

# YOUR FREE CHEAT SHEET

## BETTER DATING BLUEPRINT

**1. APPROACH** – Using approach psychology so that the chance of being rejected is minimised and the chances of continued interaction is increased. Understanding how the unconscious works so that interaction is far more likely. This is working with your personality, regardless of being extroverted or introverted and regardless of your gender. This allows women more choice when it comes to approaching. (1–2 mins)

**2. FILTER** – This is sorting people into three areas; 65% of people you will meet are a mismatch for you and you can just move on, saving you both substantial time, 30% are a reasonable match and people with whom you can be friends, wing men or women or just fun for the moment and 5% of people are a good match and with whom you could potentially have a quality relationship. This is designed to quickly narrow down our potentials through carefully scripted questions and stories. (10–15 minutes)

**3. CONNECT** – Using body language, flirting signals, body zones, basic psychology and kino, to build sexual tension to quickly create attraction, and also avoid the friend zone. This is understanding the stages of attraction so that the situation is in your control, rather than a haphazard approach of crossing fingers and hoping for the best. (10– 15 minutes)

**4. TEST** – Once we have discovered if the person fits into our 5%, we can dig in further with more detailed questions and stories to discover their beliefs, goals, attitudes, skills and abilities. This increases the strength of the future relationship. This is also where the parameters and boundaries of a potential future relationship can be laid which minimises future conflict and obstacles. (10–15 minutes)

**5. ESCALATE/RE-SCHEDULE** – At this point in the interaction, you have a choice of two options. You can accelerate the scenario into a dating situation at a later date or continuing to build the sexual tension, all the while keeping you in control of the situation. This ensures that safety is paramount and you keep the focus on a more high quality relationship down the track. (5 minutes to whatever you choose)