Good Looking Loser
ARCHIVE

compiled by /u/dream-hunter

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Best Regards,

/u/dream-hunter

April 16, 2023

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Table of Contents

Get Laid or Get Lost Mindset 11
Help! It's Weird Going Up To A Random Chick and Hitting on Her! (Approach Anxiety) 15
How and What to Screen Girls For 22
How to Screen and Filter Girls Out Instead of Being Rejected 27
How to Tell if She's Interested or "Down to Fuck" 31
Relax. You'll Eventually Get Pussy. 34
How To Use This Information, The Secret To Life, Etc. 38
What If I Approached 100 Hot Chicks? Would I Get A Date Or Some Pussy? 41
What If I Approached 100 Hot Chicks? Would I Get Any Pussy? (A Closer Look) 48
Old Openers and Pick Up Lines That I Used 2007-2010 54
Do You Really Want the 'Playboy' Lifestyle? v1.21 60
I Want to Bang Chicks, But I'm Not Comfortable with Social Situations / Environments & How Chris Got Good 62
Good Looking Loser on Dating Show in 2002 68
Does Size Matter? Physical and Psychological Effects of Being Well Hung 69
When You Meet a Chick, Touch Her ASAP to Screen and Establish a Physical Dialogue 75
Live Proactively: Are you Alive? Or Just Flushing the Toilet After Other People Take A Shit? version 1.12 (Lifestyle) 79
Don't Follow Hollywood Movie Examples if you Want to Get Laid 86
LR: Jenny D from Michigan (Hermosa Beach) HB8 89
LR: Annie from Morgantown/Santa Monica Beach HB8 91
LR: Brianna SUPER HOT HB10 overachiever girl awesome Hot Sexxx 93
Screen with Silent Game (Kino, Aggressive Physical Advances & Dialogue) 96
How to Unlearn "Game" and Seduction Community Brainwashing 101
How To Get Your Chick To Be Dominant If You Like To Be Submissive Sometimes *Not Safe For Work* 104
Penis Enhancement Routines 108
Calling / Texting 113
Calling / Texting (Phone Game) 115
Calling / Texting: What if She Texts Back But Won't Pick Up My Call? And MASS Text Technique 118
Non-Mainstream Techniques to Beat Sexual Anxiety / Erectile Dysfunction 121
Beginner's Penis Enhancement Routine and Information 132
Bathmate Before and After Pictures 135
Good Looking Loser's Mission Statement 146
Scotty From Good Looking Loser.com debates Jeff Magic (PUA) on Rx Heavy Muscle TV 148
Cell Phone Wingman If You Are Nervous About Going Out Alone 151
Seeking Validation From Women Will Absolutely Ruin Your Chances 153
Baby Steps To Beat Approach Anxiety v1.0 158

Seeking Validation? Here's How To Stop. (Illuminatus) 162
Bathmate for Length Gains 164
Bathmate Discount Coupon 167
Bathmate Testimonials From Other Good Looking Losers 169
The Ultimate Bathmate FAQ Guide 174
What is Screening? 181
Sizegenetics Before and After Pictures *Not Safe For Work* 186
Don't Wait For Indicators of Interest... Make Them Happen. 193
Aggressive Game Only Gets Sluts? 195
What I Do/Say When I Screen [Pick Up] Girls 90% Of The Time (Basic Screening Dialogue) 200
The Only 'Alpha Male' Rule - Do What You Want 202
Scotty Gets Laid in About 30 Minutes (eye contact to sex) 210
How I Got Ripped in 8 Weeks (2012) 211
Be a Creep, Get Laid 216
Sunday Conversation, What Goes Through My Head When I See A Hot Chick 219
Illuminatus: How To Enjoy Your Life (Lifestyle) 225
Scotty's Fat Loss Diet When He Was A Competitive Bodybuilder 228
"Pornstar" Advanced Penis Enhancement Routine 231
Videos About the Bathmate Hydropump 237
Axl Rose Discusses Drug Use 241
This Process Will Strip You Down and Force You To Confront Your Real Issues 243
Good Looking Loser's Sizegenetics' Video FAQ 250
The Road To Endless Pussy (Part I): Guys With Moderate To Extreme Social Anxiety 252
The Road(s) To Endless Pussy (Part II): Guys With Approach Anxiety 257
The Secret (The Movie) 262
How to Learn Pick Up Girls (Picking Up Chicks Is Like Learning Any Other Skill i.e. Basketball) 265
How to Double or Tripple Your Chances of Getting Laid on Any Given Night 273
Sizegenetics Routine for Beginners 276
How Learning Happens: Concept Encounters, Levels of Learning 280
Does Height Affect Penis Size? 282
University Study: Does Size Matter? (Clinical Study) 285
Numbers Game Explained: Sexually Available vs. Sexually Unavailable Girls 288
How to Get Girls to Smile and Talk to You (Smile Technique) 295
All About Peyronie's Disease (Curved Penis) 296
The Importance of Penis Girth 300
Plenty of Fish - How to Get Laid the Same Night 303
What Do I Do If The Girl Isn't Talking Much? 312
Screening vs. Escalation - Depends on your Gameplan 314
Mr. Funny Man PUA Good Looking Loser October 2008 317
How to Get a Girl's Attention By Giving Her the Finger (Flipping the Bird Technique) 319
Fleshlight Review 321
Does Penis Enhancement Actually Work? (How Much Can You Actually Gain?) 326
Are You Too Smart and Sophisticated to Get Laid A Lot? 330

Good Looking Loser Podcast I: Free Forever, Perfect Day, Etc. 335
Girls That Are Mean To You... 339
Hot Women Only Want to Fuck The Hottest Guys? 344
The Difference Between Guys That Bang Hot Girls and Super Hot Girls 351
How to Pick Up a Girl at the Mall (Basic Guy, Low Screening) 354
How to Pick Up a Girl Who is Working (Basic Guy Game, Some Screening) 356
Guys That Are Ambitious For Pussy: Time Wasting Activities and What to Do About Them 358
How to Pick Up A Girl on Her Cell Phone 364
Do Penis Pills Actually Work? 367
Mr. Internet Expert Probably Can't Help You 371
Urban Meyer 4 to 6 Seconds (Approach Anxiety) 375
Combining Bathmate and Sizegenetics (Beginner Level) 379
Guys That Should [Probably] Not Start AA Drills or Approaching Women 383
Smell The Roses: A Feel Good Story From A GLL Member 390
Serial Dater Trevor and His 17 Committed Girlfriends (Average Guy Game: Ethics/Retention By Any Means Necessary) 395
Looks + Style = Sex Appeal, A Quick Look 399
Picking Up Chicks: What Body Type Is Best? 403
Looks Do Matter But... 412
How To Put On the SizeGenetics Penis Extender (Nudity, Non-Sexual) 413
Beating Approach Anxiety, With Help From the Soviet Prison System (Hypothetical) 415
Criticism of Me and GoodLookingLoser.com? 419
Why Most PUA/Dating Forums Are Completely Fucking Worthless (Extreme Limitations) 424
How to Pick Up a Nervous Teen and Take Her Home 428
Some Perspective on Nice Guy Syndrome, You Don't Have To Be A Total Asshole 430
Retention: How To Keep Fuck Buddies in Uncommitted Relationships and Profiles of Guys 437
November 19-23: Thanksgiving Road Trip, 50 Day Agenda, Updates 450
What to Expect After You Order The Sizegenetics Penis Extender 453
December Update: Agenda for Good Looking Loser (In New York) 460
Douchebag - A Term of Endearment 461
Claim That Pussy (Permission) 468
Executive / CEO Frame 472
Getting Paid to Improve Your Social Skills (Boy Toy) 476
How Amir Totally Beat Approach Anxiety and Got Laid a Ton 481
Swag Factor (Coolness) Defined; The Missing Piece For Hot Pussy v1.0 488
Kegels For Men (The Ultimate Guide to Kegel Exercises) 501
Penomet Official User's Guide 509
Rooster's Guide to Plenty of Fish v1.0 513
How to Use the Bathmate (Official Instruction Books) 528
Kegel Routines for Men 537
She's Probably Already Fucked a Guy Uglier than You... 545
What Do Women Want? They Have No Idea (Sexually Unavailable for Unexplained Reasons)

..... 551
Bathmate or Penomet: A Critical Comparison 557
The Zero Hour Rule, Comfort is Overrated 566
Approach Anxiety Program - Week 4 570
Approach Anxiety Program - Week 1 588
Approach Anxiety Program - Week 2 599
Approach Anxiety Program - Week 3 610
Approach Anxiety Program - Week 5 623
Looks Actually Matter More to DTF Women than DTF Men 635
Approach Anxiety Program - Week 6 640
Ultimate Guide to Penis Stretching (How to Increase Your Penis Length) 659
Average Penis Size 669
Ultimate Newbie Bathmate Routine 677
Cremaster Muscles 683
Internalizing a "Screening" Mentality 688
Bathmate Review - Based on 8 Years of Experience 696
Ultimate Guide to Jelqing (Includes Real Jelqing Video) 706
Interview: The Zuberi Project (No Pussy to Buckets of Pussy) 714
Where to Frugally Invest Your $$ If You Want to Get Laid A lot (Sam's Lists) 720
BAD Stuff That Will Fuck Your Life Up and Make You an Average Sexless Loser! (Sam's Lists) 726
6 Hardcore Bodybuilding Secrets That I Learned From Training with Mr. Tampa 734
Masturbation: A Female's Perspective (Lexy) 742
Year of the Fucking Rooster Part II - Significant Progress 754
Year of the Fucking Rooster Part I - Experience 758
Phil's Simple Bathmate and Sizegenetics Routine (Intermediate) 762
Beginner's Bathmate Routine 768
Lexy Cums Through - Can't Orgasm to Can't Stop (Lexy) 771
Approach Anxiety Program - Week 7 777
How to Prevent (Avoid) STD's; Emergency Non-Mainstream Method 791
Online Dating: What to Do and Know Beforehand (Rooster) 797
Will "Screening" Work For Me? (What "Game" Really Works?) 803
Why Edgy (Masculine) Looking Guys Will Always Be More Appealing to Sexually-Active Hot Girls 809
Sizegenetics Review - The Best Device to Increase the Length of Your Penis 817
Sense of Entitlement (Advanced Confidence) 828
Girl's Perspective: Fantasies, Fetishes, Kinks, Oh-My! (Lexy) 849
Asking 17 Girls For Phone Number Super Quickly (Live Audios) 858
A Day of Approaching Women in Public Settings (Audios) 864
Taking Bathmate to the Next Level (Advanced Use and Modifications) 872
Look The Part/Status with Finesse; Why is Black People So Loud at the Movies? (Part I) 876
Ultimate Guide to Edging 886
"Party Game" - How We Got 60+ Girls To Chill With Us on Saturday Night (Live Audios) 896

How to Get a Date the Same Night - Basic Guy Game (Live Audios) 909
What Is Kratom? (All About Kratom Part I) 913
Interview with Scotty (August 2013) 921
Mean Girls Robbing Guys in Vegas (Lexy) 924
Happy Hippo Kava Review 929
Good Looking Above Average Loser 933
September 2013 Newsletter 937
A No-Bullshit Analysis of Martial Arts: Conclusion & Advice 4/4 939
A No-Bullshit Analysis of Martial Arts: Bullshit Fighting Styles 3/4 943
A No-Bullshit Analysis of Martial Arts: Questionable Fighting Styles 2/4 948
A No-Bullshit Analysis of Martial Arts: Most Legit Fighting Styles 1/4 953
Why Getting Punched in the Face is the Best Thing That Can Happen to You 964
"The New Guy" How I Would Always Make Friends With Random Girls Over 9 Different Cities 973
If you Improve Your "Value", Will You Get Laid Significantly More? (Not Exactly) 978
14 Red Flags That You Should Probably Be Aware Of (Uncommitted Relationships/Fuck Buddies) 986
So You Want to Be a Fighter? 997
Good Looking Loser's Penomet Before and After Pictures 1004
You Got 99 Problems But Her Orgasm Ain't One 1009
Does Kratom Work? (Kratom Hyper-Responders vs. Non-Responders) 1016
The Story of Your Enslavement (Video of the Week) 1018
The Emotions Controlling You - Relationships & Oneitis (Rooster) 1019
The Emotions You Can Control to Avoid Oneitis (Rooster) 1027
A Fighter's Psychological War with His Mind - Pre-Fight Anxiety (Lubomyr) 1032
Phallosan Forte Review - The PE Length Device You Can Wear While You Sleep 1038
A 5 Foot 1 Inch Guy That Gets Laid More Than You Do 1051
Your Penis and Her Vagina on Phenibut 1056
The Numbers Game - A Comprehensive, Definitive Look At Your Real Odds v1.0 1060
Happy Hippo Black Friday Sale (November 20 to November 30th) 1079
NEW YOUTUBE CHANNEL 1080
Hollywood Loves Your Inferiority Complex - You Aren't That Ugly (Part I) 1081
Help Me, Help Someone In Need (Good Causes) 1091
Fundamentals For Getting Laid A Lot/Same Night & Definition of Game 1095
Thank You For Your Donations to 'Help Deck'! 1105
Two Main Reasons the Approach Anxiety Program Works and Works Forever 1111
Shut Your Mouth Rookie (Redshirt Year) 1117
The Most Popular Posts On Good Looking Loser in 2013 1122
Rooster's Kratom Reviews (Updated) 1126
9 Things You Need to Do In 2014 - Primary Goals (Part I) 1145
Rejection, Dedication, Stages, Insecurity, etc. (Podcast 1 w/ Scotty - 2014) 1159
Mr. Juxtaposition is So Hot Right Now 1161
Interview with Pete on Manosphere Radio 1168
Forum Questions for Scotty (Bathroom Action, Approach Anxiety, Face Tattoo, Rejection) (Podcast 2 w/ Scotty – 2014) 1169

Scotty's Approach Mindset, Eye Contact, ALL IN, Comfort is Overrated, Killer Instinct (Podcast 3 w/ Scotty – 2014) 1173
How to Pick Up Girls if You Are Nervous... (Nervous Guy Game) 1175
The Fundamental Problem with "PUA" or Seduction Community 1183
An Introduction and Major Misconception about Party "Club" Game (The Scene - Hollywood, USA) 1189
Fleshlight FAQ (including Z69's Homemade Astroglide) 1199
Is Scotty a Mean Criminal/Scumbag? Being Humble and Physical, What to Do When You Run Out of Stuff to Say, etc. (Podcast 4 w/ Scotty – 2014) 1212
Exclusive Podcast With Victor Pride (Bold & Determined) - Part 2 of 2 1214
Academic and Social Misconceptions About College - Academics (Part I) 1217
Academic and Social Misconceptions About College - The Social Hierarchy (Part II) 1237
Academic and Social Misconceptions About College - Slut Bags, Social Mobility, Size (Part III) 1256
Academic and Social Misconceptions About College: Greek Life - The Greek Hierarchy (Part IV) 1266
Chris and Brian Talk Being Honest With Yourself and Get Spiritual (Podcast 5 w/ Scotty – 2014) 1276
Academic and Social Misconceptions About College: Greek Life - Getting Pussy, Hazing/Diarrhea, Minorities, etc. (Part V) 1284
Academic and Social Misconceptions About College: The Big Picture (Part VI) 1305
Phallosan FAQ - Frequently Asked Questions About the Phallosan Forte 1316
Killer Instinct is the Definition of "Game" 1331
The One Killer Instinct Move That You Need to Know - "Follow Me" 1338
What Do I Do When A Hot Girl Hits On Me? (The Solution to Every Situation Ever) 1344
How to Be Successful at Everything on This Site (What I Know That You Don't) 1352
10 Misconceptions About Guys that Are "Naturally" Successful With Women 1370
How to Beat Performance Anxiety (The Only Thing You Need to Know About Having Sex With a New Girl) 1381
Chris and Mike from Danger & Play Discuss - Lifestyle, College and Your Early 20's (Podcast, Crystal Clear Audio) 1391
Chris' High School Experience & Why He Was Semi-Popular Senior Year (Includes Old Photos!) 1394
What You High School Kids Need to Know (Advice If You Aren't Popular in High School) 1409
Do You Have Social Anxiety? (A 25 Item Checklist to Measure Your Social Anxiety) 1421
How to Get on the Radar of Successful People (Part Deux) 1430
Good Looking Loser's Bathmate Xtreme Review 1442
"Player" Accusations From New Girls/Fuckbuddies (What They Mean & Dynamite to Destroy Them) 1452
Brian (Scotty) On RxMuscleTV #77 (July 17, 2014) 1460
The Real Reason Why You Didn't Get Laid This Weekend 1462
The Golden Era of Peace, Indifference and Pussy (When Picking Up Women Actually Becomes Fun) 1469
A Hardcore Lesson in Sexual Availability 1479

How to Avoid Getting Emotionally Attached to Girls Too Quickly 1497
How Brian (Scotty) Gets Laid In 5 Minutes - The Quick Hit (Podcast 6 w/ Scotty) 1509
Your Hair vs. Anabolic Steroids (How to Stop Hair Loss Guide - Part V) 1515
A Big Thank You to Everyone in the Good Looking Loser Community 1530
How to Lose Your Virginity - Getting Started and Universal Appeal (Part II) 1532
How to Lose Your Virginity - What Inexperienced Guys Need to Remember (Part I) 1543
How to Lose Your Virginity - Meeting Girls and Getting Them To Go Out With You (Part III) 1550
How to Lose Your Virginity - Retention, Sexual Experience and Other Issues (Part V) 1558
How to Lose Your Virginity - Dates and Going Further Each Time (Part IV) 1565
Why You Aren't Getting Laid on Your First Dates (Boyfriend Material) 1573
Thoughts and Reflections From Following a Kratom Lifestyle for the Past 5 Years 1589
Biggest Donation to Date - $2000 For Breast Cancer Research 1613
Mr. Friendly Man - Extroverts With Social Anxiety (and How To Fix It) 1617
How to Get Married and Not Get Burned (Discussion on Legit Prenuptial Agreements) 1624
The Myth and Pursuit of Immovable Confidence 1629
Plight of the Lonesome Bodybuilder - Legit Potential (Part I) 1642
Plight of the Lonesome Bodybuilder - Problems and Solutions (Part II) 1649
Plight of the Lonesome Bodybuilder - Roadblocks, My Liberation and Hope (Part III) 1672
What a Difference a Year Can Make (Good Looking Loser 2014 Success Story) 1680
Good Looking Loser - The Best Stuff From 2014 & State of the Union 1686
How Kratom Changed Everything (Podcast with Chris Lend-a-hand) 1700
7 Habits of Highly Effective Losers (Player's Edition) 1705
Are YOU Sexually Available? (Podcast with Scotty) 1716
Scotty Lives (The Greatest "Pick Up Artist" Ever Announces Retirement) 1720
Why I'm Jealous Of You... 1727
How to Know If You Are Successful With Women (The One Goal You Need to Have) 1734
Your Mental Problems Are Everyone Else's Normal (You Aren't a Big Mess - You Just Care More) 1746
"Rich Guy Game" (How to Correctly Leverage Your Social/Financial Status) 1751
Good Looking Loser's 100 Flowers Campaign (Constructive Criticism) 1759
The Most Liberating Thing You Can Possibly Hear If You Are Scared To Talk To Girls ... 1762
Good Looking Loser Apparel Available At BADWear.com 1769
New Good Looking Loser - Mobile App Now Available 1773
2 Socially Acceptable Ways to Ask a Chick to Sleep With You 1777
New YouTube Channel - Lifestyle by Good Looking Loser (GetALife) 1782
Remembering Those Lonely Saturday Nights When I Was By Myself (Comfortable Depression) 1783
The Comfortable Life of the Undersexed Male (Why Most Guys Won't Get A Lot of Pussy) 1790
The Playboy Model Who Used to Cut My Hair - Opportunity Means Nothing (Part 1/2) 1797
Dinar, the Israeli Bombshell, A Reversal of Fortunes - Opportunity Means Nothing (Part 2/2) 1802
How to Go Out Alone to Bars - A Doable Step By Step Program (Part 1) 1809
How to Go Out Alone to Bars - Final Answers & Thoughts (Part 8) 1822

How to Go Out Alone to Bars - Good Moods & Bad Moods (Part 7) 1840
How to Go Out Alone to Bars - The 6 Most Important Things to Remember (Part 6) 1850
How to Go Out Alone to Bars - The Final Month (Part 5) 1858
How to Go Out Alone to Bars - The Second Month (Part 4) 1864
How to Go Out Alone to Bars - The First Month (Part 3) 1871
How to Go Out Alone to Bars - Rules/Nightly Preparation (Part 2) 1879
Getting Laid (How It Should Actually Fit Into Your 20's) 1889
My Thoughts on Gorilla Mindset and Mike Cernovich 1897
How to Get Rid of Anxiety Without Doing Drugs (Part 2) 1903
How to Get Rid of Anxiety Without Doing Drugs (Part 1) 1910
How to Pick Up Girls Efficiently (If You Don't Have the Time/Desire To Meet A Lot of Girls) 1919
How Do Bodybuilders Eat So Much Fast Food and Stay Lean? (McDonald's Bodybuilder Diet) 1928
How to Lower Your Standards (and Keep Your Dignity and Boner) 1939
How To Be Good Looking (How Much Losing Face Fat Can Help Your Sex Appeal) 1951
The Best of Good Looking Loser 2015 1968
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How to Stop Feeling Guilty For Prioritizing Your Sex Life (When You Think You Should Be Doing Other Things) 1981
How to Get Laid (Common Sense Revisited) 1989
How to Last Longer In Bed (Non-Mainstream Premature Ejaculation Solutions Without the Bullshit) 1998
How to Beat Approach Anxiety By Being a Man (My Final Thoughts On Approach Anxiety) 2007
How to Appreciate Women (Hank Moody Edition) 2013
The Most Important Good Looking Loser Concepts to Get Your Sex Life Right 2023

Get Laid or Get Lost Mindset

December 8, 2011 | by Good Looking Loser | Link | Original Link

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Get Laid or Get Lost.

If you're trying to meet girls and get laid - I have a mantra that I suggest that you follow, **"Get Laid or Get Lost."**

"Get Laid or Get Lost" means that every girl that you approach - you take the mentality that you are either going to **Get Laid** or the girl can **Get Lost** [and not waste your time].

There's only a handful of guys that I know that sleep with hot girls consistently and they all have this mentality.

This is the aggressive approach that legit players have each time they speak to a girl that they want to bang.

With this mentality, you'll never put yourself in the "friend zone" or waste your time in a pointless interaction with some nonsexual or boring girl.

Taking this aggressive mentality and living by it will get you more pussy than you have ever had.

It will also screen out or get you "rejected" by nonsexual, boring or emotionally unhealthy girls that you want to avoid in the first place.?

So it's really a win-win once you internalize this attitude.

Get Laid or Get Lost Audio 1/2

00:00 - "Get Laid or Get Lost" mentality will efficiently get you a ton of pussy

01:30 - Guys that bang a lot of hot chicks have this mentality

02:15 - If you follow this mentality you'll never waste time or put yourself in the friend zone

02:45 - You will only get girls that are down to fuck [or at least in the very near future]

03:20 - A lot of guys try to improve their dating/sex life by finding lines/techniques to "never get rejected." This is a major problem because it makes you a pussy.

05:10 - Football analogy - teams that play "not to lose," eventually lose

05:45 - When you talk to girls - you need to screen them, not the other way around

06:20 - I had a hard time beating my fear of rejection

07:50 - You want girls to view you as a player that is good in bed, not as safe "boyfriend material" nice guy

09:00 - Talk to chicks + Being aggressive = Get Laid

Get Laid or Get Lost Audio 2/2

00:00 - Screen girls and don't waste time on the non-sexual, boring, emotionally unhealthy chicks

00:30 - Emotionally healthy, sexually active girls will have no problem with you touching them in bars/clubs

01:40 - Seriously don't waste your time, Getting Laid is a numbers game

02:15 - Way better to be too aggressive than too passive; Better to be too aggressive than too passive

02:40 - Having balls is the #1 thing you need to Get Laid

03:15 - It takes while to internalize this mentality if you have been a 'nice guy' your whole life

05:10 - Your game should weed out and filter the girls that you don't want

05:55 - (example) My friend in LA likes girls that do cocaine, or won't bother him about it

07:00 - If you're new to this, just start talking to chicks - don't worry about filtering them just yet

07:40 - (example) I like chicks that are in shape, so I grab their arms, abs and ass when I meet them to see if their are comfortable with their bodies

A lot people looking for advice on sex and dating are looking for certain pick up lines or techniques that will help them "never get rejected". Unfortunately, simply "avoiding rejection" doesn't help you get girls. It is also sign of a very fragile ego. You need to be aggressive and assertive in your interactions to get laid on a regular basis.

The goal of your interaction isn't to convince a girl that you are friendly and safe enough to have a conversation with.

The goal of your interaction is to find out whether the girl has the personality, sense of humor and sexual freedom (or whatever else) that YOU are looking for.

Your interactions should come from a position of power, not fear.

It's gonna take some practice though, especially if you've been playing "not to lose" with chicks or are trying to overcome some passive, nice guys tendencies.

This is one issue that took me a while to overcome. In fact, it was probably the biggest issue preventing me from banging the top-tier girls that I wanted. I, like most people, was raised by a good family taught me to be considerate and respectful to everyone - especially women. While that's all well and good, it doesn't exactly lay the foundation or build upon the aggressive alpha-male attitude and persona that I needed to get busy with elite girls on the first night (or at all!). Girls would quickly profile me as "boyfriend material" and would make me "work" for sex (multiple dates, emotional investment, etc.). Since I was scared of rejection, I would play the game "not to lose," totally subservient to a girl and her timetable for sex. While that resulted in low levels of rejection, it also resulted in a very mundane and sometimes non-existent sex life - I also had no chance of pulling the smoking hot girls I wanted out of bars, let alone get their numbers. Hot girls don't want to fuck

passive nice guys. It took a lot of work but I eventually adapted and found that taking a more aggressive mentality ended up scoring me the hotter, more "sexual" girls that I wanted.

"Get Laid or Get Lost," doesn't mean you should strive to become an over-the-top pervert.

It means - when you meet a girl you want to bang - you should avoid the boring generic topics, and instead, take the lead by introducing flirtatious sexual-charged conversation while also seeing how the girl responds to your physical advances. You can have some generic small talk once you've screened her she is receptive. If a girl isn't receptive to your advances - don't apologize - just move on and talk to another one.

She's lame. Not you. She can get lost.

It can take a while to have this new attitude to come off with confidence and not look arrogant, rude or creepy. It's a process.

But remember - in this game - it's always better to be "too aggressive" than "too passive".

If you lose girls by being too aggressive, then so be it.

If you lose girls by being too much a pussy, that's not good!

Having "balls" or social courage is the #1 thing you need to get girls.

Balls.

Not funny lines, interesting stories, designer clothes or lots of friends or money.

Being aggressive and creeping out a girl or having a girl call you a "douchebag" is not the worst thing in the world.

At worst, it's embarrassing and temporary.

The worst thing in the world is be submissive, lonely, undersexed and scared of women.

Even if you just want a girlfriend and you're not trying to become some "player" who bangs hundreds of girls - you still need to have balls. Otherwise, you'll end up as a little bitch boy to your girlfriend or wife and she will lose respect for you and start looking at her other options.

Please believe girls like "jerks" and "bad boys," when you're practicing being a "jerk," just try not to be a huge asshole. But even if you do, it's not the worst thing in the world. :)

Once you get good a this, you'll be getting a lot pussy and eventually have the opportunity to tag more girls than you can handle. It will be more efficient to weed out the girls you don't like (or are incompatible with).

For example - if you are already getting a ton of pussy and you have a laid back personality and like more mellow girls, you should probably be extremely very laid back in your interactions - laid back enough to cause high-energy girls to walk.

Another example - A buddy of mine in Los Angeles does a lot of cocaine, he's wants to make sure the girls that he's seeing either do it too or won't bug him about it. So after he's met a girl, he tells them a story about how he does cocaine at Thanksgiving dinners because his family meals are so awkward. The girl either laughs and is interested - or thinks it bad and walks off shortly. It's a great filter system.

? Those types of girls often require an extended process of courting, emotional commitment or a high amount of tolerance to deal with their baggage and psychological issues - leave these girls to the desperate guys. (Seriously - here in Los Angeles, 2 of every 5 girls has some sort of emotional

disorder)

If you want a great example of a "jerky" attitude that girls dig, check out Bentley Williams from the Bachelorette:

If you have any questions or comments, definitely don't hesitate to post below.

Help! It's Weird Going Up To A Random Chick and Hitting on Her! (Approach Anxiety)

December 10, 2011 | by Good Looking Loser | Link | Original Link

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Approach Anxiety

This is a major issue and probably the one we focus on the most with our students.

You need to have social courage or "balls" to meet and bang hot chicks.

It's the most important thing.

More important than looks, money, funny/smooth lines, or interesting hobbies.

Approach anxiety, social anxiety, sexual anxiety and general anxiety will totally fuck up your chances with women.

The good news is you can overcome all of these issues, or at least enough to get hot chicks in bed on the regular.

Let's focus on approach anxiety.

Beating Approach Anxiety Audio 1/3

00:00 - Approach anxiety (not having balls) is the #1 obstacle from getting laid

01:30 - Not that many guys have an actively hit on chicks regularly

02:30 - Approach anxiety is fight or flight response, real quick explanation

03:40 - Approach anxiety can be beaten, even severe cases; It takes time though

04:50 - Football analogy, changing muscle/psychological responses

06:00 - Chris estimates that you can significantly reduce your approach anxiety by doing 100-300 approaches over the course of a month or so

06:20 - Good Looking Loser exposure therapy (if you have bad approach/social anxiety, we'll do this with you in workshops). Works good

07:00 - Baby steps (small exposures) will slowly reduce your anxiety

Beating Approach Anxiety Audio 2/3

00:00 - Exposure therapy will slowly desensitize you from irrational fears

00:45 - "Get Laid or Get Lost" will kill your approach anxiety since you are trying to get rejected some of the time

02:00 - Non-aggressive game will prevent rejection, but you'll probably not get laid much

02:35 - You want non-compatible girls to Get Lost

02:50 - Judge your progress by where you started, not how far you are from your goal(s)

03:30 - Measure your anxiety, when are you alone - not when you are with friends

Beating Approach Anxiety Audio 3/3

00:00 - You don't need a wingman, you don't want a wingman

01:15 - Approach anxiety was a huge issue for me

03:15 - The more girls you talk to, the less any one will matter

04:00 - (example) Chris picks up high fashion hottie Daria at Happy Endings (sunset strip)

08:00 - Really being detached from the outcome, your results will multiply

I'll spare you an unnecessary comprehensive biochemistry discussion of approach anxiety - but it goes something like this: *In order to keep you out of danger, your body automatically triggers a fight or flight response to a perceived danger or an unfamiliar situation - even if the danger is psychological and not physical.* This is natural, but obviously not too helpful if you want to meet new girls.

If you are unfamiliar with walking up and talking to a hot chick that you want to bang - your brain will probably trigger the fight or flight response that can leave you nervous, less confident or tongue tied. That's way it was for me and everybody I know when we just started out, even my handful of friends that were natural really good with women.

A lot guys, even top flight players, 'self medicate' with alcohol to ease their approach anxiety and 'not give a fuck'. I'm in favor of doing what works and then doing it again. But if you become reliant on alcohol it will hurt your overall game, make your interactions 'sloppy', hurt your sexual performance - plus you don't exactly want to have to drink during the day to go meet chicks at the gym, grocery store or mall. Furthermore, we have and use better, more healthful solutions that will absolutely destroy your anxiety better than alcohol and give you a kick in the ass (please see: Performance Enhancing Drugs: Anti-Anxiety Compounds).

You Aren't Going to Totally Beat Approach Anxiety in a Single Day

Approach anxiety is something you can gradually overcome. Everyone will have a different level of approach anxiety. I think I had an above-average level of approach anxiety when I was starting out, probably because I was unfamiliar with walking up to new girls and not too confident when I started. Most people starting out have a average to extreme approach anxiety. Since it is a gradual process and - sometimes a delicate one initially - we train our students based with small amounts of exposure therapy.

How to Beat Approach Anxiety

Everyone is unique, but the vast number of people respond pretty well with small amounts of exposure therapy/baby steps with our specific "reps" or mini-approaches if they have approach anxiety. We do a brief description of this process here- "Baby Steps for Approach Anxiety".

Tom Martinez, Tom Brady's quarterback coach, explains that it takes a 3000 to 5000 repetitions (football throws) to retrain a muscle to have a automatically repeatable motion. Your brain isn't quite a muscle, but the same theory still applies. Thankfully you won't need anywhere close 3000 to 5000 approaches to train your brain to not have a fight or flight response when you walk up to some hot chick. How many "reps" or mini-approaches you'll need depends on: How much approach anxiety to have to begin with, How well you respond to exposure therapy and How far you are willing to push your comfort zone to reprogram your brain. We have found that the average guy needs 100 to 300 "reps" of mini-approaches to beat their approach anxiety. Not bad.

Approach anxiety can be tough to kick, especially if you are just starting out or if you are in a rut. If you need more help check out our customized [Beat Anxiety Programs].

Reps and Mini Approaches & Examples

Again a "rep" or mini-approach is our own unique exposure therapy drill to slowly recalibrate your brain from having a fight or flight response to approaching.

Here are some examples of exposure therapy from "reps" and mini-approaches - this is something we actually do with students battling approach anxiety: If you have too much anxiety to walk up to a girl at the mall and hit on her, try this instead - just walk up to the girl and ask her the time, then leave. That's right, don't say anything else, you're not allowed to. The stakes are pretty low and most people can do this pretty easily. If that goes well but you still have too much anxiety to hit on a girl - do this - just walk up to the girl and give her a compliment (not with the intention to bang her, just to brighten her day). Say something like, "Hey, I'm not hitting on you, but I just wanted to tell you that I thought you were pretty." or "I just wanted to tell you that you are the cutest girl I've seen all day." Then leave. That's right, don't say anything else, you're not allowed to. 99.999% of the girls will say "Thank you." in a genuine way. We often have our students repeat the "quick compliment" mini-approach to show them have nearly 10 out of 10 times, the girl will be nice and totally receptive - they are sometimes confused why you walked away and probably wish you stayed. These are a few example of "reps" that we have students doing during the day, we have more aggressive "reps" for beating social anxiety in competitive night time environments.

Slowly your fears are desensitized and you can approach girls much easier and get way better results since you aren't nervous. It works.



Get used to talking to hot girls if you aren't ready to start hitting on them.

Remember - If You Are Being Aggressive, You Aren't Suppose to Get Every Girl

When your approach anxiety decreases, your game gets better and you start to get more and more pussy, your initial "rejection" rate will probably not significantly go up or down.

This might seem confusing at first.

But this is why -

When your social anxiety drops and you don't give a shit about screening out girls or "rejection" you will naturally begin to get more aggressive and start to internalize "Get Laid or Get Lost". When you get more aggressive, more likely than not, you'll filter out more girls but you'll get laid more at a **MUCH** higher rate.

Aggressive and Screen = Get Laid More, Get "Rejected" More

Less Aggressive and Don't Screen = Get Laid Less, Get "Rejected" Less

Keep in mind the basic formula: Talk to a lot of Chicks + Be Aggressive = Get Laid

Statistics are fun in fantasy sports and when comparing different athletes but you cannot measure your game by how little you get rejected. You have to measure it on how many girls you bang. Or, at the very least, how many girls you bring home.



Get Laid or Get Lost: The more aggressive you are, the more you'll get laid.

Approach Anxiety is Best Measured and Beaten When You Are Alone.

Since anxiety, in general, is hard to quantify and very subjective - it's pretty hard to measure. After spending over 2 years picking up women on a regular basis and coaching guys in the field, I have pretty decent idea of how to measure it and how to help you beat it. One important thing to remember is - you need to measure and desensitize yourself from approach anxiety when you are alone. Not when you are with friends, a wing-man, other forms of social support.

There are two reasons for this:

First, your anxiety levels will fluctuate. If you are with a bunch of people at a bar and you're drunk and having a good time, your approach anxiety might be artificially low.

Second, in order get good with women and good at approaching women - you can't rely on other people for emotional support. Literally, if you are by yourself see a girl at the mall that you want to bang - you have to go talk to her by yourself. If you bring a girl home with you - you have to undress her by yourself. Just get used to doing this stuff by yourself.

When helping students beat approach anxiety, we often work together but formulate a plan to make sure they can permanently decrease their approach anxiety.

Social Anxiety is Different From Approach Anxiety

Approach anxiety is a form of social anxiety, but they aren't quite the same. Make no mistake about it, it takes legitimate "balls" or social courage to approach women. It doesn't take as much "balls" or social courage to just be part of social situations.

Some dating advice or gurus try to help you combat your social anxiety to help you get better with women. While the intention may be noble, social anxiety and approach anxiety aren't the same thing - they are only slightly related. Most people will have much higher levels of approach anxiety than social anxiety. Even people that don't have a lot of social anxiety can have a high level of approach anxiety.

Here's an example: I have a friend that acts like a total lunatic in public, extroverted beyond belief, constantly draws attention to himself - but is scared to death to approach a hottie that is by herself at the grocery store. In order to overcome approach anxiety, you need to focus on **overcoming approach anxiety**.

I've gotten to a point where I have more social anxiety than approach anxiety, it's weird to go to bars and clubs and not hit on chicks. I don't have much of either now though. This is a huge change, I never thought I'd get to this point. I had a lot of approach anxiety and was a huge pussy. I admit it.

Consistent Exposure Therapy Works To Combat Approach Anxiety

The key to combating approach anxiety (and a lot of your anxiety in general) is consistent exposure therapy. When I was fighting approach anxiety and learning to pick up chicks, I would go out 4 or 5 times a week and probably hit on 15 or 20 girls a day. When Scotty was first really getting good experience and results, he was going out 7 days a week and aggressive hitting on up to 50+ girls at a time. Sometimes the hardest part is just starting and getting moving, that's what we're here for [Beat Anxiety Programs], but ultimately, you will need to take consistent again to really overcome approach anxiety.



Approach Anxiety is Your #1 Obstacle

My Personal Struggle With Approach Anxiety (check out the audios above for more details)

My first experience with approach anxiety was when I was 18 years old. It was probably the very first time ever that I approached a group of girls. I was at a bar in Washington DC. I saw three girls at the corner of a the bar, they had their backs turned to everyone and one girl was having a bad night. After 25 minutes of psyching myself up (or psyching myself out), I walked over to them and said something non-intrusive and lame like, "Hey, girl's night out?" The ugly, troubled girl from the group yelled at me, "We aren't talking to you." I got mad and called her ugly and walked away irritated. Her friends even apologized to me. Although I was happy at the time that I had the courage to approach them, later on I got really discouraged with myself and the incident really scarred me for another 6 or 7 years. It made me scared of rejection and I only approached really "safe" groups of girls after that. I must have replayed that silly incident 300 times in my head. The funny thing is, I've never had a "rejection" that much worse than that and I knew it wasn't my fault - the girl was having a bad night.

When I started getting serious at really trying to improve my sex life in 2007 - I still had approach anxiety but I was determined to beat it. I would go out with friends that were really supportive and were kind of just in "awe" that I could approach girls that I didn't know. This made it a lot easier. Plus I had some really good material that was pretty funny and that I believed in. Since it wasn't aggressive material, I wasn't getting laid but girls would react positively and my confidence grew. Then I started going out alone and hitting on girls during the day - just asking them for their Facebook or email, it was pretty safe - I still wasn't get laid from it, but my confidence was growing. Soon enough, I pushed things a little more and started taking phone numbers. The whole process was about 11 months to beat approach anxiety, it could have happened a lot quicker if I had pushed myself harder, but it was a good experience and I was proud of my success. By the time I moved to Los Angeles in 2009, I had pretty much no approach anxiety - I just need to "be more aggressive".

We train a lot of students and our #1 focus is killing their approach anxiety. Anxiety prevents you from having social courage or balls. If you don't have balls, you won't get laid - let alone get phone numbers. If it takes you 2 years to beat approach anxiety it is worth it. Social courage is your foundation to approaching and bang hot girls - and to live life on your terms. Emotional and psychological independence has nearly infinite rewards. If we work with you, we'll do everything in our power to help you beat approach anxiety.

We also use and recommend certain anti-anxiety supplements and herbals that will kill your approach and general anxiety - you'd be surprised. :)

For more discussion and personal stories about beating approach anxiety check out: Good Looking Loser - Approach Anxiety

Good Looking Loser uses and recommends some of these anti-anxiety compounds and herbals: Good Looking Loser - Get Relaxed

If you have any questions or comments, definitely don't hesitate to post below.

How and What to Screen Girls For

December 11, 2011 | by Good Looking Loser | Link | Original Link

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What to Screen Girls For (With Examples)

When you hit on a chick the object is to see if she's compatible and sexually available for you.

The object is not to "make her like you" by showing her that you are a "safe, nice guy".

Hot girls don't get excited or wet from meeting another "safe, nice guy".

One Step At A Time

If you are just starting to approach girls or if you have just started approaching girls with a "Filter Them Out" mindset, don't start thinking about screening/filtering just yet. Lower your approach anxiety first. Get comfortable walking up to chicks and talking to them. In order to truly screen and filter out undesirable personality types - you first need to be comfortable with just talking to new girls. Then you can build in some screening material and techniques.

Seriously, don't get too far ahead of yourself, don't take 1 step forward to take 2 steps back.

For guys that are pretty comfortable with approaching and in the process of developing a "Get Laid or Get Lost" mindset, lets consider a few traits to screen for.

I think most of us want chicks that are sexy, smart, have a sense of humor and are **sexually available/active**.

If you want to 'Get Laid' the last characteristic is the most important.

As much as it hurts, try not to get ahead of yourself. Get comfortable with approaching before screening.

Sexy

Just use the "eye-test" to see if the chick is sexy. That works pretty good.

The girl with the bubble butt on the right is sexy. The girl on the left is not.

Smart (or at least not totally stupid)

Some guys can't stand dumb girls. If the girl can follow along with what you are saying - she probably passes the test. Some chicks are so dumb though. If you really want to see if a girl is smart (or educated) just ask her just that, "Are you smart? Don't be offended, it's just that a lot I've met a lot of dumb girls lately in (city)." See how she responds. Ask her where she went to school. What she does for work. (But not in the try-hard way that most guys do when they are searching for commonalities, remember - you're screening her). Quiz her with pointless questions that only dumb girls don't know, "Who's the Vice President of the United States?" "What's the capital of New York?"

"How do you spell 'potato'?"

It's kind of hard to tell if the girl is smart when you first meet her, but it's easy to tell if the girl is stupid.

I don't put a huge emphasis on "smarts" for girls that I'm just trying to bang. I don't really suggest that you do either, but I know a lot of guys care. Some of the dumbest chicks are the best in bed. See if they're smart after you've slept with them. Remember - you're trying to Get Laid not interview applicants for graduate school.

If she knows how to spell potato, she *might* not be stupid.

Sense of Humor

This one is pretty easy.

If the girl laughs - she has a sense of humor.

If she doesn't laugh - she doesn't. Or not a compatible with your sense of humor. Its okay, not every girl is playful or knows how to smile.

Most girls have a sense of humor, but it varies significantly on what "type" of humor they like and understand.

Remember - what's funny to a guy, is not necessarily funny to a girl. Hot girls generally don't like "jokes".

Instead, girls like to be teased.

Here's a few examples that I can think of in 60 seconds -

"You look like you'd make a great girlfriend. I bet you are a great cook and great at doing laundry."

"You look like Paris Hilton on a budget."

"You're just a smelly pirate hooker."

"I don't think this will work, you are so creepy, I could never bring you around my family."

"Nice shoes - you weirdo."

"It's cute when you get upset, your nose wiggles."

"Stop looking at me like you want to molest me."

"I bet you just want to take me home with you. I don't have sex with total strangers."

"I'm thirsty, why don't you buy me a drink?"

"Are you trying to get me drunk? You're just like every other girl - just trying to get down my pants."

These are just for fun, most girls will laugh. Girls love to be teased. Teasing a form of dominance. Girls love to be dominated. Even the more alpha chicks. Girls don't meet a lot of dominant guys. It might take some practice to learn tease without being insulting. Just keep it lighthearted and put a smile on your face. That will work.

Sexually Active/Available (Super Important)

Believe it or not, foreplay begins at "hello."

If you are trying to get laid, this is the most important thing to screen for. There is nothing worse than

talking to a girl the entire night and having it go nowhere. Sometimes the girl will express legitimate sexual interest in you simply by flirting back. But sometimes girls flirt just so you give them attention and don't have legitimate sexual interest in you (or anyone else) at that time. It sometimes thought that if a girl wears skimpy clothing, she's down to fuck. But again, a lot of girls just wear revealing clothing simply for attention and don't have any intention in sleeping with anyone.

When screening for sexual interest, you have to see how they respond to your physical advances (see: touching a chick/kino). That is why you should lightly touch them on their arm or hand right when to approach them or very soon there after. Nearly every girl that is sexually active or comfortable with her body will let a guy in a bar touch them lightly. Girls are used to being touched a bar or club. The ones that don't are either nonsexual, in a relationship or have some sort of emotional baggage (dislike males, rape victim, unfortunately).

Here's an easy, repeatable way to screen if she's sexually available and heat her up:

- Upon meeting her, lightly touch her hands or arms. (If she responds well or doesn't stop you continue to the next step...)

- Grab her hand, hold it and have her spin around. (If she responds well or doesn't stop you continue to the next step...)

- Grab her hand again, hold it and have her spin around. This time slap her ass. If you're sitting touch her thighs for 5 to 10 seconds. (If she responds well doesn't stop you continue to the next step...)

- Massage her shoulders (just say: "You look stressed out/You've had a hard day"/"Quiet. Turn around.") or put your hand on the back of her neck. (If she responds well or doesn't stop you continue to the next step...)

- If a girl lets you do that or is responding well, there's about a 99% chance that she's ready to be kissed. Kiss her. (If she responds well or doesn't stop you continue to the next step...)

- Say, "It's hot in here, lets go for a walk..." Take her somewhere else and get more physical or have sex with her.

Those are just suggestions to gauge her sexual interest. If she stops you at any one step - don't get frustrated and don't walk off. Change the subject, wait a few minutes and try again. Don't walk off. If she stops you again - change the subject, wait a few minutes and try again. Don't walk off. Whatever you do - don't give up. Be aggressive and persistent. Girls respect and get turned on by a guy that knows what he wants, most girls have a slower timetable for sex need to be heated up. Respect a girl's timetable for sex, but don't be submissive to it. Keep pushing it. It's all just foreplay anyway. Just don't quit or get all bent out of shape like most guys. Don't walk off either. Let her walk off or "get lost".

You certainly don't have to follow these 5 or 6 steps to judge or assure sexual availability. Nor do you have to do them all or do them in order. It's just a small repeatable blueprint that works for me. **Scotty** and I have tagged girls that we didn't even kiss, we just took them to a quiet place once we saw they were interested. Scott has even tagged girls he's met within 5 minutes. I'm dead serious. We just proceed assuming sexual availability. Once you've hit on 100s of chicks, you'll know when its on and you'll know when it's not. You'll definitely begin to see that too.

Checking for sexual availability is slightly different during the day. You could follow the 5 or 6 steps above. But I don't think it's necessary or wise to try slap a girl's ass or make out with a girl that you just met in board daylight (or at the grocery store). Light touching and flirting will do. Simply

showing your sexual interest is good enough, "You're kinda cute." "We're going to hang out sometime." "I got a busy day, but I got some time for the next couple hours, what are you up to?" If you are then able to get her to a place that is more private - then go for it, touch her all you want - at that point you aren't "screening" her.



After you've kissed her, begin thinking about taking her somewhere more private.

An extended discussion on this topic is available here: "How To Tell if She's Interested or "Down to Fuck" (Super Important)"

What Else Should I Screen Her For?

