

The Blueprint To Empower
Your Self-Confidence, Enrich
Your Self-Esteem, and
Become An Unstoppable
Dynamo With Women From
The Inside Out



THE ATTRACTION CHRONICLES

SPECIAL REPORT

The quickest way to get rid of those inner game problems is to take a workshop and gain confidence and experience.

Check out my article titled [“Looking for a Seduction Workshop?”](#) on the blog.

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<http://attraction-chronicles.blogspot.com>

WARNING!

This process will NOT be easy for you who is READING this report! Without applying and DOING, you WILL NOT succeed. The information in this report is found online, possibly for free, although it is in this report for convenience and the reason I charge is for the time I put into compiling.

Like with anything in life, information is useless unless it is applied. I'm not kidding, become a man and DO.

Go get em!

STEP #1

Create your identity. Don't just think about who you want to be. Figure out who **YOU** are as a person. Take a look at your life and start asking yourself who you want to be, where you want to be, and how you'll do it.

A great resource that was shown to me by a natural seducer in the Hollywood Hills was an article about goal setting.

Take a look here:

[Activating Your Success Mechanism](#)

Be honest with yourself and you're identity.

Take a piece of paper and write it down. YES YOU! Don't move on until you've done it. Look in the draw next to the computer desk, pull out the pen, and actually do it.

On that same piece of paper, write down what value you currently provide to people. Why do you think people hang around you? Eg. You provide good humor, a relaxing environment, loving atmosphere, etc.

Once you have roughly figured out your identity and what value you provide to people, you are ready for step #2.

➤ STEP #2

Now take a moment and figure out the value you WANT to provide to people. This isn't as hard as it sounds.

Ok, what are some reasons you want to hang out with Tom Cruise (Or you're favorite celebrity (a male preferably))? Write those down.

What are some reasons you want to have a relationship with a really, really BEAUTIFUL woman? Write those down.

What you've written down are the values you are seeking in friends, and girlfriends.

Some examples from me:

I want to be friends with The Wilson Brothers and Vince Vaughan, because they're the funniest group of guys around. They would have access to the hottest clubs, I'd get collateral women that would want to hang out with them, and I'd make a ton of celebrity friends in which to have social proof with.

I want to establish a relationship with a beautiful woman because I want to feel loved. I want to be with a truly gorgeous woman because I will impress my friends who I care about. I also will feel a sense of accomplishment from doing so.

Ok, obviously from the above two examples. I have portrayed I want the following characteristics in friends and girlfriends:

- High status
- Humor
- Fun times
- Social network
- Approval
- Love

So now that you have identified those characteristics you see that you want in others. You need to start working on those same characteristics within yourself. Start being high status,

improve your humor, start going out of your way to create a fun dynamic social network. You be the person that has parties, you be the person that creates the plans. Now that you have those qualities identified, write them down as goals. Refer to the Activating Your Success Mechanism article above for goal setting.

To accomplish those traits and goals is what the rest of this report is about.

**THE GOLDEN RULE: THERE ARE NO PROBLEMS,
ONLY OPPORTUNITIES CLOAKED AS
CHALLENGES!**

 **RULE #1: RE-ENABLE YOUR MIND FOR SUCCESS**

Think about your brain. How does it operate?

If you say, “Why aren’t I successful with women?”

Your brain says, “Well, because you’re fat, you’re not filthy rich, you don’t do well in night clubs, and your last girlfriend cheated on you!”

A negative thought process will poison the way you THINK AND ACT.

The majority of people out there don’t think they’re negative. It’s become such a dominant part of who they are that they literally don’t even NOTICE that they are being negative.

Your step-by-step plan for destroying negativity:

Ask positive questions of yourself.

Instead of, “Why aren’t I successful with women?”

Say, “How can I be more successful with women?”

The brain will now say, “Well, you could buy some new clothes that are fashionable, you could practice your body language as you approach. Because remember the other night....”

Much more positive! Your brain gives solutions to your questions. If you ask in a positive way, you’ll get constructive instead of cancerous criticism.

NEGATIVITY INCLUDES THE WAY YOU ACT AROUND OTHERS!

RULE #2: AVOID NEGATIVE LANGUAGE

Language is powerful. The word “problem” is negative. Use challenge instead. The word “problem” means that something is wrong, and conjures up all sorts of negative emotions even as you’re reading this now.

Avoid using language like this. Every challenge in life is actually an OPPORTUNITY in disguise.

Think of the most successful entrepreneurs in the world. They are the positive thinkers. They don’t destroy an idea, they try and find a solution so they make money.

A great example avoiding negative language and keeping your cool was from the movie Paparazzi.

The main character was very protective of his family. He had a huge ordeal with these pesky cameramen that stalked him, he was very protective and negative about the situation, although they DID make rude comments, and threaten his life and family numerous times.

