

THE PHYSICAL GAME

FREE CHAPTER

CHAPTER 5

Why We Don't Get Physical

*Learn All The Fears That Prevent You From Getting What You Want – And How To Deal
With Them*

What Are Learned Behaviours?

Before I get deeper into why guys in general refuse to get physical with women, I want to shed some light on learned behaviours. I am referring to those things that we do or don't do out of habit – and how they are learned and cemented with repetition.

By teaching you how behaviours are learned, we can address the issue of why men don't get physical with a little more clarity. For example, if you are used to going to a club to lean by the bar all night and not approach women, then you must know you won't get rid of this behaviour without a fight. Most learned behaviours die hard. After a lifetime of being a spectator, it will be a thorn in your flesh to show up in a club and approach the first girl you see, let alone get physical with her from the get-go. Your learned behaviours will resist your new initiatives.

Homeostasis

This resistance has a name: homeostasis, the unwillingness of any system to upset balance – balance being whatever you got into a habit of doing. Every cell in your body rebels and stops you dead when you try to break through with something new. It works similarly to a thermostat. A thermostat operates on a feedback loop and it acts as the guardian of change. When the temperature rises or goes below your set levels your thermostat activates, bringing back balance. With thousands of thermostats controlling different functions in our body, acting as gatekeepers of mutability, we fight against unseen forces.

While keeping the status quo, your thermostat doesn't know if change will be good or bad for you. It doesn't care. As the keeper of variability gets activated, it leaves you with resistance and merciless paralysis.

It's like going on a diet, failing and then experiencing a swift pull back into old eating habits. Our diet might make us healthier, but we find ourselves eating the wrong kind of food despite our best intentions. Most people who start diets end up giving up after two weeks. Thermostats work on overdrive and people find themselves going back to their usual burgers and fries.

The same thing happens to us when we try to implement new behaviours with regard to women. We end up sliding back to old behaviours. Despite our commitment to talk to women, we find ourselves leaning by the bar and not approaching. Or we talk instead of getting physical. We stray from our initial goals. With too much resistance to change and do uncomfortable things, we enter our comfort zone, the silent killer of game.

To overcome resistance to change, you must commit to a process of readjusting the thermostats. We need to reset your thermostat to new and improved settings and battle to keep them there. With time, effort, and repetition, these new levels become your new comfort zone.

Childhood Messages And Behaviours

Some things happen in most males' childhoods that go unnoticed or never get the rightful attention they deserve in this game. For example, how many times were you told, "Don't hit a girl," "Be nice to girls," etc.? These messages found their way into our psyche. As those ideas became part of our male identity, we don't notice them anymore. They seem to take a life of their own.

Maybe you pulled a girl's hair in grade school and your teacher reprimanded you; or your mother told you to be nice to your sister. They were all benign messages to correct your behaviour, but you were at a very tender age, an age where you learn things at a tremendous speed. Like people say, a child's mind resembles a blank canvas: you can write anything on it.

However, contrary to societal maxims, when you step into a club you will witness how the very guys who grab, spin, and pull girls around, in a seemingly aggressive manner, seem to get all the women. Most of those guys don't have those beliefs of "treat them nice." They act as if women are their toys. However, you must not misinterpret this as harassing. Girls love the physical touch of a confident guy. They welcome it. Those guys are leading girls physically, taking the initiative, running huge risks of being rejected. And that gets the job done.

Conversely, the nice guys seem to lurk by the bar, talk to friends, not approach, and get nothing. They go home alone. By the way, this has nothing to do with nice guys finish last. It has more to do with guys who don't lead, don't get laid. Be aware of your beliefs about females— especially those you acquired during childhood (your most vulnerable time) — because they will get in the way of getting physical.

Cultural Issues And Their Impact On Physical Game: Physically Distant Cultures

Fortunately for me, I come from a Hispanic background where people kiss, hold each other and hug all the time. However, I have taught around the world, including the Middle East, and I have discovered some cultures have more resistance to getting physical than others. In the US, for instance, they have all these worries of sexual harassment in the office. They also keep their distance in social situations. Not a big deal if you understand the student's mindset. By spotting these cultural differences, you can strive to change them when they walk up to a girl. For example, I instruct students to cut the space between themselves and the girls right away, regardless of the country I am in.

