

Interesting Questions

<< If you want to get better at approaching women,
|read this at least 3 times >>

Issue # 015

So is attraction is an emotion? Its different though than like emotions of joy happiness, laughter.... I am confused, I thought it was slightly different? Is attraction different than hornyness like you talked in your books I bought... I say hornyness is just like laughter its am emotional state. But I'm confused with the attraction part...

"Frank"

Hey Frank...

How you choice to represent it is up to you... it can be whatever...you can give it a new name....that doesn't matter... as much as 'the bottom-line success'...

For me -- and for teaching purposes -- I tend to refer to it (attraction, horniness, and things like that) as an "emotion"...and I often use emotions and feelings interchangeably...

If you really want to get technical.... or if you want to represent it differently, you could say that an emotion is one thingand a feeling is another thing..

That's perfectly fine....

So things like anger, happiness, joy are EMOTIONS...

And things like 'being horny' are FEELINGS....

In which case it's possible to have both things going on...

So you could be HAPPY [emotion] and HORNY [feeling] at the same time....
You could also be ANGRY [emotion] and HORNY [feeling] at the same time...

For example, if your female partner is walking around the house in a thong....and licking her lips....then that could have an affect on you...

If you asked her to join you in the bedroom and she says NO... you could end up being ANGRY[emotion] and HORNY [feeling] at the same time...

As far as attraction, for the most part I tend to represent that as Sexual Value...or "magnetism" which is a little different because if you're man who has been on Earth for some time, then chances are there was a woman who you were "magnetized to"...

You wanted to be around her... you thought about her a lot..

So it's magnetism...

And if you have magnetism in your relationship, then your woman wants you all the time.... if you have magnetism as a "single guy" then you many women drawn to you...

And if you DON'T have magnetism, then by default you have REPULSION (in other words, women don't like you and they can't explain it)....

- CR

Hi CR,

Me Gary again, yeah regarding the girl I was referring to I know her by site, for about 8 years, and I've always liked her but in the last 3 and a half I developed a real bad crush on her and as soon as I see her all I do is freeze and get nervous, this girl always has given me signs of interest but often changes I noticed.

There has been times when I think I had the opportunity and I keep telling myself its too late, she doesn't want me, she's probably got a boyfriend and I feel I stuffed up and its all confusing and its killing me inside at times.

I want to find out where she is, but when I see her I just freeze, its a terrible feeling.

I approached her once last year asking for directions, while she was washing her car and she was rude, but then I saw her a couple days later and she was looking really fixed and smiling.

Yeah I don't know.

Does your book help with this type of thing?

I always afraid of her rejecting me I think its probably my own mind telling me that.

Thanks for reading Gary

PS Im sure the product I saw was super seduction power, I think?

You don't need Super Seduction Power (at least right now)

If you're looking to solve your biggest problem, you need Super Approach Power (SuperApproachPower.com).

First of all, you could be MASSIVELY over-valuing her. You have to remind yourself that:

- She's JUST a woman.
- She has fears.
- She has things that she is insecure about.
- She LOVES to meet guys who are down to Earth who are comfortable being themselves.

Whenever a guy is SCARED to approach women, it's because:

(1) He's overvaluing her. In other words, he thinks just because she's attractive to him, that must mean she's perfect - or that she's his soul mate - or that she's that ONE special woman he's been waiting to meet.

(2) He's overvaluing the outcome. Thinking that her 'giving him her number' automatically means that she wants to screw him 10 times a day - or - he's the greatest guy to ever walk the planet.... OR... Thinking that 'NOT getting her number' automatically means that he's a hideous creature who is hated by all women.

(3) He's undervaluing himself. This is where the guy forgets that he has a list of good qualities that are very valuable (appreciated) by lots of women - or - he focuses on one or two things that aren't perfect about himself (over and over again) until he forces himself to feel insecure around women.

(4) He doesn't have a clear game plan. This would be like feeling 100% amazing about your ability to drive from your house to an unknown destination without having a map with clear instructions.

(5) Or a combination of 2 or more of the above.

In terms of 'undervaluing yourself', you should focus on changing your "image" of being desirable... (close your eyes and think about YOUR image of a desirable guy.)

For some guys, their image of "being desirable" is unreasonable.

It's a flashy dresser who glides into clubs, dances like John Travolta, does a bunch of card tricks (like David Blaine or Darren Brown), PLUS he says JUST the perfect thing at the right moment, along with making her crack up laughing (like he's George Carlin or Chris Rock)...

