder – **if only** they were anyone else other than who they are – that they would have more success with women. As if success is an inherited trait these guys have. Let me assure you that **no one** is born successful with women. And it's not about the looks, believe me.

Be who you want to be, and *be that person better than anyone else*. It's easy to pin the target of your self-confidence to the day you are able to go to bed with any woman you want, or some other external criteria. But, ultimately, you are the only one to define who you are.

Create an *internal* frame of reference for yourself. Don't use other's people's valuations and judgments to determine how you feel about yourself and the actions you take.

I saw an advertisement at a bus stop where two women players from the pro-basketball league posed for ESPN, and the caption underneath said: "Without sports, who would we follow?" And someone had written in marker over it: "How about *ourselves*? God forbid."

That person had the right idea.

Be self-validating. That's the wellspring of healthy self-esteem. You cannot exist in a vacuum, yet you also cannot exist solely in the eyes and opinions of your peers. Declare your own value. Find an internal frame of reference. This is especially important to remember when in the world of dating.

For me, I define my self-confidence by this one belief: I'd rather be *me* than **anyone** else in the world. I wouldn't trade who I am right now to be anyone else.

Period. End of story.

SUPREME SELF-CONFIDENCE

I still wake up some days and feel a little unsure, but it's not all that often. And I think that when you can cultivate your sense of belief in yourself in a way that gives you that conviction – that you'd rather be you than anyone else – you'll find that supreme self-confidence is almost a side benefit.

Don't make an imaginary goal of self-confidence ... make your goal of being the person you would have chosen if you'd been able to select who you'll be. Imagine if you'd been able to visit the dealership where your "car" was being sold to your parents. You sit down with the salesman and check off all the cool accessories and options you wanted.

You wake up every day with the ability to live it exactly as you choose it. No one is stopping you but **YOU**.

I now return you to your life, already in progress ...

- Carlos Xuma

Northern CA - 2004

For those of you who find these concepts valuable and want to learn a complete foundation of skills to be successful with women, visit:

<http://www.datingdynamics.com> for more information on The Dating Black Book program, and <http://www.seductionmethod.com> for information on The Seduction Method.

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