On the first night or when meeting a girl, all that really matters is that you find her attractive and she's sexually active and sexually interested in you. You can screen her for personality traits as you are getting to know her and banging her over the next few weeks or months.

You should screen her for personality characteristics that are important to you. Just make sure she is sexually interested. Don't disqualify chicks for stupid reasons though if they are attractive and down to fuck.

I used to find dumb reasons to disqualify girls. I don't know why I did this. Maybe, subconsciously, I was scared I was going to be rejected at some point and I want to reject the chick first. Also, I used to look at most girls for "relationship" potential and didn't naturally just to know them first - even though I wanted to get laid. Try to not have expectations if you meet a girl that you like. Similarly, you shouldn't have expectations when you see a girl and she is hot. You don't know anything about her. A lot of guys assume every hot girl has a sense of humor, good self-esteem and is a positive person. That's definitely not the case. I've gotten to know 100s of hot girls that I've met by simply walking up to them, a lot of them turned out to have emotional baggage, psychological issues and some were simply kind of boring. You simply don't know.

It may sound obvious, but if you want a certain type of chick - you need to find out where they hang out and approach them. If you like girls that do yoga - you could simply approach chicks near a yoga studio (you don't even need to take a yoga class). If you want a girl that likes a certain type of music - find out which clubs are playing it and go hit on them. If you want a girl that smokes cigarettes, hit on chicks on their cigarette break. If you want a girl that is in good shape - approach chicks that are in

good shape (you could approach them at the gym, but you don't have to).

For more suggestions check out: How and what to screen girls for (with examples)

In A Nutshell

Get used to approaching girls before you develop a screening process. Once you start screening chicks and filtering out the incompatible chicks, remember that in order to get laid, you need to figure out if quickly they are sexually available and interested. If they aren't - move on - and find out if other chicks are. Using our material you'll be getting chicks that are smart, have a sense of humor and are sexually available and screening out the girls that are not.

There's a lot of characteristics that you can understandably screen girls for and you should - but leave that for the "get to know her" period after you get laid. Getting to know a girl is not a prerequisite to getting them in bed. Some chicks (a minority) will require guys to "get to know them" before having sex. These girls tend to be bossy, damaged girls, boring, nonsexual - or any 1 of the 4. Either way, don't waste your time. Don't let girls set a timetable or criteria for sex. You are the man.

If you have any questions or comments, definitely don't hesitate to post below.

How to Screen and Filter Girls Out Instead of Being Rejected

December 11, 2011 | by Good Looking Loser | Link | Original Link

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Screening Game: A New Look At "Rejection"

Audio:"Screening Game: How to Screen and Filter Girls Out Instead of Being Rejected"

This is a super important post if you are still having trouble hitting on hot girls or have issues with 'rejection'.

If you've met me, read "Get Laid or Get Lost," read "Help! It?s Weird Going Up To A Random Chick and Hitting on Her!" or all 3 - you probably have an idea of how we immediately approach, "screen" and "filter" the chicks that we meet.

I teach **SCREENING GAME**. I teach you to how to attract cool girls that are down-to-fuck and girls that are sexually available. I teach you how to Get Laid.

I don't teach "I Hope She Likes Me" game.

I don't teach "how to convince her to speak to you, how to get into a conversation, how to make her like me, then how to make her laugh, then how to show I'm interested- but not too much, then how to make her feel comfortable, then how to kiss her, then how to touch her..." None of that. I used to do that junk. It primarily gets you conversations and phone numbers, sexually-charged physical screening gets you pussy.

There's a big difference.

Here's the difference- "Mr. Funny Man vs. Mr. Pussy Inspector"

Screen that Pussy, No more "Rejection"

I'm not one of those PUAs that is going to purpose that he has the mindset, technique or line to get every- cool, smart, hot, boring, married, single, bisexual, pornstar, athletic, druggie, rich, celebrity, tall, short, fat, thin, model, poor, young, old, college, milf, cougar, geeky, high fashion, goofy, depressed or happy- girl to like you.

I can teach you how to bang hot girls though.

If you are using sexual-charged material and physical advances to **screen** girls, you won't actually be getting rejected... EVER.

Not in the traditional sense anyway. Only guys that run "I hope she likes me" game get rejected. We run **SCREENING GAME**.

You will be getting girls that are sexually available. You'll be screening out or "getting rejected" by girls that are not sexually available. You will be gaming from a position of power and not from "I hope she likes me.." mindset which is largely technique based.

You will do the screening and selecting, the chicks will let you know if they are sexually available.

With the correct screening techniques and mindset, you'll be getting girls that are sexy, smart, cool, have a sense of humor and are down-to-fuck (at least in the near future). In process, you'll be filtering out girls that are nonsexual, boring or emotionally unhealthy. Those girls are not worth "working on".

You are trying to Get Laid, not trying to stealthy convince girls of something.

There's plenty of exciting hot girls that love to have sex. Those are the girls I get. Those are the girls Scotty gets. The chicks aren't necessarily that sexually experienced either, they just dig cool ALPHA guys and know we can give them a GREAT experience.

We screen chicks to see if they are worth talking to

Elite guys screen and test chicks.

We test girls. They don't test us.

Usually it's the other way around-

Guy timidly approaches girl with some submissive boring, generic, needy line- "Excuse me. May I buy you are drink?"

Girl decides if the guy is worth a drink and 5 minutes of her time.

Guy tries to impress or keep a 5 minute conversation going by trying to find commonalities, "Where are you from?" "What do you do?" "What do you do for fun?"

Girl decides if the guys is worth 5 more minutes of her time.

We do things differently-

Guy smiles and approaches girl to **screen** her- with a dominant funny, sexually-charged screening line - "Hey, this may be a little random but I thought you were attractive and I wanted to come what you were like."

Girl says "Thank you," or nothing. (or leaves)

Guy wait for a second, smiles and says, "Umm... Well.... Aren't you gonna tell me I'm attractive too? [that's a little rude]"

Girl says says so and laughs. (or leaves)

Guy says, "I'm [name]," and extends his hand.

Girl says, "I'm [name]," and shakes his hand.

Guy says, "Wow nice handshake, I think I'm going to hire my bodyguard."

Girls laughs. (or leaves)

Guy touches and squeezes her arm and says, "No seriously, you got a license for those guns?"

Girl laughs. (or leaves)

^ Girls that are SEXUALLY AVAILABLE will respond positively to this type of material.

^ Girls that are boring, dumb, without a sense of humor or nonsexual won't.

That's what happens basically every time. Try it. Get them in or get out. Screen that pussy!!!



After a few minutes of flirting with a chick - whisper in her ear, "I bet you're delicious." and kiss her neck.

She'll either get really excited or she'll leave.

Emotionally Healthy Girls Like Being Screened

Hot chicks like to be screened - it's different and fun for them when it's done in lighthearted way.

Hot girls are used to generic boring guys or try-hard guys that try to impress them.

It's rare that they run into an aggressive confidence guy an *"asshole"* that is screening them in funny but half-serious manner. This is really attractive to girls, especially the hottest chicks. Girls love a challenge, girls love to get the chance to impress guys. Even if its just a game. But we don't often give them the chance to try to though. Instead of letting girls screen or filter you - screen and filter them.

Many guys think that how a girl reacts to his approach is a reflection of him.

That's not the case if you use our material. Our material is meant to screen girls.

How a girl reacts is a reflection of her and specifically- her sexual present availability.

Hot chicks that have a sense of humor like to get laid... That's what I've found anyway.

Remember - You Are Supposed to Filter Girls Out or Get "Rejected"

I can't stress this enough: if you are being aggressive and taking the "**Get Laid or Get Lost**" mentality - you should be effectively filtering out girls out or getting incompatible girls to leave. That's the point. It's not just simply a "different way" to interpret rejection - it's the reality. You aren't going to get every girl, you don't want every girl - not every girl is hot, cool, smart, funny and sexually available.

A Personal Experience with Not Filtering Out A Girl (one of many)

I was at Saddle Ranch in West Hollywood on a Thursday night in October 2009. I approached a hot chick named Whitney who looked like she was in great shape. I ran the exact same lines that I mentioned above, I told her "Stop being a creeper, if you're going to stare at me, you should at least

say hi." She laughed. I said, "No really, you're looking at me like I'm a big ice cream cone and you just want to lick me up and down." She laughed and introduced herself. I went physical right away and grabbed her bicep, "You think your tough? Do you have a license for these guns?" She pulled away right away and said she didn't like anyone touching her. I said, "Well how about if I do this?" and began to lightly punch her stomach (this girl had a near 6-six of abs, she was a celebrity personal trainer). She pulled away again.

I immediately started talking to her friend Gina instead and used the same techniques. I grabbed her bicep she laughed and started flexing then she grabbed mine. I lightly punched her in the stomach and she flexed her stomach. I ignored Whitney and kept flirting with Gina for the next 20 minutes. As I started touching Gina more she said that was actually married but that I should take Whitney's number. I respectfully said, "Okay, maybe so." I returned my attention to sexy Whitney and just chatted with her in a non-aggressive manner for about 15 minutes. I took Whitney's number and left.

Two days later, I called Whitney and invited her over to my place. Whitney was excited and came over. It was chilly October night and I figured we could put our feet in the hot tub and I could heat her up. When Whitney got to my place we did some small talk, played some Nintendo Wii, she had a drink and seemed to relax.

I thought to myself - okay good, this uptight girl is finally chilling out.

Right when we sat down next to each other with our feet in the hot tub, Whitney starts giving me a speech, "Chris, I think you are cool, but you just can't put your hands on me. I remember you trying to touch my stomach the other night when I told you not to. And Don't think about kissing me either - I don't do that until the 3rd date. Sometimes you have to wait until the 4th date."

I smiled and ignored what she said, "Poor Whitney. You've had a hard day." and I put my hands on her shoulders and began to give her a massage.

Whitney freaks out and starts yelling, "You can't touch me! Get off me! Get off me Chris!"

At this point I realized that I never should have had this crazy girl come over. I had screened her on a Thursday Night and she failed. Sure enough, she was a nonsexual girl with some sort of emotional problem. That was apparent within 2 minutes of meeting her. I should have just trusted my instincts and not wasted my time on her. But I didn't and now I was sitting on the edge of a hot tub with a psycho prude girl instead of being out with one of my other girls, meeting other girls or watching college football.

I sent Whitney home right after that.

That's not the first time I ended up at my place with a girl that I hadn't screened well enough up front. I was not getting anywhere quick with that chick and neither was anyone else. Not only was she nonsexual, but she was weird. Despite her nice looks and killer body, this wasn't a girl that was going to good in bed or cool enough for me to chill with. I knew that when I met her but I overlooked it.

Screening is for real. You won't end up with boring girls, nonsexual girls or psychos if you screen them out.

Thankfully, by October 2009, I had plenty of experience handling and screening sexy girls and I easily realized that Whitney's tantrum was her own problem and not mine. She's hot and probably a decent person, but we weren't compatible and I wasn't interested anymore.

Lesson learned. Again.

How to Tell if She's Interested or "Down to Fuck"

December 13, 2011 | by Good Looking Loser | Link | Original Link

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Is She DTF?

Guys that regularly bang hot girls they just met know how to tell which girls are interested in sleeping with them. They focus their attention on those girls and encourage the nonsexual girls to "Get Lost".

You aren't going to get laid that night (or the near future) if she's not sexually interested or if she's nonsexual.

If you've read "How and What to Screen Girls For," you probably know that screening girls to see if they are sexually interested and sexually available is by far the most important criteria if you are trying to get laid. Because I was such a passive "nice guy," I didn't use to do this. I'd find myself disappointed that girls wouldn't "put out," frustrated from waiting 5+ dates to get physical with girls and clueless why some guys could bang hot girls on the first night and I could just a phone number. It was my own fault - I was projecting that I was a super nice and safe guy. I also wasn't screening them if they were sexually interested and sexual available. Girls saw me as boyfriend material, not an particularly exciting guy that could fuck them good.

How to Tell if She's Interested or "Down to Fuck" (Super Important) Audio

Sexually Active/Available (Super Important)

If you are trying to get laid, this is the most important thing to screen for. Believe it or not, foreplay begins at "hello. "There is nothing worse than talking to a girl the entire night and having it go nowhere. Sometimes the girl will express legitimate sexual interest in you simply by flirting back. But sometimes girls flirt just so you give them attention and don't have legitimate sexual interest in you (or anyone else) at that time. It is sometimes thought that if a girl wears skimpy clothing, she's down to fuck. But again, a lot of girls just wear revealing clothing simply for attention and don't have any intention in sleeping with anyone.

When screening for sexual interest, you have to see how a girl responds to your physical advances (see: "Establishing a Physical Dialogue, to Screen and Escalate"). That is why you should lightly touch them on their arm or hand right when to approach them or very soon there after. Nearly every girl that is sexually active or comfortable with her body will let a guy in a bar touch them lightly. Girls are used to being touched a bar or club. The ones that don't are either nonsexual, in a relationship or have some sort of emotional baggage (dislike males, rape victim, unfortunately).

Here's an easy, repeatable way to screen if she's sexually available and heat her up:

- When meeting her, lightly touch her hands or arms. (If she responds well or doesn't stop you continue to the next step...)

Mix some conversation in.

- Grab her hand, hold it and have her spin around. (If she responds well or doesn't stop you continue to the next step...)

Mix some conversation in.

- Grab her hand again, hold it and have her spin around. This time slap her ass. If you're sitting touch

her thighs for 5 to 10 seconds. (If she responds well doesn't stop you continue to the next step...)

Mix some conversation in.

- Massage her shoulders (just say: "You look stressed out/You've had a hard day"/"Quiet. Turn around.") or put your hand on the back of her neck. (If she responds well or doesn't stop you continue to the next step...)

Mix some conversation in.

- If a girl lets you massage her or grab the back of neck, there's about a 99% chance that she's ready to be kissed. Kiss her. (If she responds well or doesn't stop you continue to the next step...)

Mix some conversation in.

- Say, "It's hot in here, lets go for a walk..." Take her somewhere else and get more physical or have sex with her.



After you've kissed her, begin thinking about taking her somewhere more private.

Those are just suggestions to excite her and gauge her sexual interest. If she stops you at any one step - don't get frustrated and don't walk off. Change the subject, wait a few minutes and try again. Don't walk off. If she stops you again - change the subject, wait a few minutes and try again. Don't walk off. Whatever you do - don't give up. Be aggressive and persistent. Girls respect and get turned on by a guy that knows what he wants, most girls have a slower timetable for sex need to be heated up. Respect a girl's timetable for sex, but don't be submissive to it. Keep pushing it. It's all just foreplay anyway. Just don't quit or get all bent out of shape like most guys. Don't walk off either. Let her walk off or "**get lost**".

You certainly don't have to follow these 5 or 6 steps to judge or assure sexual availability. Nor do you have to do them all or do them in order. It's just a small repeatable blueprint that works for me. Scotty and I have tagged girls that we didn't even kiss, we just took them to a quiet place once we saw they were interested. Scott has even tagged girls he's met within 5 minutes. I'm dead serious. We just proceed assuming sexual interested and availability. Once you've hit on 100os of chicks, you'll know when its on and you'll know when it's not. That comes with experience.

Checking for sexual interest and availability is slightly different during the day. You could follow the 5 or 6 steps above. But I don't think it's necessary or wise to try slap a girl's ass or make out with a girl that you just met in board daylight (like at a grocery store or gym). Light touching and flirting

will do. You should at least try to touch her hand or arm lightly at least one time during the interaction to screen her. Still, simply showing your sexual interest is usually good enough though, "You're kinda cute." "We're going to hang out sometime." "I got a busy day, but the next few hours are open, what are you up to?" If you are then able to get her to a place that is more private - then go for it, touch her all you want - at that point you obviously aren't "screening" her.



If you aren't sure if she's interested - find out.

In a Nutshell

You need to screen her sexual interest if you want to get laid. This is particularly important if you want to take her home on the first night. Physically escalating (touching the girl) is the best way to find out. It's also foreplay and exciting for the girl. If she is positively responsive or doesn't shut you down, look take her to a more private place. During the day, simply expressing your interest is usually enough to screen her.

Some girls aren't sexually available (might have a boyfriend, nonsexual, etc.). If the girl doesn't respond well to your physical advances or shuts you down, try again and don't stop until you "Get Laid or she Gets Lost." The main thing to remember is - don't get frustrated and don't give up. Soon you will develop an instinct to know whether she's down to fuck or not. That will save you a lot of time and multiply your results.

If you have any questions or comments, definitely don't hesitate to post below.

Relax. You'll Eventually Get Pussy.

December 16, 2011 | by Good Looking Loser | Link | Original Link

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Relax, Partna

Picking up girls can be nerve-wracking

Especially if you've never walked up to a girl that you want to bang, and especially if she is with other girls and guys.

It was really scary for me when I got started.

Keep in mind, most guys, don't approach girls on a daily basis.

At best, most guys walk into a bar, take lap around, stare at a few girls and get a few drinks. This continues a few more times as their approach anxiety builds up. About an hour or less before closing time, they make their move and throw some sloppy game at 1 or 2 chicks. Their night ends having talked to maybe 1 to 2 girls, if any at all. Even fewer guys approach girls during the day. That was pretty much how my night went before I stopped being a pussy.

And That's just some guys - the majority of guys don't approach women at all.

So if you're your approaching girls during the day or at night before you start drinking, you're showing more social courage than the vast majority of guys. That's a good start and something to build on.

A big problem I've seen is that guys take this stuff way too seriously and it definitely is not fun for them. They are super serious about improving their sex life and banging girls, that they can't relax when they are going out. For starters, they are trying to get every girl to like them rather than screening the girls that they are interested in.

When I was first starting out, I would take it way too seriously. I would sit in my room thinking about lines and different stuff to do in certain situations. I would then listen to music and have some long process of dressing up and getting ready. Basically, I would psych myself out before I even started. I didn't realize this until I seemed to be way better at picking up girls at the gym, when I looked like a sweaty mess. Once I lost the 'pre-game' rituals and just started talking to more girls during the day, at night, anytime - I stopped taking it too seriously.

Picking up girls can become way too serious because it's unnatural for most guys. It's something that "they do" not something that "they are". The 5 or 10 girls they talk to on any given Saturday night are the only girls they are going to talk to all week. They will have a week to think about every interaction and what went good and bad with it. Each interaction is super important to them, even though it doesn't really matter.

I say- don't give yourself time to think about it, talk to more girls. Immediately.

Relax. You'll Eventually Get Pussy Audio

00:00 - Relax pep-talk

00:45 - Picking up chicks can be nerve-wracking

01:45 - If you need help killing your anxiety check out: Get Relaxed (Anti Anxiety) Supplements

02:30 - The majority of guys hardly approach girls

03:00 - Chris' stupid rituals before going out hurt his game

04:00 - Chris realized he was being an idiot when he was easily able to pick up girls at the gym when he was mess

06:15 - You only need 1 chick to get laid

06:55 - This is a numbers game: Talk to Chicks + Be Aggressive = Get Laid

08:00 - Girls want to meet an alpha male that fucks them silly, not a timid nice guy

08:45 - Want to increase your odds? Talk to more girls

Getting Laid is Like Selling a House (but way easier)

Rather than telling you generic useless bullshit like "Be confident," or "Don't care what other people think," I'm going to tell you to something else pretty cheesy, "Getting laid is like selling a house (but way easier) - you only need 1 buyer."

You're chances improve every time you talk to a new girl. Your chances also improve the more aggressive you are.

If you are approaching girls, screening them and filtering out the incompatible girls - you are getting closer and closer to finding a cool, sexually available chick.

Here's exactly what I'm talking about-

One night in April 2009 I was at the Standard Hotel in West Hollywood. I think I had gotten to the point where I was texting with too many girls and didn't exactly want to take anymore phone numbers. In about 60 minutes I had walked up to about 14 girls, screened them, got into a few meaningless conversations and had a couple boring girls get lost. Either way, the fish weren't biting. I knew that my screening process worked and I wasn't going to start getting down on myself or change my game just to stay in conversations with some girls. Eventually some new girls came in the bar. I went up to the hottest one. I grabbed her arm and told her that she needed to be my bodyguard since she looked like she could beat people up (remember I'm 6-2 225lbs). She laughed and just said "**I like you**." I immediately took her to a place to sit down and did small talk while I touched her arms, then legs, then neck. I danced her a few times (really threw her around and pulled her hair). Turns out this girl, Sydney, was on America's Next Top Model, she was with some friends but she walked to the Standard since her apartment was in walking distance. I saw she had cigarettes in her purse and told her that I'd give her a piggy-back ride if she gave me one. She laughed and I gave her a piggy-back ride right out of the bar. It was actually nice outside so I told her lets go for a walk and come back. I started walking to my place which was about 3 blocks away. As we were walking to the house I made sure to heat her up, I'd stop and pin her against a wall and kiss her, I'd touch her when we walked by a

dark area. Once we got to the driveway I told her, "oh that's my place, lets have a drink so we don't have to pay at the bar." I took her in the house, threw her on my bed, took off my shirt and hers and pounded her. Afterward, I remember Sydney kept telling me how "spontaneous" it was and how awesome it was. Little did she know that I had the whole thing pretty much all planned. I was just one step ahead of her.

This all happened in about an hour, I never forgot it and I think of this any time "the fish aren't biting." It's just a matter of time and staying positive. This was a sexy, somewhat shy, high fashion girl, nothing about this girl said "slut."



Eventually you'll run into a similar result. If 14 girls are boring or unresponsive to you, its likely that you'll have a **live** one in the next few girls to hit on. If anything, your odds are improving. Don't change your game - keep being aggressive. You are trying to get laid, not have go-nowhere conversations or make friends.

Remember- it's harder to get laid than to have meaningless conversations or to just give up. See if you can hang in there and stick to your guns. You just have to get 1 girl to get laid. You don't and shouldn't be trying to get every girl.

It will help you internalize the "Get Laid or Get Lost" mentality that will make you tougher psychologically and you get more chicks than you can handle.

Numbers Game

Getting laid is a numbers game. Do not let ANYONE tell you otherwise. If someone tells you that getting laid/dating isn't a numbers game - they are either lying or they don't get laid.

The more chicks you hit on, the more chicks you'll get.

It's a numbers game and that's a good thing.

The issue is not up for discussion.

Getting laid is simply about finding a ready and willing girls among the crowd. Getting laid is a number's game and you only need 1 girl to be sexually available and sexually interested in you. Chances are - you'll have to talk to and screen a bunch of girls to find a buyer. This is one of the things that elite players know (and act on) that the average guy doesn't.

While getting laid involves skill, it also involves 2 elements that are out of your control: you need a girl that is sexually available and is able to leave with you (more about the 2rd element here:

_____).

As mentioned earlier, you can't control if a girl is happily married, loyally engaged or loves her boyfriend. Although some people like the idea of being **girlfriend stealers**, I say - don't waste your time - find a girl that is sexually available that doesn't require you to **work on her** for hours. If they are in a relationship and give you obvious hints that they are sexually available, then that is a different story.

You also can't control if a girl doesn't have favorable 'logistics' or has prior social commitments and isn't able to leave the place with you. She may be the designated driver of a group, she may be leaving early because she has to wake up in the morning or she may live far away. It is important to figure out a girl's 'logistics,' how she got there, who she's with and how she's getting home (for techniques see: logistics). Not every girl stays until close or is able to bounce with you. In those cases, there are some alternative places to try and get busy with her - if you want.

Increase your odds

It may seem obvious - to increase your odds, you simply need to aggressively hit on more girls. If you want to get laid and usually talk to 2 girls a night - if you talk to 4 girls a night instead, you've just increased your chances 100%. If you talk to 10 girls, you've increased your chances by 500%. Every girl you screen out, you're closer to finding a buyer. Remember that. Don't stop when you've screened out 10 or 15 girls, if anything - you should aggressively continue.

A lot of people try other things to increase their odds - buying a new shirt, different cologne, learning new lines, etc.

While those things can help, they are generally unproductive if you don't hit on a lot of girls to begin with.

Hitting on more girls is the best way to increase your odds.

Who had the better night?

Guy #1) Talked to 10 hot girls with "nice guy" material, didn't get rejected once, got 3 phone numbers, left with his friends.

Guy #2) Talked to 10 hot girls with "aggressive" material, got rejected 9 times, got no phone numbers, left with the 10th girl he approached and plowed her.

Guy #2 had the better night - by far.

So just relax - it's a numbers game out there. Even when you get good with this stuff. The more chicks you talk to, the better your chances are of getting laid. The more aggressive you are, the better your chances are of getting laid. That's the deal. And Once you really believe this, the game is actually in your favor if you think about it - you are not getting laid, in a slump or just broke up with your girlfriend and want to get laid - just talk to more girls. Once you know what you're doing, you won't ever feel like your just "getting lucky" again.

If you have any questions or comments, definitely don't hesitate to post below.

How To Use This Information, The Secret To Life, Etc.

December 17, 2011 | by Good Looking Loser | Link | Original Link

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Rebuilding Your "Game"

Year Zero/Reset Button

If you've done something for a long time and haven't been successful it might be best to "forget" everything you [think you] know...

This applies to anything- picking up women, getting in shape, learning a skill, learning how to play a sport, video games, life, whatever...

The guys that we work with have various skill levels, some guys have done 10,000+ approaches and some guys are just starting out. From what we've seen- if you have been a part of the "pick up community" (industry) chances are you've 'picked up' a lot of garbage that is completely unproductive, inefficient and in a lot of ways- makes you WORSE with women. This is also true of guys that have 'studied' dating columns from the introverted and sexually-inexperienced writers from the more mainstream sources such as AskMen.com, Men's Health or Maxim Magazine. There's a lot of junk out there. I studied it for years in my 20s and it hardly helped me out. It probably confused me more.

As you may have noticed, we offer different advice than mainstream dating.

For example, if you want a blowjob- rather than waiting 3 months and then slowly having intellectual discussion about the "Benefits vs. Risks of Oral Sex" with your girls (thanks, Askmen.com), we suggest: On the first night, eat the girls' pussy, then drop your pants, put your dick in the girl's face and say "kiss it." If that doesn't work. Say, "No for real, just kiss it," and put your dick 1 inch from her face. Not only is that more productive and efficient, it's also based on our actual experience. That's just a little example.

So if you're reading GLL.com or in the process of learning for the first time or rebuilding yourself, you will get better faster and get more results if you [try to] forget everything you've ever learned about dating/sex. It also helps to not read other dating/sex material. We have everything you need on this site. For free. That's not because I'm trying to push my material on you but rather there is definitely such thing as 'information overload' when you just start freezing up and you have no idea what to do because there's so much 'theory' aka bullshit in your head that you haven't applied.

That brings me to another thing- **How To Use This Information, The Secret To Life, Etc.**

There's a endless list of stuff that I want you to forget- this is a good starting point to clear your mind:

If you have ever wondered the truth and history behind the ?seduction community? ? here it is: Aaron.Sleazy.Debunking.The.Seduction.Community.pdf *



There's some key things to [re]focus on:

- **You are trying to Get Laid.** This might sound obvious, but a lot of guys go into the field to go out to "talk to women," "make some new friends," "tell some jokes," "see what happens," or "get some numbers." While trying to Get Laid you will/might talk women, make new friends, tell some jokes, see what happens or get some numbers but this is **NOT** the focus. While things like "kisses," "makeouts," and phone numbers are cool and valuable for new guys, Getting Laid, is an all or nothing thing- you either BANG THE GIRL or you DON'T. I'd rather have you approach 100 women and Get Laid 1 time rather than then approach 100 women and get 50 phone numbers that you "work on" for weeks that amount to absolutely nothing.

- **To Get Laid you need to Screen girls**. Screening girls will put you in a position of power to find sexually available girls. This is the polar opposite of running I Hope She Likes Me Game and trying to pass girls tests. Remember- you are going to to Get Laid not to audition for a girl. The discussion "Mr. Funny Man vs. Mr. Pussy Inspector," sums up these differing mentalities.

- **To effectively SCREEN, you need to be aggressive.** Being aggressive involves two things: Sexually-Charged Conversation + Physical Advances. Guys that Get Laid a lot are aggressive, guys that don't are super nice and passive.

- **Being a "player" is a lifestyle.** This lifestyle is something that are you ***ARE***. Not something that you "do". For example, you should talk to (screen) chicks wherever you go, gym, grocery store, parking lot, mall, street, etc. regardless of what your wearing or how you're feeling. Picking up women should not be this dramatic event where you dress up in your "pick up outfit," spend hours thinking about your lines, body language and appearance and talk to EXACTLY 10 "sets". Here's a good rule- if you think a chick is hot- then go SCREEN her to see if she's sexually available and cool to hang out with. It's called: ***Integration***. We'll talk more about this later.

- **This is a numbers game.** It's a numbers game. On any given day- there will be a certain percentage of girls that are sexually available and looking/or available to get their pussies stuffed by an alpha guy with a thick cock. On any given day- there will also be a certain percentage of girls that are sexually unavailable because they are in relationships, married, emotionally unhealthy, on their period, don't like sex, too dependent on drugs to have sex or willing but logistically unable to fuck that day. We are not targeting those girls. It is a complete

waste of time because there are usually other girls in the vicinity that are available. We are targeting the percentage chicks that are sexually available.

- **There are absolutely NO FUCKING RULES.** Thanks to the authorities in the seduction community and the introverted and undersexed writers that offer mainstream advice, there's been a lot of "dating" and "pick up" rules created. These usually have an "always" or "never" attached to them. "Always call the girl 3 days after you meet them," "Never approach a women from behind," "Never lean in to speak to a girl," "Always make sure she's ready before you even consider kissing her," "Always check for a ring before you speak to a woman," etc. etc. etc. There's no rules whatsoever. I once got a blowjob in public in about 10 minutes while 4 or 5 random people watched, without even speaking to a girl that sucked away on my penis- "Screen with Silent Game (Kino, etc.)". During the day, Scotty has smiled and winked at girls, they smile and wink back and then Scotty grabs their crotch in board daylight. That's called being really aggressive. There's no fucking rules whatsoever. Seriously.

So there's a few things.

If you've read this blog a few times, you'll probably notice that we don't follow any rules, social norms or whatever (after all, I'm naked showing my dick on one of the pages- see "Get Hung")... haha.

We encourage you to make your own rules in your life. That's what this is all about anyway.

"That's Not Me!"

While most of our readers/listeners are pretty open-minded and super determined, there's a few that think they can expand their comfort zone, self improve and bang 50 super hot chicks in a single year by not trying ANYTHING new. **Listen up-** Whether it be women, dick enhancement, lifestyle, fitness or ANYTHING- at first, you might see some stuff and say "That's not me," or "I couldn't do that," or Scotty's favorite "I'm not congruent with that," to happily excuse yourself from trying. That attitude isn't going to take you very far. A year later you'll be in the exact same position wondering how to help yourself again. Learning to do something new requires doing something new. Most of you guys get that though.

What If I Approached 100 Hot Chicks? Would I Get A Date Or Some Pussy?

December 23, 2011 | by Good Looking Loser | Link | Original Link

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Getting Laid is a Numbers Game

Like I mentioned in "Relax, You'll Eventually Get Laid," getting laid is simply a numbers game.

This is an extension to that post.

Your chances of getting laid improve when you hit on more and more girls.

Your chances of getting laid improve when you get more aggressive and screen girls harder.

If you're being aggressive, girls that aren't down-to-fuck (or down-to-fuck in the future) will get lost.

Girls that are down-to-fuck (or down-to-fuck in the future) will stay.

Remember the formula from the first page of 'Get Laid': **Hit On Girls + Be Aggressive = Get Laid**

If I Approached 100 Girls, Would I Get Laid... *by goodlookingloser-1*

What If I Approached 100 Hot Chicks? Would I Get A Date Or Some Pussy? (Numbers Game)

00:00 - Getting laid / getting dates is a numbers game. Hit on Chicks + Be Aggressive = Get Laid

01:00 - If you've been a nice guy your whole life (like me) being aggressive won't be natural

01:30 - Social Experiment (Running Average Guy Game on 100 Hot Girls, Asking Out 100 Chicks)

03:20 - If you want to get laid then hit on some girls

04:30 - The lines I used 90% of the them (average guy game)

06:00 - Experiment discussed

07:00 - Results of Experiment

08:15 - Chances of getting a date are higher than getting rejected 100 times (100% of time)

08:45 - Once I got the chicks on dates I was aggressive and was trying to take them home. Getting laid 7 times probably won't be the average amount of girls you sleep with if you are just starting out

If you asked 100 hot chicks out, you'd probably be dating (maybe banging) some hot chicks

Once I reached my goal regularly banging 4 different high caliber Los Angeles girls, I had some friends asking me what exactly I was doing and what they should be doing. They, like myself in the past, had long streaks without getting laid or without new chicks in their lives. I basically told them

that I was just talking to more girls than I used to. They weren't quite happy with that answer, so I thought of a hypothetical:

"If you asked out 100 really hot chicks (in a 5 or 7 day period) how would many would say yes?" *(no game or aggressive stuff - just simply walking up to them, being polite, giving them a compliment, making small talk and saying you 'gotta go' and asking for their number)*

Most of my friends couldn't come up with an exact number but they agreed it probably would be more than 0.

I would say, "There's your answer, you should have a date with a hot chick this weekend."

Most of my friends agreed with me but said they didn't know how or where to start.

In fact, 3 of them wanted to see me ask out 100 top-caliber chicks to see that it really worked. On day 2, my friend Mark joined to watch me in action.

The Odds Are In Your Favor?

It's a numbers game. So even if you don't get 1 out of every 2 - or even out of every 50 chicks, the odds (the game) is still in your favor because you have unlimited tries. There's not much in life that has such a guaranteed eventual result. Understand the game, accept it and play to win - you eventually will.

Social Experiment - What If I Approached 100 Hot Chicks? Would I Get A Date or Some Pussy?

So starting on October 9th 2008, I did-

Again, I didn't kick a lot of (any) game at these girls or get aggressive and start touch them. I ran "average guy" game.

90% of the conversations went exactly like this:

Me: Hey there, I'm not hitting on you - but I wanted to tell you that you were attractive. / Hey there, I know this is kinda random but I thought you were attractive so I wanted to come say Hi.

Girl: Thank you.

Me: You're welcome. I'm Chris, nice to meet you / I really love it here, back where I'm from - it's just starting to get cold./I love being out here, it's probably dark outside where I'm from/ I just moved here a earlier this year, it's so nice I love it.

Girl: I'm ____ / Where are you from?

Me: Washington DC? How about you?

Girl: [city]

[1-2 more minutes of small talk, exchange names, where you live, etc.]

Me: Hey, I got a busy day/need to meet up with my friends, what's a number I can text you at?

Girl: 555-555-5555 / No, sorry, no can do.

here's the log I kept - I don't usually keep a log of this stuff, it's only worth keeping a log of the girls you get into bed. In some instances, I wrote this log while I was out during the day, that's why it's a

bit messy. (click on the images if you want to view them)

Click to enlarge the images.



Day 1



Day 2



Day 3

On Day 4 (10/12)- Had to take the day off, I met up with Briana (approach #42), we had coffee at Coffee Bean and then went back to the house to have sex. She was super hot and real eager to meet up, I couldn't let this one wait. Our initial conversation was about 35 minutes though. No game needed. Definitely a hottie, her picture appears among the rotating images on the right.



Day 5



Day 6

Day 7 

Day 8 

Final Numbers

102 Chicks Approached (7days of work) (10/9 to 10/16)

47 Phone Numbers (46% of girls)

~13 - 16 Dates/Meet Ups

7 Lays (By 11/15)

14.89% of Phone Numbers Got Me Laid

6.8% of Approaches Got Me Laid

Short Conclusion

Doing this was very tiring but well worth it. The main point of this experiment was to show that if you ask 100 hot chicks out, you'll get at least 1 date and you might even get laid. This little "study" was mainly for the guy that is just starting out and wants to at least get a few dates. This method alone should nearly immediately end any date-less streak. Even I would keep this little "study" in mind if I was having a bad night or an extended period when chicks weren't feeling it.

My Results

From talking to 102 chicks- I got somewhere from 13 to 16 dates from the 47 phone numbers and got laid 7 times within 30 days. That's a really high rate - even for me. October and November of 2008 were some my very best months ever. 3 new chicks in October and 4 new chicks in November. *Even though I did not try to take the girls home with me after I met them and just used "average" no game material when I was meeting them, once I met up with the girl I had the sole focus of sleeping with her and I used my very best repeatable techniques.* By October 2008, I had good game. I should have kept better track of how many dates/meet ups I had - but I probably got laid on about 40-50% of them (7 out of 15 seems about right, 46%). Even though it seemed like girls just weren't into me for long

periods of time- the 6 days I went out trying to collect phone numbers, I got laid 7 times [in the following 30 days] - which is excellent especially since I didn't sleep with the girls that same day. Briana and Yussy actually became regulars, both were top 5 best fucks of the year. Real hotties! It's a numbers game.

14.89% of the phone numbers I got- got me laid, that's a lot, even for me. Some of the best guys who game [pick up] the hottest chicks are supposedly between 8-15% I think. Our friend, Aaron Sleazy says in his book "Minimal Game" that 10% is pretty solid (getting laid from 1 out of 10 phone numbers you get). If you're just starting out, getting laid 1 in every 40 numbers (4%) will be good. If 1 or 2 girls out of 10 (10 or 20%) give you their phone number that will be good too.

I don't know where I was at with % of phone numbers I got, but once I started asking for their numbers, I started getting their numbers. Pretty simple. Just get in the habit of ending the conservation first with the line, "Hey you're cool, I gotta go though, what a number I can text you at?" (then hand them your phone). It works. It's a numbers game.

Remember, these percentages don't mean shit. The only number that ultimately means anything is how many girls you get in bed. The guy who gets laid 50% of the time, might talk to 2 girls a year. The guy who bangs 50 hot girls (1 new one a week!) might talk to 2,000 girls a year. Picking up girls and getting laid is an all or nothing thing. Either you get her, or you don't. That's the goal you're working for. If you talk to 100 girls and get 1% that's good. I got 6.8% of the girls I talked to in bed, but when I was starting out I was definitely below 1%. It's a numbers game.

More Thoughts

I did not throw a lot of game at these girls, nor did I try aggressively to take them home with me. That would have resulted in more lays and more rejection (because the formula is **Hit On Girls + Be Aggressive = Get Laid**). I approached 102 girls in 6 days, that's a lot - but it will likely break anyone's date-less streak or at the least- give you something to work on.

Needless to say, this is a total numbers game. I'll take a more in-depth look at my little "study" in this post

- **"What If I Approached 100 Hot Chicks? Would I Get Any Pussy? (A Closer Look)"**

Remember, this shit is a numbers game! The number you bang is sorta up to you! (if you think about it)

It's a numbers game baby! Keep trying until you get laid! Then try again!

If you have any questions or comments, definitely don't hesitate to post below.

I recently got a question from Jameso - He asked what I wear wearing. This is a GREAT question because your style/fashion communicates a lot about you. Here are some pictures from around ~September-October of 2008. The only camera I had at that time was on my phone. A few of the pictures are from some of the girls I met. My hair is long in a few (so they must have been from a few

months after, but the style is the same).

Style- During the day:

Basically either trendy t-shirt or retro college t-shirt. nothing fancy. generally would wear white linen cargo shorts. Since I'm 6-2 225lbs, I don't try to wear any 'loud' clothing during the day and I certainly don't 'peacock'.




Style- During the Night

At night, again a trendy t-shirt (that is louder) with tight Mek Demin jeans, no belt, Steve Madden shoes **OR** the Affliction shirts with slightly less tight Affliction jeans, thick 'Manchester' belt and Frye biker boots.







What If I Approached 100 Hot Chicks? Would I Get Any Pussy? (A Closer Look)

December 30, 2011 | by Good Looking Loser | Link | Original Link

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A Closer Look At Approaching 102 Chicks

In this post, "**What if i Approached 100 Hot Chicks? Would I Get A Date Or Some Pussy? (Getting Women is a Numbers Game),**" I approached 102 attractive girls in Los Angeles between the dates of October 9th and October 16th of 2009. I approached the girls with the simple intention of getting their number- which later I would follow up on if they seemed receptive. I didn't use any "game" I was simply polite, made small talk and left the interaction by saying "Hey, I gotta go, you're cool, what's a number I can text you at?"

I decided to undertake this little social experiment simply to verify two things to myself (and my friend Mark)-

1. Dating/Getting Laid is strictly a numbers game. The more girls you talk to, the more likely you are to get laid.

2. If you are on a date-less streak, you could approach 100 girls with simple material and nearly assuredly end that streak.

I like to think that I did prove those two things.

Here were the final statistics

102 Girls Approached

47 Phone Numbers (I asked EVERY girl I talked to for their number)

13-16 Dates/Meet Ups (I don't actually know how exactly many chicks I get together with. For every girl I banged - I also had a girl that definitely wasn't down)

7 Lays (By 11/15, within 30 days- 7 (or 6%) of the 102 girls I approached ends up back in my bed)

What If I Approached 100 Hot Chicks? Would I Get Any Pussy? (A Closer Look) Audios

100 Chicks - A Closer Look (Audio) 1/4

0:00 - Overview, refresher

1:20 - How did I get so many numbers?

2:35 - Fact: Los Angeles, easier than most cities to get numbers

3:45 - Phone Numbers ? Get Laid

6:30 - Average guy game doesn't screen girls

7:00 - Key to getting numbers: Asking (every time)

100 Chicks - A Closer Look (Audio) 2/4

0:00 - Be aggressive = More Pussy, More Rejection

1:15 - Non-aggressive approaches, Aggressive game afterward (get them in or out)

2:25 - Text technique "nice meeting u, dont stay up all fantasizing about me" (type exactly like this)

2:50 - Text state break "hey sexy bitch" (type exactly like this)

4:00 - 1:1 Get Laid Dates:Meaningless Nothing Date (need to screen better!)

5:00 - Text technique "nice meeting u, dont masturbate to me tonight" (type exactly like this)

6:00 - The game is in your favor, you have unlimited tries to get laid. It's more likely that you get a date than rejected by 100 chicks.

7:20 - Talk to Chicks + Be Aggressive = Get Laid

8:30 - I how handled the numbers I got, who I called, who I didn't

100 Chicks - A Closer Look (Audio) 3/4

0:00 - My phone strategy = Text, wait for text back - then call immediately, goal of phone call = Get the girl to meet up, how to

2:50 - Don't set up meet ups/date via text, not until you've banged the girl

4:15 - Goal of meet up/date = Get Laid

4:50 - My Get Laid meet up/date blueprint

5:30 - What I do on my date - house, coffee/ice cream, heat the girl up, false pretense, house, youtube vid cpu on the bed, sex

100 Chicks - A Closer Look (Audio) 4/4

0:00 - Final thoughts on approach 100 chicks

3:40 - A lot of awesome chicks, a lot of boring chicks

5:10 - Screening > Average guy game

8:00 (to end) - If you aren't getting dates/laid, you gotta talk to more girls. Chances that you'll get a date are greater than getting rejected 100 times

Here are some common questions some of my friends had about my little experiment

How did you get so many phone numbers?

With 47 phone numbers, shouldn't you have gotten laid more?

A lot of guys, including myself in the past, treated a chicks phone number as some sort of "call this number, get laid" card. It's not. You haven't 'gotten' the girl- you've simply gotten her permission to call or text her (unless its a fake number - which I definitely got a few). Again, in my interactions I wasn't too aggressive, I was polite and appeared confident. Most girls probably wouldn't have a problem giving me their number. If I was more aggressive (how I usually am - following the "Get Laid or Get Lost" Mentality), a phone number would mean significantly more. It would mean that the girl was accepting my physical advances and I've gotten her permission to continue at a later time. So I'm not too surprised that a little less than half the girls gave my their phone number with the intention of either seeing me again or getting away from me politely. At the same time I kept my interactions pretty short, the girl might have gotten excited to meet me but she definitely didn't feel like she knew me (with the exception of a few interactions). She literally had to decide if she liked me in about 4 or 5 minutes. If I got her to respond over text within the next few days, she probably liked me or wanted a text buddy.

A special note: Los Angeles is the easiest place in the country to get a phone number, but the hardest place in the country to get the chick to meet up with you. The girls are super friendly, busy and sometimes "politely" fake. Just like in other cities, but at a much higher percentage- a girl will give you her number whether she likes you or not. A lot of the Los Angeles hotties like the ego boost of giving their phone number out and like to have a guy become their "text buddy" that sweat them. It's like a daily ego boost knowing that guys are chasing them. Also girls will give you their number if they 'think' that you might be someone or know someone that is important. Especially the Hollywood girls that like to "network". In Los Angeles, you'll almost never hear, "I don't give out my number." Not from the Hollywood chicks anyway.

So, getting a lot of phone numbers (especially in Los Angeles) is definitely not a "get laid" card. In fact, banging 7 chicks off 47 numbers is actually very high considering my non-aggressive approaches.

The main thing to note is- ***the key to getting phone numbers is simply asking***. Get in the habit of ending every interaction with. "Hey I gotta run, you seem cool, what's a number I can text you at?" You're going to get her number or you won't. None of this "I should have asked for her number," or "I wonder if I could have gotten her number," BULLSHIT. Regardless of how receptive the girl is - ask for her number. Make it a habit so you don't "forget" later.

Another major point is- with my "average polite guy" approaches, I was not screening the girl for anything more than if *she* found me attractive and nice enough to give her number to. That's what most guys do- let the girl screen him. The problem with that is I ended up on a lot of "dates" or meet ups with girls that were asexual and just not cool. A complete waste of time that could have been avoided by properly "screening and filtering girls out". To try to avoid this, once I got their number, I got more aggressive [via text and phone] to weed the duds out.

Right after I got their number, I texted them- "Nice meeting u [name], talk to u later, dont stay up all night fantasizing about me please. Get some sleep"

The following day or 2 days later I'd text them- "Hey sexy biatch"

When they replied I called them immediately. (see call her/phone game)

If they responded and weren't filtered out, I'd be fairly confident that they weren't asexual and boring.

But still, half the dates I ended up on, the girls were asexual and most were profiling me as a potential boyfriend, not a guy that would fuck them silly. I dealt with this type of thing before and now I screen chicks harder than they ever screened me. (about chris)

If this worked for you, why should I believe it should work for me?

If you don't believe me - try it, go talk to 100 chicks.

If you do believe me, then you should try it, it works.

While results will vary (I could do this again and get rejected 100 times), it is more likely than not that you'll end up with some phone numbers and some potential dates (and you might get laid) than be rejected 100 times. **Again, it is more likely that you will get a date than be rejected 100 times.** So the odds are in your favor if you look at it that way.

Even at its lowest level, that should be comforting if you haven't gone out with a chick in several months or a few years. I think that most people know this. It's a numbers game. But for some reason a lot of guys are confused about why they aren't getting laid or haven't been out with a girl in a few months. Maybe it's denial, maybe it's confusion - either way that's the solution. If you haven't been hanging out with chicks or getting laid, it's generally because you *are not talking to enough girls* and *not being aggressive enough*.

Remember the formula? **Talk to Chicks + Be Aggressive = Get Laid**

if you dont to talk to chicks

or if you are being a total pussy (I had an issue with that)

you wont be any getting any twat

... if you genuinely approach 100 chicks, ask them for their numbers and get turned down 100 times- talk to me, I'll specifically help you out.

Okay so you got 47 phone numbers, did you call or text them all back?

Nope, I didn't call or text all the chicks back, most of them I did though.

I texted the best looking girls and the ones that seemed to like me the best. That's how I do things normally. If those numbers don't pan out, I'll text the other numbers.

I texted most of them with "hey sexy" or "what up sexxxy". I only waited about 36 or 48 hours after I met them. I'll talk more about that in [phone game]. (the texts were EXACTLY like that- NO capital letters or punctuation)

This was my screening technique to see if the girl had some sexual energy to her, something that I did not screen for when I met the girl. Since I was such a "nice guy" and so polite when I picked the girl up, it would be understandable that they were a bit taken back the "sexy bitch" text. Either way, it was efficient screening. I'm looking to Get Laid, not go out 5 on five dates and then Get Laid.