At the end of the movie, after everything was resolved, the lead character was on the red carpet. An annoying paparazzi-man yelled out, “You’re putting on a bit of weight aren’t you?”

The character spins around, walks violently towards the man, and says, “Yeah, don’t I look great!”

Winners capitalize on EVERYTHING that happens in life. EVERYTHING is an opportunity.

Examples within pickup:

A woman tests you by saying “I prefer really tall surfer type guys”. A LOSER would say within his head “Dammit, I’ve got to start working out more so that women find me attractive. That’s the type of guys that girls like this have sex with. Dammit!” and you say, “I’ve got no chance now...NEXT.”

Wrong way to think about it.

A WINNER would think Hmm... test, and say “How tall are you? You’re 5’4? Oh wow, that’s crazy. How would you kiss me

cause you're kinda on the short side? Mate, things would clearly never work out between us."

A woman will find it hilarious. Why? Because she is impressed that you passed the test. If you act indifferently and or even ignore her tests, you will get further with women, and you won't destroy your positive self-image. How many guys do you think regularly do this to her? Not many.

Learning how to properly deal with shit-tests is remarkably easy once you get it.

A more detailed guide for dealing with tests with women is [David Deangelo's Double Your Dating e-book](#).

Remember guys, there are NO problems...only opportunities cloaked as challenges!



RULE #3: HAVE FUN!

[Wayne Elise](#) aka Juggler once said something great. He said, assume that sex is a given with a woman. Now how would you want your interaction with her to be? He said that he would want it to be fun, exciting, and to have a great time.

If you asked that question to other people, do you think SOMEONE would say to you:

"I would want to debate about conspiracy theories, religion, or politics" (Those are attraction-killers BTW, not good)

"I would want to listen to someone complain about their job, friends, or relationship"

"I would want to talk about boring things like the weather."

Right...

Start having more fun around women. Have fun with them, like you do with close mates. Have a great time with them and don't take the situation so seriously. Don't think if I do this, I'm not going to get to have sex with this woman.

Be process not outcome orientated.

So practice your flirting, dating, and seducing skills and don't care about what happens with that ONE particular woman.

Now, if they flake, you should have many other activities that you can do. Which takes brings on the next rule....

 **RULE #4: HAVE A LARGE GROUP OF POSITIVE FRIENDS**

And by this I'm talking about having a large group of friends that you have a life outside pickup with. Enjoy your life with them! You can always have a backup plan with them, just incase a girl flakes on you.

If it's a choice between doing something crazy or not. DO THE CRAZY. Start experiencing life.

Eg. If it's a choice between renting a DVD, or going to a whacky fondue party. Do the party.

This solves so many problems at one time, yet it eludes some guy's way of thinking. The more friends you have, the more opportunities you have to go out and have a good time. And the more opportunities you have to go out, the more chances you have to meet women.

Bring diversity to your group, introduce friends to them, and they will do the same for you. Drop the people from the group that aren't a positive influence. Just because you've been friends with someone since middle grade doesn't mean you have to be now. If they are destructive and negative, eliminate your interactions with them, or at least limit them. You'll start to notice you'll do this naturally as you become much more positive.

This makes you care A LOT LESS about what women think of you, and which women don't return your phone calls, etc.

The worst thing anybody can do is sit at home alone. To get good at pickup, you have to talk to people, and you'll have to enjoy it. If you are an introverted person, you need to literally reprogram your social life (or lack of). Do that by putting yourself in an environment where you are continually challenging yourself to be an interesting person.

Start making more of an effort to hang out with new people. If you meet someone, exchange contact info with them and say that you should hang out. Make it nonchalant and not a big deal. Hangout with guys as well. It's not just a female thing. Remember a lot of guys have girls in their life that they aren't involved with. Take advantage of that easy situation that COULD BE if you made more friends.

RULE #5: BE INDIFFERENT TO ONE PARTICULAR WOMAN

This is a very important rule, because the only way you will get anywhere with women is if you don't care about the end result. Like I said before be process not outcome orientated.

Check out my [post on the blog](#) on that one.

Become outcome independent. If things don't happen with a particular women, no big deal, at least you got some of your mates to hang out with at the club, and surely there will be more women there that you can impress with your personality.

The best way to become indifferent to a woman's opinion is to create strong reasonable beliefs within yourself. A lot of this comes from personal experience. The best way to lose this "one-itis" is to date a lot of girls at one time until you decide on an exclusive relationship.

If you aren't there yet, then have many different friends that you can hang out with and meet new people through, keep yourself busy. You'll have less time to think about HER. These two things take your mind off "that one girl".

RULE #6: NEVER REACT EMOTIONALLY UPSET

Have you ever had a guy totally rip you a new one. Did it happen in front of girl? If so, ouch! Hopefully you didn't blow up and start abusing him back. That's very unattractive.

You see, high status people do not need to seek approval by getting in an incident. They think to themselves, "If they have their opinion that's fine, I'm not like that, and I know it, and people believe me."