Invade her personal space if you must.

But I think the worst cases can be blamed on family background. Since every family stands alone as a cultural unit with its values and rules, it makes for a harder shell to break than a country's culture.

Family idiosyncrasy runs deeper in a guy's psyche than his country's customs. In some families, members don't show approval to each other in the form of touching. Guys who grow up in these conditions have a harder time with unjustified physical contact. To initiate any type of physicality with a female, they need a compelling reason to do it – in the shape of approval on the side of a girl.

You might want to think of your own family idiosyncrasy and see how it affects your game today. Then, you must make the necessary adjustments as suggested in this book. If you come from such a family background, with little or no bodily contact, you will find a great deal of resistance in you to carry out your different tactics and techniques being taught here.

You must not fear sexual harassment for grabbing a girl in a club. You can get away with all you want there, because nobody is going to sue you for trying to make out with a girl. A club is a playground, where rules about physical distance don't apply. For if there were too many rules to bow to, most people wouldn't go to clubs. It wouldn't be fun.

What Is Too Much Game?

First of all, too much game equals too much talking. Too much verbalizing – with little or no physical action. Talk forever and bore your girl forever. Most guys live under the impression that they can convince a girl verbally to go home with them. It has been tried. Without much success I might add.

If you talk to a girl for half an hour without any physical game, you will see her turning her head and looking for excitement elsewhere. What's the point of talking to a guy in a club? Make a friend? She already has a lot of friends. You will be lucky if her friends don't come to her rescue. If girls in her group see her getting bored with you, they will come and take her away from you with an excuse. You will have plenty of those so-called drag-aways if you limit yourself to talking.

As a result of too much talking, no physical lead happens. If you don't lead, you won't get a girl. She needs to see you moving her around, taking the initiative, ploughing through her resistance. A vacuum in leadership happens when you only talk. She will fill such a vacuum. She will either leave or take you back to her friends and start moving you around the venue. As you follow her, you will not be leading and thus lose your initiative. The girl's interest in you will wane and die. You will lose your status as a potential suitor for sex.

Why Do You Fear Losing The Girl?

Your fear of losing your girl will surface on occasions. Let's say you have been talking to her for a while and you quite like her. Your fear of her interest ebbing away if you get physical paralyses you. This trepidation about sacrificing one girl blinds you from the fact there are enough girls to go around – so why all your effort in keeping this one?

Scarcity mentality – not enough girls to go around – should be substituted with an abundance mentality. Dropping one girl makes no difference in the ocean of single girls around the club to pick from. Don't let insufficiency rule your game. Become a closer by losing girls because you did something, not because you didn't try. "Not now" makes for the worst mantra in the game.

Why Do We Fear Rejection When Being Physical?

Fear of rejection drives most men. Guys enter the game with the hope that, after serious study, no girl ever will reject them again. They scheme and learn every Pick Up tactic out there to prevent the inevitable: being rejected.

Their fear has to do with being stereotyped as your average horny guy in a club trying to get lucky. But a crowd in a club minds its own business and aims to have fun rather than blowing the whistle on sexually deprived men. Yet, the paralysing effect of your fear of collective rejection renders you unable to escalate physically.

Players will still be rejected long after getting good at the game. The difference is that they won't care about it anymore. Plus, getting a cold shoulder indicates you are pushing interactions to the limit. It is a healthy sign. Sooner rather than later your efforts will be rewarded with a girl.

On the other hand, most girls don't reject you. They reject your behaviour. Girls who dismiss you never had time to meet the real you. How can they be discarding you as a

person? Not you, but the way you approach sabotages your best efforts. You must be doing something wrong when you start a conversation and they rebuff you. So, don't take it personally. Change the way you approach. Sometimes a small fix like upping your energy levels when you start your conversation with your girl goes a long way.