If and when the girl replied, I immediately called her and I would nearly always get her on the phone since she just texted me seconds before. I did some small talk, had a funny story about seeing white trash people at Costco and tried to set up a meet up within the next few days.

If the girls agreed to meet up with you what was your meet up / date like?

The plan was simply to get them back to my room.

If you want to get laid, *getting the girl on your bed should be the goal of the date.*

The basic formula was this-

1) Have girl drive over to my place, park in my driveway

2) Have girl come in, see the house, see my room and my bed - get her familiar with the place so it doesn't feel like it's a new place when you bring her back later that night

3) Walk down the street to Santa Monica Blvd. to get ice cream at Millions of Milkshakes or coffee at Coffee Bean on Sunset Blvd.

4) **Flirt, touch her, makeout, heat girl up**

5) Walk back to the house to get a drink and tell the girl that she "can only stay for 10 minutes though,"

6) Either have the drinks or not, massage the chick while showing her a youtube video, duck into my room and get busy!!

For more information about getting laid on dates please see section III.

How did the first day go? Were you nervous? What were your expectations?

Other than sex with Brianna on Day 4, the first day is actually the day that I remember the clearest (haha, Kratom seems to blur things sometimes).

Since I was already sleeping with 3 other girls, I hadn't been talking to many new chicks, I was really excited that I'd be meeting 100 girls in the next week. I felt great and I wasn't sexually or emotionally needy. I had gotten better over the past 6 months and hadn't really measured it. Overall, I had a great fresh attitude for beginning my little experiment. My expectations were that a lot of girls would be cool and warm to me, I'd have to later see which wanted to have sex. I also thought I'd get a lot of phone numbers, since girls give out their numbers whether they love or hate you. That's pretty much how it happened.

I started out at The Grove, a beautiful upscale outdoor mall in Los Angeles. The very first girl I approached in the Nike Store, Jamie P_ttigrew, was a beautiful brown haired athletic girl. Sandra Bullock looking. She was even on the US Olympic (or Jr. Olympic) Ski Team or something. The first interaction when so well, Jamie was even trying to lock me down for the rest of the day it seemed (we met up again on October 20 to have ice cream and had sex after). I was super confident to start out my experiment. I left The Grove with 5 phone numbers, but only 1 girl other than Jamie seemed down. I was in a really good state once I got to the gym and I think I took 1 or 2 more numbers. I was excited to go out that night, but Hollywood is pretty dead on Monday with the exception of a few clubs that I didn't have access to.

Some Final Thoughts

This was a huge success and I had better results than I thought. The point is - anyone can do this and expect to take 1 or more phone number and likely go on 1 or more dates. This might be the perfect

thing to do if you are just starting out and looking for some quick results. As good as it went, believe me, there were times that it seems like every girl hated me. The first half of Day 4, I was getting either rejected on in go nowhere conversations where the girls wanted to leave. This was a surprise since I tagged Brianna the night before and was feeling really good about myself. That goes to show, that it's not your game or your problem is some chick is stupid, boring or unavailable. There's stuff out of your control that you can't change and shouldn't worry about. I always used to take things personally - I don't anymore.

A second thought is, for every girl I banged - I ended up meeting up (on a date) with a girl that just wasn't down. **This is why screening is so important** - make the chicks **get lost** before they waste your entire night and time texting/calling them. One girl I went out with, Justine, was particularly awful. I thought the "date" had been going pretty well until I sat her down on my bed. She kept standing up and wouldn't even let me kiss her. Eventually she did and I took her hand and put it on my crotch. She kept taking her hand off and started resisting more. Her breath wasn't great either, so I just went for broke and pulled my pants and did this little move that makes my cock swing from side to side (that usually makes chicks laugh and they want to touch me). Justine who was standing in the doorway after she wouldn't keep me hand on my crotch, ran out of the house, got in her car and left. Left her coat, what a prude. Bitch ran over the grass too. Haha. Was my penis that scary?

Other Posts On Numbers Game

This post was one of the very first I wrote in Late 2011(?), here is the more recent stuff related the numbers game -

- **"Numbers Game on Good Looking Loser" (index)**

If you have any questions or comments, definitely don't hesitate to post below.

Old Openers and Pick Up Lines That I Used 2007-2010

January 4, 2012 | by Good Looking Loser | Link | Original Link

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Pick Up Lines & Openers: What to say when you approach a girl that you want to bang

This is undoubtedly going to be a popular post, let me preface it by saying:

It's not what you say, it's how you say it.

Remember- ALL of these lines are used to SCREEN girls. Not to get them to like you.

You're "Mr. Pussy Inspector, not Mr. Funny Man".

You can say (communicate) all this stuff with confidence, arrogance, timidness or complete insecurity. It takes some time, don't sweat it. Just work on it.

The result is a product of how well you carry yourself, your body language, voice tone, voice speed, eye contact, etc. These all naturally get better as you get more comfortable, don't set out to try in improve them separately and don't think that you have improve them over night. It's sort of like public speaking, the more you speak - the more comfortable you get - the more comfortable you get - the better you get - the better you get - the more confidence you get - the more confidence you get - the better you get.

Pickup Lines - What's the Deal? Overview, Perspective, etc. (audio)

I've picked up hot girls saying, "My best friend just died... How long until I can fuck his girlfriend?" and "Hi, how are you?"and "You're fucking awesome. High five." and "You look like you have a great.... metabolism." and "I don't do this too often, but I just wanted to come over to tell you that you are were cute and see what you were like." Not one is necessarily better than the other, how you carry yourself and what you say after you opening line is more important than your opening line.
An opening line is simply a hello.

When you're picking up chicks, foreplay begins at "hello," regardless of what you say.

It is a decent idea to have a few lines that you are comfortable with so you never "don't know what to say". You don't need 20+ lines, you just need 1 or 2 that you like. Don't try to memorize all these lines or think that certain situations call for a specific line. They don't. Just use your line and then use it again. I've used a lot of the lines hundreds and hundreds of times. Once you get good and relaxed you can drop the opening lines if you want.

Aside from that, you should put some element of your personality and screening into what you say. Approaching girls is a screening process, if you are trying to get laid- you want boring, nonsexual girls to get lost. Remember, screening for sexual availability is **the most important thing**.

Ultimately a good or bad opening line won't get you laid or rejected. It's merely the start of your screening process. Opening lines alone are usually not sufficient for an entire screening process. The

exception is if you are completely direct- "I'm looking for a girl that is down to fuck - are you down to fuck?" (I've said that a few times, didn't work too well, there's better options than that line haha)

remember it's not what you say - it's how you say it.

It takes some practice. You should practice. You might get laid in the process.

Here's a real-time video (not just audio) with Chris and Scotty discussing pick up lines:

Here's a list of opening lines / pick lines - whatever you want to call them. I've used them all. They work.

I'll add to this section continuously

Just like any approach, the chick will be more warm to you if you make eye contact and smile at her ahead of time. If you can't get eye contact, just barge in and run your game. These lines also work when you point at the girl / motion to the girl to come walk over to talk to you.

Genuine Pick Up Lines (audio)

Genuine lines - these won't get you rejected too often, but you are encouraged to follow it up with more aggressive material to screen the chick (listen to audio above). These are good lines and will get a warm reception for just about anyone and may be particularly effective if you are decent looking or if girls tend to view you as a player.

> **Hey, I'm not hitting on you but I just wanted to tell you that I thought you were attractive**

> **Hey, I'm not hitting on you but I thought you were cute and wanted to come see what you were like**

> **Hey I don't do this too often, but I thought were attractive and wanted to come see what you were like**

> **Hey, you're adorable, I think I'm going to adopt you my little sister**

> **Hey there, I know this is a little random and I don't do this too often, but I just wanted to tell you that I thought were attractive**

> **Hey, I wanted to tell you that you're the cutest girl I've seen all day**

> **Hey, I'm not hitting on you, but thought you were attractive so I wanted to come and introduce myself - I'm Chris**

> **Hey, I'm not hitting on you but I wanted to tell you that you are the cutest I've seen all day**

Random/Aggressive-ish/Weird Pick Up Lines - What I Say, How I Say Them, etc. (3 Audios)

Aggressive-ish Random lines - these are funny lines that we have used. Some of them have some teasing or sexual innuendo. Some of these are best used at night in bars and clubs. (only use

them if you think it's funny, some of this shit is very random). Keep a smile on your for most of these :)

> **Are you guys here for the sausage party? Is that why you're standing around? Cuz I'm a one man sausage fest.**

> **Nice shoes, you weirdo.**

> **Are you Persian? (girl: Yes / No) Okay great, cause my mechanic is Persian. He actually sucks at fixing cars. He's out of town this weekend and my car is fucked up again. So look, I'll need you come by my house and help me fix this car.**

> **Are you Asian? (to any Asian girl)**

> **Are you Black? (to a Black girl)**

> **say "I love you." 3 or 4 times very quickly**

> **Wow you're tough I've gonna hire you to be my bodyguard.**

> **Wow, you gotta license for those guns? then grab her arm**

> **Can you dunk [a basketball]? (to tall girls)**

> **Girl where you get your eyes from? (ideally to black girls)**

> **Girl you look so good I wish I could plant you and grow a field of ya'll (to black girls)**

> **"What the fuck is this the fucking smoking section? Gross." then take out a cigarette and ask her to light it (to girls that are smoking)**

> **Gross. Look at you. You're fucking chimney! A fucking chimney! (if you are smoking and she is too)**

> **My best friend just died... How long until I can fuck his girlfriend?? Cause that's the kind of guy I am. (then introduce yourself nicely)**

> **"Guess what I learned today- when you are sleeping during the night your heart actually stops for 45 minutes to an hour..." Girl says, "Really?" "Seriously?" or "Wow," you say, "No. I'm completely lying to you."**

> **I just want to say... We are... stunning... Mostly me. (point to yourself) But you guys aren't bad either. (this line can make good looking guys seem arrogant if the girls aren't too pretty)**

> **Smile! (put your hands on your lips and signal 'big smile')**

> **You're cute. (girl will say, "Thank you.") wait for a second and then say, "Well.... aren't you going to tell me that I'm cute?"**

> **You'll never guess who I just saw... I'm so star-struck... It was like my childhood hero. (girl will ask, "Who?") you say, "Mr. Belding." (or any other lame D-list celebrity)**

> **I'm thirsty, you want to buy me a drink? Yeah, that's a good idea. Why don't you buy**

> **me drink? I'll have a Long Island Ice Tea. Hold on my friend might want something too. (girl will usually laugh and say that you should buy her a drink)**

> **Who would win in a fight? (pause) I got my money on.... you. (say it to a group of 2 girls)**

> **High five! (put your hand up for a high five)**

> **You're awesome! (put your hand up for a high five) "You're awesome!" "Don't fight it!" "You're awesome" (keep saying it until the girls smiles)**

> **Hey, we're the coolest people in this place, look around, we're definitely the coolest people in this place, look over there see those 2 guys/2 girls, they want to be just like just like us and look at those 2 guys/2 girls, they are trying to be cool but they know they aren't as coolest as us." (you can point at different people and make fun of them, try not to go too far and come off arrogant)**

> **Did you just grab my ass?? You did, didn't you?? I looked at you and you seemed nice, but I guess you're just another girl that just wants to have sex with me.**

> **"Hey, I noticed we have something in common". girl says, "What?" you say, "You're white trash just like me."**

> **Do you know how to blow smoke rings? girl says, "Yes/No," if she does let her do it. If she doesn't, say, "Okay, watch this, you gotta watch closely, ready? you gotta focus. ready? I'm going to show you." take a drag and just blow a huge exhale in her face. (only to smoking chicks, if it's a group usually one girls want to show off and do it.**

> **Can you touch your elbows behind your back? girls, "Yes/No," tell her, "Try it. when a chick tries to do this it forces her boobs forward, just laugh at her. (this line is best on big breasted girls)**

*Forrest Gump was a **nice guy** but he didn't get a lot of pussy.*

Aggressive-ish High impact "Get Laid or Get Lost" sexual screening (sometimes funny) lines.

> **"Did we have sex last weekend? Cause you look really familiar."**
>
> **"You're Sexy. Tell me your name"**
>
> **"Hey, take a guess what I got in my pants." then show the girl your wallet or something and accuse them of being horny and nasty**
>
> **"When was the last time you got laid?" (girl says something) "It's been 43 years for me, so I'm really looking for a chick that's DTF (down to fuck)."**
>
> **"It is true that if someone blows cigarette smoke in your face, they are attracted to you?" (smoking girl says something) then hit her with a huge exhale right in her face. (only use on girls that are smoking; sometimes they'll return the favor and blow smoke at you) * I learned in Law School that blowing smoke at someone is actually 'assault' - so only do this to chicks that are smoking.**
>
> **"Have you had plastic surgery before? I have. In fact, I just had a penis implant.... It's awesome... I've tripled my size in just one day.... Isn't that fucking awesome? Guess**

> **how big I am now??" (girl says something) "3 inches" (or reply with a lower number than she says and excuse her of getting horny) Works good if you have a big cock, but it doesn't matter that much.**
>
> **"You look fucking delicious."**

Non-Verbal Openers / Nervous Guy Lines & Game (audio)

Non-Verbal Openers - These don't have words.

* Hip bump and smile

* Butt bump and smile

* High Five

Nervous Guy Game - with this type of opener you are "pretending you are nervous," if you are WAY better looking than the chick, look like a huge player or seem like you are WAY cooler (e.g. she is poorly dressed, dorky or very shy) than this type of game is pretty good. The idea is make yourself seem like a really nice guy who won't fuck her and kick her to the curb. Don't use this on smoking hot girls, unless you are a known celebrity or something.

"Hey there, I'm kinda nervous because I'm shy and I usually don't talk to people I don't know, but I decide to talk to you because I think you might be nice."

"Hi there, I'm sorta nervous because I'm shy. Because I'm shy I don't usually meet people. Because I don't usually meet people I'm not very good at this. But you had a nice smile so I wanted to say hi."

... that's it for now!

You could simply take one of the lines listed above and and use it 10,000 times. Again, you don't need a specific opening line for specific scenarios. Scotty has used the same 2 or 3 openers over 3 years. I like to change stuff up to keep it fun, knowing full well that *it's not what you say, it how you say it*. Remember, you aren't trying to impress the girl or trying to get her to like you- **you are screening her** to see if she's cool and potentially down to fuck.

You should begin to screen the chick when you start talking to her or shortly thereafter. After you say your opening line, she'll either smile or she won't. **It doesn't matter.** Start building a physical dialogue with the chick, lightly touch her (especially if it's a at night). If she doesn't reply or starts talking about something that you don't want to hear- try to stay dominant and just keep running your game, keep screening her. Some chicks are shy and they need a minute. Ultimately, she'll either come around or she won't. If she doesn't pass the screening test, go up to the next hot chick and do the exact same thing. Getting laid is simply a numbers game. You're going to **Get Laid or she can Get lost.**

Most of our material is pretty funny and sexually charged. Mix it with some normal generic conversation. If she doesn't dig it then she's sexually unavailable or she sucks. Either way, move on, these lines are good.

Remember- ALL of these lines are used to SCREEN girls. Not to get them to like you.

Yummy Buns! Look at her beautiful buns! Yum Yum.

>> no, I haven't had sex with the girls pictured above- I got asked that 2 days ago. haha.

Pointless information about Chris:

My preferences have changed so much over the years. I used to really dig the tall, thin, fashion

model-looking chicks. For whatever reason, being on the East Coast there were very few blondes.

They say, "You want what you don't have," sure enough my preference changed from the tall brunette model to the bleached blonde California platinum blonde. That stayed pretty consistent.

I'm in decent shape and I like chicks that are in shape too. Chicks with bubble butts I especially like. In Los Angeles, especially in Venice and Santa Monica, the girls are athletic and in shape. It's great! I don't know the chicks in the image above or to the right, but for some reason I look at them and I'm pretty sure I could get all 3 of them. Years ago, I'd think, "Wow, I wonder what it would be like to taste her pussy." Years later, I was banging chicks that looked like this and even better.

If you have any questions or comments, definitely don't hesitate to post below.

Do You Really Want the 'Playboy' Lifestyle? v1.21

January 5, 2012 | by Good Looking Loser | Link | Original Link

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Do you really want this?

Playboy Lifestyle

Most guys think they do - but sometimes they ultimately don't.

It was sort of both for me actually- I was somewhere in between.

Let me tell you about it-



Everyone has the at least a some level of the same needs and desires.

Everyone wants at least a little bit of love, respect, money and sexual gratification. These are innate human needs, not just selfish 'wants'. As you get better with women, you will ultimately decide how much you WANT (not need) them to be a part of your life. You will also decide to what capacity they will be part of your life.

For guys just starting out or guys that have underachieved in their dating and sex life, the desire for emotional and sexual gratification is usually extremely high. Mine was pretty high, even though I had the average sex and dating life into my mid 20's. I knew I was underachieving in my sex life and I reminded myself of that everyday (not productive, unless I took action).

Everyone has different goals when it comes to dating.

I wasn't super big on having as many one-night stands as possible or knowing that I wouldn't see the girl again. But I damn well wanted to date/be sleeping with a handful of regular super hot girls on a weekly basis. I thought that would be one of the most rewarding things ever. It was for about 2.5

years.

After I achieved (and exceeded) all my "dating" goals, my career and other personal goals took priority. Thankfully, I had the skills and persona to attract high quality compatible women into my life and I picked the best one of them to be my girlfriend. I planned to live a "player" lifestyle until I was about 40 years old. I enjoyed it for a while (over 2 years) and met some amazingly cool and hot women while living in the most beautiful city in the country (Los Angeles). But I found that I wanted something different that was more congruent to my overall lifestyle. I had the power to make that happen. For once, I was in a healthy relationship because I **wanted** to be, not because I **needed** to be.

Ironically, this is what seems to be happening to the vast majority of guys I know that are in their late 20s or early 30s that are *really good* with women. Even to guys that may have banged even more girls than I have. I don't know if it's the stereotypical "settling down" or just a welcome change in priorities.

If you've never enjoyed a high level of success with women, you should. Then you can step back and take a look at your life and rearrange things if you want to. A lot of guys spend 20 years on their career, hoping that if they have enough status or money, they can attract high-quality women. This is completely unnecessary and ultimately does not attract quality women with integrity. Walking up to a chick and talking to her and taking her home is far easier.

You can't get good with women easily, but you can get good with women pretty quick.

I do suggest however - before you get into a relationship, you should meet and sleep with enough girls to satisfy your needs. It especially important to fulfill your standards. Knowing you can get it and have it is very rewarding. You won't be emotionally or sexually needy.

You'll know when it's time to look for a keeper. You need to have the ability to attract women, so you have the self-confidence to stand up for yourself in your relationship. It ultimately makes your chick respect you and makes your relationship better. One of the biggest, if not the biggest decision, you'll make in your life is who you marry (if you believe in that). Make sure it's your decision and not just someone that is safe and equally desperate.

Don't decide now "if you really want this," decide after you have banged 40 or 50 hot girls, maybe 75 or 100. Maybe sure you get experience with a fair amount of the SUPER HOT girls that were formerly 'out of your league'. You gotta experience it ALL to have a good perspective of what you really want. When your dating and sex life suck - the rest of your life suffers. When your dating and sex are going well - the rest of your life will fall into place. I'm talking from experience- I've been on both sides of that. It's not all about pussy, but it's a wonderful distraction if nothing else. :)

If you have any questions or comments, definitely don't hesitate to post below.

I Want to Bang Chicks, But I'm Not Comfortable with Social Situations / Environments & How Chris Got Good

January 8, 2012 | by Good Looking Loser | Link | Original Link

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Initial Social Anxiety in Unfamiliar Environments

Here's a quote for you to think about if your dealing with anxiety about ANYTHING and you wonder if you'll ever get the results you want.

"We are often so fearful of whether or not we can achieve something that we forget to remember that if it is broken down into smaller, daily steps it becomes MUCH easier and most often attainable."

- Good Looking Loser

A buddy of mine who is working on his game asked me a question about how to get comfortable in the 'social scene' and environments such as bars and clubs if your not used to it. This is a question that many people have. These feelings of anxiety certainly hurt your chances with women, but also can foster feelings of worthlessness and hopelessness. I've been there.

This issue is actually overlooked by major dating/sex columns and not addressed properly by most of the leading dating/pick up authorities. Advice like, "Be confident," "Just have fun," or "Don't care what other people think!" is hardly effective and doesn't produce any sort of psychological change to anyone's game. Even well intended suggestions like, "You should get a bar tending job, that will help you get comfortable with talking to women," may be effective for some people but most people don't have the desire or time to commit themselves to another job and a long process that doesn't actually address their issue nor guarantee success.

I mean - how the hell can you "Screen and Filter Girls Out Instead of Being Rejected?" or "Approach 100 Chicks," or use Good Looking Loser's ridiculous/retarded "Pick Up Lines and Openers" if you aren't even comfortable with your surroundings?

Let's make sure we're on the same page.

The issue is you have social anxiety (and approach anxiety) which makes you uncomfortable in bars and clubs. Agree?

The solution is to not have social anxiety (and approach anxiety), to get comfortable in bars and clubs. Right?

So we gotta kill your social anxiety and approach anxiety.

Now lets put some shit in perspective.

It might seem like everyone in the bar or club is talking to everyone else in the place. But truthfully, only about 10% (or less) of guys actually talk/run game on chicks that they don't know. We aren't talking about the drunk guys that make little comments to girls as they pass by. The vast majority of the bar is simply groups of guys and girls that don't really "intermingle". In clubs, there are usually some common promoters that serve as the a common bridge between the established groups in the place.

Next time your out, step back for a minute or two and take a look around. You'll see what I mean.

So if you're simply talking to chicks that you don't know, you got more balls than ~90% of the guys in the place. In fact, you're in the 10% that might actually get laid or get some legitimate phone numbers.

If you're not, that's okay.

I wasn't, I was definitely part of the 90% of wallflower guys or "furniture" that didn't talk to new chicks on most nights.

So how did I get comfortable in the social scene?

Baby steps.

Just like any goal that are you trying to achieve, it's just a bunch of small steps put together.

Picking up chicks is no different.

When I got started off, I definitely didn't have the "Get Laid or Get Lost" mindset nor did I have the social courage to "Screen Chicks to See If They are Down to Fuck." Just getting into a conversation was hard enough and before I was in a conversation my mind would go blank! Damn! I had fears that the chicks wouldn't be into me and maybe they would laugh at me and tell their friends. Despite what others might have thought, I knew I wasn't good at this stuff. If I got rejected, then apparently I wasn't as good looking as I thought - since all I had were my looks. My odds were better just waiting for a chick to approach me. That's happened before, at least then I could reject her and I'd be safe.

Does any of this sound familiar?

That was my story.

Part of it.

Just after leaving college where I mainly had pointless long distance "relationships," I had a breakdown. I worked so hard in the gym, in sports, in school and in life. But I didn't have the girls in my life that I thought I deserved. Most of my social circles are lame. My friends don't get hot girls. The hot girls that I dated in the past owned me. I had to face it. Life wasn't working out for me.

That night I also thought again about something that happened to me about 4 years earlier...

Back when I was 18 or 19 years old, this is the scenario that I thought I would meet a super hot girl (one of top 1% chicks) (im fucking serious)-

I'd be at a bar, there'd be 2 beautiful women, they'd notice me. I looked really good and athletic, big arms from my hours at the gym that I arrogantly thought the average guy wasn't tough enough to invest. One of the women would come over and introduce me to her single friend. We'd talk. Eventually she'd say "Do you want to get out of here?" And She'd take me a her gorgeous apartment, pour me a drink, take off my pants and fuck me passionately. We'd be together forever. She'd be so caring, exciting, understand and hot that all my friends would be totally jealous!

Well guess what? Half of that story happened.

In 2003, on New Year's Eve, I was at an upscale hotel in Washington DC, the cheerleaders for the Washington Redskins were doing some sort of promotion. I met a chick named Laura. She was a cheerleader for the Washington Redskins. Super hot. The kind of chick that I was fucking terrified of. Somehow her friend Tiffani (another Washington Redskins cheerleader) introduced me to Laura and also told me that "she liked me". Laura and I talked for about 40 minutes. She then said that she and

Tiffani were going to go upstairs and get out of their cheer outfits. I said, "Okay." Laura said, "Why don't you come along? We'll sneak you up there. Do you want to come along?" I said, "Yes!"

Oh my God, my dream is coming true! We got upstairs and went to Laura's room. I can't believe this is happening!

We sat on the hotel bed. I was scared to death. I'd been with girls before but no chick this hot. I just sat there. Scared to death. We talked. And talked. And talked. After an hour and a half, Laura said she was going to get changed. I said, "Okay I'll meet you downstairs." She said, "Oh okay," and kissed me on the forehead and opened the door for me to leave. I went back downstairs to the lobby wondering, "damn she didn't even try to take my shirt off, I wonder if she liked me? I couldn't tell, I'm glad I didn't do anything wrong." My friends thought I had sex with her and were high fiving me and in awe of what they thought happened. Nothing happened. I smiled and relished in the glory.

Nothing happened.

My entire dream scenario played out. All the moves were made for me except for kissing her and undressing her. Everything was completely perfect. Yet, even after all that randomly happened I still couldn't do anything with it. I was scared to death and I knew it.

This isn't Laura, just a Redskinette hottie.

I remembered my "how I thought I would meet a super hot girl" dream scenario/fairytale. It didn't play out and nothing like that happened since. I was holding onto some vision that left me as a total fucking pussy. I'm a tough kid right? Big and strong? Athletic? Smart? Am I even a man...? I can't even score with girls that like me. I needed to change my life. Things had to change. I had high expectations for myself.

I had to change or I was going to die.

My frustration produced a great deal of motivation. I was going to make some changes. I first started to reading a lot of stuff on the Internet and bought some books, that didn't really do anything but it seemed to motivate me. I got a few lines and stories that I knew most girls would respond well too. It wasn't really any game, it was just some material that was low-risk and funny. One was this routine where I'd see a girl seated and I'd say, "Okay this might sound weird, but I just drew a picture of you. Do you want to see it? I'm thinking of going to art school." The girl would say, "Yes," and I'd show her the picture: it would be a stick figure that said "cute girl at Starbucks/library/bookstore/whereever," nearly every girl really liked that and I had a conversation after.



I was too scared to ask for phone numbers unless the interaction when really well. I was really happy with myself and sometimes my friends would watch and think it was amazing. It became fun because I almost knew the girl would like it. I was still too scared to approach girls in bars and clubs, I was generally intimidated by those places even though I've had many girls there before.

Like most people at my level, I was searching for the perfect lines and spare myself rejection.

Slowly, I got more and more comfortable with approaching and talking to girls I didn't know. Instead of just approaching with my "stick figure routine" and talking, I started asking for numbers, most of the them. Sure enough, I started getting phone numbers most of the time. Once I got these chicks out, I usually wouldn't kiss them until the 2nd date. Once I got more comfortable, simply from going on more dates, I began making out with chicks on the 1st date. It was just baby steps, but slowly I got more comfortable with stuff that I was uncomfortable before. I didn't exactly know what I was doing, but just from experience- I got more comfortable- and I got better- and I started getting more results. I got to the point where I'd get laid occasionally from approaching a girl I didn't know. I kept working at it and eventually my approach anxiety went away for the most part. It was just baby steps.

The big results came when I slowly got more comfortable with being aggressive. All this came pretty slow, it probably could have came faster. It took about 11 months to beat approach anxiety. Then it took about 3 months to become very aggressive. Then it was about 9 months of really gaming at a high level. Over about 23 months, I got 71 girls in my bed.

The numbers and timetable doesn't really matter.

What does matter is that you beat the approach and social anxiety that is keeping you from reaching your potential.

If it takes 3 years, it's worth is. We try to have our students beat it in a 2 to 4 months. But seriously, if it takes a long time - so what? Anxiety prevents you from having "balls". You need balls, figuratively and literally, or you WILL NOT be getting hot chicks on the regular. Or at all. I'm not going to go on further about how anxiety is devastating for your life and game - you get it.

When you got into this, you could at least talk to girls - what if I can't? What the hell should I do? I can't start conversations with nearly anyone, let alone hot girls...

Everyone has a different starting point. That's why the advice from dating columns and "workshops" led by mainstream pick up companies is not helping the student who has high levels of social anxiety, as well as approach anxiety. Combine them, and its no wonder that some guys are freaking out and not getting results when they are told to, "Be confident. Just talk to her and have fun!"

Some guys just aren't ready to hit on a ton of hot girls. They have too much social anxiety to even begin to address their approach anxiety. So that's what we gotta tackle first, or at least concurrently with killing your approach anxiety. Approach anxiety and social anxiety are no doubt related- but they not are the same and should not be treated the same way. That's how our programs address anxiety.

In a nutshell, we use small amounts of exposure therapy to break your anxiety. You are retraining your brain. Exposure therapy is a clinically proven psychological process used to take away unwanted physiological effects and psychological thought patterns. It works well, especially to combat the emotion of "fear" which triggers anxiety.

Regardless of what your starting level is, it will work- with your commitment. Exposure therapy is discussed here: "Help! It?s Weird Going Up To A Random Chick and Hitting on Her! (Approach Anxiety)"

The performance enhancing, anxiety killing supplements and compounds that we recommend absolutely destroy anxiety and depression. Like getting better with women, using

different compounds to kill your anxiety is a trial and error process.

Just to give you a small idea of how we handle approach anxiety with exposure therapy - with us watching sometimes, here's something that we'll have a student with a lot of approach anxiety do to get things going.

Rather than approaching a hot chick, we use some of these smaller "reps" instead:

Student will go up to a girl and ask the time. He'll say "thank you," and leave (he's not allowed to stay).

Next, if that goes well, he'll go up to another girl and ask the time. He'll say "thank you, actually wait do you know where ____ is?" and then he'll leave (he's not allowed to stay).

Next, if that goes well, he'll go up to another girl and ask the time. He'll say "thank you, I appreciate it, by the way you're very attractive, have a nice day." and then he'll leave (he's not allowed to stay).

So and on...

Baby steps.

Just get comfortable talking to strangers. You don't have to go from 0 to 100.

That's just a small example of how we handle it for students that aren't ready to hit on girls. You don't need us, you could go do this on your own, you should.

If you work with us- we have very specific scripts and things that we want you to do and say. The scripts slowly introduce different elements of flirting, game and physical dialogue. This shit works.

And It adds up. Each interaction gets longer and longer. You will get more and more comfortable. At some point, you'll realize- "I can do this," and want to push things a little harder and little further. It takes time.

Over the past 3.5 months, I've been working with a student that I'm super proud of- let's call him 'Mike'. Mike had a lot of approach anxiety, especially during the day. He just felt it was really weird to just walk up and hit on a girl during the day when shes clearly busy. Rather than giving Mike a bunch of lines and telling him to "Be confident." We addressed his approach anxiety with our scripts. Baby steps. 3 months later, Mike took the number of both a girl AND her friend that was a model on E! show "Project Runway". Who knows what will become of it, but 4 months ago Mike couldn't even start a conversation with a girl during the day.

Remember:

"We are often so fearful of whether or not we can achieve something that we forget to remember that if it is broken down into smaller, daily steps it becomes MUCH easier and most often attainable."

- Good Looking Loser

How do I know if I should follow the baby steps or just sort of talk to girls?

Even if you are "just sort of talking to girls," you are taking baby steps, whether you know it or not. That's sorta how I did it, but I kinda wish I had something to follow so I knew what I was doing. Committing and following a structured program is generally better because it will ensure your progress.

Here's some questions to evaluate if you need to address your approach or social anxiety:

- Can you go out alone and feel comfortable?
- Do you walk away or excuse yourself when you run out of stuff to say?
- Do you feel like your mind goes blank within a couple of minutes of talking to a new chick?
- Can you approach girls when you are alone?
- Can you approach girls that are working in a store?
- Can you approach groups of girls?
- Can you approach groups of girls that are with guys?
- Can walk into a bar and hit on the hottest girl in the place?
- Can you approach any girl you want?
- Can you approach 10 girls in one night?

If the majority of the answers are "No," or "Probably not," your anxiety is probably ruining your chances with women. You might want to look into focusing on anxiety if you feel your game has plateaued or not been progressing. Reason being, elite guys that are really good with women (able to consistently bang can generally do every single one of those). The good news is, with your commitment, it doesn't take that long.

Good Looking Loser on Dating Show in 2002

January 13, 2012 | by Good Looking Loser | Link | Original Link

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Chris on the '5th Wheel' in 2002

Back in 2002, I was 20 years old and I was on the sort of popular dating show called "The 5th Wheel".

I posted this video because I want to show you guys that I actually was a ***Good Looking Loser***. Super nice guy. Super non-aggressive. I had no game. Super average dating/sex life at the time. I definitely wasn't the guy that you see today.

It wasn't staged - I was pretty much exactly how they showed me. I want you guys to see that.

Despite how well I or not well I did on the show- think about what Nicole (the hot chick) is thinking. She obviously likes me, but is she picturing me as a guy that will fuck her brains out and make her cum all over her bedsheets? Or as "nice, safe, cute, boyfriend material"? I think you know the answer.

I wasn't as bad as the other guy though.

It was fun, I can't deny that.

Now fast forward 6-7 years and I can see for myself how far I've come. It's like I'm a totally different person.

Enjoy.



January 13th 2012: (if you've randomly found this page and are interested in the topics that we cover - sit tight, *GoodLookingLoser.com* was started just a month ago- I'm adding new stuff EVERYDAY... feel free to check back soon! I appreciate your interest!) - Chris

Good Looking Loser (Chris) on the 5th Wheel 1/3

Good Looking Loser (Chris) on the 5th Wheel 2/3

Good Looking Loser (Chris) on the 5th Wheel 3/3

Does Size Matter? Physical and Psychological Effects of Being Well Hung

January 16, 2012 | by Good Looking Loser | Link | Original Link

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Does Size Matter?

Don't try to base your opinion on what women "claim".
Don't base it on lesser endowed guys.

If it matters to YOU- then it matters.

If it doesn't- then it doesn't matter as much.

If you've found this page, then it probably matters.
Cool, do something about it :) Good Looking Loser: Get Hung

Does Size Matter? AND Various Sexual Anxiety Issues/Concerns.

Does Penis Size Matter?

On some other forums, I've taken some criticism from guys with sexual anxiety & WOMEN that say I shouldn't encourage guys with sexual anxiety to increase their dick size because it will make them more self-conscious. I think that is ridiculous. You either like/satisfied your current size or you don't. Whether they know it or not, a lot of guys have sexual anxiety that prevents them from getting physical with girls. Penis size isn't exactly/always the cause. But it's definitely more rare that a well-endowed guy has sexual anxiety and is scared to take out his dick than a guy with an average/small penis. From personal experience, I absolutely love the moment when I show my penis out to a hottie that I just met. When they look at me like they won the lottery, it's priceless. That didn't happen 6-7 years ago.

As you know, I regard this penis enhancement simply as self-improvement. If a guy overweight and isn't maximizing his appearance- I'd be an AWFUL mentor if I told him "you shouldn't care about your body/looks, ONLY superficial women care about looks." I'd also be LYING.

I'm not comparing the importance of looks/body to cock size- but they matter. Everything matters and enhancing and feeling good about your looks/body/style/cock/everything can HELP.

So why not increase your penis size if you can?

But if women TRULY didn't care (AT ALL): is it a coincidence at all the dildos and sex toys are 7-8" long and 5.5-6" in girth? No. Girls loved being filled by a hung cock, whether they admit it or not. In some cases it hurts, but they will get used to it and enjoy it more- simply because it hits spots that she's NEVER even felt before. Girls picture their lover with a above average/big dick. They don't picture their lover being small. Some guys will be too big and some girls will be too small to take a big dick, but that's a SMALL minority.

I think skeptical guys (who aren't yet big) underestimate what a positive effect it can have on their sex/overall life. When I decided to improve my size, I didn't predict or picture myself getting blowjobs in hot tubs while 5 or 10 people watched silently, how some of my hockey teammates politely asked me if they could sit quietly in my closet to so they could watch me have sex with a hot girl later that night, or how girls and guys in my social circles would talk about my size to each other. It's was so reassuring when I'd (get the impression) that my fuck-buddies would often ditch their other, previous fuck-buddies after we banged a handful of times. I'm not even THAT fuckin big! Needless to say, I walk around "like I have a huge dick," and it was worth the effort. I put the time in.

If you wonder "does size matter?" then obviously it matters to you- so do the exercises and get it bigger.

take action

i started out completely average with slightly (barely) more girth than average
it can be done and its not overrated

- **Good Looking Loser: Get Hung (Index)**

Here's some basic clinical research-

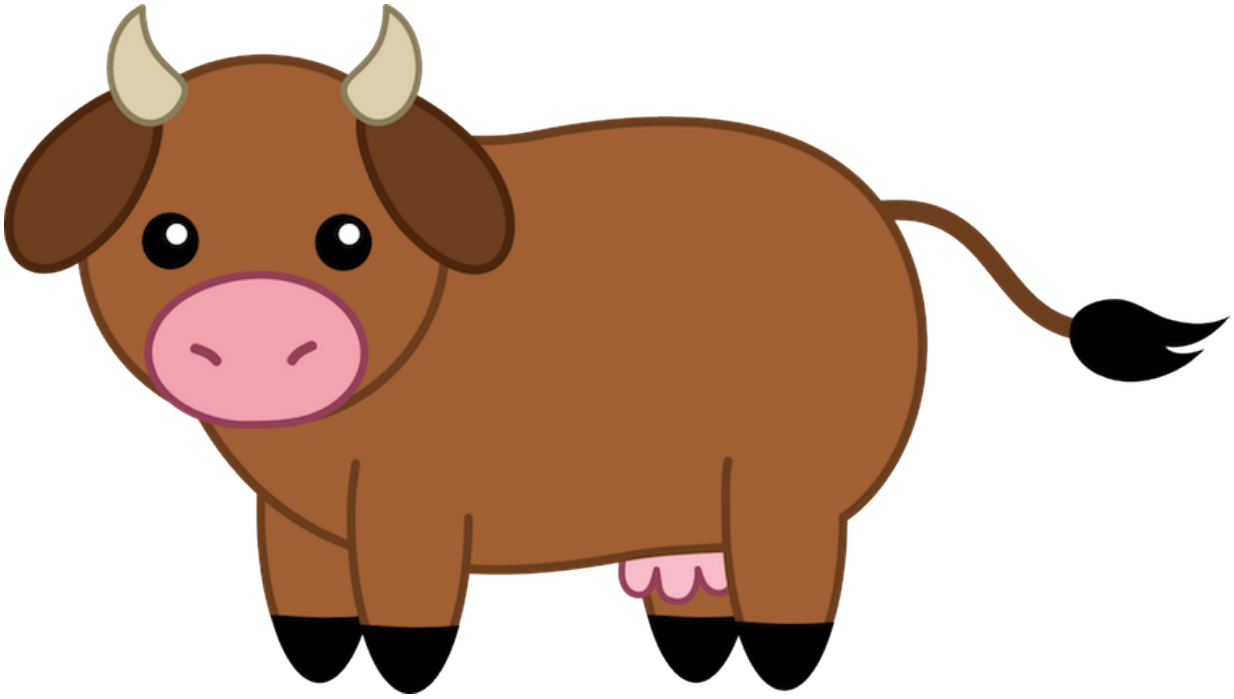
A study published in BMC Women's Health surveyed women's preferences concerning penis size and concluded that width rather than length is a more important factor of sexual stimulation.

Similar results were found in a cover story published in Psychology Today, which surveyed 1,500 readers (about 2/3 women) about male body image. Many of the women were not particularly concerned with penis size and over 71% thought men overemphasized the importance of penis size and shape. Generally, the women polled cared more about width than men thought, and less about length. "...the number one reason women preferred a thicker penis was that it was more satisfying during intercourse."

Another study, conducted at Groningen University Hospital, asked 375 sexually active women (who had recently given birth) the importance of penis size and concluded: "Although clearly in the minority, a nevertheless considerable percentage of the women respondents attached substantial importance to the size of the male sexual organ."

The term size queen is slang for a person who prefers their sexual partner(s) to have a larger-than-average penis.

Not necessary women that HAVE TO have a huge penis to even enjoy sex.



Numerous Physical and Psychological Benefits of Being Endowed

I have big penis, I didn't always have one though. Unlike some stuff in life, being well endowed is not overrated.

There's more physical and psychological benefits than I even realized.

Here are my recommendations to "Get Hung".

Having a big penis probably more important to ME than her, but it certainly doesn't "hurt" (usually).

In no particular order, lets discuss these:

Nearly all girls love the feeling of a big penis inside of them.

Excitement and preference for a well-endowed partner isn't just for "size queens." Nearly all women really like to have sex with a well hung man. We're talking about a big cock- upwards or at of 7 inches in length and 5.75 inches in girth. We're not talking about some insane 'BangBros' 12 x 8 inch horse penis. While some girls, when asked, say "penis size doesn't matter," they often tell their close friends about a boyfriend, fuck buddy or a random encounter with a hung stranger with excitement and a smile on their face. Most girls I've talked to about it get turned on by the idea of feeling 'full'. Even if they aren't totally into the guy, they often go back for a couple more sessions, even if they initially thought the guy was "too big." If given the choice between being big, average or small- women, just like men, would prefer to have the big penis. While this is the reality, it's not often talked about and not mainstream "information" because women that express their urge for a big penis (or any size penis) are called 'sluts' and 'whores'.

I'm close friends with two girls, Blake and Audrey, both of these women are "top 1%" women in the looks department and have even modeled swimsuit and high-fashion for prestigious labels. They are also beyond highly selective when it comes to who they date and sleep with. One morning, Audrey

was asking Blake how her experience was with the guy just she met the prior night since she almost never goes home with anyone. Blake said she wasn't too impressed by what the guy did for living and how nice his apartment was. Audrey asked her, "So how was it?" Blake glowingly said, "He was huge." Both Audrey and I smiled. We both knew that Blake got a good bang didn't regret it. Blake said that she might not want to see him again but she might call him for a 'booty call' and he was "just what she needed," since she had been so stressed out earlier that week. I'm pretty sure Blake got together with him a few more times. This wasn't surprising at all to me. I've played the role of the guy for plenty of times for stressed out horny girls.

Big Penis, Less Sexual (or Performance) Anxiety

A lot of guys have sexual anxiety. Being well-hung decreases that significantly, especially if you've had an average penis your whole life. A lot of guys struggle to "pull the trigger" with chicks because they have sexual anxiety. Unscientifically put, if your mind is racing, you won't be able to get blood flow to your penis necessary to have a good boner. If you want to have one-night stands with random girls it is particularly important to be relaxed so you can give the girl a good bang and enjoy yourself in the process. I never really dealt with a bad case of sexual anxiety, but I'm to the point where I almost have none whatsoever. I know when I drop my pants, the girl will be impressed and usually get even more excited. Most guys that have a big dick have no shame about whipping it out for a girl to see, similar to a hot chick with big breasts being really confident when she's naked. Sometimes you actually need to slow yourself down. I wasn't that way before I had a big penis. I've had sex on beaches, in parks and even gotten blow jobs several times while people I knew on my hockey team watched. If I still had an average penis, I don't know that I would have taken advantages of these opportunities.

Big Cock Sex/Power

Being hung can add a unique "dirty talk" or an authentic "big cock" power element to your sex life. For one, you are naturally more dominant and the chick is naturally more submissive. Before meeting up with a fuck-buddy I'd send her a generous picture of my cock and tell her to try and not to masturbate ahead of time. During foreplay, I've have her compare my cock to her wrists and forearms (I don't know if this turns me on more than her haha). I tell girls to blow me using two hands for added pleasure. It's cool to make your dick inflate and watch your chick struggle to get her little lips around your hung penis. Before sex, there's a exciting silence for you and her when you pull out an XL gold-wrapper condom and she is just laying on the bed staring in anticipation. During sex, hearing a girl say "You're so big." or having her brace herself in fear by putting her hand on stomach (missionary position) to make sure you go in and pump her super slow is just about the best thing in the world. I can tell chicks, "You feel so tight!" or "You haven't gotten laid for a while, I'm gonna stretch you out!" and actually mean it. It's pretty amazing to watch your chick time her desperate gasps for oxygen between your repeated thrusts from your huge penis. It takes sex to a *totally* new level. Women, even the more "alpha-type" girls, love to be submissive to guys with a bull penis.

For guys that like to tape themselves with chicks, the bigger your penis is, the better it looks on camera. For guys that are legitimately turned on by "destroying her pussy" or "hurting" the girl, you are one pump away from having your chick wince in pain as she feels your plump sausage crash

against her defenseless not-quite-wet-enough cervix. It's cool to think or fantasize about these scenarios, it's another thing to have them be a frequent reality.

Appearance While Clothed

This applies mainly to guys that are "show-ers" and have a large flaccid size moreso than the "grow-ers" that have a big penis only when they get excited. I'm somewhere between. Still, I've had girls approach me after noticing my crotch. The first time I can remember was during Furman University's "Beach Week" in Myrtle Beach. I was tossing a football with some of the football players when the ball went in the water. I was just wearing shorts and I went into the water to grab the ball. I came out and all eyes were on me. Even the black guys were noticing. I liked the feeling but was still sorta embarrassed so I went to get a towel. Two cute Kappa Delta sorority girls, Claire and Allison (they went to the school too), approached me nicely but couldn't stop giggling. I pretended to not know what they were talking about. Allison ripped my towel off of me and started running. I chased after her with my penis swinging in my shorts. Needless to say, it was a pretty big scene. One night later, Allison gave me a blow job at the Sigma Chi beach party. It was pretty amazing, I'll never forget it. After I got back to campus, I started doing penis exercises nearly every night. I wasn't even packing a large penis through most my college years (6.5"ish with good girth), I wish I had been though.

Though not very often, I've had similar experiences when girls would approach me and give compliments when I wore tight jeans. If you're hung, I suggest that you don't hesitate to show the outline of your penis in your clothes (mainly at night). I'm not saying you'll Get Laid but who knows what will happen. There's actually a lot of attractive girls that stare at guy's crotches. It's hard to tell though. If nothing else, it will make the non-sexual girls "Get Lost."

Social Circle Benefits (From Experience)

There's definitely some truth that have hung guys Get Laid because of their cocks. It's mainly a social circle thing though. It's particularly true among college guys. Also true for guys that hang out in social circles that go to clubs and regularly have a pre-party and an after-party with the same group of girls. First- college guys. For on-campus dorm life and Greek life (fraternity or sorority), girls generally have an idea of which guys on their hallways, dorms or social fraternities have large penises. Simply put, word gets around after a girl on the hall or in a sorority hooks up with a stud.

I once had a super cute bed buddy named Molly, she was a sophomore at UCLA and we slept together the first night. I was the second guy she'd ever been with. The next morning she showed me a checklist that her best friend and she made. On the list (at #5) was to sleep with a hung guy during her time at college. Like I said, Molly was really inexperienced but super curious how a large penis would feel inside of her and her friend was a virgin. They were just two curious college girls. She liked it and even though it wasn't easy for her to take and she wanted to sleep with me again. This is pretty common among college girls, most are pretty inexperienced and very curious about how a well-endowed man really feels. Molly wasn't a sorority girls or social butterfly though.

Among sorority girls that like to drink- it's actually pretty common that some of them make sure they "just happen" to be hanging around during an after party if they've heard and are curious if a certain guy is hung. For any hung guys in college, definitely make sure that people know you have a good

cock. There are a TON of curious girls. It's totally awesome to give an inexperienced college girl her first experience with a big sausage. Just **use a condom** and make sure you have lubricant for her. Like I said, it wasn't until toward the end of college that I was packing good meat. I've been with a lot of younger college hotties since and it's a great time.