Not only is the image unrealistic, it's based purely around a 'performing for her' model...

No wonder they don't feel confident...

You might have to change your "internal image" of being desirable.

Step 1 - Find your image of being desirable (it could take a while).

Step 2 - (if it's unrealistic or needs improving) Erase the image

Step 3 - Create a new image of "being desirable" where you see yourself in your mind (being yourself)(being calm)(having success)(feeling good about yourself)(realistically doing things better).

The idea is get out of the 'undervaluing mindset'.

(By the way, I personally get turned off by many so-called Visualization Techniques. I think most people teach them because they see other people teaching them or they think 'visualizing' all by itself can solve any problem. I'm not one of these people. I'm only suggesting it (in this situation) because when used appropriately it can quickly re-train you to think better about certain things. And I base this on personal experience - along with understanding the science behind how visualization can create neural connections. However, feeling good about yourself is only part of the solution. Even if you successfully erase the feeling of undervaluing yourself, you still need a clear, sensible game plan.)

In addition to training/conditioning yourself to feel amazing, you still want to do some action-based stuff....

((Also: I'm purposely including some stuff NOT mentioned in Super Approach Power [SuperApproachPower.com] - so if you own a copy - or end up getting a copy - you can build on your notes that you have taken from that report.))

In fact, here are a few powerful things you can do:

1: Focus on your good qualities. Focus on being comfortable with being YOU. Anything that you THINK is a flaw, see how it is an advantage in some way. Start to feel good about "what you thought were flaws". Focus on feeling amazing about yourself.

I can't stress enough about how important this is.

2: Don't worry about what other people think. For example, some people represent feeling amazing about themselves as some sort of spectrum - where at one end, it's "feeling good about yourself" and at the other end, it's "feeling good about other people".

In other words, the more you feel good about yourself, the less you feel good about other people.

And as result, at some point in the "feeling amazing about themselves" process, they start to feel guilty - as if they are doing something wrong. As if being proud of yourself is a bad thing.

As if feeling great about EVERYTHING about YOU automatically means that you think you are better than everyone.

Social conditioning is partly responsible for this. Other things are, too.

The truth is, they are TWO DIFFERENT THINGS.

Anyone who thinks critically realizes this.

So focusing on visualizing seeing yourself feel good about yourself.

In fact, the ONLY way you can get someone to NOT be afraid of spiders (if they have a phobia) is to get him to visualize (in creative ways) seeing himself NOT being afraid, because the brain makes actual neural connections just from visualizing! This is more amazing than what most people realize.

So if you can imagine a tree with branches, then imagine the trunk with a nametag on it that says 'spiders' and one of the branches with a nametag on it that says 'scary creatures that will leap at you and bite you with their painful fangs', then that is the Brain TREE inside the mind of someone who is afraid of spiders. No wonder he was so scared. LOL.

Of course, if he visualized in creative ways (because people are capable of getting over any fear) to the point where the phobia was gone, he would have a new Brain TREE. Whenever he thought of spiders, there would be a new nametag that says 'little creatures that are scared of getting killed by humans' (or something like that)...

So anytime he thinks of SPIDERS, he now has a habit of thinking 'something new' - something that doesn't scare him.

When it comes to approaching women, you can visualize:

(1) Seeing women as

Being good natured

Being tender

Someone who has the problem of being approached by idiots so they
CONDITION HER to love meeting guys who are down to Earth who are
comfortable being themselves.

(2) You can visualize yourself feeling amazing about yourself.

Be creative - imagine meeting a new woman who is so shocked that your ex-
girlfriend didn't appreciate all the good things about you

So you can do things like that to upgrade your Brain Trees.

(3) You can imagine approaching a girl and her saying I have a boyfriend or I'm
not interested. And then looking around and noticing that the world has
exploding. Notice how you're not bleeding. Notice how the world still contains
other woman.

Statistically, there are women who are going to focus on good things about you
that you haven't even noticed.

Also, if you combine 'upgrading your Brain TREES with a powerful game plan,
then when you start getting better results you can be happy that you took the
time to be strategic.

Create a game plan. I'm going to do X, then I'll do Y - if Y works, I'll do Z.

If you need help with a game plan, you can check out SuperApproachPower.com

If you don't need help with a game plan - but you need help with Brain TREES,
just re-read this info a few more times.

Regards,
CR James

<http://SuperApproachPower.com>