Furthermore, in this game most rejections are temporary ones. Most girls mean to say to you "not now" or "not ready yet". But most guys give up too soon and without a serious try. They don't follow through and consequently they miss opportunities to get laid. If a girl dodges your kiss close, act normal, and try it again. How many times? As long as she keeps on talking to you. A woman cannot say "no" more than three times. Keep going.

Who is The Perfectionist?

To err is a weakness – or so goes the mantra of the perfectionist. In the futile quest for perfection, you don't risk anything because you don't try anything. Without a big dose of trial and error, you can't learn anything new, and so most of those guys end up stalling their progress. They don't up their game and they finish last, without getting laid at all. Guys don't want their weaknesses exposed.

The result of a strict upbringing, where fallibility is frowned upon, the fear of failure rears its ugly head when it comes time to approach women. Households that do not tolerate wrong doing breed children who refrain from taking risks. Many parents teach their kids to avoid blunders at all cost. However, it takes a strong and healthy ego to tolerate botch-ups. But, if you can take disappointments, your game will soar. Also, errors are a sign that you are pushing your boundaries. You must welcome mistakes if you are serious about getting laid.

Finding Your Own Style

Beware of guys who don't make mistakes because they do not push interactions hard enough. You want to go over your rookie mistakes as soon as possible and start mingling like a master. In this journey, from rookie to master one thing will remain constant: errors. We learn from experience. And experience means trial and error. Go out and try it, see if it works, and do it again.

Don't back down if it doesn't work on your first try— you must repeat and learn. That's the style of the serious player. Why? Because what works for me might not work for you – and vice versa. I can't get away with things other guys do; and the same applies to them when they try my stuff. Those things that are unique to yourself will be found in the course of your practice.

Let me give you an example. Some time ago, I used to approach girls by saying: “Would you like to grab my ass?” Then I would grab their hand and put it on my ass. I was body building at the time and my body was in top shape. Most girls found it amusing to reach and slap my behind. I used to boast that I could open with my ass. At the time, it was an amusing thing to do for me. I have grown out of that one and I don't do that anymore. One thing though, I would not teach my students to open like that. It was too personal and I couldn't get them into the amusing mind frame necessary to carry out that opener. It was mine.

You can only grow in the game through mishaps. Rather than seeing them as defects, embrace, assimilate, and learn from them. Fear of making mistakes must be replaced with empiricism.

When She Has More Value Than Me

We call this problem “girl-is-hotter-than-me” syndrome. When most guys spot a girl who is out of their league – more beautiful than any girl they have had before – they freeze. Now,

as they walk up to her, it becomes an impossible mission to get physical. You notice that they stand far away from the girl as they speak to her. Conversation runs out and they succeed only at making the girl uncomfortable.

Thinking “The girl is better...” causes your mind to go blank. Alternatively, we also call this “putting her on a pedestal.” Guys start to show a behaviour that subliminally communicates to a girl that they don’t deserve her. Attractive girls are way too familiar with this type of male aberration and it causes them to lose interest.

The scarcity mentality (not enough girls to go around), furthermore, helps create this attitude where you put girls on a pedestal. Guys think a hot girl comes once every 100 years – like a comet. They can’t bear the thought of losing all that value. They won’t take risks. As a result, they don’t get to eat pie.

Fear Complicates Everything

Without fear, approaching becomes simpler. Apprehension separates the winners from the losers in this game. Once you become proficient at walking up to women on a regular basis, you will see a huge jump in results. For that jump to happen, second thoughts must be eliminated. Dread in all its forms – of rejection, of the unknown, of making mistakes – stops you today. Once you approach and you find it harmless, you will become bolder and take more risks. You will therefore up your ante and results will start to pile up.

When we finish approaching girls for the night on my live program I ask my standard feedback question: “What did you learn?” Students’ answers go along the lines of: “I can approach now. What’s next?” By “next,” they mean how do I get her to go home with me?

I love to hear this because once fear of approaching women subsides I can start getting deeper into “how to get laid” territory.

Now that we have identified the most important causes of why we don't get physical, let's move on to how to do it for real. In the next chapter, I plan to get deeper into how fast we should get physical and how to do it.