For social circles that go clubbing, it's basically the same thing. A group of friends, guys and girls. The guys and girls have sex but aren't necessarily having relationships or commitment- they are just having fun. They get to know each other during the night and the girl share and text gossip during the day. After clubbing, there's an after-party at somebody's house. People are too drunk to drive home so they "just happen" to sleep with each other that night. The sex isn't often great since it's so late and a lot of alcohol is involved, but if you have a big cock the social circle will find out and the girls may seek you out the next time. Vintage Los Angeles-Hollywood club circles.

Physical Size Advantage

This one is pretty easy. You will simply be able to touch areas of a girl's vagina that other guys haven't and areas that she may not have even discovered (chicks have small fingers and most don't know their own bodies too well). If she becomes a regular bed buddy, you'll be touching and training her deep "pussy receptors" that give a chick that opiate/dopamine rush when you decide to give her a deep thrust. This isn't unlike the "G-Spot" or an engorged clitoris, but it produces a different, more 'full-body' feel girls have told me.

Among mainstream thought there is this repeated nonsense that "size doesn't matter, it's the motion in the ocean." While that's a cute phase, that hasn't been my experience or any of the 40+ chicks that I've talked to about size. I don't think I'm doing anything special during intercourse, I simply take up a lot of space inside of her.

There's also some thought that "guys with big penises don't know how to fuck well, they just jam their cock into the girl, over and over." While this may be true, it generally seems that this is coming from some emotionally unhealthy girl is just talking crap about her ex-boyfriend. And Second, jamming your big cock into a girl (who really turned on from foreplay) over-and-over is amazing for her. I really don't understand the perception that "big cocks don't provide better sex." It's not true as far as I'm concerned.

Naughty/Naked Cell Phone Pictures

You definitely don't need to be packing elite meat to get chicks to send you hot cell phone pictures, but it definitely doesn't hurt. You've probably noticed my collection of cell phone pictures on the right side of Good Looking Loser.com. While I didn't sleep with all these chicks, most of them I casually texted, "send me hot pic of u & ill send u a hotter one back," (exactly like that) most were happy to oblige. In return, I sent them a picture of me 'hanging' out or a picture of me excited by their picture. Most chicks would tell me that they showed their friends too. Good stuff.

When You Meet a Chick, Touch Her ASAP to Screen and Establish a Physical Dialogue

January 17, 2012 | by Good Looking Loser | Link | Original Link

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Physical Dialogue, Kino and Proper Screening Escalation

At night- when you meet a chick you want to bang, lightly touch her **before** you speak or as soon as possible thereafter.

During the day- when you meet a chick you want to bang, at least lightly touch her sometime before you ask for her phone number. If she's not busy, don't go for the phone number- try to take her somewhere.

This communicates your sexual interest in her and also screens for her sexual availability.

If she touches you back- it's a green light. If she does nothing but lets you touch her- it's a green light.

If she backs off, but doesn't leave- it's a yellow light.



Kino/Physical Escalation Audio 1- Why it's so important, what it communicates, why it will separate you from other guys, etc.

Immediate (or shortly thereafter) physical escalation is probably the single most important part of determining if a girl is down to fuck. It's the foundation of "Get Laid or Get Lost". Your physical escalation will weed out the non-sexual girls and naturally attract girls have healthy sexual views and are sexually available. At the very least, touching a girl right away will show her that your interaction is meant to be "more than just friends," it's also the beginning of foreplay. Foreplay begins at "Hello,"

remember? :)

It will also tell the girl a lot about you- that you aren't a submissive super nice guy that is scared to touch her body and probably doesn't get much pussy. You're an alpha guy that's loves pussy and is unapologetic about it. The type guy that can give her a great experience in bed. That may seem far-fetched when are you just meeting a girl, but the sub-communication is greater than you may think. If nothing else, touching her right away will make certain that your physical advances don't seem awkward later.

While chicks might laugh and play along if you have some funny lines, they will not hang around if they are non-sexual or sexually unavailable. They will, however, if they are sexually available for you. It takes time to get comfortable with touching random chicks that you just met, especially if you have been a super nice guy your whole life- like my prior self.

Remember though, it's better to be overly aggressive than overly passive. Please try and remember that. If you do this consistently you'll never end up on a pointless date, never waste time on non-sexual girl and always find cool hot chicks that are candidates to wind up in your bed.

Physical Escalation Model

Here's a basic model for escalating (kinoing) chicks and screening them.

Kino/Physical Escalation Audio 2- Chris explains this easy model and how it's done. You'll understand, ain't hard.

This is a super basic model, you don't need to follow all the steps and you don't need to follow them in order by any means.

Like I said, initiating a physical dialogue is the way you will tell if the girl is sexually available and potentially down to fuck. Get used to taking the lead, get used to touching chicks, girls (especially the hot ones) will not do it for you! :) It **doesn't** work like this: "Don't Follow Hollywood Movies if you Want to Bang Hot Chicks!"

*The examples I give are just some of the many techniques you can use to escalate and screen the girl.

How to properly escalate (kino) and screen:

1. **Touch her.** When you start a conservation with a girl, touch her on the arm, shoulder or hand.

2. **Watch her reaction.** Pay attention to how the chick responds. Some chicks respond quite well, others may take a little time to warm up to your physical advances. If she responds positively, step up the physical dialogue. If she doesn't respond at all, don't leave, just go more slowly- touch her again in a minute or two.

3. **Touch her again, for a little longer.** After she's comfortable with being touched on the arm, shoulder or hand. Initiate contact again, but for a little longer. For example, grab her hand and spin her around (like a dance move), grab her hands (say, "i'm a palm reader, did I tell you that? then tell her future), squeeze her arm (say, "wow you're strong," or "you got a license for those guns?") or give her a brief little massage on her shoulders (say, "you look stressed out," or "i'm a massage therapist, you know." I've used all these techniques a ton of times.

4. **Touch her again on a more 'intimate' area (waist, hair, neck, butt).** If she comfortable with your hands on her from any of the above techniques, your interaction is going pretty well. If she

leaves, she wasn't sexually available, it's not your fault. Since it's going well, it's time to step it up once more. Let's touch her waistline, hair or the back of her neck. To touch her waistline (say, "wow you are almost as thin as me!" and run your hand along her waist, if she is wearing jeans, put your fingers in one of the belt loops and keep it there). To touch her hair (say, "you have nice hair, lemme feel it." and beginning playing with her hair in a slow, respectful manner). To touch her neck (say, "you're stressed out, I can tell," and reach your arm to the back of her neck and massage her). To touch her ass, grab her hand spin her around (like a dance move) and slap her ass. Touch, slap or pinch, don't grope.

5. **Kiss her or move her to somewhere private and then kiss her.** If she lets you do one or all of those techniques and/or responds positively to it- it's time to kiss her. *You can move her to another location in the bar or club if you want (say, "it's too loud/cold/warm/crowded here, let go over there." and take her to a new spot). Or you can just kiss her there, or vice-versa. To kiss her (say, "shhh..." stop whatever she's saying and move in to kiss her). You can also (say, "quiet, baby." and move in for the kiss). For a third technique, if you are standing, (put her two hands on your waist like you are slow-dancing and move in to kiss her). All of those work. You don't need a super complicated 'kiss routine' or any creative lines.

6. **Take her somewhere else (your place, you car, private place in the venue, outside, etc.)**. After you've kissed her, you need to be thinking about getting her out of the place (or taking her to a private place in the bar/club such as the bathroom, rooftop, stairwell). Hopefully you already have a place in mind. Just say, "it's loud/cold/warm/crowded here, lets go outside/go somewhere else for a little bit," or say, "there's this cool movie/video/book/thing I want to show you," and walk her to the location or to your car. Make sure your hold her hand/arm and walk in front of her entire the ENTIRE time. Literally lead her around. One night I hit it off with this super hot chick, Elizabeth-I told her, "I got a new GPS in my car, the voice is funny, lets drive around so you can hear it." I just drove her back to my place.

*completely optional

So there's the basic physical escalation/kino model. That's how it's done.

Kino/Physical Escalation Audio 3- Physical mentality, philosophy and leadership. Also, why girls might stop you initially and bang you later that night.

Again, you don't need to follow the steps in order. But you can and it will work. I've probably done these in EXACT order probably 50+ times but I've also done these out of order about a five thousand times.

Remember, if she reacts positively or does nothing at all- it's a green light. If she reacts negatively but doesn't leave- it's a yellow light. Stop, wait 5 or 10 minutes and try again. Personally, I don't waste a lot of time making out with chicks in the bar/club, once I kiss them, I immediately start thinking about leaving the place or taking her to the car.

Try to trust your instincts. Believe it or not you have natural instincts that will guide you through sex/foreplay/escalation, human interaction is a primal thing. Simply being a heterosexual male, you will have natural instincts. Roll with them. You should physical escalate and screen every girl you meet. If you haven't done this before, start doing it. You'll learn a lot just by doing it to a couple of women. No more "friend zone" conversations!

If you don't touch the girl, you will not have sex with her. That is probably obvious though.

Women liked to be touched. It makes them feel sexy.

What if she stops me or resists?

At any point of your physical escalation, the girl might stop you or resist your advances but not walk off. Again, this is a yellow light. The key is to not get frustrated, not be reactive, don't apologize and don't disagree with her. Just say to her, "you're right, we're moving too fast," or "I was just about to say that, we should slow down," or "you're right, this isn't appropriate right now." Stop for 5 or 10 minutes and start doing it again. If she stops you again- stop, wait and then start doing it again. Whatever you do, don't active her logical mind. Don't say stuff like, "I thought you liked me," or "Oh come on, give it up," or "What's your problem?" Never do that stuff. Rather than stopping for 5 or 10 minutes, a lot of times you can just agree with her and keep going. One time I was alone with a chick in this private section of this club, she said, "I can't do this, I actually have a boyfriend," I just said, "Cool, I understand, tell me about him." and kept moving up her leg. She didn't stop me. In that case it was more productive than waiting and restarting. Once I got to her thong, it was soaking wet so I took her out of the place and right out to beach which was 2 minutes away.

Why do chicks resist [your physical advances] if they like you?

This is great question and one that I had before I good with girls. First off, girls get turned on slower than guys. Their timetable is simply a little longer. When most guys see a hot girl, they want to bang her right then and there. If they could, they'd drop their pants, get hard in 30 seconds and jam it into the girls pussy/butt to reach orgasm and satisfy their need. Girls, however, need a little longer. That's why foreplay and sexual tension is the most exciting part to them. That's why foreplay begins at "Hello." One of my girls once said, "I want to want it, before I can have it." Second, a lot of girls get turned on by a persistent guy. A guy that knows what he wants and won't stop until he gets it, that's the type of guy that chicks love to be with. Girls deliberately slow guys down so they can get turned on too. They also like to see a guy get "hot and bothered," but that's usually when they are alone with you. A lot of girls will resist but know that they ultimately are going to sleep with you. They like the whole process. For guys that are just starting out and want to know, "how to tell if a girl likes you," the process above, mixed with sexually-charged conversation will give you an answer. Take the lead, touch her, flirt with her. If you do this there will be no wondering 'does she like me?' and looking for signs like "she's touching her hair," "she's holding eye contact," or "she's smiling a lot."

Live Proactively: Are you Alive? Or Just Flushing the Toilet After Other People Take A Shit? version 1.12 (Lifestyle)

January 23, 2012 | by Good Looking Loser | Link | Original Link

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Are you Alive? Or Just Flushing the Toilet After Other People Release Their Shit?

**this one gets a little gross; but it's to prove a point. haha.*

As explained in "The Secret to Life," **taking *proactive* action** is the most important thing if you are going to bang a lot of girls, make a lot of money, look your very best and live a high-quality, low-stress, time efficient, productive, fulfilling life.

This discussion **"Live Proactively,"** certainly generalizes, but largely explains 2 lifestyle paradigms. Some people **proactively** take action, create and build a lifestyle for themselves. Other people are simply **reactive** to the world around them and never seem to get ahead or reach their goals.

I strongly encourage you to **live proactively** as much as possible. It's pretty much inevitable that you'll have to be reactive to things in your daily life- but the goal is to realize the unnecessary reactive scenarios and behavior and try to eliminate them so you can investing more time in yourself.



Let's define these terms so were all on the same page-

Being **proactive** is taking some sort of action toward achieving your planned goals.

Being **reactive** is simply becoming a product of the world around you. You just respond to the world and actions of proactive people, but never take any/much of your own action. Basically, you spend the vast majority of your day simply 'reacting' to what's going on around you rather then doing anything productive toward your individual goals.

Being **proactive** is taking action to generate force in the world.

Being **reactive** is simply responding or thinking about to the force others have created.

Good Question- If I see a hot chick and approach her, isn't that being reactive?

Proactive Reactions vs. Reaction Reactions

Answer- Being proactive basically means 'taking the action/creating the force' that you want rather

than thinking about it or not taking action. It's more about the intention/motivation moreso than your actual reaction at times. If you see a hot girl, approaching and screening her is definitely proactive. It's a 'proactive reaction'. A 'reactive reaction,' in this case, is to think about it and not take action- especially if you wish you had.

Everyone (Except You and Me, Of Course) is Reactive to Super Hot Girls

This entire discussion was prompted back in December 2009 when I was having lunch at Cafe Primo with my super hot fuck-buddy and long-time cool friend, Blake. Blake is one of those insanely hot chicks that is really selective and lives in her own bubble, she's not very conscious of the outside world (she knows it). That's not to suggest that she's completely proactive- she does Facebook, Twitter and watches pointless reality TV. But she's definitely a girl that does what she wants, when she wants. That's how the coolest girls are.

One thing she never cared about was smoking in public or in non-smoking sections. She likes to smoke after sex so she didn't hesitate to light up after we got to Primo. To be polite to me- she blew her smoke toward a table to my right. Each time she did, all 3 people at the table would make noises, coughing and saying how rude she was (trying to give her a 'hint'). She got the 'hint' but didn't give a shit at all and went through about 3 cigarettes while they just sat there coughing and passive aggressively showing their displeasure. I thought this was really funny the entire time. We talked about it toward the end of lunch and I realized that she knew no one would have the courage to tell her not to do that or try to stop her. She's too hot. People simply react to her behavior and reality.

Well, except me... she buys me lunch after I stuff her. We go way back. What a good friend. (hahah, Blake I know you're reading this...)

Here's a few examples of (proactive v. reactive behavior) I can think of in ~10 minutes.

A celebrity **[proactively]** makes "news" and 10000 **[reactive]** people comment on it.

You wake up early in the morning and **[proactively]** run 1 mile on an empty stomach while watching ESPN so you can lose some body fat.

You wake up late in the morning and see an advertisement for P90x on ESPN so you **[reactively]** order it and never use it.

Rather than flying to Atlanta for a meeting with a prospective client you **[proactively]** direct him to a link on the Internet that explains how to setup and use Skype. The meeting goes pretty well.

Rather than directing a prospective client to Skype with a simple link, you **[reactively]** fly to Atlanta and back on the same day for a 40 minute meeting. The meeting doesn't go that great because you didn't catch sleep because person behind you in the airplane kept kicking your seat and you didn't say anything.

You see a hot girl and **[proactively]** smile and tell her "Wait, hold up. I want to talk you to. Tell me your name sweetie."

You see a hot girl and **[reactively]** turn around to follow her so you can get a good mental picture of her fit butt cheeks in her tight black pants so you can **[reactively]** masturbate later.

and my favorite one...

Be Proactive, Not a Reactive Toilet Attendant Cleaner

You go to the gym in the morning to **[proactively]** work out and **[proactively]** hit on some girls in the process. Before your workout you figure it would be a good idea to take a good morning **[proactive]** shit so you don't have to stop midway through your workout. You take a huge dump, flush it down as best it will go, walk into the gym, **[proactively]** wink at a cutie who's on the treadmill, she smiles, you have a good **[proactive]** workout and **[proactively]** talk to her and **[proactively]** take her number later. She's been waiting to meet you she says and was happy you **[proactively]** talked to her.

All the while there's some **[reactive]** guy at the same gym who thought the same girl was cute. Before his workout he actually went into the bathroom stall after you finished your poop and he was nailed with the terrible scent of shit and farts from your super awesome high-fiber, high-protein diet. He **[reactively]** complains to his friend about the smell you left and goes to his locker and **[reactively]** goes to get his body spray to try to clear your toxic fumes that you left the poor motherfucker. He **[reactively]** sprays his body spray into the toilet, flushes it a few times to get your remaining waste down but still he has to **[reactively]** wait 10 minutes for your smell to clear. After, he goes into the gym, notices the girl, doesn't talk to her and actually has to have a shorter workout since he spent so much time **[reactively]** trying to clear the smell from your asshole back in the locker room.

Alright. Enough shit talking.

You get my point?

Be proactive.

Don't be some reactive loser that goes around trying to freshen the air and flush fresh shit down the toilet after some proactive person decides to empty their asshole.

That is an extreme example but it's a metaphor for how some people live their lives- some guys proactively create their own reality/shit, some guys just spend their time complaining and reactively smelling and cleaning up other people's shit.

Again, not everything can be a proactive behavior, but the intention or motivation is more important than if you are 'reacting' to something. There are proactive reactions and reactive actions.

For example, if your car is running out of gas- you should put gas in it. While that's reactive, it's also a necessary seemingly-proactive reaction. If you are hungry, you should eat and not just starve and die. Eating, when hungry is a proactive reaction. Binge eating when stressed, depressed is a reactive reaction.

Ideally, you should be doing the 'most productive thing' every second during your day. That will keep you being proactive and minimize your reactive reactions. It's hard, but try to keep it in mind- you'll find your being more productive.

Do the most productive thing, every second of the day (hear me out)

I always try to do the "most productive" thing every second of the day. Sometimes that is WORK. Sometimes that is SLEEP. Sometimes that is HAVE SEX. Something that is to WORK OUT. Sometimes that is to JUST CHILL. Either way, I'm usually pretty conscious of my motivation and try to do the most productive thing every second of the day.

Simply being conscious of your proactive productive behaviors and your reactive non-productive

behaviors can help you accomplish a ton more.

Common Proactive (Productive) Behaviors/Scenarios :)

- Making a plan for the day and following it.

- Setting aside a period of time in the day called "Shut Down My Brain Time" where you do nothing related to work, stress, whatever. This a designated period of time 30minutes - 2 hours where you simply relax. Watch TV, play video games, masturbate, surf the Internet, do drugs, eat some food, whatever. The idea is to productively relax so you can be efficient later on.

- Going about your day and hitting on (screening) the girls you want.

- Doing what you want- when you want.

- Going to the gym, hitting it hard and getting out of there.

- Leaving your "job" and doing something you are actually interested in.

- Banging girls first and getting to know them afterward. After you have sex with a girl, the barriers drop and you get to know each other.

Common Reactive (Non-Productive Behaviors/Scenarios) :(

- Having non-specific goals "I want to meet girls," "I want to make lots of money," without a plan and just "winging it" and hoping something good will happen.

- The overuse social media such as Facebook, Twitter, etc.

- Pornography when you are not banging/seeing any other girls.

- Becoming overly obsessed with fantasy sports. ***Guilty***

- Watching shows on television that you aren't 100% interested in.

- Smoking weed during the day on a regular basis.

- Answering your phone, texting back when you are busy. Turn your fucking phone OFF.

- Getting addicted to cigarettes.

- Celebrity gossip.

- Gossip.

- Reality TV.

- Spending (wasting) your time in a job that you hate than then dying years later.

- Politics.

- Pointless information searches on Google, Internet addiction. e.g. reading GoodLookingLoser.com too much.

- Reading or debating dating/sex/seduction stuff and not applying it.

- Criticizing other people.

- Talking at length other people that have no role in your life whatsoever.

- Formulating "what if" scenarios to talk yourself out of doing something productive.

- Guilt-tripping yourself.

- Daydreaming.

- Passive-aggressive "nice guy" behavior.

- Reading too many books.

- Arguing with reactive people.

- Staying in school for your entire life.

The Most Reactive Day Ever: **Andy Pindick** (overly absurd)

inspired by a true story of a kid I knew in college

Andy wakes up in the morning and hops on Facebook, since that's what he does every morning, the girl Andy is trying to bang just posted pictures of her weekend. In 6 pictures Andy notices she's next to this other guy, Andy **[reactively]** clicks on the picture tag to see who the guy is. His name is "Erik Martin," Andy **[reactively]** thinks to himself "what a douchebag, why do all these douchebag guys get hot chicks?" From there Andy remembers that his friend told him about an Internet site called: www.hotchickswithdouchebags.com when Andy was **[reactively]** telling his friends about how "it was bullshit" that he got a bad piece of sushi, **[reactively]** got mad but didn't send it back. Andy **[reactively]** spends 20 minutes to check the website out. Sure enough, lots of hot chicks with douchebags!

Now Andy is running late, oh well- Andy **[reactively]** decides to skip breakfast and **[reactively]** Google "Erik Martin" to see if he can find out more about the guy. Andy doesn't find anything but he's still mad that "Erik Martin" might have let off a large pent-up 3 day load into the mouth of the girl Andy likes this past Saturday night. Andy was at home Saturday night waiting for texts and sat there **[reactively]** discussing why Whitney Houston's death wasn't a huge tragedy with other **[reactive]** people on the Internet. Andy thinks about the girl he likes, "What a slut!" Andy Pindick **[reactively]** thinks to him and decides to text the girl. Andy **[reactively]** texts "Looks like you had a fun weekend."

Andy gets in his car and go to work and **[reactively]** follow commands from his boss that he hates for next 9 hours. Since Andy didn't eat breakfast he **[reactively]** munches down 16 donuts and 5 pastries in the employee break room at lunchtime. Andy knows he probably shouldn't have done that. Damn.

Later, Andy comes home, sees a commercial on TV for Domino's new New Style pizza and **[reactively]** orders it. Andy didn't even get a text back from the girl. Andy looks at Facebook for the 15th time that day and **[reactively]** thinks again, "What a slut!" That douchebag probably emptied his balls in her mouth, I don't even like the girl anymore! Andy **[reactively]** tells himself. Ding-dong-doorbell. Pizza arrives, Andy eats the whole pizza and sits on the couch. Andy receives a text, immediately **[reactively]** runs to his phone but it's not her. Damn it. Andy is exhausted and frustrated so he masturbates to the girl he likes and falls asleep after **[reactively]** checking his average fantasy basketball team.

Now this shit is absurd. That's a lousy day. It happens, I guess...

The idea to recognize and minimize these **reactive** behaviors. Ideally try to replace them with **proactive** behaviors. I play fantasy basketball, I sometimes masturbate if I see a hot tushy if don't have a hot chicks' mouth to fire my load in. No problem. But that's not the stuff that consumes my mind and day though.

Some of this shit used to, but not so much anymore.

In a Nutshell-

1. Realize your reactive behaviors.

2. Eliminate the time-wasting unnecessary reactive behaviors. Ideally, try to replace them with proactive behaviors, might not always be possible.

3. Live proactively. Plan out and create your universe. Don't worry- you'll still get LOTS of surprising along the way.

4. Enjoy.

This is just a random picture, try not to reactively masturbate to her-



Don't Follow Hollywood Movie Examples if you Want to Get Laid

January 25, 2012 | by Good Looking Loser | Link | Original Link

This will never happen to you (or me).

Has anyone else noticed that in Hollywood movies the female character often/usually "seduces" the guy? She nearly always makes the first move. She kisses the guy. She undresses the guy. And Perhaps the most unrealistic thing- she is happy and willing to embrace the male aggressor role and is madly attracted to her passive beta lover/hookup. That's not how it works in real life.

I've seen a lot through the years, especially my first ~2 years in Los Angeles (and San Diego) when I did virtually nothing but try to bang hot chicks and work when I had to. (see more about Chris)

In a nutshell- I wasn't any 'better looking,' during those ~2 years. I realized that the only reason I wasn't consistently banging a handful of chicks at a time through the years, was because I was a pussy and wasn't very aggressive. Once I got aggressive, I was getting more pussy than I could handle.

Remember the formula? Talk to Chicks (sexually-charged conversation) + Be Aggressive (physical advances) = Get Laid.

At times, I wasn't even talking to chicks, let alone being aggressive. It's a formula for long dry spells, needy behavior and general unhappiness.

Conscious of my fear of rejection and my big ego, I was very passive and non-proactive when it came to trying to get laid during the early and middle parts of my 20s. Maybe I didn't quite know what I was doing, I'm not entirely sure actually. I do remember, however, that I really "didn't know what I was doing" in my teenage years.

This isn't uncommon, guys without brothers, cousins, friends and other role models generally are pretty awkward with chicks in their teenage years. Because of inexperience, younger guys don't know how to handle chicks in the bedroom and because they don't know how to handle chicks in the bedroom they stay inexperienced. It's a brutal cycle that repeats itself, slowly the girls that are same age tend to want to bang older guys because of stuff like this.

Without good advice from a guy that get a lot chicks, most guys are on their own to figure out how it works in the bedroom.

Conscious and subconsciously, a lot of guys, through sheer exposure, are influenced by Hollywood-produced movies to show them an example what an 'alpha male' behavior is and an example of how it works in the bedroom.

Unfortunately, Hollywood gets it completely wrong and reinforces the growing breed of beta super nice guys that hot chicks just can't stand.

Honestly, I can't remember a movie where a guy initiates foreplay with a girl, heats her up and throws her on his bed and makes her cum all over herself.

Instead, I see a reoccurring pile of unrealistic garbage where- despite the timidness of the guy, the hot chick is happy and willing to take the lead, kiss the guy, undress him and usually bang him. All the

while, the guy is just standing/sitting there doing nothing- like a shy girl. Apparently that's how sex works.

It seems most guys would know that this 'isn't the way it happens,' but apparently that isn't exactly the case.

I don't remember how many times that a try-hard guy has told me that a certain girl "fucked their brains out," or "took them home [from a bar or club]," or "asked to give them a blowjob," or "grabbed their dick and put it her mouth." I must have heard that from like 5 guys in Law School in first week and like 150 other times in my life. I've heard huge dorky guys and boring generic conservatively dressed preppy college guys tell me that they fucked a strippers, hot actresses and pornstars. Not likely.

Obviously, these guys aren't getting any chicks and just want to try to look cool. At the same time, after hearing a ton of guys tell me this, it's clear to me that they actually don't understand how sex works.

Clearly, they don't understand their role in the process.

Now, even before I had good game, I had some instances where reasonably attractive girls approached me and hit on me. A few times chicks told me to "kiss them," and maybe even jammed their tongue down my throat on the dance floor or something like that. In certain instances, some chicks would 'open the door' for me to take the lead.

But never has myself OR ANY of my friends that actually bang a lot of hot girls had ANY situations where a girl takes us home, undresses us and "fucks us silly." **It DOESN'T HAPPEN.** If it ever did, it would happen one time in your entire life and you would need to be amazingly good-looking and the chick would have to older than you. This is about the closest it gets- and nothing happened because I was COMPLETE pussy back in 2003.

The point is, you have to get used and embrace taking the lead and creating situations with chicks. They will not do it for you. They aren't attracted to timid beta male behavior. Being with a beta male doesn't make them feel sexy.

Granted, there is a small percentage of girls that will initiate sex, but they won't do it if they think you are a total pussy. They will do it because they are horny and want to get fucked by an alpha male. When we see people asking "how to get girls to approach them" or saying that "that a girl didn't give them signs that she wanted sex," or "girls don't like having sex," we automatically know that guy is being a pussy and not embracing their role as a male. Or maybe he doesn't understand his role as the male. Either way, that's gotta change if the guy is going to reach his potential.

I'm not sure if Hollywood is blame, but apparently a lot people don't find these scenes (below) that unrealistic...

Even if you know that this isn't how it works and can realize the comical element to these scenes, I just want to reinforce that it is your job to embrace and take 100% of the lead. Not 50%. Not 80%. Not 90%. 100%. You are leading the chick through the entire experience.

If the chick gives you positive feedback then great. If she doesn't, keep doing what you're doing and don't stop unless she stops you. If she stops you, don't be reactive, don't disagree with her, change the topic try again in a couple of minutes. Persistence and courage is a huge turn-on for chicks, especially the top-shelf girls. Be a man!

The only time chicks ever embrace the aggressor role is AFTER you've been messing around. Hot

chicks love to feel feminine and know they are with an alpha male. Girls HATE to feel like sluts and they HATE to be judged. That is why they do not do this stuff for guys they just met.

Don't worry
These will NEVER happen to you.



Girl you just met takes you into the bathroom and gives you a blowjob while you stands there doing nothing.

Perfect example: Hot Latina you just met leads you to the island hotel room and begins to undress in front of you despite your nervous beta behavior.

You just met Jennifer Aniston. She undresses you, takes naked pictures and shows you.

Attractive chick you just met takes you back to her dorm room and begins to undress you while you just follow along like a little puppy.

Sexy blonde you just met sits on your lap, gets your dick hard and proceeds to fuck you.

Woman you have never seen before starts fondling herself in an elevator in order to seduce you or something like that.

You just met Cameron Diaz and she is obsessed and turned-on by your beta male behavior so she throws on her bed.

Attractive chick you haven't touched yet asks permission to kiss you and proceeds to do so as you stand there awkwardly.

Attractive chick that previously kissed you starts kissing you again and starts to undress you.

Classic movie- Hot women you just met is attracted to your beta male behavior.

Sigourney Weaver takes the lead and wants to fuck you despite your inability to hold eye contact or talk about sex.

Hot chick is turned on by your dancing monkey behavior and has no problem fucking you. (obviously a joke, but hot girls don't act this way... EVER.)

LR: Jenny D from Michigan (Hermosa Beach) HB8

February 2, 2012 | by Good Looking Loser | Link | Original Link

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LR: Jenny D. (Hermosa Beach) (Sept 2009)

++I don?t proofread my lay reports.. I write them quickly

This was the second girl from my little ?hit on 100 chicks? avg. guy game social experiment. Blonde, short hair, she was a transplant from Micigan, 30 years old. Just BARELY made my standards, plain pretty, no great features like tushy or boobs. Good personality though, she?s like the only girl that has a traditional real job 9-5 in LA

3rd set of the day while I was near the beach in Santa Monica, at an intersection I walked up to Jen and said, ?Hey I know this is random, but I thought you were cute and wanted to say hi.? I naturally did this in my ?on purpose? nervous guy game, where I pretend I?m nervous to lower my value. Shes was okay looking, not great clothing, not trendy.. I looked WAY cooler.

Jen respond really well and said that was ?sweet? and I was very attractive too. At that point I drop all game and just asked her about herself, what she was up to, etc. etc. She told me she was going to the shopping promenade to looking for a bday gift for her friend. Did more small talk, then I cut it off, saying, ?hey I gotta go, whats a number I can text you at,? she smiled and said ?absolutely,? and put her number in my phone?

I texted her back so she had my #

I texted her later on in the week, she responded, so I called her asap. Tried to setup a date, proposed 2 dates?she actually couldn?t do it? this girl works like 6 days a week from 7am-8pm haha what a life. But I knew this chick really liked me and we talked for about an hour and a half (I would never do this with a hotter chick).

We texted on and off for another 5-6 weeks.

Called her again, schedule a meetup, I usually never, never consent to traveling elsewhere, but this girl liked me a lot and was responding to some sexual innuendo on the phone. As a complete joke, I had told her that my cock was bigger than her legs (she was tall)? and she responded ?maybe, we?ll see.? Which really surprised me. At the same time, it didn?t surprise me because she was older than seemed to be pretty direct.
So I traveled down to Hermosa for the first time, parked at her place? we went out to get a few drinks on the beach. We were at the outside bar for about an hour.. a bird actually came by and popped on her head hahaha. I laughed and handed her napkins? she was actually a good sport about it and didn?t get too upset at all like a lot of the uptight Hollywood models I bang would do. she just went to the bathroom and cleaned herself up..

a memorable side note: there was a INSANELY hot little cutie at the table next to us that was seemingly blowing her cigarette smoke at our table, jen had to move to get our of the way. When jen went to the bathroom to clean off, I started talking to the little cute girl (she was 20)? totally the type girl that I usually bang.. she was Russian I think, didn?t speak English well but I took her number anyway. crazy hot and she liked me. When jen got back I was barely interested in her (Jenny) anymore haha. I don?t think Jen saw me take her #.. Normally I wouldn?t care, but Jenny knew she was lucky to be out with me.. I didn?t want to fuck that up

We finished our drinks and when back to her apartment? she was pretty buzzed and she wanted to

hop in the shower since the bird poop incident.. so she did for 10minutes. I looked around the place and found her room, turned some music on. She came out after about 10minutes and just pulled her into her room, put her on the bed and got busy.

Jen was like the 1st girl that looked my age that I banged in a while,, every girl is usually like 4-7 years younger than me. Jamie was 29though, looked 26. I was kinda interested in how she?d do with my size since she was probably pretty experienced. I love tasting the pussy of the young Hollywood girls, wasn?t that interested in eating Jen so I just gave her some lube (yup brought it with me) and an orgasm with my index and middle finger. Then I spread her legs for her and got to work, absolutely slamming my dick into her as she screamed in pleasure.. didn?t seem hurt her, she took it well. Thoroughly satisfied, I enjoyed it more than I thought too. I watched some tv with her after and left? I had no intention of seeing her again.. in the next week she texted me a lot. for some reason she kinda knew that she wasn?t getting anywhere with me (I guess she knew I was a single guy that banged a lot of Hollywood hotties, she was almost 31)? but I responded to her politely anyway and said id like to be friends. she wasn?t rude and said she was disappointed but she?d like to be friends cause she had no regrets (loved my dick!). Normally, I wouldn?t care and would just ignore her but this girl was nice and I sorta figured she wanted a boyfriend and had been looking for a few years and LA wasn?t treating her that well. Im a decent guy

++didn?t proofread for grammar, post is in it's original form- hope its okay



LR: Annie from Morgantown/Santa Monica Beach HB8

February 2, 2012 | by Good Looking Loser | Link | Original Link

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LR: Anne Marie (Santa Monica Beach) (OCT. 2009) HB8

++I don?t proofread my lay reports.. I wrote them quickly at the time

After a good start at Santa Monica Beach doing my little talk to 100 chicks with average game (3 phone numbers in 5 girls) I was walking on the ?boardwalk? area. I passed by an apartment and heard two girls seemingly laughing at me. I smiled at them and yelled ?whats so funny??? they kept laughing so I walked over and just said ?whats up,? both girls seemed like they were drunk (haha at 11 in the morning). One girl just said ?you are so fucking hot, oh my God.? I said ?thank you,? and hopped over the railing onto their patio.

I actually don?t have this happen that much since I?m pretty big and scary (I got a lot of chicks trying to talk to me when I was 180-190lbs? right now I?m 230lbs). The girls that hit on me these days are REALLY aggressive girls. since these girls liked me, I DROPPED ALL GAME. I introduced myself to the girls, Anne Marie and (Leslie?).. Leslie said ?talk to Anny,? and made it clear that Anne was digging me. I was happy because Anne was the pretty one. She was 28, my age, but looked like she used to be WAY hotter.

Anne was loving talking to me and on normal circumstances I would be really aggressive with her physically, but I just put my hand on her thigh and kept it there. They offered me a drink. She was from West Virginia (I didn?t hit her with white trash jokes? she was digging me already). Anne Marie said ?you are cute, why are you wearing those Hollywood clothes.? It was really clear to me that these girls were anti-Hollywood Beach Bum chicks? My clothes over qualified me? Normally I won?t ?game down? or make fun of myself (but I had to because she ALREADY liked me), I say ?I know right, I moved to LA and I just want to fit in, I?m a dork.? Anne said ?you?re so sweet.? I actually hung out there for about 30 minutes and they invited me to their party later that night, but I declined because I had plans to go out that night. I took the number and said I?d show her a good time later this week.

3-4 or days later I text Annie and she texted back? I called right away and she was happy to talk to me but a little uptight because she was real drunk when she met me. I told her I was looking forward to ?hanging out? with her and she was at ease. I ste up plans for that night, she was going to drive to my place.

At 10pm she arrived, about 30mins late? and I said ?you?re late, did you spend a lot of time getting ready for me?? I forgive you look cute.? A little game-but a takeback. She was sorta nervous, I poured her a drink (since she seemed to like drinking haha). Normally I?d take her down the street for milkshakes/up the street for coffee? Instead I figured I?d just escalate after she calmed down? that?s what I did.. took about 15minutes, pull her into my room, turned the music on and got busy. After being with so many young, fresh Hollywood pussy, Anne Marie wasn?t that hot.. although she probably was MONEY 5 or 6 years ago. I could tell she was experienced by how aggressive she was? I used this gspot fingering technique and she cummed in about 3 minutes? nice. I had her get on her knees take off my pants (I usually just do that myself) so that she was face-to-face with my penis. Her eyes lit up and was excite with what she found. I said, ?what did you find there little girl?? haha.. I had her suck me as I grew right in her face- I then put her on the bed and banged away while she

screamed!! That was about it for this one!!



LR: Brianna SUPER HOT HB10 overachiever girl awesome Hot Sexxx

February 4, 2012 | by Good Looking Loser | Link | Original Link

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LR: Brianna SUPER HOT, Overachiever Cool Girl HB10 OCT12 2009

--fyi I don?t proofread my lay reports, I write them fast

this was a HOT chick and a GREAT EXPERIENCE. I?m so happy and it looks like we?ll be seeing each other a bunch in the upcoming month. Im on top of the world right now and Im going to a little more detail since this one was so damn good.

On the 3rd day of my ?approach 100 chicks? experiment I was at Venice Beach on a Sunday just walking around and hitting on hot chicks. On my 3rd approach of the day I was SUPER hot chick that had a lot of natural beauty, I was excited because I was feeling and the Kratom was making me feel great. Nice weather too

I stopped this babe and say, ?hey hold up, stop, I know this is random but I though you were really attractive and I wanted to see what you were like. The girl said thank you and asked me my name, off to a good start. ?I?m Chris,? she said she was Brianna. She then asked me what ?race? or mix I was. I know when chicks ask that- they are into me. I don?t get overly excited or nervous but I was really into this girl and had a good feeling about it. I told her to guess my race and she took a few guess but didn?t get it. I told her I?m BLACK. She cracked up and then I told her that I am ?Greek and Japanese? and half black. She cracked up again and she said ?only black downstairs right?? I said ?no I?m bigger,? which I can actually say now since my dick is pretty solid these days.

Okay stuff is going great, I like her, she likes me. We did small talk, she was just out enjoying the day and I almost told her ?I?m out hitting on 100 girls,? but I didn?t since she already like me. At this point on my other interaction, I?d leave and take a solid number? but I was actually enjoy this girl so I said, ?I?m gonna walk up to the skater park thing, wanna come?? and I just grabbed her hand and started walking. Venice is pretty cool, kinda too hippie for me, but there?s a lot going on and hot chicks to talk to.

We got over the skater ramps and I sat her down on the edge of the beach. We talked and we talked.. like we knew each other for years. She admit that she was pretty nervous when I approached her but she felt really comfortable. I touched the back of her neck and kissed her. I?ve made out with about 50 girls in the past 2 months, but I swear that she tasted extra good. Im not trying to put the special tag on her but I liked her and that ALL that matters. I was real excited too, 15 minutes ago we didn?t know each other, now I?m making out with her and she?s telling me how cool I am.

I actually have A LOT in common with this chick, both played hockey, both in shape, both went to good colleges for business/pre law, she was studying for the LSAT (law school admission test), same sense of humor, etc etc. When discussing a lot of this commonalities, you run the of getting profiled as a boyfriend but I handled that by working my hand up her thighs.. im not getting profiling as a fuckin boyfriend. I made out with her some more. She had mentioned she was getting her hair done at 2pm, so I didn?t try to take her somewhere, we exchanged numbers and she said she hopes to see me soon. We made soft plans for tomorrow. At she was standing up from the ledge on the beach, I noticed her ass. PERFECT BUBBLE. For some reason she had this shirt that concealed it? butttt I noticed and got crazy excited. I jerked off to that picture later in the day after I got home, couldn?t

control myself and I was excite because I was pretty sure we were going to have sex tomorrow. Nice!

Next day roles around and I woke up with a text from her. I called her and we set up plans for the afternoon. She was a model and only worked Thursday, Friday and Saturday. I told her to remember to take a shower and shave her face, legs and butt. She cracked up and said ?okay.? **This was a joke, but read on....

She came over at 1pm, looked so yummy. Big breasts on display, tight round tushy in the back. I did the usual routine, show her the house, she her my room and then take her by the hand a walk up the street to Coffee Beans. How perfect is this girl- she buys me an iced green tea. I offer to buy hers and see says no. I kinda thought to myself ?whys she doing this, am I getting seen as a boyfriend?? but I turned that bullshit voice off and knew that this girl just liked me.

We sat down and I didn?t wait to kiss her. I moved us to a corner seat so I could touch her legs slowly and close to the pussy. 15 minutes went by and I sat, lemme show you that hockey youtube video I told you about? we walked back to the home, I pulled her into my room and got BUSY!!

Im not that big into eating pussy, but some girls I that are so beautiful I HAVE to taste them. I probably should have kissed her more but I admit that I had to taste her and smell her. She was so turned on and when my tounge got to the pussy it was DIPPING wet and I slurped up her juices as she laid back and enjoyed herself. I hadn?t licked a pussy for so long in a while.. no hair, I went a little lower and noticed she ddin?t have any/much hair near the bottom of her ass? I was thinking that she REALLY got rid of the hair for me.

I flipped it around and said ?my turn? and took off my pants and she commented my thickness? I said she was turning me on and I hope I can get it into a magnum. She sucked my cock, used 2 hands? wonderful, except for the occassial bumping on her teeth, which she kept apologizing for. I had a lot of cum built up and didn?t want to release yet. So I pulled her into my bathroom and into the shower, she kneel down to suck me off again but I had her stop.. we just kisses as my cock calmed down a little. I massaged her in the shower and put the soap on her back and cleaned her ass. I was going to eat her there and she basically knew it..

We got out of the shower and I put her back on my bed and had her stick her booty out.. sure enough no hair down there. I honestly think she shaved it away (or waxed,, can you do that). I stuck my tounge right on her asshole, no teasing, I couldn?t help myself. She flinched and giggled. I told her to say stuff like ?get you tounge in my ass,? ?give my ass attention,? ?kiss my asshole,? she happily played along and was so turned on too. We got in a 69 position and she sucks my trobbing cock as I licked her asshole. Incredible sight, ill never forget, her little asshole would pucker up went I touched it with my tongue and she?s say ?ahhhhh?.? After 10 miuntes or so of that, I flipped her over and I was time to fuck! Her whole body shook went I inserted.. went slowly even though she was wet. Then, 45sec-1min later I really started pumping and she was screaming. Lasted only about 20 seconds after that and we came at the EXACT SAME time! Beautfil. We just laid there admiring the sex we had and the mess we made (mostly her) haha? sometime after we both dosed off. 2 hours later we woke up and I had her suck me and I put a load down her throat. After I fingered her and got her off.. what a fucking day! The amount of our juice that coveed my sheets was crazy. The room reeked of hot sex. I decided to clean my sheet though.

I love it when everyone in the house hears me fucking a girl it?s a rush!! Great sex and Brianna will be back in my bed soon1!

I never asked her if she shaved her ass (that was just a joke I said to her on the phone) I really think

she did? haha somehow she knew I?d be interested in going there

Screen with Silent Game (Kino, Aggressive Physical Advances & Dialogue)

February 7, 2012 | by Good Looking Loser | Link | Original Link



Non-Verbal Physical Advances

If you've checked out "Screening Game: How to Screen and Filter Out Chicks Without Being Rejected," "Mr. Funny Man vs. Mr. Pussy Inspector," or the basic model "Kino: When You Meet a Chick, Touch Her ASAP to Screen and Establish a Physical Dialogue," you understand the importance of 'screening' a girl rather than letting her screen you as you stand there running "I Hope She Likes Me Game."

Being aggressive and screening involves two things: Sexually-Charged Conversation + Physical Advances.

Arguably, the later, physical advances, are the most important part in the screening process. If a chick is amused by your sexually-charged dialogue she may hang around. But only if she is down-to-fuck (or in the near future) will she allow you to physically escalate on her. The good news is, the physical

advances (dialogue) is super easy to learn and super easy to apply, if you allow yourself (just fucking touch the girl).

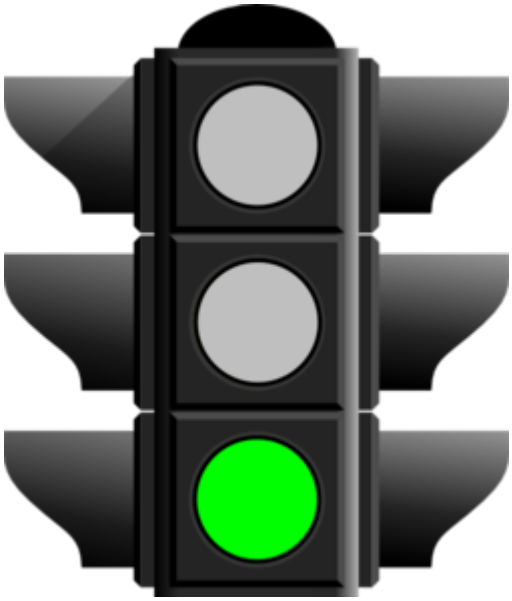
If you have social, approach or sexual anxiety that is preventing you from doing this- we can work on that.

The general rule to physical escalation is-

- If a girl reacts positively when you touch her, keep touching her. **GREEN LIGHT**
- If a girl reacts neutrally when you touch her, keep touching her. **GREEN LIGHT**
- If a girl reacts negatively when you touch her, do some small talk and try again a couple minutes. **YELLOW LIGHT**

It's only a red light when she "gets lost" and leaves.

This works fine 99% of the time and if the chick stays, she's cool and probably DTF. If she gets lost, she wasn't sexually available that night. You basically repeat it until you find a chick that stays, then you move her (and/or kiss her) to a more private area where you escalate further. Got it? Simple.



This type of "approach" is a win-win-win-win-win.

- You'll never be "rejected" in the traditional 'boo-hoo she doesn't like me' sense.
- You'll always be talking to the "right" girls.
- You'll always know what her deal is.
- You'll always be coming from a position of power and leading the interaction.
- You'll always stay focused on your goal- Get Laid

Elite players screen. Average guys entertain, make jokes and try to pass the girl's tests.

The physical advances are particularly important for fast, loud and socially competitive environments like night clubs. If you can do it comfortably in night clubs than nearly every other scene will be pretty easy.

You Can Rely on Physical Non-Verbal Game (What Should I say?)

A super common issue among guys (even guys that are pretty good with chicks) is 'running out of

stuff to say' or at least feeling that way. Most often these guys are still under the "I hope she likes me" mindset and are searching for stuff to say when they could very quickly throw some physical advances to see if the girl is sexually available. If this applies to you- drop the verbal game and step up your physical advances. Next time you are thinking of what to say, where to take the interaction or confused if the girl is sexually available grab her hand spin around a few times and slap her ass. She'll stay or she'll leave.

If she stays, say, "it's too hot/cold/loud/boring/crowded here, follow me," and take her to a more isolated spot in the venue and step up your physical game even more.

That is basically my default move anytime my brain is particularly slow or I want to see what her deal is.

Total Silent Non-Verbal Game

You can actually nearly completely rely on silent non-verbal game. This is largely how Scotty bangs girls in-venue or takes them to his car in under 10 minutes. A lot of girls that are horny and sexually available will "just go with it" if you show them that you are a leader and fearless.

Here's a few cases that I can remember off the top of my head where I barely said one-word or didn't speak.

H.Wood (Hollywood Club) I smiled at a girl, she smiled back, I grabbed her from her group of (4?) girls and said "I want to talk to you," and led her to a couch on the other side of the room. Once we sat down, I said, "Changed my mind." an made out with her.

H.Wood (Hollywood Club) I smiled at a girl, she smiled back, I motioned for her to come over, she came over, I put my hat on her head and made out with her.