Has a girl ever ripped you a new one? Maybe an ex-girlfriend that said after you broke up that she had been cheating on you for two months! Well getting physco and calling her a slut, isn't going to accomplish anything. What do you say to yourself?

NOT: "I'm such a loser, why didn't I see that coming..."

You say, "She really showed her true colors. That's unfortunate, she doesn't have any integrity. I'm going to find a girl that has that quality."

See the difference in thinking? Rephrase to positive.



RULE #7: YOU DON'T DESERVE HOT CHICKS

You don't DESERVE the hottest of women, you must first EARN them.

Don't get upset at the ripped up surfer model guy that has all the hotties that you want. Switch it up as a learning experience. Ask yourself "What is it about this guy that she finds attractive?"

Maybe his muscles make her feel secure. Perhaps she prefers being dominated in bed. How can you use this insight to modify your approach to specifically target HER NEEDS?

I used to feel like I was entitled to getting the hottest girls in the world, but in reality, I wasn't. I hadn't earned them yet. I hadn't done what I needed to, to become worthy of their love and attention. You have to go through the struggle of learning and rejection in order to be attractive in the long run. This process is what refines you and makes you more attractive.

Like Herbal said in his [interview](#), the inner game solution comes from going out and getting positive results.

All you are doing when you feel like you deserve something is tricking yourself into a situation where you believe you CAN attain something, but in reality you don't have the foundation to back it up. This is more damaging than anything else, because you will NEVER get the results that you want.

Progress gradually and you will attain what you set your goals on.

Be satisfied with even the smallest of results, and don't expect to get laid within a week or month of going out.

➤ **RULE #8: TEMPORARILY LOWER YOUR STANDARDS**

If you are reading this, you aren't having sex with the type of women you want to be having sex with.

Don't be freaked out by this. This is a great opportunity that you can take to make yourself a better, attractive man.

Temporarily lowering your standards is a very important rule.

Why?

Because our own level of confidence, no matter how much we like to convince ourselves otherwise, IS INHERENTLY TIED TO OUR SUCCESS LEVEL.

Success with women is no different than exercise. When you first hit the treadmill, you can do about 5 minutes and then you're absolutely hammered. The next day, you do 10 minutes, then 20, then 30, then 40 etc.

You're slowly working your way up the levels of competence.

Likewise, if you are not hooking up with women consistently because you are holding off for hotter women, then you are actually indirectly ruining your progress.

Confidence comes from competence.

You get competence from accomplishing goals, and repeating.

I remember back in the day, I didn't know how to kiss girls. After I started to kiss girls consistently, I realized how easy it was. Now I don't have any problems at all with it.

Confidence is built by the repeated belief that what you are doing is working. But in PU, the only way that you know what you are doing is working is if you HAVE SUCCESS! Eg. Getting a phone number, then kiss closing, then a relationship.

The purpose of lowering your standards is that it is the

greatest confidence accelerator. It's what will give you the success you long for. You will start seeing results and the results will feed motivation.

RULE #9: DON'T FOOL YOURSELF

Avoid the temptation to conclude things when you don't have enough evidence to do so. Don't change your plan when you get ONE bad reaction from a girl or any situation. Don't convince yourself that the [Mystery Method](#) doesn't work because five women at the club fall over you. You're practicing, and you haven't mastered it yet. Give it time!

These techniques work. Your APPLICATION of it is what's not working. Don't waste your time coming to false conclusions, and WORK out what you could have done that DIDN'T WORK.

Stop getting advice from losers that aren't getting incredible results.

Here is a list of highly recommended readings and reference manual for pickup: I personally wouldn't trust anything else, or do you even need anything else. If you can't succeed with these, you have really bad inner game. (Or are LAZY, and have no COURAGE)

Lifestyle Change / Inner Game:

[Cutting Edge Image Consultants](#) (How To Get A Girlfriend)

Further Inner Game:

[Double Your Dating](#)

Attraction / Dating

[Pickup 101 \(Lance Mason\)](#)

[Double Your Dating](#)

[Mystery Method](#) (Venusian Arts Handbook)

Comfort and Rapport Building

[Charisma Arts \(Juggler\)](#)

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YOUR HOMEWORK

Re-read this guide as many times as you need to and implement these things into your life until they are a part of your identity.

Hopefully this was at least a little bit motivational. It won't be an easy journey, but your life is going to be incredible when it happens.

It can happen for you!

Just take a moment to think about practical ways that you can integrate the above rules into part of your personality.

This is the "method" or "how-to" that I think many people are looking for. The problems that you have WILL not go away if you do not try and put those things into practice. You'll end up spending *more* money on yet another "e-book" that will supposedly cure you of your inner game issues. Don't trick yourself, and take action and DO. You've come this far, complete the rest. It maybe difficult, but have JOY IN THE JOURNEY.

Donovan

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