Les Deux (Hollywood Club) On the dance floor- I butt-bumped girl, she smiled, I pulled her in close and made out with her.

Guys and Dolls (Hollywood Club) I went up to 2 girls and said, "You girls are sexy." and grabbed their hands and walked them over to my buddy. My buddy got went home with one of the chicks later that night.

Crown Bar (Hollywood Club) I smiled at a chick in a group, she smiled back, I walked up to her group of 6 girls, looked them all in the face, nodded my head and grabbed the one I smiled at and said, "You- follow me." and took her to the couch about 20 feet away. Her friends did nothing but watch, I eventually made out with her in 10 minutes and her friends wanted to meet me.

Saddleranch (Hollywood Bar) Two sexy Latina chicks were standing alone and I walked up and said, "Why are you standing here all alone?" and grabbed their arms and walked them over to my group of friends.

...there's a lot more cases, but those are the ones I can think of off the top of my head.

You don't have to be that aggressive right away (you probably won't be if this is new to you). The important thing is to see that it IT WORKS. You can literally grab a girls hand/arm and just START WALKING. Try it tonight. Walk up to a girl/girls and say something and when they reply, say "it's loud/too warm/too cold/awkward here, come over here," and drag them to the new location. Works.

If that is a bit much to start, do this- walk up to some girls, say "Hey there," make small talk for 30 seconds and then say, "it's loud/too warm/too cold/awkward here, come over here," and take them to

the new location.

I'm not really into discussing "social proof" because it gives guys too much unnecessary bullshit to be concerned with but- if you can make this a habit (leading a couple of girls/groups around the venue) everyone else will take notice. Walk **in front** of them and don't look back- almost like a bouncer that is about to throw them out of the club (not in a violent way, of course).

In the later stages, the physical non-verbal game is important, if not more important than the initial stages. If you are physical from the start, they'll be no awkwardness when you touch the girl, move the girl, kiss the girl, grab some boobies/tushy, touch some pussy, pull her out of the venue and go somewhere to seal the deal.

Chris' Learns Non-Verbal Physical Advances

Like I admit more times than I can remember- I was a huge pussy. Maybe I'm being hard on myself or maybe I didn't know what was possible, but building and applying an aggressive physical 'game' was one of the last things I had to do before I started getting REALLY GOOD results. If you've listened to the audios, you'll notice I have a DEEP voice. You might assume I have a loud voice, but the truth is- my voice really gets drowned out by music (especially if its bass heavy music, like hip-hop). I absolutely had to develop a strong, quick physical dialogue if I was going to effectively screen and hit on girls. I made it a priority and now I rely on physical advances in loud environments. In a lot of loud situations, I say a couple of things to girls and move them ASAP to a better, quieter location. It didn't take too long to build a strong physical game, I basically saw that I was moving much faster with chicks and started to push it.

Remember- it's okay to lose/screen out chicks by being too aggressive.

It's not okay to lose or getting screened out by chicks for being a pussy.

It doesn't matter how good your verbal game is- you aren't getting anywhere significant with chicks if you aren't touching them. Nor are you effectively screening. Touching girls ASAP screens them and communicates that you are an alpha guy that isn't afraid to touch a woman and not a super nice guy who is playing 'not to lose'. Another win-win.

Said Nothing, Almost Gave a Chick A Load to Swallow

Here is GREAT example of total non-verbal game at work. I had a bad cold (that got much worse a few days after) in January of 2010, but my friend Erik was visiting me in Florida and I still agreed to go out. We went to an outdoor beach bar in Fort Myers. I barely had a voice and would cough every time I spoke, after a few drinks it got even worse to the point where I couldn't talk. After getting a little bit frustrated at (yet again) not overcoming the music at this place we were at I still thought I could non-verbally screen a chick and put together a couple of moves and still make it a productive night. I focused on small groups or girls that seemed to be alone.

I approached (screened) a girl that was by herself on this patio in the back of the bar. I walked up to her just shaking my head and smiling. She mimicked what I was doing- she started shake her head too. I started dancing in place, she started dancing in place. She asked "what's your name?" I tried to say something and she said, "what?" I just grabbed her (put her drink on a table) and pulled her about ~20 feet away into a darker area where the patio met the sand. I kissed her neck and she did nothing

to stop me, I blew in her ear and she shivered. I then kissed her for a little while (probably gave her the flu), then spun around so my back was leaning against the wall. I put her hand on my crotch and she started playing with it. Once my cock are fairly hard, I dropped my pants and my cock shot out into the air. I just pushed her down (this is nothing I had done with a stranger to this point before- I usually heat the chick up more) and sure enough- she wrapped her lips around it and started sucking. I had taken some Levitra earlier so I got pretty hard and long quickly. This went on for about 25-3o seconds when a group of people came outside. One of the guys yelled, "Damn, this guy is getting a blowjob!" and some of them watched (one of the girl in their group ran off). Eventually, a couple of the guys got too loud (i think one had a camera phone) and the girl that was blowing me stopped and got up and ran inside. I didn't see her again. The guys apologized and attempted to flatter me. I wanted to dump my load down her throat but I still thought it was a damn cool experience. I like getting blowjobs while others watch anyway. Erik came outside and the whole group (including one of the chicks) was telling him the story. Erik missed the show!! I was tripping the rest of the night, crazy horny and couldn't fuckin' speak. Pretty crazy shit though.

Point is- I don't know the percentage, but your non-verbal is a huge part of your screening process and your overall game. Verbal dialogue isn't that significant. If you've screened and the girl still around (take out your dick, just kidding) it's time step up your physical dialogue.

Like I say, 'Foreplay begins at hello' (sometimes before). Screen that pussy!!

How to Unlearn "Game" and Seduction Community Brainwashing

February 9, 2012 | by Good Looking Loser | Link | Original Link

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Rebuilding Your "Game"

Year Zero/Reset Button

If you've done something for a long time and haven't been successful it might be best to "forget" everything you [think you] know...

This applies to anything- picking up women, getting in shape, learning a skill, learning how to play a sport, video games, life, whatever...

The guys that we work with have various skill levels, some guys have done 10,000+ approaches and some guys are just starting out. From what we've seen- if you have been a part of the "pick up community" (industry) chances are you've 'picked up' a lot of garbage that is completely unproductive, inefficient and in a lot of ways- makes you WORSE with women. This is also true of guys that have 'studied' dating columns from the introverted and sexually-inexperienced writers from the more mainstream sources such as AskMen.com, Men's Health or Maxim Magazine. There's a lot of junk out there. I studied it for years in my 20s and it hardly helped me out. It probably confused me more.

As you may have noticed, we offer different advice than mainstream dating.

For example, if you want a blowjob- rather than waiting 3 months and then slowly having intellectual discussion about the "Benefits vs. Risks of Oral Sex" with your girls (thanks, Askmen.com), we suggest: On the first night, eat the girls' pussy, then drop your pants, put your dick in the girl's face and say "kiss it." If that doesn't work. Say, "No for real, just kiss it," and put your dick 1 inch from her face. Not only is that more productive and efficient, it's also based on our actual experience. That's just a little example.

So if you're reading GLL.com or in the process of learning for the first time or rebuilding yourself, you will get better faster and get more results if you [try to] forget everything you've ever learned about dating/sex. It also helps to not read other dating/sex material. We have everything you need on this site. For free. That's not because I'm trying to push my material on you but rather there is definitely such thing as 'information overload' when you just start freezing up and you have no idea what to do because there's so much 'theory' aka bullshit in your head that you haven't applied.

That brings me to another thing- **How To Use This Information, The Secret To Life, Etc.**

There's a endless list of stuff that I want you to forget- this is a good starting point to clear your mind:

If you have ever wondered the truth and history behind the ?seduction community? ? here it is: Aaron.Sleazy.Debunking.The.Seduction.Community.pdf

* distributed with the express written consent of Aaron Sleazy to Good Looking Loser



There's some key things to [re]focus on:

- **You are trying to Get Laid.** This might sound obvious, but a lot of guys go into the field to go out to "talk to women," "make some new friends," "tell some jokes," "see what happens," or "get some numbers." While trying to Get Laid you will/might talk women, make new friends, tell some jokes, see what happens or get some numbers but this is **NOT** the focus. While things like "kisses," "makeouts," and phone numbers are cool and valuable for new guys, Getting Laid, is an all or nothing thing- you either BANG THE GIRL or you DON'T. I'd rather have you approach 100 women and Get Laid 1 time rather than then approach 100 women and get 50 phone numbers that you "work on" for weeks that amount to absolutely nothing.

- **To Get Laid you need to Screen girls**. Screening girls will put you in a position of power to find sexually available girls. This is the polar opposite of running I Hope She Likes Me Game and trying to pass girls tests. Remember- you are going to to Get Laid not to audition for a girl. The discussion "Mr. Funny Man vs. Mr. Pussy Inspector," sums up these differing mentalities.

- **To effectively SCREEN, you need to be aggressive.** Being aggressive involves two things: Sexually-Charged Conversation + Physical Advances. Guys that Get Laid a lot are aggressive, guys that don't are super nice and passive.

- **Being a "player" is a lifestyle.** This lifestyle is something that are you ***ARE***. Not something that you "do". For example, you should talk to (screen) chicks wherever you go, gym, grocery store, parking lot, mall, street, etc. regardless of what your wearing or how you're feeling. Picking up women should not be this dramatic event where you dress up in your "pick up outfit," spend hours thinking about your lines, body language and appearance and talk to EXACTLY 10 "sets". Here's a good rule- if you think a chick is hot- then go SCREEN her to see if she's sexually available and cool to hang out with. It's called: ***Integration***. We'll talk more about this later.

- **This is a numbers game.** It's a numbers game. On any given day- there will be a certain percentage of girls that are sexually available and looking/or available to get their pussies stuffed by an alpha guy with a thick cock. On any given day- there will also be a certain percentage of girls that are sexually unavailable because they are in relationships, married, emotionally unhealthy, on their period, don't like sex, too dependent on drugs to have sex or willing but logistically unable to fuck that day. We are not targeting those girls. It is a complete waste of time because there are usually other girls in the vicinity that are available. We are

targeting the percentage chicks that are sexually available.

- **There are absolutely NO FUCKING RULES.** Thanks to the authorities in the seduction community and the introverted and undersexed writers that offer mainstream advice, there's been a lot of "dating" and "pick up" rules created. These usually have an "always" or "never" attached to them. "Always call the girl 3 days after you meet them," "Never approach a women from behind," "Never lean in to speak to a girl," "Always make sure she's ready before you even consider kissing her," "Always check for a ring before you speak to a woman," etc. etc. etc. There's no rules whatsoever. I once got a blowjob in public in about 10 minutes while 4 or 5 random people watched, without even speaking to a girl that sucked away on my penis- "Screen with Silent Game (Kino, etc.)". During the day, Scotty has smiled and winked at girls, they smile and wink back and then Scotty grabs their crotch in board daylight. That's called being really aggressive. There's no fucking rules whatsoever. Seriously.

So there's a few things.

If you've read this blog a few times, you'll probably notice that we don't follow any rules, social norms or whatever (after all, I'm naked showing my dick on one of the pages- see "Get Hung")... haha.

We encourage you to make your own rules in your life. That's what this is all about anyway.

"That's Not Me!"

While most of our readers/listeners are pretty open-minded and super determined, there's a few that think they can expand their comfort zone, self improve and bang 50 super hot chicks in a single year by not trying ANYTHING new.

Listen up- Whether it be women, dick enhancement, lifestyle, fitness or ANYTHING- at first, you might see some stuff and say "That's not me," or "I couldn't do that," or Scotty's favorite "I'm not congruent with that," to happily excuse yourself from trying. That attitude isn't going to take you very far. A year later you'll be in the exact same position wondering how to help yourself again. Learning to do something new requires doing something new. Most of you guys get that though.

How To Get Your Chick To Be Dominant If You Like To Be Submissive Sometimes *Not Safe For Work*

February 10, 2012 | by Good Looking Loser | Link | Original Link

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If You Want Her To Be Dominant In Bed

It's funny, some guys (not the guys in the Good Looking Loser community) tell me stories that go something like this, "...then she fucked my brains out," "...she pinned me down on the bed," and "...she ripped me clothes off," and obviously- I know they are lying.

Girls are not naturally dominant.

They don't like to be because they no longer feel feminine and sexy.
Plus most girls (especially the hottest chicks) would have no idea how to do it if they wanted to.
Girls like to be submissive because they feel feminine and sexy.
Girls like to get fucked by a dominant, alpha male.

Sometimes there are random cougars that like to be the aggressor, but that's not the majority (maybe 1%) and even still- those women might still probably prefer a nice alpha bang with a sexy dominant male.

So you get it- its up to YOU to dominate her. You're the dominate male. She's the submissive female.

For most guys (I don't have a percentage) they understand this, even if their actions in bed don't totally reflect it. For the most part, however, guys don't have any issues with being the dominant one in the bedroom. Most guys stick their dick in and bang away. That's usually a good time for the guy and girl.

Some guys, myself included, ***sometimes*** like to be submissive to female in the bedroom. I think a lot of guys would embrace this role (sometimes) if they knew how to do it.

The key to understand is- in order for this to work, you are actually being **dominant** (telling the girl what to do for your pleasure) and not actually being totally submissive. You still take the lead but you sit back and let things unfold.

This is what we call- Role Play.

It's not that hard, but the average guy usually can't pull it off that well without fully understanding how to make it happen and their role in this process.

Another key to understand is- in order to do this frequently, for this to work well and and not fuck up the sexual dynamic in the bedroom, the girl MUST already view you as a dominant alpha male. She won't enjoy being dominant if you are a submissive male in real life. She'll enjoy it if she knows she's pleasuring an alpha male.

If you screen and are are aggressive (sexually-charged dialogue + physical advances) on approach, she'll know if are an alpha male. If you are aggressive in the bedroom, this will be reinforced. So long as you establish this, you shouldn't have any trouble if you tell the girl, for example, "sit on my face, tell me to eat your asshole," "I'm going to get on my knees and eat your pussy while you look at your sexy body in the mirror, comb your thick beautiful hair, smoke a cigarette and blow your stinky

smoke down at me."

In those two examples (yeah, I've done those obviously), you **dominantly** tell the girl what to do. Since she wants to pleasure you, she'll be happy to do it and she'll probably like it.

If you are a submissive male (in real life) those scenarios will reinforce that you are a total pussy. Not good. Your girl will eventually leave (or withhold sex and desire) a real man.

It doesn't take much to establish a dominant sexual dynamic in the bedroom that can allow you to incorporate some submissive role play scenarios. Simply banging the girl really hard works great. Telling the girl "on your knees" and stuffing your cock in her mouth establishes your dominance. If you have a big dick, comparing the girl's arms, wrist and hands to your large penis sets up a powerful "endowed and proud" frame. Even just saying, "I'm going to put on some music, dance for me," is a good start. So long as your are embracing your role in the bedroom as the dominant male- you should be fine.

If you are new to this and have some wild/really submissive role play scenario in mind, you can take baby steps toward it. This works good because both you and her will seemingly "naturally" ease into it.



For example, if you are sleeping with a girl with a nice FIT bubble butt and want her to sit and wiggle her tushy on your face while you submissively lick it, you can lead up to it (either that night, or over multiple nights).

Like this-

Step 1 could be- simply massaging her ass, compliment her ass.
Step 2 could be- lightly kissing her ass and telling her it has amazing power over you.
Step 3 could be- TELLING HER to get in the 69-position and her blow you.
Step 4 could be- you licking her pussy from the 69 position.
Step 5 could be- licking her asshole from the 69-position.
Step 6 could be- TELLING HER to ignore your cock for a minute, put her ass in the air, shake it proudly, and slowly lower her asshole over your face. From there just enjoy her bubble butt and command her to "GRIND YOUR ASS ON MY FACE" or "Wiggle your beautiful ass."



Baby Steps or "Sit on my face."

This is all dominant stuff, even though this specific role play is submissive.

This discussion is aimed at creating 'submissive' role play scenarios but it can be applied to certain fetish stuff too (I'll probably talk about this in another post). This is basically "Femdom" fetish/role play anyway.

Submissive CEOs Routine

When I'm on meetups "dates" with girls I like to talk about sex. With physical escalation, it sets the table for what we'll be doing later. If I want to be submissive in the bedroom that night (I don't usually want to with a new girl) I also like to screen/introduce the matter. Here is the routine that I use:

I tell the girl, "Did you know that 90% of CEOs of big Fortune 500 companies say that they actually like to be submissive in bed? I thought it was kinda weird at first. But It kinda makes sense, these guys are powerful men with tons of authority and money. They push people around all day long and are so used to that. So it makes sense if they get turned from dominant female role play. It's just role play, they are probably dominant men in real life. I used to think it was weird, but I totally understand it now. What do you think about it?"

Usually I won't discuss it too much further, unless the girl is big time into it. Later, I'll just tell her what to do in the bedroom if I want to be submissive. It's a nice way to open the door to role play.

In a nutshell-

1) Establish an alpha male frame in and out of the bedroom.

2) Tell (DO NOT ASK) the girl EXACTLY what to do or use baby steps. Remember- It's **dominant**

role play.

If you have any questions/comments, please post them below...

Penis Enhancement Routines

February 18, 2012 | by Good Looking Loser | Link | Original Link

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Penis Enhancement Routines

Disclaimer: The contents of this page, such as text, graphics, images and other material are intended for informational and educational purposes only and not for the purpose of rendering medical advice. Please view our Medical Disclaimer.

This isn't medical advice.... mmmkay? Good. :)

Here is are links to our Penis Enhancement Routines-

- **Good Looking Loser's Penis Enhancement Routines**
- **Good Looking Loser's Bathmate Routines**
- **Good Looking Loser's Sizegenetics Routines**

Good Looking Loser Penis Enhancement Routines

- **Penis Enhancement for Beginners (newbies)**
- **Penis Enhancement for Immediate Levels (after at least 12 weeks)**
- **Penis Enhancement for Advanced Levels (after at least 8 months)**
- **Ultimate Obsessed Porn Star Wanna-Be Get Hung Routine - Fastest, Most Results Possible**

Bathmate / SizeGenetics Specific Penis Enhancement Routines

- **Beginner?s Bathmate Routine (Using Bathmate By Itself)**
- **Beginner's SizeGenetics Extender Routine (Using SizeGenetics By Itself)**
- **Using the Bathmate Specifically for Length Gains (+ Routine)**
- **Index of Male Enhancement Routines**

About Penis Enhancement



The idea is you get your penis used to these exercises.

At the beginning stages, a little goes a long way.

Like in exercise/strength training- there is such thing as "newbie gains," you will make gains very quickly initially.

Penis enhancement is not unlike building muscle- basically you breakdown and fatigue the tissue and it regenerates (regrows) larger and stronger than before. Penis tissue is made of 3 types of tissue (notably muscle tissue and organ tissue), it is not voluntary skeletal muscle like your biceps or quads per say- but it is made of some 'smooth' (spongy) muscle tissue.

If you breakdown this tissue with exercises and the Bathmate, you'll get it bigger if you follow an adequate diet and give time for it to heal. Growth also occurs from stretching in the ligaments and support tendons, consistency yields permanent (easily maintainable results).

You can reasonably expect to gain 1.25 to 2 inches in length and .5 to 1.5 inches in girth in a period of 8 to 12 months if you are CONSISTENT with it.

Results will vary however.

I know that is large range for results. That is because some people genetically respond better to the exercises than others. Another factor is how elastic your tissue is, how much 'internal penis' growth potential you have and so forth. In general, most guys can expect to gain at least 2 inches if they commit themselves. Probably more. I gained over 2 inches, I was not consistent with the length exercises however.

I'm just over 7" in length (non-bone pressed, ruler on top, aka not shoving the ruler into my skin) and

over 6.25" in girth (post Bathmate) and ~5.75" in (pre-Bathmate). It's a fatty. I have a fairly big, thick dick (have you heard?), it's not HUGE however.

update, late August 2012: as of May I was up to 7.4" at 6% BF, I'm currently about ~7.25" at 10% BF.

Still, it's big enough to take decent pictures and enough to where girls tell their friends and sometimes say "holy shit." Gaining 1 to 2 inches in length and just 1 inch in girth will make most guys "pretty big" or "hung" in comparison to average (5" to 5.5" length, 4.7" to 4.9" in girth).

International Survey (all-races) average length is:
5.01" to 5.5" length
4.67" to 4.9" girth

Among Americans average length is:
5.5" to 5.9" length
4.7" to 5.1" girth

Please don't ask for studies, data, sources on those numbers, that is not what this page is about.
These are simply rough estimations based on data I have seen. I feel they present an accurate range and it is likely that the average falls [somewhere] in between the figures presented. Thanks!

Beginner's Penis Enhancement Routine (total newbie)

If you have never done any form of penis enhancement consistently, please start here (and talk to your doctor).

The idea is to get your penis tissue used to the exercises, it will be probably be inelastic and the ligaments won't be too flexible. Simply from 'breaking it in' and resting, you'll see some quick gains. Do not go overboard, the rest periods are just as important as the exercise periods.

Beginners' Penis Enhancement Routine

Warm up your penis tissue by putting a hot, wet washcloth on your penis. You can also jump in the shower and let hot water run on your penis for about 10 minutes. Do not use the Bathmate prior to these exercises. Use it after.

Manual Stretching (primarily for length)

- Check out our definitive guide on Penis Stretching, includes demonstration videos.

Do 3 sets of the following exercises

Pull your dick straight down (6 o'clock) for 30 seconds.
Pull your dick straight down to the left (5 o'clock) for 30 seconds.
Pull your dick straight down to the right (7 o'clock) for 30 seconds.
Pull your dick straight down (6 o'clock) and "crank" (rotate it 360 degrees) for 30 seconds. (this gets the blood flowing)
repeat for 3 sets.

Pull your dick straight out for 30 seconds.
Pull your dick straight out to the left (9 o'clock) for 30 seconds.

Pull your dick straight out to the right (3 o'clock) for 30 seconds.
Pull your dick straight out and "crank" (rotate it 360 degrees) for 30 seconds. (this gets the blood flowing)
repeat for 3 sets.

Pull your dick up (12 o'clock) for 30 seconds.
Pull your dick straight up to the left (11 o'clock) for 30 seconds.
Pull your dick straight up to the right (2 o'clock) for 30 seconds.
Pull your dick straight up (12 o'clock) and "crank" (rotate it 360 degrees) for 30 seconds. (this gets the blood flowing)
repeat for 3 sets.

Standing, Pull your dick under your legs and behind your butt cheeks (backwards) for 30 seconds.
Standing, Pull your dick under your legs and behind your left butt cheek (backwards-left) for 30 seconds.
Standing, Pull your dick under your legs and behind your right butt cheek (backwards-right) for 30 seconds.
Pull your dick straight out and "crank" (rotate it 360 degrees) for 30 seconds. (this gets the blood flowing)
repeat for 3 sets.
* exercises behind your butt cheeks work well if you put one leg up on a chair and pull the opposite direction.

Comments: You should be able to do these manual strength exercise in about 18-20 minutes. The exercises usually go- 30 seconds ON, ~10 seconds OFF (break), repeat. I like to put the television on for these manual ones, just something to occupy the mind a little bit (ESPN, sports, whatever) nothing that you lose focus or that distracts you too much. Baby powder sometimes helps to maintain a good grip on your penis. Get off your computer/cell phone. Do your exercises. Don't multi-task.

Jelqing Exercises (primarily for girth/thickness)

- Go here to get our complete rundown on Jelqing (w/ demo video) -- "Ultimate Guide to Jelqing"

AFTER you have done the manual stretches it's time to do some girth work.

The girth exercise is called "jelqing". Basically you get a 85-90% erection and "milk" your penis. With your hand as an "Okay-Sign," (see right) thumb touching the index-finger, starting at the base, you slowly run the "O" along your shaft pushing blood from the base to the top of your penis' head. Then repeat with your other hand. Each beginner's jelq should take about 2-3 seconds. This is not masturbation, but you want to keep your cock at a 85-90% erection for the process.

I think that is pretty easy to understand, but here is the process written in different words:

You have to start by putting your fingers together exactly the same like you would when making the sign ?OK?, just you have to wrap your penis with your fingers around your penis, while semi-erect and repeatedly drawing them away from one?s body to force blood into the glans, thus encouraging more vascularity in the corpus cavernosum and associated tissues.

You can google 'jelqing' if you are still confused, there's a lot of videos and guides. If you think it's easy, it is. This is not a complicated exercise. The hardest part, sometimes, is maintain a 85-90%

erection, not losing focus and not deciding "ah.. fuck it.. I'm going to cum."

There's two types of jelqing exercises- wet jelqs and dry jelqs.
Wet jelq is when you use lubricant (baby oil, vasoline, KY Jelly, olive oil [my fav.])
Dry jelq is just as it sounds- no lubricant

I only do wet jelqing. I don't see the point in the other. Sometimes I'll do some dry ones if I'm just sitting around before sex or if I'm playing with myself watching television. Do the wet ones.

So basically, get some lubricant, get a 85-90% erection and jelq as the process is explained above. If you do the manual stretching exercises before, there is not really a need to 'warm up' because your penis tissue will already flexible and suitable for jelqing.

Beginner's Jelqing

Week 1: 250-300 Jelqs/10-12 minutes in total, 2-3 seconds per jelq.
Week 2: 300 Jelqs/10-12 minutes in total, 2-3 seconds per jelq.
Week 3: 400 Jelqs/12-14 minutes in total, 2-3 seconds per jelq.
Week 4: 500 Jelqs/~15 minutes in total, 2-3 seconds per jelq.
Week 5-Beyond: +100 Jelqs/+2-3 minutes in total, 2-3 seconds per jelq. Work up to 30 minutes.

Comments: I like to use the clock rather than counting the number of jelqs. It's just easier than counting. I estimate 20-25 jelqs per minute. At times, you'll need to take a ~10 second break to re-establish your 85-90% erection. Continue doing the same stretching routine and increase the number of jelqs +100 per week. The routine shouldn't be more than 45 minutes in total for the first month.

Beginner's Penis Enhancement: How Often?

Do 2 days on, 1 day off (no exercises), 2 days on, then 2 days off (no exercises).

You can follow this, or modify it-
Monday - Warmup, Stretch, Jelq
Tuesday - Warmup, Stretch, Jelq
Wednesday - Nothing
Thursday - Warmup, Stretch, Jelq
Friday - Warmup, Stretch, Jelq
Saturday - Nothing
Sunday - Nothing

So there you have it.
That's the Good Looking Loser Beginner's Penis Enhancement Routine.

Try that for about 10-12 weeks. Don't be surprised if you gain .5-1 inch in length and .5-.75 inches in girth. Gains come quick for newbies. They harder to come by later though. If you want, tell us your progress and ask questions in the Free Forum.

Calling / Texting

February 26, 2012 | by Good Looking Loser | Link | Original Link

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Phone and Text Game

Phone and Text "Game" Audio (~22 minutes)

This section explains how and what to text girls (that you want to bang). Read this then see the links below.

The goal is to Get Laid.
That is the ONLY purpose of calling or texting girls.

This is quite different from other programs/advice columns where the goal of calling / texting a girl is to 'work on' a girl and try to get them to to "like" you more. If you have screened the girl by being aggressive (sexually-charged dialogue + physical advances), she is usually IN or OUT.
If she gives you her number, she's usually (but not always) IN.
This is one of the many advantages of screening and being aggressive.

This is the easiest section to learn and apply.

Sometimes (most of the time), you logistically can't Get Laid and you have to take a girl's number so you can bang her at a later date. This is how to do it.

If you've met a girl and taken her number after being aggressive (sexually-charged dialogue + physical advances), MOST OF THE WORK IS ALREADY DONE. You've screened her and expressed your own sexual interest. She knows what to expect.

She knows it's not a "friend" thing or that you want to audition a on date to try and be her boyfriend. She knows that you are cool guy, looking to Get Laid and you can probably give her a damn good experience. After giving their number to an aggressive "player" guy, most girls know they are signing on to have a fun time, have sex and take it from there with no strings attached.

The good thing is, you ALSO know what to expect.
You know that she "likes you" since you've screened her and she didn't "Get Lost," you know that she is sexually available since you screened her and she didn't "Get Lost," now you just gotta finish the job.

Keeping all that in mind, "She likes you. She's sexually available." There's no reason to wait, play games or not follow up with her very quickly. In fact, you're encouraged to follow up with her since you have a great deal of momentum if you've had a good first interaction with her.

She likes you. She's sexually available. She probably knows your player and not trying to be boyfriend. You took her number. That's the deal. That next step in the process is hanging out and SEX.

She probably won't flake either because she knows what your about and she digs it.

I Hope She Like Me Game = Flakes

Most guys run "I Hope She Likes Me Game," where they try to get the girls to like them and pass their tests. Later, the girl decides if the guy is worth another minute of her time. To not be rude, girls might keep the guy as a text buddy to help her ego- but never ever consider meeting up with him. The

guy will often text this girl for months, thinking he is "working on her". The game ended a long time ago.

The phone/text strategy that most guys use is the same "I Hope She Likes Game," stuff. From approach to phone/text to date. They try harder-and-harder to get the girl "attracted" to them, even though she likely already decided his fate. Guy will have enormous 10-hour long text thread full of "witty" comments, stupid stories, useless role plays and more waste-of-time stuff.

Listen, 99% of the time- after you've met a girl, screened her, she already has decided if she's going to meet up with you. If she answers your text or phone call, then she is interested/maybe interested in you and probably willing (and looking forward) to meeting up. There is no guessing here.

this is a perfect example of this with a top 1% girl in Los Angeles-

LR: Briana Super Hot Overachiever Girl

There is absolutely NO NEED for long text-threads and other waste of time stuff. The reason the guys think that stuff works is- the girl ALREADY liked them enough to pick up her phone and meet up. They just wasted their time.
Guys- DO NOT DO THIS.

Screen the girl. If she passes- you have are halfway home.
Call her, meet up, finish the job.

Ridiculously easy, effective phone and text blueprint

HOW TO CALL/TEXT GIRLS TO MEET UP & GET LAID

What if She Texts Back But Won't Pick Up My Call? And MASS Text Technique

* Most guys feel that Los Angeles is the easiest place to get a number, but the hardest to get girls to meet up. I have been VERY successful in Los Angeles- very few girls ever "flake" on me. That is a result of screening, building a adequate real emotional connection with small talk and this phone/text strategy.

I swear to God- it works SO WELL. I hardly get flakes and when I do, I generally still get them, if they are sexually available, with some persistence. Try it :)

In "100 Approaches with Average Guy Game," I took a lot more numbers than I usually take.

Calling / Texting (Phone Game)

February 27, 2012 | by Good Looking Loser | Link | Original Link

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How to Call/Text to Meet Up with Chicks and Get Laid

This stuff is pretty simple. It's productive and efficient- this is how we bang girls super quick (if we get stuck with taking a number). Super quick meaning that day or in a matter of a couple of days or so.

It works well, not a lot of flakes (less than 20% for me specifically) because [on the approach] I have thoroughly screened a girl for her sexually availability and communicated that I'm a cool guy, looking to Get Laid and I can probably give her a fun and good experience. Girls don't meet a lot of guys like that. They meet guys that run "I Hope She Likes Me Game," who try to impress them and take them on dates.

Set up your meetups on the phone. Not text. Girls are less likely to flake if you do it via phone.

There's a lot of junk out there related to text/phone game. You don't need ANY of it.



So here's how to do it-

(text EXACTLY how I write it. don't clean up the grammar or add smiley or LOLs, LMFOs, etc.)

When you take a girl's number. Text her right then and there,"nice meeting u" and there and make sure she has your number SAVED. You can even help her save it as "Sexy Guy," "Sex God," "Chick Magnet," "Good Looking Loser," if you want to. It's not necessary but I like to do this.

Okay, so you have her number. She has your number.

Sometime later (1-2 hours later to 48 hours later)-
Text the girl something like, "hey sexy bitch" or "what up nerd" "hey sexy biatch" "i bet i know what youre doing" "im way cooler than you and you know it" "what up hooker" "crazy bitch" "naughty"

note: I encourage you to text "hey sexy bitch," or some of other sexual screening lines. You should constantly be screening. Sometimes the momentum from your interaction wears off (that's why you follow up your approach ASAP). Girls are fickle, their emotions and hormones change- if a girl is sexually available one day, it doesn't mean still be the next day (although she probably will be). Screen via text for sexual availability so you don't end up with a girl that isn't DTF.

The girl will probably respond with a text within the next 24 hours

When she responds- CALL HER right then

Don't text back. Call her immediately. She has her phone in her hand and will usually pick up your call. 2-3% of the time she won't pick and but usually she'll explain why "hey out with friends now, call u back," "with my parents right now, lets talk later." usually they explain. Like I said though, 97-98% of the time they will pick up the phone.

when you get her on the phone, have a QUICK story or something ridiculous to say- "
"i bet you've been staring at your phone all day, hoping and praying that I would call"
"i just lifted 400lbs at the gym, i bet i'm stronger than you i could probably beat you up"
"this gay guy just dropped his pants and started jerking off to me. it was weird"
"hey are you on any of the dating websites? i bet you stayed up late last night messaging guys to try and get laid"
"i was at barnes and noble (bookstore) there was this lady sitting in the selfhelp section that wouldnt leave when the place had closed, they had to call security on her and the police came... was that you/your mom"
"i saw this pornstar that reminded me of you, i forget her name though"
"i have take a survey for my advanced sociology class, you masturbated last night right? i put you down as a 'yes' but I figured id make sure."
(This ridiculous story isn't necessary because the girl ALREADY likes you since she picked up the phone. But it serves as a 'state-breaker'. Most girls live pretty boring, mundane lives- even if they try to give the impression otherwise. Snap them out of that mindset and get their attention)

I do it this way, Scotty doesn't. He calls girls and says "Hello."

After your ridiculous story/comment, make some small-talk
how was your day?
how was your weekend?
how was ____, that you were telling me about?

Cut off the small talk and set up a meetup/date like this:
*So whats on your agenda this week? I'm super busy, but I have a few days open.
(let her talk about her schedule)

from there pick a free time and offer soft plans- "cool, I have some time on Tuesday open too, what are you doing at 5pm"
she'll usually be good to go
if she's not, say- "actually yeah Tuesday at 5 isn't that great for me either, i should do another day..." (then suggest another day) "how's Wednesday at 6pm?"
she'll usually be good to go
if she's not, say- "okay what times work better for you?
she'll usually say whatever times she has open. if they fit your schedule and you have a couple of hours to bang her- go for it.
if she's doesn't, then say you'll talk to her in a few days and hang up (this honestly happens ~1% of the time)

Repeat this phone/text blueprint ANYTIME and EVERY TIME. You don't need the ridiculous story/statement after you've banged the girl. The goal is to Get Laid. The goal of the phone/text to get them to meet up. Set up your meetups within 1 to 3 days. Maybe 4 days. Don't schedule them beyond 4 days. Ever.

Do this entire procedure over and over (it's pretty quick) until you seal the deal with the girl. Don't delete numbers out of pride.

Basically- screen for sexual availability via text, when you receive a reply, call her ASAP, use a state-breaker if you want, small talk, set up plans. When you meet up- try to bang her. If you don't- repeat this process, eventually you will.

...why does this work?
Because **the girl ALREADY LIKES YOU**, or is at least interested in getting together with you. How do I know? Because she picked up your phone call. Also, if you were **aggressive on approach** (sexually-charged dialogue + physical advances) and she gave you a legit number- **she is in**. She wants to meet up. She's not expecting a dinner and movie. She's expecting to be filled with a thick cock.

After you've picked up the girl, she's either in or out. She'd decided if she's sexually available or sexually unavailable (usually they get screened in or out on the approach). Since you were aggressive (sexually-charged dialogue + physical advances) she knows what you're about. There no phone "game" needed, she ALREADY likes you.

There is NO REASON to waste time. Or play "hard to get". No guy that bangs 40+ girls a year waits 2+ days to contact the girl. You need to follow up your awesome pick up momentum with a phone call. **THE GIRL WANTS TO SEE YOU.** You DON'T need to have a huge text thread to tell her long dumb stories, jokes or "convince her to like you". **SHE ALREADY DOES.** That's the result of screening. Get her on the phone and basically set up the time you are going to meet up.

a lot of PU gurus/magazine think their methods "work"... while this can be true, it only "works" because the girl ALREADY likes you. So anything will work- such as just calling them. Don't waste time. Get Laid.

Calling / Texting: What if She Texts Back But Won't Pick Up My Call? And MASS Text Technique

March 3, 2012 | by Good Looking Loser | Link | Original Link

What if She Texts With Me But Won't Answer My Calls?

- **Here's how to call/text a chick if you want to bang her**

Do that. Repeat it. Repeat it again until you bang her.

Remember-

If you've screened a girl (sexually-charged dialogue + physical advances) on your approach and she gives you her number- She's in and she's likely DTF in the very near future. If you've sexually screened her again via text "hey sexy bitch," or "what up hott stuff," and she replies- She's in and she's likely DTF in the very near future. Don't waste time texting or playing hard to get- Call her ASAP.

Every so often you'll come across a girl that answers your texts but doesn't pick up the call. This is rare if you've sexually screened on approach and text. 99% of the girls that you screen- already like you and want to meet up ASAP too. They're IN.

But sometimes you'll run into some weirdo that seems to be playing games with you.

First- just try the phone/text blueprint again

If you've repeated the procedure a few time and she doesn't pick up 2 or 3 of your calls, without an explanation via text "hey sorry, I'm out with friends and can't talk," "hey sorry, I'm with my parents, let me talk to you soon," "sorry I got no cell phone reception right now, talk to you later," then try this-

text her (EXACTLY HOW I WRITE IT)- "its cute youre playing hard to get, but youre starting to lose points with me," when she replies, "sorry, I'm blah blah blah," CALL HER then (unless she says she's unavailable). You'll get her on the phone 99% of the time. I've done this on the HOTTEST of the HOT chicks and it works good.

still their might be a weirdo or two that texts back, "sorry, I'm blah blah blah," doesn't say she's unavailable but doesn't pick up your call. In that case, this girl is probably not sexually available and just keeping you as a text-buddy for an ego-boost.

But let's find out for sure-

Sometime later, text her, "FUCK OFF" when she texts back "excuse me?" or "?" CALL HER then. Scotty does this and gets them on the phone sometimes. Admittedly, I haven't tried this however. You got nothing to lose and I don't want you guys to become some girls "text buddy" or feel that you have "work on her". She's either IN or OUT.

What you shouldn't do is try to set up a date/meet up via text. While that can work- if they are sexually available for you, they'll pick up their phone. Period. I NEVER make plans with a girl I haven't banged via text, the flake rate is just too high. If you get a verbal commitment- they usually don't flake without a valid reason. After I bang a chick, I'll text them to meet up. But NEVER before.



Don't Lose Her Number Unless You Really Want To

Before I got good at this stuff, I would delete a girl's number if she didn't answer or return my call. It was because I had a fragile ego and didn't want to "lose".

But you can't lose something you don't have.

I keep every girl's number if I like them and want to bang the shit out of them. I text them WHENEVER I want- screening them for sexually availability with "hey sexy bitch". If they text back, I call.

Girls are weird, one day they are sexually available, the next day they aren't, they think they have a boyfriend for a week, the next week they are single and horny. You never know whos DTF and whos not. Just screen.

Don't work on them though. No long text threads.

If it's a random weeknight and I don't like going out and I don't have a girl lined up- I'll MASS text 25-30 hot girls, "hey sexy bitch" and call whoever responds. Lucky them haha.

In my old cell phone, I categorized girls, I had a special category "Bubble Butt" if I wanted to fuck/have a craving for a nice round backside in my face, I'd text the "Bubble Butt" girls and see who was sexually available... One you collect 100-150 numbers after screening on approach, you'll probably have a good candidate ANY night of the week, with whatever criteria that you want "Bubble Butt," "Huge Boobs," "Short Girls With Probably Tight Pussies" haha.

It doesn't always work out, but you got NOTHING to lose.

Ideally, well for me, I would have 3-4 regular super hot girls that I'd bang during the week and go out just 1 time at night (but still talk to chicks during the day). That's the lifestyle I wanted. The MASS text worked too and could spice things up.

I don't really see a decent reason to lose girl's numbers... unless your phone gets too full, you get a new phone, they get married or you get in a committed relationship. Keep all of them, annoy the girls, who cares. I'd keep ex-girlfriends, ex-fuckbuddies, girls I want to bang, whoever. This stuff is about YOU.

Non-Mainstream Techniques to Beat Sexual Anxiety / Erectile Dysfunction

March 6, 2012 | by Good Looking Loser | Link | Original Link

Dick Triggers, Quick Hard-On's

In this discussion, I'm going to talk about developing 'sexual triggers' to help you encourage blood flow to your dick so you can get hard. I'm not a sex therapist. I have a lot of experience though - I've had sex in public, in front of friends, outside, in the shower, in not-so-ideal places, etc.

Sex is nearly all a psychological process.
That's why anxiety can get it way.
If you aren't generally relaxed and confident- you ain't gonna perform too well.

There's a long list of stuff that can negatively affect your performance (we'll touch on these in detail another time).

Of the top of my head, things like - alcohol, drugs, general performance anxiety, she's too hot, she's not hot enough, dehydration, too much water, my legs hurt from the gym, tight underwear, I gotta pee, I gotta fart, I gotta poop, the condom is feeling tight, this position is weird, I blew my load either in the day and temperature can all potentially affect your performance and prevent you from getting a strong erection (or even getting hard at all).

If you have a big dick or been working on it via 'Get Hung', you're going to need even more blood in your dick to get and maintain a nice strong erection.

My first suggestion to beat this is-

Ask your doctor about Cialis, Viagra or Levitra if your sexual anxiety is causing erectile dysfunction.

Do not buy any of these compounds from an online pharmacy.

Cialis is my favorite one (I have a prescription for it).

You can take it everyday and not develop a dependency or a tolerance. It lasts 2-3 days (long half-life) and it's more subtle than Viagra, basically you don't feel it until your dick is touched and then it grows, grows, grows. It's nice because you also maintain a noticeable 'hang' and your penis flops around.

With Viagra, you sometimes walk around with a near hard-on and it gives me a stuffy-nose which kinda sucks.

Her Best Feature(s) (sexy talk)

I generally hook up with girls that are pretty hot, so it's not hard all to get turned on. Sometimes though, it's harder to get turned on simply because I'm either less into it or the girl isn't my ideal type. In these cases, I focus solely on her 'best feature'.

My buddy who gets lots of girls once told me, "Don't look for what doesn't turn you on about a certain girl, focus on one thing that she has that's really sexy to you." Usually girls will have at least

one thing that stands out and it will be enough to turn me on.

For example, a girl might not be a "10" but she might have a nice pair of boobs or a bubble butt. I will put ALL of my attention to that feature and embrace it. I'll compliment her on that feature, "you have a beautiful ass." I'll get her to talk about it, "do you find that guys just stare at your ass when you are walking in front of them?" "tell me what it's like to be a girl with a beautiful butt," "your round ass gives you so much power, guys stare at it and I bet girls stare at it too." I'll have them dance and show off whatever feature I like. I'll get them in a sex position where I can stare right at that feature.

* It's "okay" to worship a girl's body if she already likes you and you are in the moment. It's not "beta".

I used to ONLY get turned on by super hot girls. But once I took my friend's suggestion and applied it, I found that I could enjoy sex with a lot of other girls (so long that they were pretty good looking). This was actually a big step for me at the time.

So keep that in mind. Give her best feature all your attention and focus. It makes girls feel super sexy and it gets the blood flowing to your dick. Works good.

This obviously works with girls that are super hot too.



My Best Feature(s) (sexy talk)

Just like 'her best feature' I will encourage her to admire my best features and make me feel sexy about it.

I can get the dialogue going by saying, "You're hot, you are turning me on," girl will usually say, "Thank you, you're hot too."

I'll ask them what about me [right now] turns you on?

They'll usually give reasons or features.

If they mention something that makes me feel sexy (my body, my cock, my butt, my legs, my masculinity) I'll get them to talk about and encourage dirty/worship talk about.

For example, if she mentions "You're quite endowed. I'm excited." I'll tell her what it's like to have a big penis, how I love it, how people stare and admire it when I decide to drop my pants and how it's

going to feel so good FOR HER when I decide it's time to insert it. All the while, I'll get myself turned on.

Some guys are resistant (don't be) to talking about 'their best features' because they are worried about (don't be) coming off as arrogant or cocky.

In the moment, this stuff is 'dirty talk'. It's not arrogant. It's embracing your sexually and your gifts. You can talk about 'her best features' if you want to balance it out. It all about heating the situation up.

I find that this stuff works good for me with girls that I don't find that attractive. I'm not into them that much, but I still want a good experience for her and I. I encourage you to explore the same. I've had good experiences simply because a girl made me feel sexy and powerful. I've gotten good blowjobs from girls that weren't attractive because I loved watching them admire and struggle with my cock. I've banged girls that weren't that attractive by imagining how THEY felt to have sex with me. All in all, it makes for a good time for both parties. A lot of girls love when you have a powerful orgasm in their mouth, it makes them feel sexy.

This obviously works with girls that are super hot too.

Mental Pictures

I suggest developing certain "mental triggers" that you can quickly visualize when you need to increase the blood flow to your cock.

These mental pictures are a matter of preference (whatever turns you on).

You basically think a mental picture that are sexy to you.
Then [ideally, but not necessarily] apply them to the girl. Ideally too, they will incorporate the girl's best features so you can return to the moment and return to the motions of sex with the blood rushing to your dick.
You can also put on some music, have the girl dance, while you focus on getting a solid hard-on.

For example, if you are having trouble getting turned on (or getting hard)-
if you like big boobs, have a mental picture of a girl/the girl proudly showing off her big breasts.
go to the mental picture in your head, hold it, focus on it while blocking everything else out and touch (or have her) touch your dick while you continue to visualize.

The mental picture can be from a hot picture or scene that always turns you on and that you have jerked off to and had an intense orgasm and blew off a large mess.

If you are addicted to porn - this one probably isn't for you.

I personally like clothed pictures since it seems to leave a lot to the imagination.

If I'm with a girl with big boobs and I'm having trouble with blood flow, I'll visualize the picture below in my head. Although it briefly takes me out of the moment, I've seen this picture 100 times, jerked off it it and it always turns me on. I'll get the blood flowing to my cock and then return to the moment. The idea is simply to get the blood moving to your cock and then return to the motions of sex/foreplay and let it naturally go from there.

This might not work for everyone, but it seems to be pretty good for a lot of guys - the key is blocking EVERYTHING else out, visualizing it, the colors, the curves, how proud she is of her chest, how it gives her power over undersexed men, how she can freely have sex any night of the week

because of it (whatever turns YOU on about it), getting some blood flow, returning to the scene and then resume the motions with a hard/semi-hard cock. You sometimes just have to trust that just going through the motions will eventually get you into the moment as it starts to feel good.

I don't usually advise going back to the picture when you start penetrating the girl, you don't want to be bouncing back and forth between your mental picture and the girl you are with because it will make it hard to maintain your erection.

Secure and Practice Your Mental Picture

Obviously, you don't have to wait until you are with a girl to secure your 'mental picture trigger'. There's a lot of ways to 'practice' your mental picture.

Masturbating to the picture is a start. Get yourself really turned-on though. Make detailed observations and LOCK them into your head- Look at her nice tan skin, where the skimpy shirt hits her breasts, how her bra can barely support her chest, the confidence on her face, how she probably touches her breasts during sex or when she pleasures herself, etc. Try to keep the details strictly based on the picture, don't go into an elaborate fantasy (mental movie) where you imagine fucking her and watching her scream as she takes your thick penis into her too small pussy. It's too elaborate and it can be too hard to view the 'mental movie'. So just stick to the picture.

Masturbating without the picture is the next step. Visualize all the details from before. Think about how the girl (Jen Sterger) is out somewhere in the world showing off and teasing EVERYONE with her breasts- the undersexed men and the jealous girls.

Getting a hard-on in public is another step. It takes some more balls and greater focus. If you're seated at a dinner table, think of the picture, think of the detailed observations that you made before, touch yourself, feel the blood rushing into your cock, feel your cock getting warm and growing up the side of your leg. Focus, feel and embrace thees sensations.

Another step, unnecessary however, is to go into a public bathroom- sit down on the toilet, think of Jen Streger (the picture), think of the details, jerk-off and orgasm. It's unnecessary like I said, but if you can do that- you'll probably be easily able to get hard when your with a chick. I've done all of these. It's not hard and I think it's pretty valuable.

I think it's good to have **'Big Boobs'** and **'Beautiful Butt'** mental picture stored in your brain that you can access if need be. You can pick some other features if you want to. Don't try to have a whole album of mental pictures though. If need be you can put your mental pictures on your cell phone and go into the bathroom before (or during) sex if you need a minute to focus. This is not about 'watching porn', this is about training your mind to trigger rapid blood flow to your dick.

I like to hook up with a lot of girls with beautiful fit round asses, so I definitely have a go to 'bubble butt' picture.
You've probably seen this one before (yum!)-



Verbal Triggers

I think the mental triggers and best features are the best way to get the juices flowing and blood flow to your dick.

But verbal triggers are good too.

Say something to yourself (in your head) that encourages you to bring out your masculine, primal

aggressiveness in the moment. Have trigger words or statements. Something like, "I'm gonna slam this girl," "She's gonna be sore tomorrow," "This chick is in for a rough time," and look right at the girl and smile.

In order to establish these verbal triggers, it's helpful to use them leading up to sex. For example, if I'm grabbing coffee with a chick/watching a movie with her/whatever, i'll look at her right in the face and think to myself "I'm gonna make this chick so sore," and touch myself briefly to encourage blood flow. During foreplay, do the same thing- look at the girl and say to yourself "I'm gonna make this chick so sore," and touch yourself again.

If you stick to one verbal cue, you'll be able to make it pretty effective whenever you want to get the juices flowing. Just block everything out, look right at the girl and say the verbal trigger in your head.

Turn-On's and Soft Fetish Play

This is an interesting one and it seems to have potential for turning on a lot of guys when "boobs and butts" just don't do it on that particular night. Other guys don't need any part of this. I'd like to emphasize that 'turn-ons and soft fetish play' probably won't work for guys with HARDCORE specific fetishes in which the object/situation is not present.

Guys with hardcore fetishes can't climax (or even get turned on) without a specific object or situation. In this situation, I can still try to help, but I'm not an expert. I've never had any hard fetishes. But I know how to get chicks to embrace role play and sexual fetishism, here's a discussion on Femdom related role play "How To Get Your Chick to Be Dominant In Bed," the mindset and techniques in this discussion can be applied universally to all types of role play.

I will explore this one softly, because again- I'm not a sexual therapist. My discussion comes only from experience. I have only from a handful "soft fetishes" or "unique turn-ons" (big cock sex, facesitting, smoking, women's thick hair, submissive femdom non-BDSM related) that can speak specifically on- even though I have engaged in these scenarios/role plays more times than I can count. The majority of sex I have is generally just "she's hot," I want to bang her... you know- normal stuff :)

If you have a specific turn-on or fetish that heats you up, I encourage you to embrace it and do some visualization prior to sex, during foreplay and even during intercourse if you have to.

For example, suppose you are turned on by a women's feet (foot fetish, I don't have it but it's common). Suppose you picked up a chick who's decent looking but you don't find her that attractive. When it times to have sex, you hope you are turned enough to give her a good bang. Since her looks probably aren't good to do it for you, I'd suggest getting as close to her feet (or whatever goes on with this fetish) as possible. It doesn't matter if she knows you have a foot fetish or not. Just lead the way.

Starting off, when you meet up with her, start turning yourself on. If she's wearing shoes, think to yourself "wow I can't wait to see her feet... they are probably so nice." If she's wearing sandals or flip-flops focus a lot of attention on her feet. If you can, put her feet up on your lap. Tease yourself (don't start licking them or whatever). When you get her on your bed, give her a massage and spend some time playing with her feet. When you eat her out, get up right next to her feet. The idea is to turn yourself on so much that once it's time to have sex, the juices will be following and you'll ready to go. During sex, you can attentively hold her feet while she enjoys your cock.

Now again, I don't have a foot fetish. But if I did and I had a hard time getting turned on by normal

stuff, that's how I'd approach it.

Some people argue that it's best to not embrace your unique turn-ons and soft sexual fetishes and you should try and get turned on by normal stuff. While that's maybe true, there's not a lot of time to think about normal stuff during foreplay if you are so caught up with your fetish.

And who cares if you can bring your soft fetish scenario to life and have intercourse with/to it?

I say- the more that turns you on (and you can bring to life) the better. Embrace it.
Furthermore, you will be able to find a wider range of chicks attractive.

Some guys are terribly undersexed because of their HARD fetishes. Even lightly bringing one of their scenarios to life is like a dream come true.

At the same time it can make it really hard to ~~enjoy~~ have normal sex. Some guys are so addicted to fetish-based porn and that's a problem. I will talk about solutions and how I moved passed certain soft-fetish and starting having more normal sex again.

Now lets talk about some other scenarios and what I've actually done to get turned on and had great sex thereafter.

Big Cock Sex

The first unique turn-on/soft fetish I mentioned was 'big cock sex' *(oh great... GLL is going to talk about his cock again)*.

Basically, sometimes, not always- I like really giving the chick a rough ride with my big cock.

When I meet up with a chick, I'll be thinking, "wow her little vagina is going to have trouble with my big cock."

During foreplay, I'll lose my pants and let her see exactly what she's going to have to take.

I'll put it right in her face so she's a little intimidated by it.



A wonderful contribution from a GLL guy showing yours truly getting a blowjob.

I'll let it dangle and swing and I'll shake my head thinking, "wow her little vagina is going to have trouble with my big cock."

Maybe I'll say to her too and watch as she gives a timid reaction.

I'll tell her, "I'm going have to have really make sure you're really wet and lubed up because I'm thick and I'm going to fill you up. After I insert it, there's no turning back, I'm going to thrust away."
(I will actually make sure she's wet enough to take it)

When I'm about to insert I'll tell her, "Ready or not, here comes my thick cock."

After all of these statements, the girl usually gives some sort of excited or timid response the turns me on further. When I'm having intercourse, I'll absolutely bang away and it will be loud from my crotch and balls hitting her crotch. I'll watch my cock during sex and I'll also visualize a camera crew behind me filming and focused on my big cock slamming into her small pussy. It's like porn.
(I discovered this first-hand when I did a scene)

That is usually a really hot scenario for me and I can get turned on pretty easily if the "normal stuff: face, boobs and butt" isn't doing it for me.

Whether they directly participate or not, I'm usually really turned on and I have enough visual images in my head to have good intercourse.

Facesitting / Amazing Butt

This one is along the lines of "her best features" but it's taken to another level.

This works well with the decent looking chicks that aren't quite hot enough, but have wonderful butts.

When I meet up with a chick who has a nice, fit, bubble butt. I'll make a point of really watching her butt as she walks, when she sits and I'll slap and pinch her ass too. I'll visualize what it would look like if she slowly sat down over my face. Again, I'm really making it a point of turning myself on.

When I get her on my bed, I'll massage her while she's lying on her stomach and focus my eyes on her ass. I'll massage her ass, but not too much since I'm teasing myself. When I remove her pants, I'll repeat the same thing again. I'll get up really closer to her ass and give it a little kiss and smell it. When I eat her out, I'll focus on the bottom half of her butt cheeks and give it a smell or a kiss. Ideally I would just have the girl get in the 69-position and blow me or bang her doggy-style (from behind).

Regardless if they directly participate or not, either way, I'm probably turned on enough and have enough solid visual images of her tushy in my head to have good intercourse.

Smoking

This one dates back to when I was a kid.

My parents used to take to the Four Season's Hotel for dinner nearly every night when I was ~8-12 years old. They allowed smoking indoors then and I actually used to have asthma (I don't anymore). I can't count the number of times that a beautiful woman would light up a cigarette and I had to hold my breath. I would just watch them and hope they finished their cigarettes quickly so I could breathe. Somehow, slowly it became a turn-on. Hot chicks smoking cigarettes- pretty hot to me, gross to most people. I tell chicks this story a lot- they love it because it makes me look like a nice vulnerable little kid.

These days, a hot chick smoking is still a turn-on, although somewhat less. I've gotten away from this one somewhat since smoking isn't too good for my respiratory health.

If I meetup with a girl who smokes (and is or isn't super attractive) I'll make sure to watch her when she lights up. I'll purposely get close to her when she is smoking and in the way of her exhales. Sometimes, I'll tell her to just blow smoking my face or "I'm a former smoker, you're making me want a cigarette, but I'm not going to have one- blow your smoke in my face." I found that if I DON'T smoke cigarettes with her, I'm more sensitive to the turn-on/soft feitsh. I'll encourage the chick to smoke during sex or just before and I'll usually get turned on.

Whether they actively participate or not, I'm usually turned on enough and I have enough visualize images in my head to have good intercourse. I found that this one is usually only effective with the chicks that 'smoke sexy' and really suck in hard and blow out a ton smoke. It also doesn't work for ugly/average looking girls or chain smokers, I think their smoke is gross. Not that you care. haha



Women's Thick Hair

This a pretty new one and as made a wider range of chicks attractive to me. Not just the super hot ones.

I've had 2 hair restoration procedures after losing lots of hair after using steroids for years. Although it looks like I have a completely full head of hair, it's not perfect- I use various products such as Toppik and Dermmatch to give it better density (these products are AWESOME btw). While it's not really a big deal anymore since I can bang tons of hot girls, for a while in my mid 20s it was definitely an insecurity of mine. I naturally was attracted to girls with thick beautiful hair anyway.

Poking at me insecurities turns me on (how's that for turning a negative to a positive?)

If I meet up with a chick with nice hair and I have less interest in her boobs and butt, I focus on her hair. This is a pretty easy one. I'll think to myself, "Jesus this girl has a forest of hair," and I'll play with her hair while we chill. I'll talk about her hair, compliment her on it, make her feel super sex and ask her stuff like, "Are you're friends jealous of your thick head of hair?" "You should give seminars to people with thin hair on how you're is so nice." "You should do a commercial where you are playing with your hair and some other girl with thin hair is watching you in total envy." Chicks are really receptive to that stuff and it makes them feel really sexy.

Girls are also pretty unaware and insensitive on how it's a significant issue for guys and they'll make comments like "People with thin hair are so gross," "This guy with a pathetic comb-over was hitting on me, even though he had no chance." "I was getting my hair cut by this girl with thinning hair, I could tell she was so jealous and she had to bend down and pick up all my excess hair after!"

Those comments turn me on when I'm in the mood for this kind of thing.

I'm thinking to myself "What a lucky bitch." At the same time I appreciate it and I've never actually gotten mad or anything.

When I get her on my bed I'll touch her hair some more and give her a scalp massage. I'll tell her to dance and play with her beautiful hair. During sex I'll pull and smell her hair. If she's on top, I'll tell her to play with her hair. Stuff like that.

Regardless how much she participates or not, I'm usually pretty turned on and I have enough visual images in my head to have good intercourse if the "normal stuff" ain't doing it for me.

Girls are quite assumed by this one and have fun with it too.

Conclusion

So there you have it- Her best features, my best features, mental pictures, verbal triggers and unique turn-ons/soft fetish play. It's all stuff I've done. It's good for when you can't get hard (and when you can) or when the normal "boobs" and "butt" just ain't cutting it. Some of this stuff doesn't require that much direct female participation and it simply meant so you can quickly turn yourself on. Never a bad thing! I feel these things are good because they can make you attracted (and able to have solid experiences) with broader range of women. Just try to implement these one at a time, don't plug too many triggers/picture in your head.

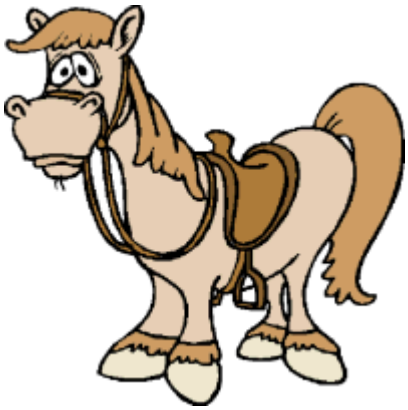
If I absolutely can't get even blood flow to sustain intercourse with a condom, I'll take care of the chick (1-3 orgasms) and just jerk off. I don't mind doing that.

***Please talk to your physician and get a valid prescription before using Cialis or any of the erectile dysfunction treatments. Do not buy it from an online pharmacy.**

Beginner's Penis Enhancement Routine and Information

March 7, 2012 | by Good Looking Loser | Link | Original Link

Penis Enhancement for Beginners



(safe for work - no nudity)

Disclaimer: The information about Penis Enhancement for Newbies is strictly from personal experience. The contents of this page, such as text, graphics, images and other material are intended for informational and educational purposes only and not for the purpose of rendering medical advice. Please view our Medical Disclaimer if you have further questions.

You can download this routine (for free) -
Good Looking Loser_Basic Penis Enhancement Routine.pdf

Who Should Do This Routine?

Newbies that haven't done any form of penis enhancement consistently.

Or if you haven't done any penis enhancement for 18 months.

What Can I Expect From This Routine?

With commitment and consistency, you can reasonably expect to gain 1 to 2 inches in length and .5 to 1.5 inches in girth in a period of 8 to 14 months.

Gaining .5-1 inch in length and .5-.75 inches in girth during the first 4-8 weeks is very possible.*

The gains come quick if you are just starting out. They get harder to make and require more advanced routines in the future. You can probably stick with this one for 8 to 12 weeks.

* results will vary, obviously. Don't let your go and put on a ton of body fat, that will seriously destroy your length gains.

Good Looking Loser's Get Hung Routine for Newbies

(try for 8-12 weeks)

1. Warm Up.

Put a hot, wet wash cloth on your dick for 5 minutes or hop in the shower and let hot water run on your dick for 10 minutes.

2. Manual Length Exercises.

Do 3 sets of the following exercises:

Pull your dick straight down (6 o'clock) for 30 seconds.
Pull your dick straight down to the left (5 o'clock) for 30 seconds.
Pull your dick straight down to the right (7 o'clock) for 30 seconds.

Pull your dick straight down (6 o'clock) and "crank" (rotate it 360 degrees) for 30 seconds. (this gets the blood flowing)
repeat for 3 sets.

Pull your dick straight out for 30 seconds.
Pull your dick straight out to the left (9 o'clock) for 30 seconds.
Pull your dick straight out to the right (3 o'clock) for 30 seconds.
Pull your dick straight out and "crank" (rotate it 360 degrees) for 30 seconds. (this gets the blood flowing)
repeat for 3 sets.

Pull your dick up (12 o'clock) for 30 seconds.
Pull your dick straight up to the left (11 o'clock) for 30 seconds.
Pull your dick straight up to the right (2 o'clock) for 30 seconds.
Pull your dick straight up (12 o'clock) and "crank" (rotate it 360 degrees) for 30 seconds. (this gets the blood flowing)
repeat for 3 sets.

Standing, Pull your dick under your legs and behind your butt cheeks (backwards) for 30 seconds.
Standing, Pull your dick under your legs and behind your left butt cheek (backwards-left) for 30 seconds.
Standing, Pull your dick under your legs and behind your right butt cheek (backwards-right) for 30 seconds.
Pull your dick straight out and "crank" (rotate it 360 degrees) for 30 seconds. (this gets the blood flowing)
repeat for 3 sets.
* exercises behind your butt cheeks work well if you put one leg up on a chair and pull the opposite direction.

To see live videos of me doing these stretches, check this out -

- Good Looking Loser's Guide to Penis Stretching

3. Jelqing

Week 1: 250-300 Jelqs/10-12 minutes in total, 2-3 seconds per jelq.
Week 2: 300 Jelqs/10-12 minutes in total, 2-3 seconds per jelq.
Week 3: 400 Jelqs/12-14 minutes in total, 2-3 seconds per jelq.
Week 4: 500 Jelqs/~15 minutes in total, 2-3 seconds per jelq.
Week 5-Beyond: +100 Jelqs/+2-3 minutes in total, 2-3 seconds per jelq. Work up to 30 minutes.

To see a live video of me jelqing, check this out -

- Good Looking Loser's Guide to Jelqing

4. Bathmate (Optional, Recommended)

(Use 0-50% Boner, Don't Use a Full Erection Until After 30 Days)
Week 1- Warmup, Stretch, Jelq, (later that day- Bathmate for 6-8 minutes)
Week 2- Warmup, Stretch, Jelq, (later that day- Bathmate for 8-10 minutes)
Week 3- Warmup, Stretch, Jelq, (later that day- Bathmate for 10-12 minutes)
Week 4- Warmup, Stretch, Jelq, (later that day- Bathmate for 12 minutes)

* Don't use the Bathmate on the off days. It is an off day, and you are hooking up with a chick later and want to use the Bathmate only use it for 5-6 minutes. Wait until week 3 to do this though. During week 1 and week 2, don't use the Bathmate on the off days. Don't begin to use a full erection in the Bathmate until week 4. Your dick needs to get used to the Bathmate. After week 4- you may consider using the Bathmate with a full erection, you'll see the big immediate pump that I talk about.

How Often Should I Do This Routine?

Do 2 days on, 1 day off (no exercises), 2 days on, then 2 days off (no exercises).

You can follow this, or modify it-

Monday - Warmup, Stretch, Jelq
Tuesday - Warmup, Stretch, Jelq
Wednesday - Nothing
Thursday - Warmup, Stretch, Jelq
Friday - Warmup, Stretch, Jelq
Saturday - Nothing
Sunday - Nothing

*** after 2 weeks, you can exercise 2 days ON and 1 day OFF.**

Bathmate Before and After Pictures

March 16, 2012 | by Good Looking Loser | Link | Original Link

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My Before and After Pictures

The Pictures Below are Not Safe for Work!

Below are several pictures over several years of using the Bathmate Hydropump (at times in combination with jelqing and manual penis stretching).

The pictures show a general progression and also show the 'immediate pump' after a Bathmate session.

If you have arrived from Google and want to know what I think of the Bathmate Hydropump, what you can expect and all that went into me developing a large penis, I encourage you to check out-

- **My COMPREHENSIVE Bathmate Review**

You can also get other users feedback in our Bathmate Forum.

I will add pictures every so often to this page.

I've pretty much maxed out a ~7.25" x 6,".

Big, but not "huge".

But a significant increase from the ~5.25-5.5" x 4.9" dick I used to own.

I'm considering some experimental hormonal methods to add a little more size but I'm plenty happy with what's between my legs. My partners are too.



Updated Before and After *Pictures*
(Through the years 2010 - 2012)



Before Using the Bathmate and 60 Minutes After


Prior to a Bathmate session (2010)


Cold, I hadn't used the Bathmate in ~5 Days Cold, An hour after a ~12 min. Bathmate Session

Good Representation of My PE and Bathmate Gains August(?)2008 to May 2014
(Click to Enlarge)

Before I Got the Bathmate Aug 2008





After I Used the Bathmate for 3 Years

Recent Picture May 2014

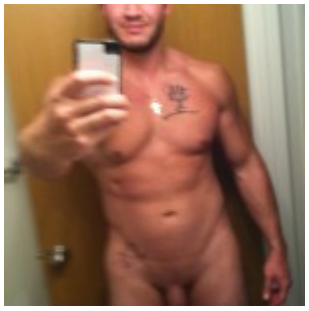


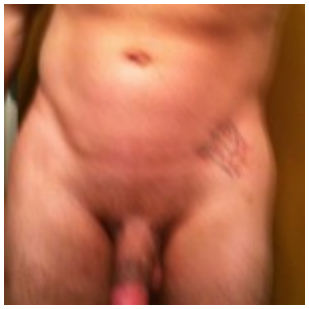
Click the Bathmate Before and After pictures to see the size

Click the thumbnails to enlarge them.

The discoloration from PE (generally thought to be genetic) is from Jelqing, not Bathmate. I have never minded it whatosever and girls joke that I'm "half black".


Before Jelqing and Bathmate


After Jelqing Session


After Jelqing Session 2


After Jelqing Session 3


After ~10min in Bathmate, the lines go away in less than 5 minutes



After ~10minutes in the Bathmate, the lines go away in less than 5 minutes



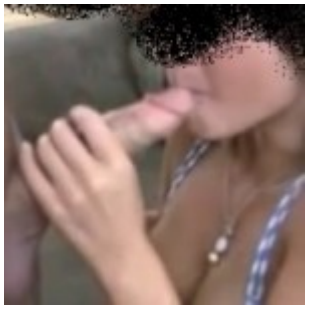
After Bathmate Picture March 23, hanging low



After Bathmate, completely soft



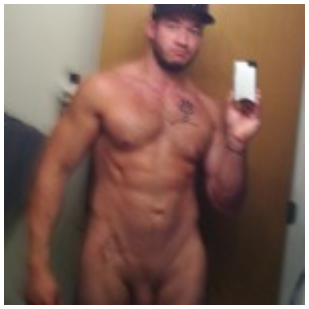
After Bathmate Erection, good thickness (2012)



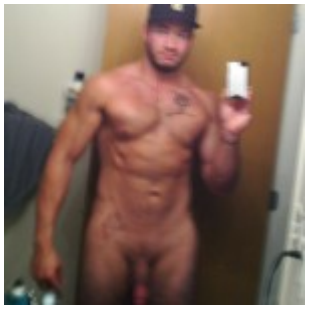
~8hrs after Bathmate session, 85% boner, still good thickness



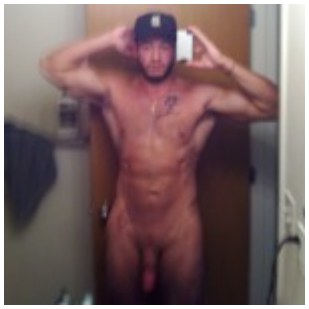
Wearing the Bathmate, Hands-Free



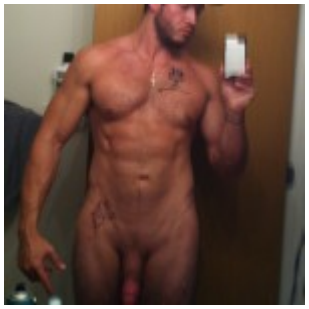
just hanging post Bathmate



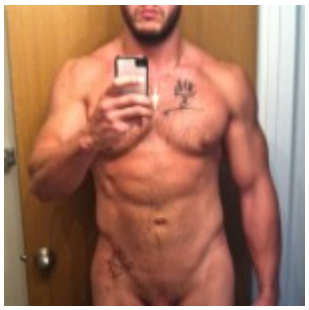
Hanging after 10min in the Bathmate



used to be a grower, now it looks like this



Heavy penis 1 hour post-workout



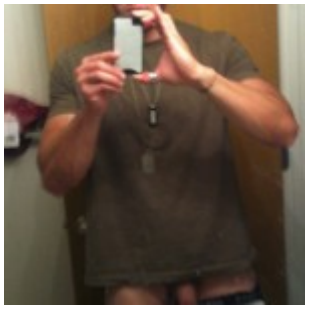
Before Bathmate Smaller than usual (see pic 1 for normal hang), Extra cold haha, hadn?t worn the Bathmate in 5 days



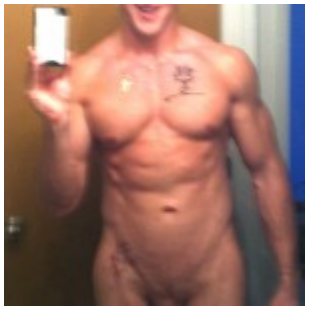
After using the Bathmate for over 2 years



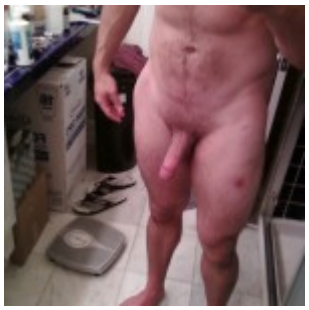
good length shot, little over 7? Feb 2012, started at just ~5?



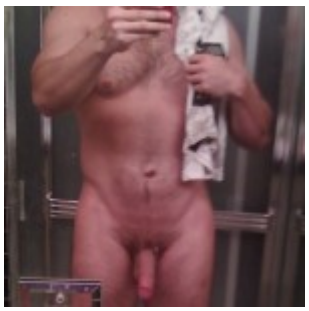
About 2 months after Incorporating the Sizegenetics extender into the routine



Been doing PE full time for the past 4 months, After Bathmate Picture



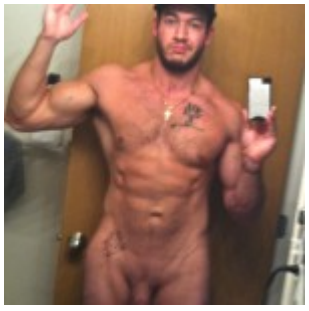
I just found this one. Aug 2008, before I owned the Bathmate. My soft hang NOW is larger than my boner in 2008.



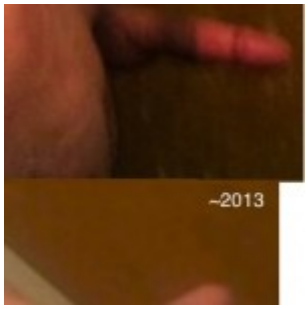
Before I Got the Bathmate Aug 2008



After I Used the Bathmate (Aug 2012)



After Bathmate, pleased with myself



New March 2013 Erect Length: 2011 vs. 2013



Action Shot

Update October 2012- In some of the post-Bathmate pictures I have these "rings," they go away in a few minutes. I finally realized what they are from- I'm getting too big for the Hercules and it might be time to move up to the bigger one. I have the new Hydromax x30 on the way. The Bathmate Hercules supports up to 9" in length and 6.5" in girth. I'm pushing it on girth [when expanded inside the Bathmate] at this point.

July 2013 Updated Picture showing Bathmate with the Vacu Vin Modification



Updated July 2013 Picture ~7.5" in length Click to Enlarge

Additional videos can be found here- Bathmate Video

If you have questions about the Bathmate, hit us up in the Good Looking Loser Bathmate Forum.

Good Looking Loser's Mission Statement

March 18, 2012 | by Good Looking Loser | Link | Original Link

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Mission Statement



Good Looking Loser is a free HARDCORE, NO BULLSHIT self-improvement website and company.

The suggested advice comes from over a decade of personal experience.

Nothing on this site comes from theory that has not been tested.

The Good Looking Loser community is for people who want to proactively design their life, stretch their comfort and live up their potential. Discussions and focuses include dating the hottest/coolest girls, being in great physical shape, maximizing your strengths, improving your weaknesses, beating anxiety, managing their time and having a big dick.

We REALLY push things here, extreme behavior- this site is NOT for guys that are content with being average submissive males.

We openly and willing discuss relevant but "taboo" issues such as banging girls, fetish-based sex, recreational drugs, performance enhancing drugs and other issues that other politically-correct generic self-improvement groups and fake gurus shy away from.

If we have the pleasure of working with you personally, with your commitment, we help you reach your goal BY ANY MEANS NECESSARY.

Good Looking Loser will never promote any product, company or person that we do not have experience with and know for certain is legitimate. We will NEVER feed you bullshit.

Live life on your terms.

The Good Looking Loser Promise

1. The majority of our advice will always remain fairly simple and free.

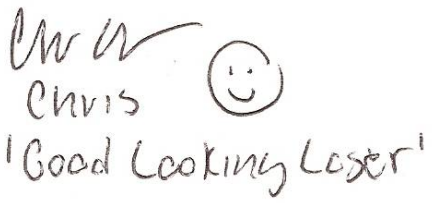
2. We will never feed you bullshit advice.

3. We will never give you advice that we do not fully believe in or have not personally tried and experienced.

4. We will never recommend other services or products that we do not fully believe in or have not personally experienced.

5. We treat everybody's goals and aspirations seriously. You will receive a high level of private and discreet attention if we have the pleasure of personally working with you.

6. Nothing illicit or blatantly illegal is available on this website.


Chris
'Good Looking Loser'

Scotty From Good Looking Loser.com debates Jeff Magic (PUA) on Rx Heavy Muscle TV

March 18, 2012 | by Good Looking Loser | Link | Original Link

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Scotty debates PUA Wizard Jeff Magic (March 2012)

Check out the videos down below.
These videos are property of RXMuscle. They are NOT property of GoodLookingLoser.com
RxMuscle is a cool community, led by a LEGIT former pro bodybuilder Dave Palumbo-
Click here to check out RxMuscle.com

Debate-
I hope she likes me safe 'nonsexual opinion opener' vs. Immediate physical advance (screening)
Does a real man really NEED an opinion opener to convince a girl to speak to him?
I don't think so.

In mid-February Scotty was on Rx Heavy Muscle TV.

Scotty was on the show to discuss his ridiculously aggressive techniques and success with women in the past 4 years after his amateur bodybuilding career when he didn't get too many girls. Scotty ended up in a debate with PUA Jeff Magic about physical dialogue.

Scotty had no prep or had any idea that would be debating issues with anyone. He actually thought this interview was going to be a 5 minute Youtube video or something. He starts yelling at Jeff who has been a "pick up artist" for 10 years and never touched a girl during the day. Physical advances (balls) are the MOST important part of screening and flirting. Guys that don't touch girls DON'T get laid.

The main point (as you will see) is-

Jeff Magic a regular "I hope she likes me" PUA that approaches girls with interesting, playful opinion openers to try and avoid rejection as much as possible. The object is to try to get girls into conversations, get them to like you, then take numbers, then try to go on dates, then maybe sex [several weeks] later - all the while playing 'safe game' by being playful, funny, witty, indirect and nice. This is type of "game" is unproductive, inefficient and comes from a "I hope she likes me" submissive mindset. This is also what I call "Mr. Funny Man" game. These type of guys are safe 'boyfriend material' and generally don't get laid too often. I used to be that guy actually.

Scotty, on the other hand, is an aggressive "scumbag" player that gets REALLY physical with girls in order to screen them for their sexual availability. He gets them IN or OUT. No opinion openers, transitioning, what do I do now?, does she want sex?, hour long text-threads, witty phone conservations and nice dinners. Scotty can get a girlfriend if he wants, but that only crosses his mind AFTER he gets laid.

The show is mainly for fun, neither Scotty or Jeff really got a chance to get IN-DEPTH about what

they do and what works. Also, to be fair to Jeff- what girls do/feel IN THE MOMENT is way different than what they do when asked a "what if..." question that they get to think about and answer based on "trying not to look like a slut".

You guys probably already understand that though.

Also, what I want to you see is- there's two guys here, both decent looking. Scotty plays to WIN, Jeff plays NOT TO LOSE. Scotty gets laid a lot (I KNOW THIS) while Jeff is probably "working on" girls. It is literally not possible to move quickly with safe game (opinion openers, funny man routines). How do I know? I used to run this 'safe' game junk. I'd be 'working on' girls that weren't sexually available in the first place and that's why the results are inconsistent at best. Safe game is ALWAYS an uphill battle. Direct screening IS NOT.

I'm not saying that Jeff doesn't Get Laid (some PUAs never get ANY pussy), Jeff probably does. I'm sure he talks to chicks and he's decent looking (wears a AWFUL coat to try and have a conversation piece- WEAK.). But he doesn't Get Laid as much as Scotty AND he doesn't bang better looking chicks. Very few hot chicks who get "hit on" with Jeff's safe game will think, "Wow, this guy means business!" Safe game has a ceiling. Screening game DOES NOT.



Ask yourself- Who is Cooler? Who Gets Laid More?

Scotty or Jeff the "Magical Wizard"?

Scotty vs. PUA Jeff Magic (RxMuscle TV) Part 1/4 from Good Looking Loser on Vimeo.

Part 2

Scotty vs. PUA Jeff Magic (RxMuscle TV) Part 2/4 from Good Looking Loser on Vimeo.

Part 3

Scotty vs. PUA Jeff Magic (RxMuscle TV) Part 3/4 from Good Looking Loser on Vimeo.

Part 4

Scotty vs. PUA Jeff Magic (RxMuscle TV) Part 4/4 from Good Looking Loser on Vimeo.

For more information on the POWER of "Non-Verbal" Screening, check out-
"Screen wtih Silent Game (Kino, Aggresive Physical Advances & Dialogue)"

Feel free to ask questions or comment on these videos-

Cell Phone Wingman If You Are Nervous About Going Out Alone

March 23, 2012 | by Good Looking Loser | Link | Original Link

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Cell Phone Wingman

Ideally, I want you guys to develop into MEN that don't have much approach, social or sexual anxiety and aren't dependent on others for emotional support.

If you haven't hit on girls ever, the thought of going out alone and hitting on (screening) the HOTTEST girls might be scary. It was for me when I was just starting out. At the same time, I didn't exactly want to be around other guys that could take my focus off of what I was trying to do- GET LAID.

Standing around at a bar or club without talking to anyone might make you feel weird or like a loser. Stupid (untrue) thoughts go through your head, "All these girls know that I'm here alone!" "Everything is looking at me!" If you are just standing around, people actually think that you work at the place, not that you are some creeper that has no friends, no life, no balls and is trying to Get Laid (haha). In time, with experience, these thoughts will go away completely.

Mainstream pick up advice offers the solution, "Be confident!" "Don't care what other people think!"

And Obviously that advice helps NO ONE.

So when started going out alone and was nervous, I developed this cell phone technique.

Whenever I felt awkward, I just took out my phone and started texting someone or playing a game on it. I had the 'World Series of Poker' game that I would play until I saw a hot chick I wanted to talk to. It took my mind off of 'being out alone' and I looked busy. Nobody looked at me like I was out alone or doing something weird.

So if you want to try this- put some games on your phone, surf the web, text people, whatever- look up every so often and see if there's a girl you think is hot. Then go walk up and screen her.

Eventually, I stopped using my cell phone for a wingman and emotional social anxiety support. But it seemed to be effective and it allowed me to go out alone and hit on girls when I was just beginning. I got laid sometimes too. It was more fun than going out with most "pick up artists" and pretending like we weren't nervous and actually had something in common beside "The Game."

It's a "Low Level" technique- but it can be helpful for new guys.

Maybe "being social" or "mingling" is better but frankly- "being social" can take you OFF your focus- Getting Laid.

I thought this technique was better than "be social" which was awkward at the time too.

Some people might say- That's a crutch! That's a crutch!

Sure it is, but who cares?

Walking with crutches is better than not walking at all.

You gotta do what you gotta do to maximize your chances on any given night. Eventually, you won't need it. If it works. Do it.

If your goal is to Get Laid and this helps- Do it. Don't worry if some guy or some "dating coach" that never hits on girls tells you it's a crutch.

It's better than not going out at all.

Simply the fact that you are approaching chicks will lessen your anxiety and reliance on helpers. It's actually better than a wingman in most cases.



Seeking Validation From Women Will Absolutely Ruin Your Chances

March 24, 2012 | by Good Looking Loser | Link | Original Link

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Seeking Validation Will Keep You Average/Make You QUIT

This is one of the most important discussions you'll read on GoodLookingLoser.com

Here's a pretty long audio (~50minutes) on this IMPORTANT subject if you are having issues with developing a LEGIT screening mindset and getting LOTS of HOT Chicks. It discusses in-depth about my history/struggle to beat the validation mindset and how this mindset can potentially completely ruin your chances at getting good at this causing you to eventually quit.

The audio expands on the discussion (text) below-

Here are some other **SUPER important** discussions that you should understand, apply and embrace-

- "Screening Game: How to Screen and Filter Girls Out Instead of Being Rejected" (Approach Anxiety)
- "I Hope She Likes Me Game - So Much Is On The Line!!!" (Screening)
- "Mr. Funny Man (I Hope She Likes Me) vs. Mr. Pussy Inspector" (Screening)
- "Get Laid or Get Lost" (Screening)

Hey, GoodLookingLoser.com has been public for about 3 months now, I'm thrilled to have EVERYONE here. Seriously, I am. This is basically my first time building an ongoing website and I appreciate all the love and feedback that we have gotten. I can't do with without you guys.

It's time that I discuss something with the public students (and the readers at home) that I tell the guys we work with privately right from the start. It's very important.

It starts like this-

There are two types of guys that go out and meet women-

Guy #1- goes out to GET LAID because he loves the mutual experience of having sex with a HOT girl.

Guy #2- says he goes out to GET LAID but is actually just seeking VALIDATION from women.

Most guys fall into both categories a little bit, but they are largely fit into one category or the other.

Chris Was A Huge Pussy.

4 or 5 years ago- I was **Guy #2.**

It is perhaps the most painful thing I had to admit to myself (and some friends) during my journey.

While I said I wanted to GET LAID (and I did to some degree), my actions and thoughts absolutely didn't reflect this whatsoever. My entire "game" was being a "Mr. Funny Man" to impress girls, avoid rejection as much as possible and praying to myself, "I hope she likes me..." I wouldn't push things

physically and was super 'safe' because I didn't want to lose the validation that I was getting/might get.

When I got started with "Mr. Funny Man/I Hope She Likes Me" game- a "successful" night was when 3 out of 3 girls I talked to were nice to me and maybe even complimented me on my looks. Still, I didn't take anyone home or get their numbers (way too much risk). The next day, my friends would say, "Chris was talking to 3 hot chicks! They were so hot!" and I'd feel all warm and fuzzy inside. The girls liked me! My friends like me! Yay!! I got my validation! I didn't get rejected! (but I didn't Get Laid)

At it's worst- sometimes I'd sit and talk to a girl who had a boyfriend for 2 hours because she was nice to me, I remember thinking "Whew... I'm talking to someone! She's being nice to me!"

When I got a little bit better at "Mr. Funny Man/I Hope She Likes Me" game- a "successful" night was getting a few girls to laugh and taking a few numbers. These chicks liked me, were probably sexually available [that night] but I was seeking VALIDATION and I didn't want to push it.

When I got really good at "Mr. Funny Man/I Hope She Likes Me" game- a "successful" night was talking to girls, getting them to like me and then pushing on a "display" for ALL to see where I'd touch the her, spin her around, slap with ass, pick her up and take her number! People would watch and think "Wow! He just did that! He's great at this! He doesn't care what anyone thinks!" I even impressed and worked with a few 'major' dating/pick up companies. One top guys in the industry told me, "Bro, you are the next Mystery!" I Got Laid sometimes, I even picked up an A-List celebrity- but I was an insecure VALIDATION seeking pussy and I knew it.

Then something happened during June and July of 2009. I met a couple of guys, including Scotty. These guys were cooler than me, got more pussy than I- and I knew it.

One night, I took a look at myself in the mirror after hitting the gym hard, the 100+ phone numbers in my cell phone and my inconsistent sex life.

I wasn't happy with myself.

I knew that despite the "results," I felt like a fragile little pussy that put my ego on line every time I left the house. I still rather take a phone number from a HOT girl than risk getting rejected on most nights. I was good at getting girls to "like me" but I still didn't have the dating/sex life that I wanted. More importantly, I wasn't the MAN that I wanted to be.

Why did I feel this way? What were my priorities?

Now, I didn't snap and start breaking things in my room like I used to do 3 or 4 years ago.

I actually collected myself and started reflecting on how I was pretty good at "The Game," I made a lot of pretty solid changes in my life in the past 14 months or so. I had two pretty hot Los Angeles "model-type" fuckbuddies too. Even though I kept reminding myself that I was a pussy, I realized that I had still stretched my comfort zone. I was pretty positive about the whole thing. Maybe I was more secure than I thought.

I had all the validation I needed and was going to get. For once, I didn't think I want or need it anymore.

This wasn't about what girls or what my friends thought of me. It was time to figure out want I really wanted and go after it.

I decided that I had enough with the VALIDATION bullshit and I truly wanted to get what my life

lacked- SEX with the HOTTEST and COOLEST women and LOTS of it.

So I did.

I just started walking up to chicks and screening them for sex in the most aggressive way ever.

(even though I had been trying to get them to "like" me before, I did understand that it didn't go anywhere most of the time. I knew how to "be aggressive," I just didn't give myself permission to do it that often).

I started screening out / getting "rejected" more than ever and I started Getting Laid more than ever.

In the next 8 or 9 months, I banged 30+ HOT (well mostly PRETTY HOT) girls and had about 40 or 45 on my bed. My results were nothing close to that before.

Now my transition from **Guy #2 (Validation Seeker)** to **Guy #1 (Get Laid)** took me a while (~26 years, but ~2 years of approaching women).

There were a few reasons for this (and this is my BEST guess)-
Before I started out- I definitely wasn't trying to Get Laid. I had confidence issues and I was constantly trying to avoid rejection.

When first I started out- I wasn't truly trying to Get Laid. I was seeking validation. So I didn't get laid.

After I got some validation / results- I still wasn't truly trying to Get Laid. I was still seeking validation. So I didn't get laid too much.

After I got some more validation / results- Even though I had some more confidence, I still wasn't truly trying to Get Laid. My actions didn't reflect it. I kept telling myself that I was a pussy, despite the results. Looking back, at this point, I probably wasn't as big of a pussy that I thought I was (I don't think?), I didn't care if girls didn't like but I certainly was still seeking sex for VALIDATION purposes.

After I realized what I had been doing (seeking VALIDATION), didn't want VALIDATION anymore, I realized I was free to do what I wanted to do- GET LAID. I abandoned the "I Hope She Like Me" and "Mr. Funny Man" game and started screening girls aggressively for sexual availability. I Got Laid a ton.

This took a long time. Probably about 2 years?

Years later, I have this website, for the sole purpose of helping the guys that are SERIOUS.
I'm even sharing my insecurities, my failures, my successes, my life and I'm even showing my dick on the Internet knowing that lots of people will think I'm complete garbage. Pretty cool life!

Scotty was different.

From the start he wanted to bang HOT chicks and didn't give a shit what they thought or what his friends thought. He wasn't doing this to feel cool or to tell stories on the fucking Internet. It's no wonder that he banged 30+ girls his FIRST year. He was screening girls from the start (pretty much).

Not everyone is like Scotty however.



My Point

Now, I wish I could tell you something that would make you strictly want to Get Laid and not seek VALIDATION.

But only YOU know where you stand and why you are here.

The fact is- a great deal of guys aren't trying to Get Laid for the experience. They just want VALIDATION.

A lot of guys out there want to Get Laid (or talk to women) simply for VALIDATION. That's especially true among the new guys, I was like that. They want stories to tell, respect from friends and to feel cool.

It is a recipe for underachievement and slow progress.

You can Get Laid if you are after VALIDATION but you will always underachieve since your ego will be fragile.

There comes a point (and sometimes it's at the BEGINNING) that you LEGITIMATELY decide- I'm not doing this to feel cool, I REALLY want to bang a lot of HOT girls. It unfortunately took m a while to reach this point. I had waste my time to get a lot of pointless validation to get there.

The only way you will reach your potential and bring in a TON of HOT pussy is to drop the VALIDATION seeking.

The only way to truly adopt 'screening game ' is to drop the VALIDATION seeking.

I don't know how to tell you to do that, you gotta figure it out.
For me, it took getting some validation and not being fulfilled by it. I legitimately wanted to bang 5

HOT girls on a weekly-10 day basis.

If you are out there for VALIDATION you will constantly be trying to get girls to like you.
If you are out there for VALIDATION you will constantly be scared of rejection.
If you are out there for VALIDATION you will never be able embrace the numbers game.
If you are out there for VALIDATION you will constantly underachieve and have inconsistent results.
If you are out there for VALIDATION you will constantly feel insecure.
If you are out there for VALIDATION you NEVER reach your potential and bang 100's of HOT women.
If you are out there for VALIDATION you will NEVER have that much fun with this. Too much is on the line.

When guys that find GoodLookingLoser.com tell me that they've already banged 100+ HOT girls and had 20 3-somes, I know they are seeking VALIDATION and they probably haven't.

Please be honest.
Not for me- for YOU.

Don't seek VALIDATION from women.
Don't seek VALIDATION from me.
Don't seek VALIDATION from your friends.
Don't seek VALIDATION from your parents.
Don't seek VALIDATION from anyone.

If I think of a way to get VALIDATION seeking guys stop- I'll tell you.

Until then, you might have to figure it out.

You might not actually be sure if/that are you are seeking VALIDATION in different areas of your life. You might really have a take a hard look a yourself. I wasn't always certain why I wanted to meet women, have money, have status or do different things.

Getting validation and embracing it is just fine.
Seeking validation is not good. It will hold you back.

Validation is good, but it's not the most important thing- RESULTS are.

Once you drop the VALIDATION seeking, you're free to do whatever the fuck you want in life. It's a liberating feeling.

It might be tough, but trust me- it's worth it.

Baby Steps To Beat Approach Anxiety v1.0

April 2, 2012 | by Good Looking Loser | Link | Original Link



How to Beat Approach Anxiety

This is an old post, a prelude to the Approach Anxiety Program, please see the program-

- **The Approach Anxiety Program**

I used to have approach anxiety and was scared to approach chicks.
My approach anxiety was as much (perhaps just slightly more) than the average guy.

I beat it, it took about 5-6 months until I could approach girls in any scenario or venue.

The mainstream advice to beat approach anxiety goes something like this-
1) Be confident!
2) Don't care what people think!
3) Just go talk to her
4) Just go approach 1000 girls
5) Pretend that she likes you
6) Do warmup sets and tell yourself, "they don't count"
7) Just be social!

None of these methods are worth a shit, mainly because they are written by "dating coaches" that don't have any experience with picking up HOT chicks and having sex with them.

There are numerous problems with how the mainstream authorities handle approach anxiety.

First and foremost, the biggest problem is that it doesn't end up "sticking" and the guy still has approach anxiety a month later. Another common problem is that- some guys are able to approach with the instructors watching, but a week later, when he's alone- he can't approach.

The usual reason that "just approach girls" doesn't work for a lot of guys is there seems "TOO MUCH" is on the line. Even if a guy is able to approach the girl, if the interaction doesn't go well- the guy is even more upset and his approach anxiety increases. I've seen this shit 100x times! Mainstream PU sets their students up for FAILURE and reinforces the anxieties that prevent them from approaching the first place.

We don't let that stuff happen. We make sure of it. Nobody that Scotty and I have work with (that took our plan seriously) has much approach anxiety anymore. I take pride in brainwashing you, crushing your approach anxiety, reprogramming your fucking brain and thought patterns.

While it took me about ~6 months to beat approach anxiety, it probably could have took me about 1

or 2 months if I followed the methodology that I learned and now actively teach and demonstrate to guys in-field.

So long as they are committed, most of the guys that I work one-on-one with beat their approach anxiety in about 1 or 2 months. Some shorter, some longer. Either way it doesn't matter, if it takes you a year to beat it- it's totally worth it. It doesn't usually take that long however.

Ultimately, you will have to crush your approach anxiety if you want to make Good Looking Loser's stuff (or any other pick up methodology) work.

Our "game" is super aggressive and encourages you to get physical with girls ASAP to get them IN or OUT. If you have approach anxiety, you won't be "screening" girls too well. At best, you'll revert to "Mr. Funny Man" game and find yourself playing it safe, trying to get girls to laugh, talk to you, be nice and accept you rather than prioritizing what you want- SEX (and whatever follows thereafter). Simply trying to avoid rejection won't get you laid too often.

A lot of guys want to bang hot chicks but approach anxiety pretends them from even trying.
It ultimately makes most guys "quit" too.

There's 3 general types of guys that we work with-

1) **Guy has Social Anxiety** (uncomfortable in social situations, can't talk to strangers, can't talk to HOT chicks, can't hold eye contact too well, heart rate flies up, 'fight or flight' response from non-existent external stimuli, needs a lot of alcohol) *this sometimes requires medication, there is NO shame in that.

2) **Guy has Approach Anxiety** (is okay in social situations but is nervous at least 50% of the time (day/night) when he thinks about approaching HOT chicks, thinks he needs alcohol or a wingman, often "runs out of stuff to say")

3) **Guy has Sexual Anxiety** (may or may not have social anxiety, approach anxiety- but is nervous at least 50% of the time when it comes to 'pull the trigger' and/or physically escalate a girl, non-secure with penis size or possible sexual performance)

*there is crossover within these 3 general types.

We handle all these separately if it is clear that we can't just THROW YOU INTO THE WATER and tell you to hit on the hottest girl WE see.

In this discussion- We are focusing on #2
(is okay in social situations but is nervous at least 50% of the time (day/night) when he thinks about approaching HOT chicks, thinks he needs alcohol or a wingman, often "runs out of stuff to say")

If you've worked with us, you'll know that (depending on your level of AA) there's about 300-500 drills that we'll make do- first with us watching, then a week later on with us on the phone, then alone. Sometimes, we'll have a hot chick that we bring or pick up a hot chick watch you do the drill too. We will demonstrate the drills if you need us to.

Every so often, we meet a guy that thinks he just has approach anxiety, but in reality he has both social anxiety and approach anxiety. So rather than having them constantly get stuck on the approach anxiety drills, we start him from the VERY BEGINNING with the social anxiety drills.

While I [literally] can't post all the drills on here, it basically goes something like this-

If you have approach anxiety...

Beginner / Intermediate Level

1) Walk up and ask a girl for the time (LEAVE, YOU AREN'T ALLOWED TO STAY)
2) Walk up and ask a girl for the time and then ask for directions (LEAVE, YOU AREN'T ALLOWED TO STAY)
3) Walk up and ask a girl for the time and then ask for directions and then give her a compliment (LEAVE, YOU AREN'T ALLOWED TO STAY)
4) Walk up and ask a girl for the time and then ask for directions and then give her a compliment and then introduce yourself (LEAVE, YOU AREN'T ALLOWED TO STAY)
5) Repeat in a period no longer than 15 minutes.

if you get stuck, we'll fix it.

cliff's notes
- time, leave
- time, directions, leave
- time, directions, compliment, leave
- time, directions, compliment, introduce yourself, leave

More Advanced Level

1) Walk up and ask a girl for the time (LEAVE, YOU AREN'T ALLOWED TO STAY)
2) Walk up and ask a girl for the time and then give her a high five (LEAVE, YOU AREN'T ALLOWED TO STAY)
3) Walk up and ask a girl for the time and then give her a high five then and then tell her "Wait it's not [what time she said] are you trying to trick me?" just stand there for a second afterward and then just say "Oops, you're right, thank you" (LEAVE, YOU AREN'T ALLOWED TO STAY)
4) Walk up and ask a girl for the time and then give her a high five then and then tell her "Wait it's not [what time she said] are you trying to trick me?" just stand there for a second afterward and then yell "THANK YOU!!!" at her (LEAVE, YOU AREN'T ALLOWED TO STAY)
5) Repeat in a period no longer than 15 minutes

if you get stuck, we'll fix it.

cliff's notes
- time, leave
- time, high five, leave
- time, high five, it's not that time, thank you, leave
- time, high five, it's not that time, THANK YOU, leave

Why "Baby Steps" Work

There's a lot reasons why this works.

For one, it sets you up for SUCCESS and not FAILURE. You will probably be completely successful at most of these drills and we will build on your success. You are simply DOING THE DRILL and not trying have an sexually-charged interactions where you are responsible for getting the girl's number, taking her somewhere, kissing her or banging her. You don't need to go from 0mph to 100mph to get past approach anxiety.

For two, these drills target and focus on APPROACHING and don't lose sight of that. We aren't trying to build your skill set, physical dialogue, body language, etc. etc. just yet. We just get you used to "see her, talk to her," scenarios. We'll work on your "game" later.

For three, most guys will literally have to reprogram their central nervous system that sets off a natural 'fight or flight' response when it senses potential danger (in this case, the emotional fear of rejection). In order to reprogram your system, repetition and exposure therapy is REQUIRED. I'm absolutely not some NLP (neuro-lingustic programming) dork, but I know how this stuff works and that we need to change the automatic thought patterns that have repeated themselves over-and-over through the years.

For four, when a guy gets 'stuck' on a certain drill, we will figure out EXACTLY what is going on in his head and why a certain drill freaks him out. We'll go do the drill while he watches and that usually solves it. But if it doesn't, we will hear from you RIGHT THEN and find out exactly what thought patterns you are experiencing which we will need to destroy. This is often the most productive of 'baby steps'.
For example, if a guy gets freaked out by the idea of "high fiving" or shaking a girl's hand during the course of a drill, we know (98% of the time) that the guy has sexual anxiety that we will have to fix. We will dig into this topic until the root of the problem surfaces and then figure out the next course of ACTION to kill it. Just an example.

For five, Scotty and I have trained people DOING THIS, it works. We've seen it work. Everything on GLL.com is written from personal experience, this issue is NO different. We've also been with more HOT chicks than we can count but had approach anxiety when we started. So yeah, trust me- it works.

This is only a quick glimpse at "Baby Steps," the process is much more comprehensive. The order of drills is organized in such a fashion to maximize success while still stretching your comfort zone. Certain drills test for certain blockages and sticking points. Still, with the information here- if you acknowledge your starting level, you can probably put together your own "Baby Steps" and knock out a significant amount of your approach anxiety. Eventually, you realize you don't need the "Baby Steps" any longer and you voluntarily THROW YOURSELF IN THE WATER. That's what always happens. The more often you do our drills, the faster this works.

Remember, if you have really bad approach anxiety and you can't go hit on the HOTTEST girls right away- it's okay. Just be honest with yourself and take it from there. It doesn't matter if it takes you 1 month or 1 year to beat approach anxiety, it's worth it. One guy I'm working with "Zuberi" thought it would take him a year or more to beat approach anxiety, I think it took him ~2.5 months to COMPLETELY beat it.

?We are often so fearful of whether or not we can achieve something that we forget to remember that if it is broken down into smaller, daily steps it becomes MUCH easier and most often attainable.?

This is a related discussion-
I Want to Bang Chicks, But I?m Not Comfortable with Social Situations / Environments & How Chris Got Good (Approach Anxiety)

Seeking Validation? Here's How To Stop. (Illuminatus)

April 5, 2012 | by Good Looking Loser | Link | Original Link

Two Steps For Removing Your Need For Validation

By: Illuminatus

As I mentioned in "Seeking Validation- Your Biggest Obstacle To Screening/Getting A Ton of Hot Pussy and Beating 'I Hope She Likes Me?' v1.x," your biggest obstacle to HUGE success with women, adopting a "screening mentality" instead of a submissive "I hope she likes me..." mindset and legitimate inner game development is- **Seeking validation from women.**

I also told my story about how was looking for validation for a few years and it totally slowed my progress down. Actually for a good 25 years, I was doing things I didn't like to do to try and impress people I didn't like or about about! Not a great way to live. I seemingly stopped looking for validation by getting a fair amount of high-quality pussy in the Summer of 2009- after that, I just wanted pussy and I got a ton for the next 18 months.

I also mentioned that I didn't really have a way for you guys to stop 'seeking validation' and that you'd have to figure it out.

Coincidentally, a post appeared on the forums at FastSeduction.com and PersonalPowerMeditation.com from Illuminatus which REALLY expressed some insightful thoughts and **actionable steps** that you can take to remove the need for validation.

As you know, I'll never promote anything that I don't feel is USEFUL and LEGIT- this discussion makes perfect sense and actually mirrored my own story and how I thankfully, yet seemingly unintentionally, removed my need for validation. Best of all, Illuminatus gives direction and a couple of **ACTIONABLE STEPS** and to break your need for validation. Good stuff!

How to Remove Your Need For Validation

There are two main ways of removing the need for validation, and neither are about "talking yourself out of it".

The first is to actually **get** validation, from many sources, in order that you begin to believe your own self-worth. Create a network of supportive people. Get one or more *mentors* for each area of your life. Ditch negative people from your life (if you live with your parents and they are emotionally nae themselves, they can often be a strong source of pain and reduced self-esteem, and you should consider moving out as a priority). Seek validation in your work and hobbies outside of the area of women and sex; you want to be getting validation as a *valued human being* rather than as a seducer. This is for the simple reason that basing your own validation in your skills with women is building a house on very shaky foundations: it only takes one woman to say "no" to have you doubting yourself entirely. We see this frequently amongst community guys.

The second method is actually to seek validation from the people you crave it from most desperately, including women, and to purposely feel the crush of defeat when it is (inevitably) denied to you. But

don't just "touch" on the feeling: actually allow it to overwhelm you and reduce you to a feeling of profound *loss*. Cry. Grieve for what your emotional body feels it has lost (despite, rationally, your not having lost anything; your rational mind's assessment of a situation is usually vastly different to your emotional body's analysis, and it is generally more important for personal growth to attend to the latter). Like with the passing of a loved one, grief rewires your brain not to expect that person or entity (in this case, validation) in your life in future. It truly works.

I used both methods to stop seeking validation on an emotional level. I also used the second method to overcome my fear of death (by accepting the inevitable *loss* of life). The first method is more about becoming a contributive, emotionally-responsive human being, with the right friends and mentors. In other words it is about having a life. The second method is more about cultivating a reliable and effective **acceptance of reality**. This ability to truly *accept* is somewhat lacking in people at the moment, and our society is ill as a result.

I once made a fair assessment of "ego" when I was asked to define it. I said: "Ego is any process which attempts to prevent you experiencing the emotion of *loss*." Loss is certainly the one emotion not many people in this world are willing to experience, and they will go to great lengths to avoid even minor loss, such as losing face in a petty social squabble, or losing one's self-image of being a "tough guy" by crying or showing some other human emotion associated (wrongly) with "weakness". This is a real travesty, as loss is the single most powerful emotion for rapid reprogramming of the human brain, and for experiencing the beneficial paradigm shifts brought about by such rewiring.

Bathmate for Length Gains

April 10, 2012 | by Good Looking Loser | Link | Original Link

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Can I Gain Length with the Bathmate? Or only Girth?

Hey a few guys have asked if they can use the Bathmate for length gains or to improve the length of their penis.

The answer is- Yes.

Using the Bathmate in it's 'normal' fashion (putting it on, pumping to let excess water out for ~12 minutes) will give you significant (immediate, temporary/later permanent) girth and some length gains.

You can also use the Bathmate for length however too.

Disclaimer: The information about the Bathmate Hydropump and lengthening male enhancement exericses is from personal experience. The contents of this page, such as text, graphics, images and other material are intended for informational and educational purposes only and not for the purpose of rendering medical advice. Please view our Medical Disclaimer that you agreed to upon clicking [x] I agree, when entering this site.

In order to specifically target length, you have to do "Bathmate Stretches," I suggest that you use Bathmate for at least a few weeks before incorporating Bathmate Stretches. After that, use can focus on using Bathmate for length gains.

Since this is a "unofficial" way to use the Bathmate, I will legally have to tell you to ask your doctor before trying these (or doing any type of penis enhancement). So... do that :)

The video is below.

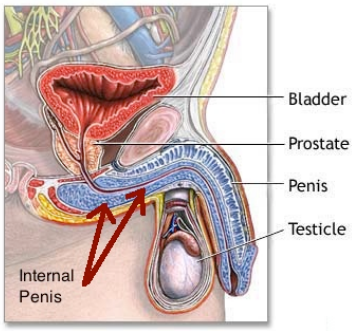


Bathmate Exercises For Length (Stretches)

In short, these stretches work in a similar fashion to how manual stretches work.

You are stretching the organ/muscle/spongy tissue (the penis is made of these 3 tissues, although it's not completely made of these 3 tissues).
The tissue later rebuilds itself (similar, but not identical to skeletal muscle tissue) stronger and longer than before. Also, the Bathmate for Length Stretches are more intense and WILL stretch your ***internal penis?*** better than anything else.

The result is- gains in length.



internal penis? - If you push your finger into your body in the area next to your penis, you'll notice that your penis goes far into your body. This is the tissue we especially want to stretch. It likely has NEVER been stretched, doing so will give you MORE length. Some guys (myself included) that are moreso 'growers' rather than 'showers' seem to have great deal of untapped, non-stretched internal penis. This tissue theoretically can be stretched and yield very significant external length gains, resulting a longer penis and that HUNG look that is so sexy (no homo, haha). If you've done manual penis stretches and jelqing for years, you still haven't reached your potential if you haven't specifically addressed the internal penis tissue.

Chris Discusses How to Use the Bathmate for Length

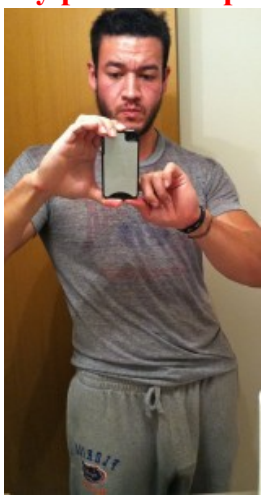
In order to do these Bathmate for Length Stretches-

1. Fill the Bathmate with warm/hot water
2. Put it on
3. Pump it, letting out all of the excess water
- Give it a minute, then start these stretches
4. Pull the Bathmate FORWARD, holding it for 30 seconds, hold the base of the Bathmate so it doesn't eat your balls
5. Pull the Bathmate to the LEFT, holding it for 30 seconds, hold the base of the Bathmate so it doesn't eat your balls
6. Pull the Bathmate to the RIGHT, holding it for 30 seconds, hold the base of the Bathmate so it doesn't eat your balls
7. Pull the Bathmate UP, holding it for 30 seconds, hold the base of the Bathmate so it doesn't eat your balls
8. Pull the Bathmate DOWN, holding it for 30 seconds, hold the base of the Bathmate so it doesn't eat your balls
9. Repeat these stretches 2 or 3 more times, pushing out the excess water every once in a while

Notes on using Bathmate for length by doing these stretches-

The Bathmate should be tight on your body with good suction.
It shouldn't fall off while pulling your penis (it won't fall off if it's tight).
For these stretches- you are pulling hard (like manual stretches) it's just a slight/average pull to angle the Bathmate in a different direction.
You'll feel a slightly uncomfortable burning sensation as you stretch your internal penis, it should not HURT.
You can kegel (squeeze your PC muscle, the muscle that you use to stop your pee or flex your asshole) to encourage blood flow to your penis.
Like normal use of the Bathmate, you should ideally put it on with a ~90% erection.
Just get used to doing the stretches, as with all penis enhancement, don't be overzealous.
Consistency, repetition and commitment makes you HUNG.
Reckless stretching or jelqing just gets you injured and delays your progress. Be safe guys.
A big dick means nothing if you can't USE IT on attractive females, right?

My personal experience with Bathmate Length Stretches (updated April 2012)-



I'm pretty thick, so I'm mainly after length these days. I've been doing these stretches for about a month (every other day) and I'm 7.2-7.4" non-bone pressed, ruler on the top- not pushing in the skin AFTER doing Bathmate Stretches. I'm at 7.0-7.1" before the stretches. Like the girth gains (from Bathmate or jelqing), the temporary increases in size will become permanent with consistency and repetition.

Before and after the Bathmate stretches, I'm hanging as low as I ever have, several inches below my balls these days- Good Looking Loser's Penis (Not Safe For Work).

I don't solely credit the Bathmate Stretches, it's EVERYTHNG (manual stretching, jelqing, regular Bathmate use, diet, exercise, etc.), I have never gained length so quickly since I began PE several years ago. It looks like 8" will be possible! I started at a average/modest 5.5".

Here's a video of how you can do the Bathmate stretches, I haven't done them this way yet... It will probably prevent you balls from getting eaten.

See my comprehensive Bathmate Review for more information on how to use the Bathmate Hydropump.

Bathmate Discount Coupon

April 14, 2012 | by Good Looking Loser | Link | Original Link

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Bathmate Discount
(Updated January 3 2019)

Whether or not you are a part of the Good Looking Loser Community, you can use the link below to get free shipping on your Bathmate Hydropump.

If you have arrived from Google, I encourage you to check out my comprehensive **Bathmate review**.

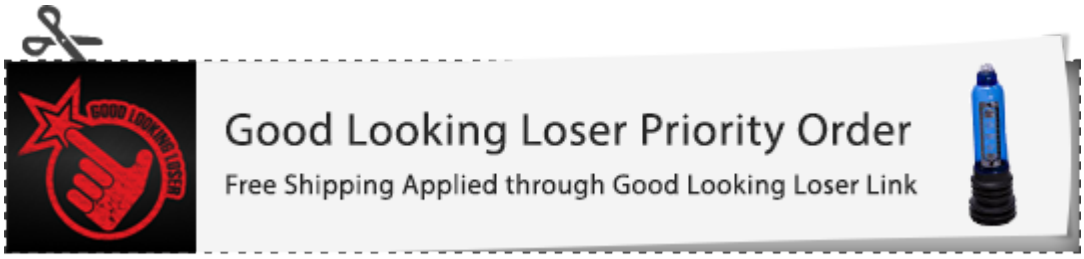
The review and subsequent pages will discuss, in depth-

- Where to get it from
- Why it works, How it work, How it use it
- EXACTLY what to expect
- Before and after pictures, videos of REAL person using the Bathmate
- ... and more

Good Looking Loser Bathmate Coupon

This coupon gives free shipping and priority status to your order.

We link directly to the Bathmate manufacturer and your pump is coming right from the source.



It will only work with our vendor however -

- **Bathmate (Official Manufacturer)**
  (Good Looking Loser Free Shipping Link)

How the Bathmate "Market" Works-

The Bathmate manufacturer sets a 'lowest price' amount that all legitimate vendors are required to honor.

This is so their products do not get devalued.

If you find a discount code (or a website) that seems to be selling an inexpensive pump (lets say- under $100), chances are you won't be getting a real Bathmate. All the official vendors basically have the same prices- they are required to.

If you have a question - please hit us up in the Bathmate Forum - you'll usually get an answer in

about 20 minutes.



Bathmate Testimonials From Other Good Looking Losers

April 14, 2012 | by Good Looking Loser | Link | Original Link

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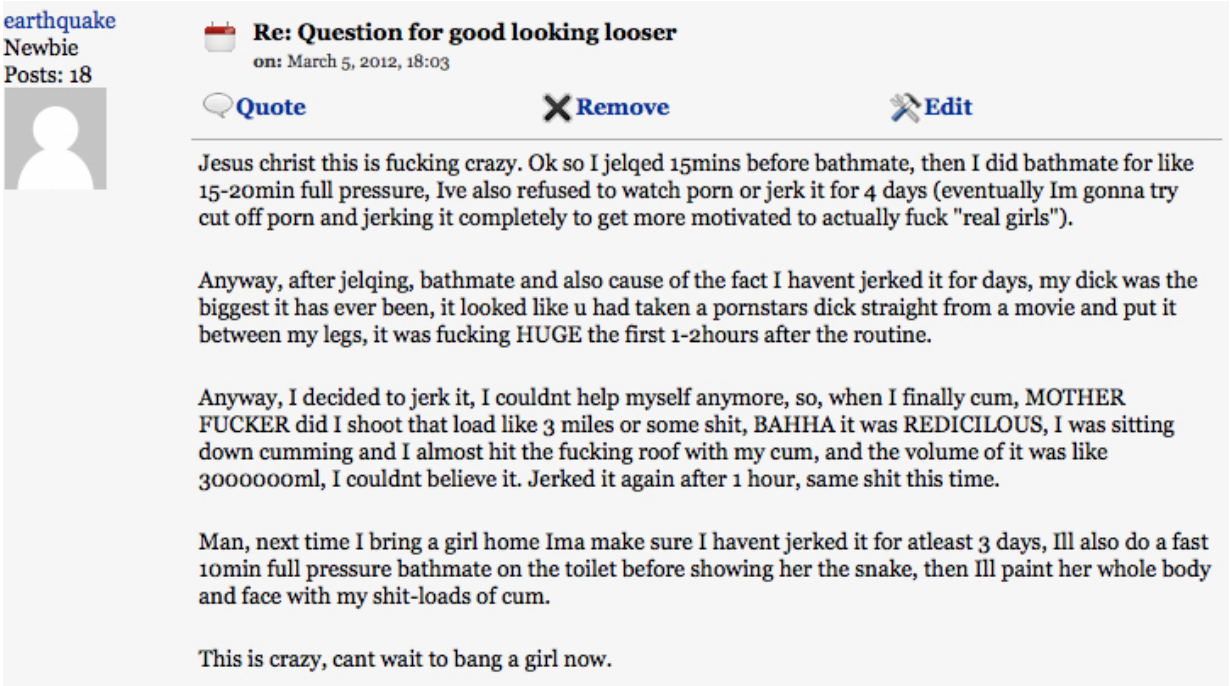
Bathmate Testimonials

For even more reviews from members, click-
GoodLookingLoser.com Bathmate Forum

For my comprehensive review and general Bathmate information, click-
Good Looking Loser's Personal Review of the Bathmate Hydropump

Earthquake's Bathmate Testimonial (and see comment 1)

HTTP://GOODLOOKINGLOSER.COM/FORUMS/INDEX.PHP?TOPIC=175.MSG1026#MSG1026



earthquake
Newbie
Posts: 18

Re: Question for good looking looser
on: March 5, 2012, 18:03

Quote Remove Edit

Jesus christ this is fucking crazy. Ok so I jelqed 15mins before bathmate, then I did bathmate for like 15-20min full pressure, Ive also refused to watch porn or jerk it for 4 days (eventually Im gonna try cut off porn and jerking it completely to get more motivated to actually fuck "real girls").

Anyway, after jelqing, bathmate and also cause of the fact I havent jerked it for days, my dick was the biggest it has ever been, it looked like u had taken a pornstars dick straight from a movie and put it between my legs, it was fucking HUGE the first 1-2hours after the routine.

Anyway, I decided to jerk it, I couldnt help myself anymore, so, when I finally cum, MOTHER FUCKER did I shoot that load like 3 miles or some shit, BAHHA it was REDICILOUS, I was sitting down cumming and I almost hit the fucking roof with my cum, and the volume of it was like 3000000ml, I couldnt believe it. Jerked it again after 1 hour, same shit this time.

Man, next time I bring a girl home Ima make sure I havent jerked it for atleast 3 days, Ill also do a fast 10min full pressure bathmate on the toilet before showing her the snake, then Ill paint her whole body and face with my shit-loads of cum.

This is crazy, cant wait to bang a girl now.

Hamrinurpo-opr's Bathmate Testimonial

HTTP://WWW.GOODLOOKINGLOSER.COM/FORUM/?MINGLEFORUMACTION=VIEWTOPIC&T=112.0#POSTID-729

hamrinurpo-opr
Newbie
Posts: 4



2nd session with BM and WOW!
on: March 29, 2012, 00:40

so I just got my bathmate on monday and decided to start on tuesday. first session I did 20mins semi erected. I reached up to 170 with a good pump, I gave myself a minute to stay at 170 and decided to give another full pump and my cock went up to 180! I really felt the pump then and started to notice FR around the bottom of my head. so I stopped after and when I removed the BM I had the biggest case of FR on my cock it looked like it was going to explode if u poked it with a needle!

anyway, next day (today) I did the same routine but with a bit more knowledge on FR.
So I always warm up for 5 mins, stretch forward down, left down, right down, straight foward, straight left,straight right, up foward, up left and up right with a 30 sec hold for each side and I repeat for 3 sets. usually takes me 8-10 mins.
after that I jelq for time not reps so I usually stop at 10 mins.
Finally I get into the bath with close to boiling hot water and submerge for 5 mins. plug the BM in but this time I go in FLACCID. which It definitely felt much better as I started pumping away. I had my timer so I could stop at 6 mins. I reached a little over 180 after 6 mins with zero FR! also I was doing kegels inside the BM which I heard helps with FR.

after 1 min break and a nice smooth outcome (no FR) I start again for another 6 mins and this time I reached 185! I was stunned and couldnt believe my eyes that my cock was that long and thick! I stood up and let the BM hang for a min and kept doing kegels.

once again 6 mins up. I remove and relax for a min. and back in I go for my last 6 min session.

so halfway through my session I am back at 185 and I gave my cock a rest for a min at 185 cause I couldnt pump any further...so just at the 5 min mark I give a few pumps and BAM! just past the 190!!!!

I noticed some FR so I remove the bathmate and WOW my cock was thicker then ever! it felt like a weight was dangling between my legs and hung 1.25 inches past my sack! I massaged the FR and it went away after a nice 5 min massage.
now as im typing this my cock is STILL thick and hung. Im so happy with the BM I cant wait to see where I am at after a solid month. I plan to do my routine 5 days a week and leave the weekend free so the ladies can experience the new me.

THANK YOU, Chris for introducing me to this wonderful device that is simply MIND-BLOWING!
i highly recommand this to anyone that wants to gain girth AND length.

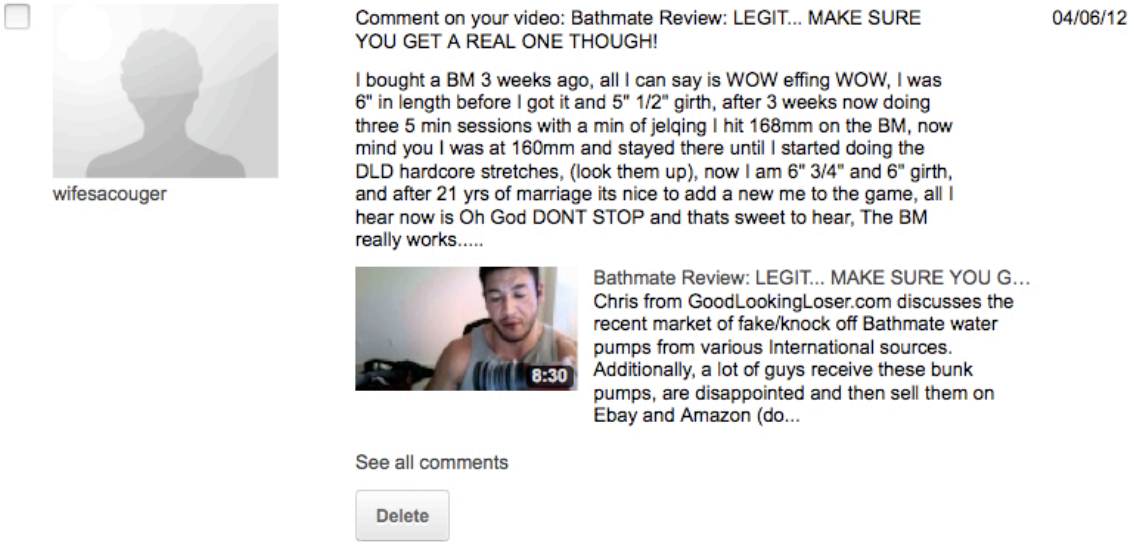
Relentless Guy's Bathmate Testimonial

HTTP://WWW.GOODLOOKINGLOSER.COM/FORUM/?MINGLEFORUMACTION=VIEWTOPIC&T=120



WifesaCouger's Bathmate Testimonial (posted on my youtube video)

HTTP://WWW.YOUTUBE.COM/WATCH?V=Q2MRUC26MC0



***purchased ONLY from-

Bathmate USA/Canada/Int'l (Official & Original Manufacturer)

($20+ Discount, when purchased via Good Looking Loser.com)

use coupon code: 'GOODLOOKINGLOSER' for additional money off.

The Ultimate Bathmate FAQ Guide

April 17, 2012 | by Good Looking Loser | Link | Original Link

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The Ultimate Bathmate Guide

The Ultimate Guide to the Bathmate Hydropump from ~~4+~~ ~~5+~~ 6+ years of experience

Everything you need to know, everything you want know and if you have a question- Just Ask!

If you are curious about what you can expect from the Bathmate Hydropump- I encourage you to check out my comprehensive Bathmate Review.

Update May 2015

For comprehensive answers to just about every question in the world about the Bathmate Hydropump, check out this little website -



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Good Looking Loser's Bathmate Guide and FAQ

Contents of Bathmate Guide & Faq Video-
(all this stuff is in the text below too)

00:30- Does it work? Yep. Permanent and Immediate Gains
01:40- Where should I get the Bathmate? Fake Bathmate pumps are everywhere.*
04:05- Should I get the Bathmate Hercules or the Bathmate Goliath?
04:55- If I use ONLY the Bathmate will I increase my penis size?
06:35- Should I have an erection when I use the Bathmate?
07:35- If I'm uncircumcised can I use the Bathmate?
08:20- Should I get the Bathmate or just doing manual exercises?
09:00- Should I buy the entire set (shower strap, cleaning kit) or just the pump?
10:10- Should I do manual exercises before or after using the Bathmate?
10:25- Can I have sex or jerk off after using the Bathmate?
11:30- What underwear should I wear using the Bathmate?
13:30- What are the red dots that 20% of guys get when first using the Bathmate?
15:15- How do I clean the Bathmate? How often?

* My link below (the place I suggest to buy it from) is the original North American retailer. They aren't necessarily the ONLY legit place to get it. I, however, recommend getting it from them simply because it will DEFINITELY be real. Truth is, I don't know 'who's real, who's fake', I don't and can't comment on specifics website, since I don't know. If you ordered it from somewhere else and your Bathmate broke in two weeks- I'd venture to say it probably wasn't legit. Again, other sites sell legit

Bathmate pumps, but I don't know which ones.

q: I see a bunch of Bathmate Hydropumps for sale on eBay and some other rand0m websites, I want to save money and they are slightly less expensive. Should I buy one of those?

a: Maybe. Maybe not. There's a lot of fake Bathmate pumps floating around the Internet, this includes major sites like ebay and Amazon.com. A lot of guys have asked me which is real, which is fake, if their pump is real or if it's fake. I honestly don't know. What I can tell you, however, is that if you order from the ORIGINAL NORTH AMERICAN RETAILER, you WILL receive a real pump. Period. When you purchase it from the original Bathmate retailer you are guaranteed a legitimate product that comes with a 4-week no-hassle return policy and a 12-month warranty in case it breaks. I've had mine for well over 2 years and it still in really good shape.

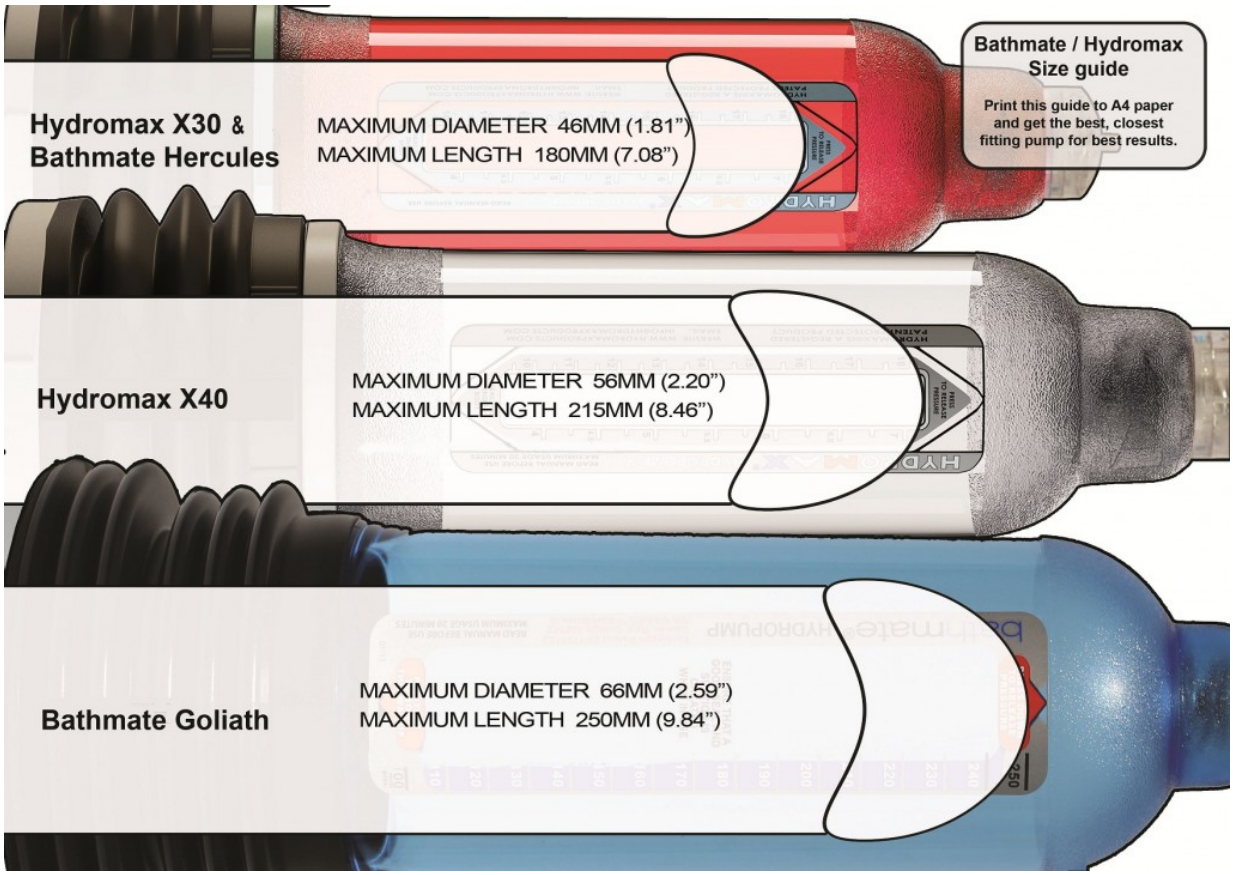
The original retailer ships from Toronto but also has shipping centers in Michigan and Oregon. Don't worry you will be getting REAL Bathmate if you order from the original retailer.
But I wanted to let you know that- if you are in the United States your Bathmate might be shipping from the mentioned states.

q: Should I get the Bathmate Hercules or the Bathmate Goliath?

a: 90% of guys will do just fine with the Bathmate Hercules that supports up to 9" of length and over 6.5" of girth.

The Goliath model supports upward of 13" and even more thickness.

Here is a basic sizing chart -



q: I'm lazy, or I'm too busy, or I'm scared someone will know I'm doing exercises for a big dick, or I don't like jelqing/stretching, or [insert reason here]- Can I just use the Bathmate and gain size or do I need to do the manual PE exercises?

a: Good question. You can just use the Bathmate as a standalone and you WILL gain size.

q: You say that Bathmate is especially good for immediate and permanent girth gains, can I gain length from using the Bathmate?

a: Yes, you definitely can. I have and I've also used it to maintain my length gains when I didn't do much PE for about 16-18months. Just using the Bathmate normally and consistently will yield length gains. There also a specific way to use the Bathmate hydropump that specifically encourages length gains called "Bathmate Stretches for Length Gains".

q: I heard that you said to enter the Bathmate with an erection or at least a partial erection, but the instructions say to use it in a flaccid state, what should I do?

a: If you are just starting, use the Bathmate in a flaccid state for the first few sessions. Then ask your doctor, and upon his approval, use the Bathmate with a 70-80% erection. When I started, I used it for a few months starting in a flaccid state. Not Bad. Once I read that having a FULL erection was much better for gains I tried that. It was WAY more intense and I could only go about 6 minutes. My cock looked absolutely huge. Eventually my penis got bigger and really strong and I could take 20+ minutes in the Bathmate. I suggest you ask your doctor and work yourself up to that. You'll see that it's MUCH more intense with a hard-on.

q: When will I see the huge, long-lasting pump where my dick hangs proudly below my balls for most of the day?

a: This is one of the best things about the Bathmate. Once you start putting on the Bathmate with a **FULL** erection, you'll find that it's also more intense. The pump is A LOT bigger and lasts longer. I don't suggest using a full boner until you've used the Bathmate for at least a month. If you have prior male enhancement experience, you might be able to use a full erection sooner. With a semi-erection or no erection, the pump is less and doesn't last as long.

You can also use your insanely pumped dick on girl's pussies and it will be the most girth they have ever had. Maybe sure to lube them up. With a big dick comes responsibility, you can't just "jam it in" anymore. :D

q: If I'm uncircumcised can I still use the Bathmate with success?

a: I had to do research on this one because I am circumcised. The answer is- yes, absolutely. In fact, it is particularly good if you have tight foreskin. According to multiple Bathmate reviews from users, the foreskin becomes stretched and way more flexible with consistent use. This allows for significantly better blood flow and firmer, harder erections. The general thought is that it helps with foreskin health issues. Again, I'm not familiar with these issues since I am circumcised, but I trust the multiple reports and feedback that I've read.

This is an example of such a report (unedited)-

> "Bathmate really works!!! and is great for foreskin stretching. I am a noob to all this. I purchased the Bathmate when I saw it on Tosh because I felt I needed something of quality to help my uncircumcised penis' health. I did not buy the Bathmate for size extending purposes (though I would not mind) and was skeptical about growth claims via suction devices, etc.
>
> I wanted something that would help me exercise the penis so I can get better blood flow and harder erections and that was pretty much all I was going for. My penis size is average both erect and flaccid.

> I always had a problem with a tight foreskin and being uncircumcised probably made the erections a little more problematic than they should be. I found that using the Bathmate with the foreskin rolled back exposing the head really stretched the foreskin out. The suction expands the girth and stretches the rolled up foreskin as a bonus. That was a result I saw right off and was very pleased by it. For the foreskin stretching alone the Bathmate was worth the price and it was something that I discovered by accident.
>
> I don't hear much about the Bathmate in relation to foreskin health on here so I wanted to add that in and hope it helps those with foreskin issues.
>
> I have been using the Bathmate for about a month now (shower before bed) and today I was wearing jeans and noticed they did not fit as before in the crotch. In a flaccid state my penis is longer and a little thicker. I am kind of a little taken aback by that development - I could actually feel the penis longer/bigger in my jeans - which are not that tight.
>
> My penis looks normal and not temporarily swollen by the Bathmate suction from last night so I don't think this is a result of swelling."

q: Should I do stretching, jelqing or buy a Bathmate?

a: This is an interesting question. Ideally you will do moderate amounts of all 3. While similar, they all work in slightly different ways. Stretching, largely, is for length. Jelqing and Bathmate are for growth. Of the three, using the hands-free Bathmate is by far the easiest and most efficient. To really make gains, upwards of 1.5", you'll have to devote AT LEAST 30mins- everyday or every other day to penis enhancement.

If you can spend no more than 90 minutes in an entire week on getting a bigger dick, I suggest the following-

- 30 Minutes stretching (divided into 2-3 sessions)
- 30 Minutes jelqing (divided into 2-3 sessions)
- 30 Minutes in the Bathmate (divided into 3 sessions)

* I think you'll actually find yourself doing (or wanting to do more than just 3 sessions or 90minutes). This stuff is SO EFFECTIVE, especially for newbies.

q: Do I have to shave or trim all my pubic hair for the Bathmate to have and maintain good suction?

a: You don't HAVE to, it is definitely recommended that you shave or at least down your pubic hair.

q: Should I buy the whole set (cleaning kit, shower strap, etc.) or can I just buy the Bathmate Hydropump?

a: I just have the pump. When I bought mine, there wasn't a cleaning kit or shower strap to purchase. I can't imagine that they aren't good quality. But you don't 'need' them, the Bathmate is 100% hands-free once you put it on. I just wash mine in soap and water every so often. Works good.



The shower strap is helpful but not completely necessary.

q: How do I use the Bathmate?

a: Go to this page- **Bathmate (Original Retailer, Authentic)** and go to 'instructions' which is listed at the footer of the page.
This page has the official instructions, in detail and some pictures/videos.

q: I want to do manual stretches and jelqing to maximize gains- should I do these before or after using the Bathmate?

a: I use the Bathmate AFTER doing any manual PE work, I suggest you do that too. The Bathmate expands the tissue in your penis and you don't want to injure it by jelqing. I have never used the Bathmate before any PE exercises, so I don't know how it would work. My penis is literally too thick to effective stretch or jelq following a Bathmate session.

q: Can I have sex or jerk off after using the Bathmate?

a: If you are using condoms you'll eventually get so thick that not even Magnum XL's will fit you for several hours after using the Bathmate. I use to fit into large condom after using the Bathmate, but now I have to wait 8+ hours if I use the thing for 10 minutes. After using the Bathmate, you'll notice that you penis is less sensitive. In about an hour the full sensitivity returns. If you are planning to have sex and just used the Bathmate, massage your dick and balls and flop your dick around. Admire it and this will get you hard and ready for sex. Works good.

You can jerk off after using the Bathmate, but I wouldn't necessarily recommend it since it always good to have good blood flow to your dick post-Bathmate or post-Jelqing. So don't jerk off unless you can't help yourself.

q: What underwear should I wear (if any) after using the using the Bathmate?

a: I actually suggest NONE. Again, this is a blood flow thing. Don't let your penis get scrunched up, let the blood bring DHT, nutrients and other hormones into your spongy tissue and chambers to make you grow. If you have to go out and you want to wear underwear, position your hanging penis on the inside of your leg- let it hang down and embrace the pleasant warm feeling of a hung dick on the side of your leg. Just don't let it scrunch up or retreat into your body. This is good in general for penis health, avoid the 'turtle penis' syndrome. LET IT HANG, that's what you are looking for anyway.

People have asked me- I wear Under Armour for support. Everyday. Look into Under Amour or some sort of compression short. These shorts are great because they hold your package tight, but don't really limit the hang. It's ideal for bloodflow. If you are into significantly showing off your penis (I sometimes am) on the side of your leg in tight jeans, you might have to go without underwear or just develop a really thick penis.

q: What are these 'red dots' that I sometimes get after using the Bathmate?

a: This is especially (if not entirely) common to the new guys using the Bathmate. Even I get them sometimes however. I asked the manufacturer about this and read several reports on the Internet.

First off, it's not dangerous at all (so long as your penis wasn't deeply HURTING). They are harmless and they will go away in a few days if you don't use the Bathmate.

For the new guys, it's just a sign that you should take a day or two off (and maybe shorten your sessions). The dots will go away during the off-period. Resume as normal or go slightly less long.

These 'red dots' are also common to newbie who begin jelqing and stretching (without using the Bathmate). Just take it easy/easier and gradually build your penis up.

If you seem to be getting the 'red dots' and you have been using the Bathmate for several months or more- CLEAN your Bathmate with some anti-bacterial soap and water. If you leave it in your shower, like I do, it can get some germs on it. I suggest soap and water, but you could put it in your dishwasher or washing machine. If you put it in the dish washer, don't put it on 'heated dry'. That probably won't ruin the plastic but it might mess up the Bathmate gauge (you know, the numbers/ruler on it). If you put it in your washing machine, don't let it go to a spin cycle- you don't want the Bathmate smashing up against the sides up your washer. And Obviously, don't put it in your clothes dryer.

So long as these dots are the size of a "pin" or very small, they are NO PROBLEM.
If they are huge dots (NEVER SEEN THAT ON ME or ANYONE ELSE) you should get it checked out.

q: I didn't buy the cleaning kit, how do I clean this thing?

a: This is what the Bathmate UltraMax "Instructions For Use" book says-
Please note that Bathmate should be cleaned regularly to prolong its life and to prevent malfunctions.

"Remove excess water from the device and put in a sink of hot water (40c max) pre filled with a cleaning solution (like liquid soap, preferably anti-bacterial).

While submerged, depress the pressure valve several times to allow the cleaning solution to the internet parts. Cover the end of the pump sealing ring (while submerged) and compress to force cleaning water through the chamber and valve (repeat several times).

*Apply the Bathmate cleaning sponge brush to the inner chamber to remove any contamination and discoloration inside. Move the sponge up and down in the chamber whilst rotating.

*Remove the Bathmate sponge brush and rinse in the Bathmate solution. Re-apply the sponge to the lower inner pump area, rotating as the sponge is applied.

Fully rinse the Bathmate in clean, cold water. Remove excess water and dry with a clean towel, also allow to air dry."
*optional steps

I don't clean my Bathmate too often, I guess I should. Maybe once a month with anti-bacterial soap. I've never had any issues with rashes or any sort of hygiene problems. When I say I have never gotten ANY side effects from Bathmate, I mean just that.



q: What if my question wasn't covered here?

a: I recently did a post "what to expect from the Bathmate," it covers several issues and questions (including shipping, packaging, gains, etc.) Check that out.

If you have a question that isn't listed in the Bathmate Guide above, feel free to ask here-

We have a Bathmate Forum that has a lot of user stories and reports as well.

Happy pumping :)

What is Screening?

April 21, 2012 | by Good Looking Loser | Link | Original Link

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Screening "Game"

You guys know that I encourage developing your "screening game," I got an email recently that suggested that I haven't really defined this whole "screening" thing.

Screening is a mindset not a technique

One very important thing to understand is that "screening" is a mindset or a mentality, not a technique. It is not like "qualification," where you use a certain technique or line to convince the girl that you have standards or you are an alpha male. Although I suggest certain lines/techniques (such as: Hey, I know this is a little random, but I thought you were attractive and I wanted to come what you were like...) It doesn't really matter what words you use.

What is Screening?

Screening is a mindset where you are simply profiling the girl to see what her deal is (is she sexually available that specific moment in time?).

That is all.

I call this- Mr. Pussy Inspector.

There is no direct attempt to make the girl like you, make the girl laugh, get some sort of validation for your ego or find out/prove ANYTHING else.

*This naturally happens in the process when the girl realizes that she has met a LEGIT alpha male that most likely will give her an excellent experience. Remember- girls get excited about meeting an LEGIT alpha male, they are less excited to meet Mr. Funny Man.

There is also no attempt to avoid "rejection," rather the idea is PURPOSELY to "screen out" the sexually unavailable girls and hit on the next one ASAP.

If you aren't getting "rejected" enough initially, you aren't really screening girls. On most nights, I need a certain amount of girls to Get Lost until I find a candidate(s) that are sexually available and worth my time.

For this reason, "screening game," is not considered "safe game," where the goal is to not get rejected and [smoothly] 'wiggle' your uphill and in using jokes, fake stories, techniques and other bullshit.

Screening is an aggressive mindset is meant to scare unavailable girls off.

That is the ENTIRE POINT.

There is no "reframing rejection," this is the reality.

It is STRICTLY several short interactions to find out if the girl wants what's on your mind- SEX.

In different words (through physical advances, usually IMMEDIATE) you are asking EACH and EVERY candidate "are you down to fuck?"

That is the question you demand to have answered. An answer YOU WILL GET.

do you understand?

Numbers Game

This is a numbers game. I can't emphasize that enough. If another "dating coach" tells you otherwise then he DOES NOT Get Laid a lot. I will bet everything I own on that.

On any given day or night, there are a certain percentage of girls that are sexually available (and horny) and there are a certain percentage of girl that are not.
That is why Getting Laid is a numbers game. It is a numbers game. related- "If I approached 100 chicks, would I Get Laid?"

We embrace this numbers game and play it to our advantage by screening as many girls necessary until you find a sexually available one (with good logistics).

Productive and Efficient

Simply because it takes advantage of the numbers game, screening is the most **productive and efficient** mindset that you can possibly have if you want to Get Laid.
It is especially **productive and efficient** because you will NEVER be talking to/working on the wrong (sexually unavailable) girls.

It is especially **productive** because it allows you to talk to (screen) a very large amount of girls, with unlimited tries, taking advantage of the numbers game with absolute focus on Getting Laid.

It is especially **productive** because it requires nothing more than a few physical advances and some sexual dialogue (less important).

It is especially **efficient** because you will know where the girl stands. She will be IN or OUT within minutes, sometimes- seconds (Scotty).

It is especially **efficient** there is not a lot of "work," when/after a girl is letting you touch her, it is a complete green light to take things forward. There is no guessing game, no need to think about what to do/say next. When a girl is letting you touch her, there is no need to entertain her and work on her in terms of "making her like you". There is no reliance on verbal dialogue. The work is nearly done. That's how and why we have gotten laid within minutes.

If girl lets you put your hand on her ass in 90 seconds and keep it these, you don't need to worry about "what to say" next, take her to a private place ASAP- she wants to go.

do you understand?

I repeat- The focus is finding the girls that are sexually available and ABSOLUTELY NOT wasting ANY time on the girls that are not.

How is Screening Done?

Again, it will preface this question with- Screening is not a technique it a mindset (from which actions follow).

In short- You screen by **touching the girl**.

Anyway, this is how it's done-

^ This is the dialogue that I do 90% when I screen (pick up) girls

Walk up.

Say something.

SCREEN BY Initiating physical contact. (handshake, touch her elbow, arm)

Talk some more.

SCREEN BY Initiating further aggressive physical contact. (squeeze her arm, slap her ass, hold her hand)

Usually by then- you have the information you were seeking- **Is she sexually available?**

That is all.

no where in their did I even suggest that sexual verbal dialogue was even necessary.

You could basically say, "I'm Chris," stick out your hand, shake her hand and hold it while you continue to speak to her.

That's what this is. She's IN or OUT.

do you understand?

related-
I got a blowjob without speaking one night at Ft. Myers Beach literally without speaking once
I also fingered a girl in 10 minutes while we talked about the weather in Boston. If they dig you, they will listen and respond to whatever the hell you want to talk about.

The focus is simply focus on playing and taking advantage of the numbers game [to Get Laid].
In other words, you are checking if the girl is down-to-fuck.

I'd rather have you go around for 4 hours and ask girls if they are DTF, rather than have you make jokes and dance like a clown for 4 hours.
You chances of Get Laid that day will probably be better since you will talk to more chicks and won't be talking to any non-candidates.

Other Considerations

The above discussion is the gist of it. Seriously, you don't have to read any further.

There's a few more things worth noting however.

Position of Power

When you are screening a girl- you are coming from a place of power. The interaction is on YOUR TERMS. That is sexy to women.
You are not coming from a position of neutrality or weakness. You not a fucking dancing monkey funny man. You are here to Get Laid, not entertain.

You know what you want, you are gonna find out who else wants it. The ones that don't like it can Get Lost (they are supposed to).

The girl will be on YOUR watch, not the other way around. This is a valuable frame to set regardless of how long or short your 'relationship' is.

Worth mentioning, it's almost always the GIRL that screens the GUY (is he cool enough for me to speak to?).

I give you permission to do it the other way around.

"Rejection"

When you screen, you are setting out to eliminate undesirable sexually unavailable girls. That is the entire point.

This is very different than the other shit people teach.

I don't need to reframe rejection for you. You are playing a different game.

Like I said, this comes from a place of masculine fearless power.

Absolute Focus

One thing that Scotty and I noticed from our experience working with other guys is- they get so caught up in the "game," what to say, what to do, does she like me?- that Getting Laid is the furthest thing from their mind when they are talking to chicks. This is not good. When you effectively screen girls, you are basically initiating the **foreplay from the start**. You can stay focused because because there is no guesswork. Once you find a girl is sexually available, you should isolate her ASAP and turn up the physical escalation.

No Awkwardness

If a chick is letting you touch her in 10 seconds, there no moment when it feels unnatural. You'll never wonder "can I kiss her?" or "should I touch her?"

Think of a physical advance being worth "10,000 words"

Repeating the screening process over and over makes it completely natural for you.

No Fakers

Like I said, you won't be talking to unavailable girls.

If your Mr. Funny Man verbal game is good, some chicks will stand there and watch you perform your little monkey routine.

If you aggressively start touching the girl, she'll either be IN or she'll get lost. That is what we want.

Get Laid- Same Day, Same Night

Applying this mindset you'll be able to move SUPER FAST.

You need to get past the bullshit and unnecessary if you want to Get Laid consistently.

This an almost a requirement if you want to Get Laid on same day, same night.

I was pretty good at Mr. Funny Man game, I got laid 12 times in 12 months. (2008-2009)

After I developed a screening mentality (and applied it) I got 59 girls in just under 11 months. I slept with nearly all of them. (2009-2010)
Quality women, as you might expect.
Screen that pussy!!!! While others are dancing like monkeys, you'll be fucking like bunnies!!!

Be a player, not a pick up artist.



Sizegenetics Before and After Pictures *Not Safe For Work*

April 26, 2012 | by Good Looking Loser | Link | Original Link

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Sizegenetics Before and After Pictures

The following photos and testimonials are from guys that used **ONLY** the SizeGenetics System to increase their size. Sorry the photos are not lined up, this page has had some trouble.

Link to my pictures and my comprehensive SizeGenetics Review (+ coupons) are available here-

- **"Good Looking Loser's Sizegenetics Review"**

Again, the pictures below are more representative of SizeGenetics' ability to enhance your size.

Mine are too, however, before using the SizeGenetics extender, I had prior penis enhancement experience and I currently use the SizeGenetics extender along with- manual exercises, the Bathmate and my penis enhancement routine.

My Sizegenetics Before and After Pictures *NEW* (JUNE 2012)

Again, my results are not just from the SizeGenetics extender. The pictures of the other guys below are.

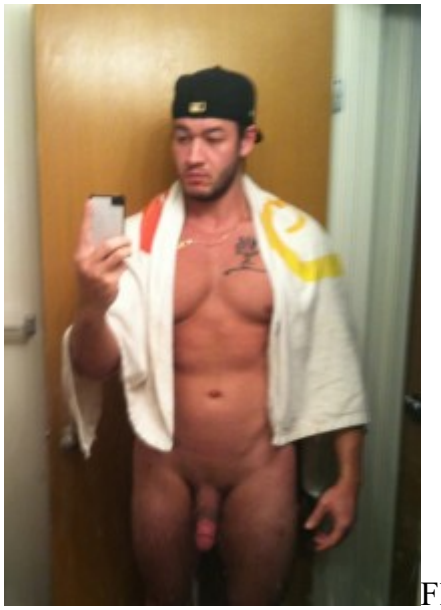
But I wanted to show who are interested my results since I've added the SizeGenetics extender with my routine that includes jelqing, stretching and Bathmate,

My routine before SizeGenetics was a combination of jelqing, stretching and Bathmate.
A little more than 2 months ago, I added SizeGenetics to the mix (>4+ hours a day).

The extra hang is noticeable. I don't think my flaccid size ever looked so big.

Years ago, I was a 'grower' and my flaccid size resembled a baby turtle.

Now, it's better... :) I've been trying to get that permanent hung look for a while.

 Flaccid Hang Before I used SizeGenetics for 60 Days

 Sizegenetics Photo After About 2 Months

These guys used ONLY the SizeGenetics system-

SizeGenetics Before and After Pictures- "Homer"





He was quite modest when he started but seemed to gain .75"-1" which is significant for his starting level.
Here is "Homer's" testimonial and description of how he used SizeGenetics (4-6 hours a day)

Homer's SizeGenetics review and testimonial-



Click to Enlarge

SizeGenetics Before and After Pictures- "Joe"



"Joe" was noticeably below average when we started (looks like below 4") he's grown to 5.5" which is average.
In the flaccid state Joe was barely 2" and grew to nearly 3". It looks like his girth got a little bigger
This is "Joe's" testimonial and how he used the SizeGenetics' System.

Joe's SizeGenetics review and testimonial-



Click to Enlarge

SizeGenetics Before and After Pictures- "Mikey"







"Mikey" seemed to gain about .75" on his erect state and over 1" on his flaccid state.
He went from just below 5" to just 5.5" which put him at average.
This is "Mikey's" testimonial and how he used the SizeGenetics' System.

Mikey's SizeGenetics review and testimonial-


Click to Enlarge

SizeGenetics Before and After Pictures- "Richard"



"Richard" had above average size before he started.
Not surprisingly, stretching and extending his significant amount of preexisting tissue, he got up to over 8.7" and improved his girth about .5" too. (see testimonial)

In the first month, he only wore the extender for 2-3 hours and grew significantly.
With his improvements, he is WELL HUNG.

"Richard's" SizeGenetics review and testimonial-



Click to Enlarge

In Addition to the SizeGenetics Before and After Pictures,

For more information and comprehensive review and discussion of the SizeGenetics Male Enhancement System please see-
"Good Looking Loser's Get Hung: SizeGenetics Extender Review"

Don't Wait For Indicators of Interest... Make Them Happen.

April 29, 2012 | by Good Looking Loser | Link | Original Link

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Stop Looking for IOIs and Touch the Girl

Most guys in the Good Looking Loser community have a pretty good idea of how to read girls and find out which girls are DTF and which are not. Finding out [and knowing how to find out] which girls are sexually available is key to Getting Laid on a regular basis. Most guys here don't waste their time spitting game or trying to entertain unavailable girls. Even still, this discussion is something that can be a reminder or may be insightful and cut a lot of junk out of your brain that keeps your from being aggressive.



There is a term in the pick up artist/seduction community called "IOIs," known as *indicators of interest*.

Here's a post from a guy that wants to learn all of the IOIs so he'll know when he can "get further" with girls-



(please center this picture and delete this line)

Supposedly when you observe or get an IOI from a girl- it means she's into you.

That's true for the most part.

But there's a problem with how the mainstream community discusses and stresses the IOI's.

It's suggested or implied that you should look for (or wait) for these 'indicators of interest' to figure out if a girl is attracted to you or is sexually available. Only after getting a handful of IOI's should you assume you have a 'green light' to become physical and touch the girl. Anything besides lightly touching the girl, before observing IOI's, is "WRONG" and she'll immediately become un-attracted to you. It is suggested that- you need to abide by a women's timetable and make sure you have non-verbal signs that you are allowed to proceed.

Not only is this **WRONG** but it discourages guys from proactive and showing the leadership they need to Get Laid on the same day/night and that chicks are attracted to. It also makes guys constantly second guess themselves and encourages them to "play it safe," in order to avoid doing anything that the chick might not be ready for. Subscribing to this type of mindset will usually kill you at some point even if your initial interaction goes well. I've seen a lot of reports where the guy had the girl on his bed and he didn't know if he should kiss her because she didn't give him an PUA IOI.

Instead of being on constantly alert or patrolling for IOI's- simply TOUCH the girl.

If she lets you, that's all you need to know. Touching a girl, holding her hand in 30 seconds is worth 10,000 words.

If she doesn't, go talk to the next girl that is worth screening.

Simply touching a girl and touching her some more will let you know everything you need to know.

Once you feel that she's in the DTF category, look to move her somewhere more private and TURN IT UP physically.

Your whole interaction should just foreplay anyway.

So, rather than waiting for "signs," make them happen. Force the girl get IN or OUT. Very few guys do this, most community guys are busy trying to get IN with the girl with their jokes, stories and magic tricks.

Be aggressive- There is no losing a girl that you haven't fucked. You can't lose something that you didn't have in the first place.

If you are physically screening girls, you don't need to see or get any PUA IOI's.

If you physically screen girls (and they pass)- there's no guessing "does she like me?" "can I get her number?" "should I call her?" "does she really want to sleep with me or just want to be my friend?"

If you want to develop the skills to bang girls within 20 minutes, you shouldn't be looking or waiting for IOIs. You have to move fast, if the girl is sexually available and into you, she'll follow.

You want to Get Laid, not get PUA IOI's.

If you get them, cool.

If not, simple fact that girl is letting touch her is the only IOI you need. Run with that... all the way to your bedroom.

If you have any questions or comment, please them below-

Aggressive Game Only Gets Sluts?

May 5, 2012 | by Good Looking Loser | Link | Original Link

Aggressive Game Only Works on Easy Girls?

I recently saw a comment/critique of GoodLookingLoser.com where a guy suggested that our 'aggressive' mindsets and techniques **ONLY** worked on (and will **ONLY** work on) "slutty" (aka sexually active and sexually experienced) women.?

Some guys think- Good, that's kind of chicks that I want, I'm not into "working on" prudish girls for months at a time.

I have issue this the assertion that being aggressive "ONLY" works on "sluts," however.

? Usually guys make this type of assertion [excuse] so they can try to rationalize why it's okay for them to not be aggressive and not having balls, so that's an element in play here. Further, guys that assert that an aggressive approach **ONLY** lands "sluts" have generally never tried it- simply because real-time experience would show them otherwise. For that mater, guys that assert this have generally not been too successful with women- simply because being "not aggressive" is not very effective, productive or efficient at getting large quantities of women.



My Experience Suggests Otherwise

From experience, I know that this is far from true.

In fact, it's completely ridiculous, but I know that from doing this "stuff" for years.

I've picked up hundreds different girls. As off April 2012, I've taken home 114 girls solely from cold approach since I started this shit. 102 of the girls I got from taking a fairly aggressive approach (the remaining [first] 12 were from a Mr. Funny Man approach in early 2009). Some of the girls were experienced, some were less experienced and some were virgins.

Of the 114 girls, I know with **100% CERTAINTY** that 13 of girls had never had sex before than their life.
That is slightly over 1 out of 10.

If that isn't evidence that an aggressive approach doesn't *just work on sluts* (aka sexually active and sexually experienced girls) I don't know what is.

Now, 13 [virgins] out of 114 girls in total, is certainly not a majority. At the same time, if I were to talk to 10 girls (age 19-29) at ANY location in the United States, I'd be shocked if more than 1 out of

10 of them were virgins. So the 10% figure actually seem to possibly line up with real world. Furthermore, if you figure that at least 60 of the 114 cold approach lays came from the Hollywood club scene, than the ~10% virgin rate is actually pretty high. Furthermore too, only 13 of the girls I knew with **100% certainty** were virgins- a few girls in the remaining 101 might have been. I have trouble fitting my dick in 99% of virgins. About 1 in 4 girls of the 114 total girls, I had trouble at least some issue with being too thick for their pussy on the first try.

Obviously, I wouldn't assume that the majority of girls I pick up and sleep with are going to be virgins. But that's not because I take an aggressive approach, it's simply because the majority of the girls in world (age 19-29) aren't going to be virgins. Like I said, if 10% of them were, I'd be surprised.

How On Earth Do Virgins Like You/Respect Your Aggressive Approach?

Most you guys don't need too much explanation on this.

In short, women are attracted to the same type of characteristics even though their personal "tastes" and experience levels vary,. Masculinity, in the form of confidence is probably the top one. Looks, style, height, sense of humor, sexual vibe and natural personality chemistry are also on the list and are somewhat interrelated part of masculinity. I've done this stuff for a while and while it took a while- I exhibit those traits. A lot of these traits are communicated through an aggressive approach. Emotional healthy women are attracted to that, the sexually available women respond particularly well regardless of how many partners they have had previously.

Next, consider this (I learned this from experience, handling shy girls)- I take a 100% leadership role in the entire interaction. I lead, the girl follows or gets lost. That's how it goes every time. By taking a 100% leadership role, I can move quickly and not actively raise certain decisions or questions that will set off a girl's "anti-slut defense". I never verbally or non-verbally propose the question, "I just met you, 25 minutes ago I was a complete stranger, you barely know me, do you want to go to my place and wrap your lips around my genitalia?" That question or thought NEVER enters the girl's mind because I am the one leading the entire way. She doesn't have time to think "am I a slut for this?" She doesn't get the chance to set off her "anti-slut alarm," because she is excited, in the moment and following my lead.

If a girl is sexually available and digs you- she'll follow your lead. It doesn't matter how many or few partners she's had.

"Sex just happened," is how the girl feels the following day or if she were to tell her friend about it.

That's EXACTLY how she wants to feel about it. She wants no active responsibility for initiating sex. That would make her feel like a slut.

Truth is, it's completely consensual. No one got seduced. No one got tricked. No one actually regrets it. That why she comes back for more. You guys on GoodLookingLoser.com understand this pretty well. When a girl sleeps with you, you didn't "successfully trick" her into doing so. That's seduction. And Seduction doesn't exist. see: www.seductionmyth.com

? of the 114 girls (and others I meant via social circle, work, Internet, etc) **NOT ONE** refused to answer my text or phone after we had sex. The majority came back for more sex, sometimes for months on end. This is something that I am particularly proud of, maybe more than ANYTHING else that has happened while doing this "player thing". To retain HOT girls as bed buddies for long time,

you have to have lots of stuff together and very little of it has to do with "game".

What's a Slut Anyway?

I haven't really thought too hard about "what a slut is," if you guys want to provide a definition below, go for it.

Per my definition, a "slut" is- a girl that has or is thought to have an above average amount of sexual experience or loose sexual "morals" as compared to a hypothetical standard. Regardless of actual sexual experience, a girl can be labeled as a "slut" for simply flirting with/attracting guys more than the other girls in her social circle.

On a slightly related note, a lot of people think they can identify how much sexual experience a girl has by the outfit that she is wearing on any given night. This is obviously not true at all.

Judging Women?

Guys that call girls "sluts" are judging them and tend to judge all other women too.

Interestingly enough, guys that judge women, have a lot of trouble Getting Laid because of the very thing they keep reinforcing- if you are a woman, having an above average amount of sex outside of a committed relationship is wrong and bad.

If a girl feels like you are going to judge her for sleeping with you- she probably won't sleep with you.

This is especially true if you are "boyfriend material".

Girls purposely without sex from "boyfriend material" guys and require at least some emotional connection from a "boyfriend relationship" candidate before they give their pussy. This ensures the guy has an emotional connection and won't judge the girl and bail on her. It also gives the woman some power in the relationship that she built while withholding her pussy.

Girls don't usually withhold sex from "players" because they know these guys usually don't have a ridiculous double-standard for sex.

Girls don't like to be called "sluts," for most of them it's potential social suicide and is damaging to their self esteem and reputation. Fear of being label as 'a slut' why girls don't have sex more often. It's why ALL OF US don't Get Laid more. The guys that judge women and call them "sluts" is the same reason why they can't Get Laid. Isn't that ironic?

Even dating back to when I didn't Get Laid much, I never really judged women and especially not on their sex lives. I thankfully didn't have to get over this. I very much disagree that the measuring stick of a women should be based upon how partners she's had or hasn't had. A lot of guys disagree. I don't know if this is societal conditioning or a conclusion that they reached on their own. I assume it's the former.

I Don't Want Sluts!

A lot judgmental guys insist they "don't want sluts".

The main reason for this, in my opinion, is because they can't get them in the first place.
It's a convenient excuse to protect them from potential rejection.

Experienced girls (sluts) aren't necessarily easier to get to for all guys. In fact, experienced girls

(sluts) are usually harder to get for guys that don't Get Laid much. These girls generally don't sleep with nice "boyfriend material only" or loser guys. This is because- like all girls, these guys simply don't really turn them on. These girls generally just sleep with players because they will have a good time without being judged. Nice guys generally are destined to end up in relationships prudish, inexperienced girls that require commitment. Nice guys call this "classy," but in reality, they probably wish their sex life and relationship wasn't so vanilla.

Sexually Available ? Slut

We screen for sexually availability.

On any given day. a certain percentage of girls are sexually available and a certain percentage are not.

Keep in mind that "single" and sexually available are NOT the same thing. A girl might be single but not sexually available (on her period, got fucked by a huge cock the night before, doesn't sleep with guys without a relationship, etc.). The flip-side is that some girls in relationships are sexually available.

On any given day, experienced girls, not as experienced girls and virgins will be sexually available. You just need to find out if they are and handle the logistics. A girl's sexually availability is no reflection of the amount of partners she's had prior.

To assume that **EVERY** single girl that is willing is have sex if they meet someone is a "slut" is completely absurd.

Most of you guys are so far from that ridiculous perception that I don't even need to expand further on this subtopic.



You Guys Know All This Stuff Anyway

Most of the guys that are part of the new Good Looking Loser community have a fairly good understanding that our aggressive stuff can get ALL types of **sexually available** women.

The keyword is- **sexually available.**

Aggressive techniques are not meant to get sexually unavailable girls.
No techniques will get sexually unavailable girls.

In fact, these mindsets and techniques are MEANT TO creep them out. Most of you guys don't get caught in 'black or white' statements. Black and white statements featuring words like- **only**, never, always, generally never apply to anything in life.
There's generally an exception to the rule.

Such is the case here. Aggressive techniques get all sorts of chicks, not ONLY "sluts".

You never know what the girl is like until you screen her. Even still, you'll just find out if she's sexually available. It's not until AFTER you have sex that the barriers and bullshit drops and you really can get to know a chick. Then even still, to really get to know her- you have to bang her for several months.

With experience, you'll develop some instincts to find the girls that are DTF better. But again, if a girl if DTF on that particular day or night, it's absolutely no reflection of her sexual history. Until you develop these instincts and even thereafter, you shouldn't assume ANYTHING about a girl you haven't spoken to. Not only might it not be accurate, it's simply unproductive. That's why we screen chicks in the first place- to find out if they are sexually available and cool.

What I Do/Say When I Screen [Pick Up] Girls 90% Of The Time (Basic Screening Dialogue)

May 6, 2012 | by Good Looking Loser | Link | Original Link

How I Screen Girls

We're getting you guys real-time pick up video soon.

This is a snippet of "What is Screening Game?"

This is what I say and how I say it when I screen girls.
(first 30-90seconds of the interaction)

Process summary-

Walk up

Light touch girl on hand, arm, elbow

say "Hey I know this is a little random... but I thought you were attractive and I wanted to come see what you were like."

[she says: Thank You]

say "Well.... Aren't you going to tell me I'm attractive too?

[she says: Yes, you are attractive too/Hahaha]

say "I'm Chris" (shake her hand, hold it a little while longer than usual)

[she says: I'm ____]

say "Damn you have a good handshake, I think I'm gonna hire you to be my bodyguard."

[she says: hahaha/you don't need a bodyguard]

Now it's either **small talk** (interested girls/pretty interested girls) or **bicep routine** (maybe interested)

SMALL TALK- say "I'm having a wonderful day, how has your day been?"
[she says: Why's your day so wonderful?/My day is good]

Bicep Routine- say "you have some strong arms [squeeze her bicep] you got a license for those guns?
[she says: hahaha/or leaves]

Do **Small Talk** after (Where are you from? How was your weekend? What's on your schedule today, etc.)

Talk about stuff you have in common.



The Only 'Alpha Male' Rule - Do What You Want

May 7, 2012 | by Good Looking Loser | Link | Original Link

Do Whatever the Fuck You Want

This is version 2.0 of "Do What You Want > Don't Be Reactive"

The previous version communicated my message-

Doing what you want, 99% of the time will be the RIGHT decision even if there are consequences.

In the discussion, however, I talked about an incident that suggested I advocated violence. I don't. The example I gave was extreme, just like most everything else on GoodLookingLoser.com. So to be more realistic, I am going to present some hypotheticals that you might actually run into. When and if you do, heed my advice, "Do what you want, don't worry about 'being reactive' because a seduction guru or pick up artist told you so."

If you trust your instincts, you'll have no regrets and it will the "right" decision 99% of the time.

How many times have you made the "wrong" decision and regretted it?

How many times have you not done anything and regretted it?

Several years ago, for me, the later was more frequent.



Master Pickup Artist Monkey Says: Don't Be Reactive!

There's a lot of mainstream dating/pick up advice that encourages guys to "not be reactive" to women/life.

To a point, I endorse that advice- "Live Proactively: Are you Alive? Or Just Flushing the Toilet After Other People Take A Shit? version 1.12 (Lifestyle)". It's a lot better to live a 'proactive' life then a 'reactive' life. Much better.

This 'Don't Be Reactive' mainstream advice is somewhat misplaced and misguided however.

The idea is of 'Don't Be Reactive' is based on 'this is what an Alpha guy would do'. It's meant to [try to] make to guys unaffected if women/person is rude to them or 'shit tests' them. It's meant to communicate that 'you're an Alpha guy' that DOESN'T GIVE A SHIT.

Cool- I get it (and you do too).

While this concept is well meaning, I feel that has been generally misplaced.

A lot of guys that are trying to be "non-reactive" actually still find themselves getting pushed around and holding their feelings (masculine energy) in. If something happens that upsets them, they want to say or do something, but a voice in their head says- "Don't be reactive!"

And they do NOTHING.
But they are still upset and it ruins their emotional state for a while.
That's not alpha male behavior.

I want you guys to replace "Don't be reactive," with **"DO WHATEVER THE FUCK YOU WANT."**

I like that better and I generally live that way. Scotty sure does too.

DO WHAT YOU WANT

I don't know about you guys- but I get MORE irritated when something upsets me but I DO NOTHING or I SAY NOTHING. It leaves a shitty feeling in my stomach. Later I think to myself, "I should have done ____," or "I should have said ____," but I didn't. I hate that feeling, so I basically NEVER let it happen.

A REAL MAN does whatever he wants. A pussy doesn't.
Stop worrying about "Don't Be Reactive."

The majority of pick up artists that preach "Don't Be Reactive," don't Get Laid anyway.

Being Reactive = Terrible Mistake?

Scotty and I have worked with lots of people on our own and also been observers and/or part a few 'dating companies' that I won't be naming. We've met a lot of guys that are caught up in this internal battle of "what they want to do" vs. "trying to be non-reactive".

Guys are fed such a overstated ridiculous version of "don't be reactive" and the potential consequences of reactive behavior.

Instead of "Get Laid," a lot of guys make "Don't be reactive" their 1st goal. Usually, they are eventually successful at "not being reactive" and still don't Get Laid. That's not really progress if you ask me.

Here are some examples that emphasize "Don't be reactive!" and totally overstate the consequences of doing so.

"Alex Messes Up With A Girl That Wasn't Sexually Available and Gets Mad At Himself"

This example is quite common.

Alex wanted me and another one of my friends that gets a lot of pussy to watch him talk to chicks at

one of our usual spots. About a month prior, I told Alex to "screen" girls by initiating physical contact almost immediately. Alex went up to a girl and touched the girl and she pushed his hands away and stepped further away from him. This obviously suggests that she work almost definitely NOT sexually available. The girl gave him some sort of look at the said "get away from me, you creep..." For some reason Alex called her out on her "look," he said "don't look at me like that, you weirdo." That's it.

I was waiting for Alex to go hit on another girl but he walked over to me.

I said, "whats up?"

He said, "damn it man, I messed up."

I asked, "why?"

He said, "oh she gave me this weird look and I told her she was weird."

I asked, "so?"

He said, "well I know I know I'm not supposed to do that... but I wanted to tell her that, she was weird. I just had to say it, cause I'd be thinking about it for the rest of the night. I know I'm not supposed to do that though..."

I asked, "do what?"

He said, "be reactive. that's **wrong**..."

Alex was under the impression that he **"messed up"** and somehow being reactive ruined his interaction.

The Reality

If a girl is not sexual available and you touch her aggressively, she is not going to react favorably. That's the entire point. Alex was stuck on somehow he **messed up** or if somehow he didn't do that, the girl would magically become sexually available.

First, I told him that it doesn't matter if you are aggressive, not aggressive, reactive, not reactive- if a girl is not sexually available then its not going anywhere. Being reactive had nothing to do with it. Stop worrying about being/not being reactive, do want you want to do and 99% of the time it will be the right decision.

Second, Alex did what he wanted and called the girl "weird". Who cares? Big deal. There's no consequences for that at all. The only thing **"wrong..." is to not do what you want.** In this case, Alex said he'd being thinking about it for the rest of the night. So the only thing **"wrong..."** it is not do what the fuck you want. Again, do want you want. 99% of the time there will be no consequences. Even if there are, the worst case scenario will present itself .01% of the time. Don't live in fear of stuff that never happens.

"Mike Is Reactive So Everyone Hates Him Instantly"

This is from a workshop in Los Angeles led by one of the more popular dating companies.
I wasn't working it but I knew Mike and I wanted to see what they had him doing.

Mike went up to a chick, spit some Mr. Funny Man lines and the girl was receptive. They talked for about 5 minutes. The girl's 3 friends liked Mike and his jokes too. Randomly, another guy seemed to barge into the interaction. Mike was trying not to be reactive so he stood there trying to observe if the girls knew the guy, so he could plan his next move. It wasn't clear to him (or me) if they knew each other. Mike eventually got irritated and just started talking to her again. The other guy got irritated

and start yelling at Mike. Mike told him to go away and called him a loser. The guy yelled something at Mike. At this point, the girls decided to leave the area. That's it. Later that night the girl Mike was talking to was sitting at a table (a dinner table, not a club table) with another another guy and her group of friends.

Mike told the coaches about what happened.

Right away, the coaches (idiots) told Mike**, "YOU WERE REACTIVE AND YOU LOST THE GIRL AND HER FRIENDS."**

It made sense to Mike, he was told and read 100x to "not be reactive," and his broke that "rule". He was a little frustrated because he was trying not to be reactive when the loud mouth guy interrupted him.

He had the girl, but since he showed reactive behavior- the girl and all of her friends wanted NOTHING to do with him.

That's how it was explained to him (he told me later that night).

The advice he was given was- work on "not being reactive".

Mike thought he **"messed up"** and did something **"wrong"**.

Reality Check

Mike was told he "had" the girl. Then he was reactive and "lost" her.

That's the furthest thing from the truth. Mike never "had" her. Mike never "lost" her.

The girls walked 10 feet away because they didn't want to be part of the fight (that wasn't going to happen) between Mike and the other guy. He didn't turn-off anyone. They'd be happy to speak to him later. But Mike was told that he "lost" them.

Later, the girl was sitting at a table with her fiance later that night. She wasn't sexually available. If Mike would have screened her he would have found that out, but that's a different issue. Instead he's under the impression that simply telling the rude guy to "Get Lost" ruined the ENTIRE interaction. He's later told to practice "don't be reactive" because so long as he wasn't reactive, he might have been the one sitting at the table with the girl. The bottom line was, the girl wasn't sexually available, being reactive or not being reactive had nothing to do with anything.

How do I know the girl wasn't sexually available and that was her fiance? She was my cousin, Valerie.

The bottom line is- Mike wasn't getting my cousin because she wasn't available. He might as well have done what he wanted to (which would have been telling the guy to Get Lost and stepping in between Valerie and the guy). Even if he did turn the girls off by doing that... Who cares? There's a 100 million other girls and there's only 1 YOU.

"Erik Yells At the Manager At Popeyes', Therefore He Can't Get Pussy"

This ridiculous mindset of "be reactive = lose pussy," is just as obsessed over and misplaced among mainstream community students as it is among the mainstream gurus. Neither group gets much action and their misunderstanding of issues like this might point to why (as well as a lack of balls).

When my friend Erik came to visit me in Los Angeles, against his wishes I agree to meet up with this community obsessed know-it-all guy named Andrew that had been nagging me to hang out for the past month (we have 2 common friends). To my knowledge, Andrew had never cold approached a single girl but declared him an expert on picking up girls.

Long story short, we went to Popeye's. It's a fast food place that makes fried chicken and all that other bullshit that American's eat :) The line was out the door, it was so busy. We still wanted to go since we don't eat this crap very often. Once the line moved up a little, we were standing the doorway. The manager of the place told us to close the door and wait outside. Neither of wanted to do that, so we just ignored him. He came over and told us that he wanted to shut the door and to step outside and come in when there are more room in the place. Since the line was moving and he was being rude, we weren't about to do that.

The manager raises his voice at us and Erik cuts him off and yells, "shut the fuck up you fucking loser, we're not going anyway, fuck off," the line moves forward 20 seconds later and we step in the place. That was it.

When we sit down to eat, Andrew is telling Erik that "he was reactive" and he needs to practice on "not being reactive," if he wants to get girls. Andrew explained Erik did was **"wrong"** and that he **"messed up"**. He also mentions that Erik could be killed for behavior like that. This is the precisely the reason I shouldn't have brought this pick up-expert-that-never-talks-to-girls along. Erik just tells him to shut up and eat his food (Erik didn't like Andrew in the first place). Andrew points out that Erik is being reactive to him and he's just trying to help Erik to not **"mess up"**.

The Reality

First off, Erik has banged over 40 girls in his life by the age of 26. That's more than I had by 26. Andrew has never spoken to a girl he didn't previously know in his entire life. Andrew has heard "don't be reactive," and remembers to apply it to every single situation in his life and every situation in everyone else's life too. He thought that because Erik yelled at the manager at Popeye's for 10 seconds that it's "PROOF" that he can't get pussy and that he needs an impromptu pick up seminar. He thought that it was only a matter of time before Erik or his friends got "killed" for being reactive. This is obviously completely fucking absurd. Andrew is someone that is living in fear of far-fetched "worse case scenarios," not someone that should be giving advice to anyone... ever.

Erik did what he wanted, there were no consequences- besides a ridiculous lecture explaining why **"that's wrong"** from Andrew.

Even if there was consequences, we might have been asked to leave the restaurant. Big deal. Andrew is suggesting that we'd be lined up in front of a firing squad for "being reactive".

How you interact with men, your parents, your friends, authorities figures, co-workers, strangers and children can be totally independent and non-representative of how you hit on girls. Sure, there are guys that are "nice guys" and submissive, passive -aggressive or reactive to a lot of people. But just because you behave a certain way in one incident, it doesn't mean that you have look at your entire life unless you constantly find yourself in the same situation.

If you look across the board at your demeanor with the different groups in your life, you interact and treat them differently. You don't talk to women the same way you talk to your father. You don't talk to your father the same way you talk to your co-workers. I speak different to you guys than I do to random girls, you probably do the same.

The bottom line is- Do what you want. Andrew probably wanted to scream the rude overworked-underpaid manager at Popeye's but he didn't because he was busy practicing "don't be reactive".

There's no **"messing up"** or being **"wrong"** when you do what you want.

1% of the time their will be consequences and .1% of the time it will be the "worst case scenario".

That's absolutely no reason to not do what you want 100% of the time.

Get out of your head and do what you want. It will be the **"right"** decision even if it's **"wrong"**.

Help, I'm Still Scared of the Consequences...

Yes, there can be *consequences* if you embrace this mentality.

The 'worst-case scenario' consequences **rarely** happen however.

In *most cases* if you upset somebody- Nothing significant will happen. You might get yelled at. You might get kicked out a bar.
No big deal.

Social consequences are not real.

In *less cases* if you upset somebody- You might get in a fight (and the bouncers break it up in 20 seconds) and you don't see the other party ever again.

In *way less cases* if you upset somebody- You might get arrested or get physically hurt.

But that has never happened to me during a social confrontation and I've NEVER seen it happen to anyone else (honestly).
I've seen fights but no one was ever seriously hurt or went to jail.

Obviously I've heard of bad things happening but these are rare .01% of cases. Maybe I'm being naive but I honestly haven't seen horrible shit go now.

My point is- **nothing** usually happens. **Use discretion but DON'T live in fear.**

Fear should NEVER (rarely) motivate your actions. At the same time, pride shouldn't motivate your actions (thanks Sam and Geo). :)

"What if..." shouldn't control your life.

It's not a huge deal if you are wrong 1% of the time and incur insignificant consequences.

What is a huge deal is becoming a submissive little pussy when you are trying to live by the "Don't Be Reactive" mindset.

When you start getting laid a lot, you'll naturally probably not want verbal or physical conflict. I'm pretty polite to people just because I love my life. I'm choosing to be polite though, I'm not doing it to "not be reactive," do you understand what I mean?

Bringing This All Together- Understand, Accept and Embrace the Potential Consequences

Life Application

In the internal battle of "do what you want" vs. "don't be reactive," I encourage you to side with the first.

Just as "don't be reactive" can be difficult, so too can "do what you want," especially for nice guys.

Here's how to do what you want and feel that is it the right decision.

As I said,
99% of the time it will be the right decision.
1% of the time there will be real consequences.
.01% of the time these consequences will be "worst case scenario"

While I encourage you to focus on the 99%, lets have a look at the 1% and .01%.

Here's a scenario that you should be familiar with- you see a hot girl, you want to talk to her and see what she's like-

A thought creeps into your head, "what if she has a boyfriend?"

Okay, so "WHAT IF she has a boyfriend?"

99% of the time- if she has a boyfriend, nothing will happen.

1% of the time- if she has a boyfriend, he'll rudely tell you to leave her alone.
(ironically, 1% of the girls I approach that say they have boyfriends I hook up with, that's a rough estimation however.)

.1% of the time- if she has a boyfriend, you'll end up in a physical confrontation where no one gets hurt.

.01% of the time- if she has a boyfriend, you'll be in a physical confrontation where someone goes to the hospital. (worst case scenario)

I don't know about you, but I'm actually willing to accept ALL those scenarios- even the one where me or the other guy goes to the hospital.

Even the worst case scenario isn't something that going to keep me from hitting on the girls I want and banging them.

I'd rather go to the hospital a bloody mess a 1 or more times than be a pussy who lives by "what if..." and gets no action.

I've slept with over 110 girls, strictly from cold approach, in just over 3 1/4 years since I started this.

I've probably hit on several thousands, especially when I just started out.

NOT ONCE did ANYTHING outside the 99% happen. A girl's boyfriend has never even rudely told me to leave her alone. I'm completely serious. I haven't gotten in a fight and I sure haven't gone to the hospital.

Guess what?

If it does happen, I'm going to hit on more chicks and Get Laid more after I get out of the hospital. Because That's what I do.

I do what I want. It took me a few years to understand, accept and embrace the consequences, but I'm there. I really do what I want as much or more than anyone I know.

I mean- shit, I have naked pictures of myself on the website. I accept whatever consequences may happen- even the worst case scenario.

DO WHATEVER THE FUCK YOU WANT. :)

This entire attitude should apply to your entire life and not just women.

Ideally, you do what you want to do 100% of the time, aware and accepting of the consequences.

Don't like your job? **Quit. Go do something else you like more. You'll find another job.**
Don't like one of your friends? **Tell them to fuck off and meet cooler people.**

Don't like someones attitude? **Let them know.**
Don't like the food in the restaurant? **Complain or walk out.**
Need to pee? **Piss on the ground if you really have to.**

The main thing is that YOU are HAPPY, doing what you want and living the life that you want.

If you constantly find yourself in bad situations, then we have to take a look at why that is. It's probably YOU and not the world.
That's not the majority of guys though.
The majority of guys just need a kick in ass to remind them that they have every right to stick up for themselves. If you are legitimately working hard to become your best self, then you especially have every right to stick up for yourself. You should be proud that your life is motivated by PASSION, DESIRE and WANT rather than by NEED, PRIDE or FEAR.
Seriously- if you have made the decision to become **extra**ordinary then you shouldn't behave like you are just ordinary.

Key points-

- Doing what you want, 99% of the time will be the RIGHT decision even if there are consequences.

- If you "Do what you want," you will have no regrets, even if there are consequences.

- If you "Don't do what you want," you will often regret it.

- Consequences are rare unless you are doing something blatantly illegal or physically harmful to other people.

- Even if you incur consequences, only about .1% of the time will they be "worst case scenario" repercussions.

- Know accept the possibly of these consequences beforehand, they will be very rare and shouldn't prevent you from doing what you want.

- Don't live in fear of the .1% "worst case scenario" hypothetical. It barely ever happens.

- There is no such thing as "messing up" or being "wrong," even if you later realize you made a bad decision.
It's the right decision if it's the right decision at the time. Follow your instincts and get out of your head! :)

If you have questions or comments don't hesitate to post below-

Scotty Gets Laid in About 30 Minutes (eye contact to sex)

May 8, 2012 | by Good Looking Loser | Link | Original Link

Scotty Flamingo PUA Basic Lay Report

We've got the real-time videos coming soon. Bear with me.



This is one of the first videos we did a long time ago for the community before we did our own thing, this is more Scotty talking moreso than any sort of structured interview.

Basically, he gets eye contact with a girl, approaches with normal conversation and still SCREENS her by touching her in a first minutes.

After some talk, ~10 minutes or so, he offers her a ride (false pretense) and she goes home with him. Nothing crazy.

The girl was Hot.
I don't usually break stuff down in such a nerdy pick up-guru way, but we were covering this basic situation that Scotty has pulled off over hundred times for community guys in NYC. "Scotty," was known as Scotty Flamingo PUA several years ago.

Scotty's Pick Up Video can be found here-

- **"Scotty In and Around New York City"**

How I Got Ripped in 8 Weeks (2012)

May 11, 2012 | by Good Looking Loser | Link | Original Link

Good Looking Loser Gets Ripped 2012

This was from last year, right about at this time.

Additional Opening Thoughts (Updated: May 2013)

I mainly used the "Good Looking Loser Fat Loss Diet" and some slightly modified food choices which are listed below.

There was no HGH used in this run, I keep testosterone levels in the high-normal ranges but don't use steroidal (super physiological doses) anymore.

Keep in mind, however, I have a TON of muscle memory from my days in my mid 20s when I used to lift weights nearly EVERY day and often while using anabolic steroids. Although I am much smaller today, there is a lot of muscle that will WAKE UP when I train it after off periods. I had been in Florida for about 2.5 months helping my Dad take care of my Mom. I didn't get it the gym even once and I pretty much sat on my ass and overate. The month before that I was sick with the flu for the majority of month, so it had been a while since I got to the gym on a daily basis. I'm offering this disclaimer simply because it's important to understand that muscle memory plays a significant role in me keeping size.

Still, whether you are a trained/untrained/formerly trained athlete, you should have no trouble losing weight on our diet. In fact, the guys that lose the most weight and the guys that have the most weight to lose. Phil has eclipsed 70lbs in about 6 months.

Original Post (Written May 10th 2012)

Starting March 10th 2012, I set out to lose the majority of my body fat. Today is May 10th 2012.

These are before and after pictures, ~8.7 weeks, 61 days.

I have experience doing this before, but I hadn't gotten really ripped since the summer of 2007.

- Our Health and Fitness Section is over at: www.GLL-GetALife.com (Get Ripped)

I was pretty inactive over the months of January and February 2012 since I was in Florida helping out my parents- my Dad had a heart procedure and my Mom has Alzheimer's. They are doing alright now, for the most part. So sometimes getting out of shape physically (and psychologically) is the best motivation to get in shape.

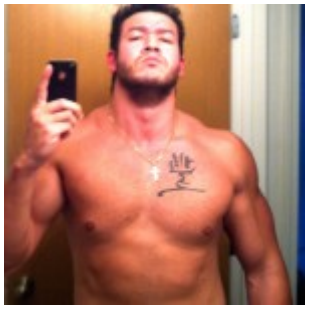
I worked out 3 times a week. A few weeks I went 4 times. Never more than 55 minutes.

This is NOT product of some HARDCORE gym obsession or a ridiculously stupid crash diet, this is simply a carefully timed eating, blood sugar control and a healthful caloric deficiency. I got more

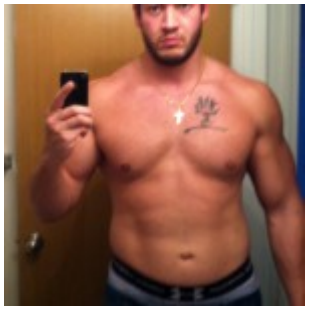
vitamins, mineral and antioxidants than I need.

Once you get to know how the human body works and the specifics that pertain to your own, it's not too hard.

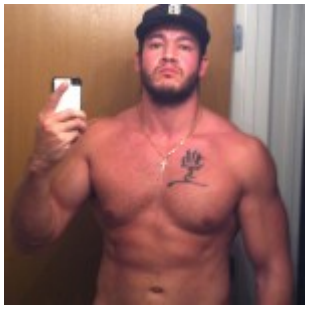
I'll share my diet and training below. There's special timing needed in this whole process to get the MAX fat loss in a quit period of time. I can't emphasize that enough.



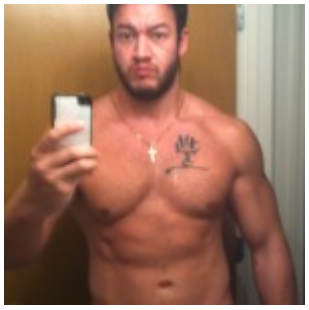
March 10th (Day 0)



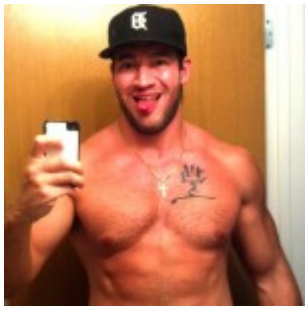
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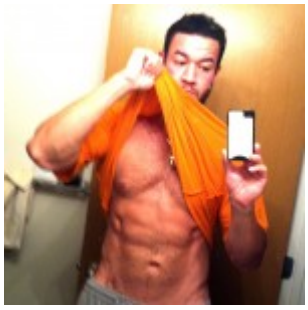


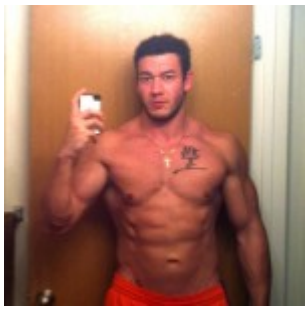
March 17th (Day 7)

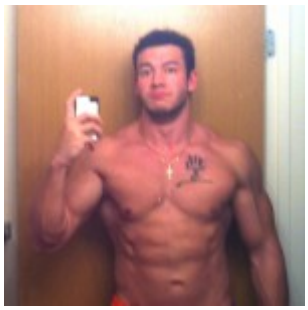


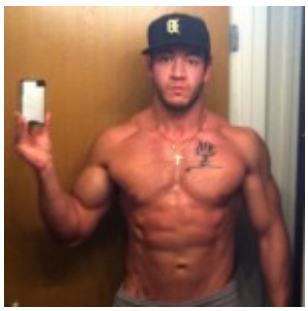
March 24th (Day 14)


March 31st (Day 21)

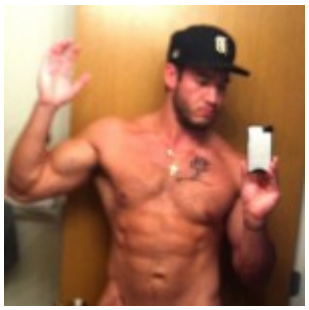

April 7 (Day 28)


April 14th (Day 35)

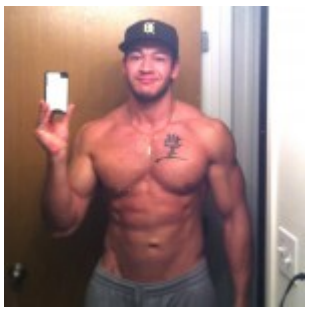

April 21th (Day 42)



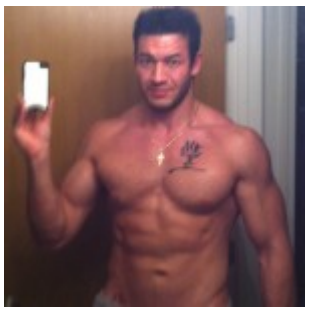
April 28th (Day 49)



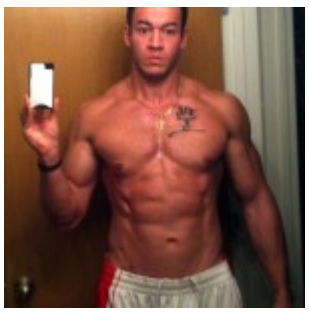
May 5th (Day 56)



May 9th (Day 60)



May 10th (Week 8.5)



May 18th (69 Days) ~10weeks

I only used 250mg/week of Testosterone and ~50mg of under-dosed Anavar for this. 30-40mg seems more accurate.

I didn't use HGH, I have in the past [with an Rx, of course].

My Cutting Diet

I have two separate diets- one for training days and one for off days.

During this weight loss phase, I went to the gym 3 or 4 times a week, before eating (empty stomach), where I'd hit the weights for about 20 minutes and do cardio for 25-40 minutes a constant pace (heart rate: ~140BPM +/- 10BPM).

This diet and training protocol works because- when you have no food in your system, or haven't eaten in 8+ hours, your turns to your body fat (and muscle) to produce energy. That's what I want. I want to use my body fat for energy. To minimize muscle loss, I took BCAAs (branch chain amino acids) before and during my workout. Instead of burning muscle for energy, the body burns the BCAAs.

Training Days & Non-Training Days

5am Wake Up (Don't Eat, Take BCAAs)

6:30am Hit the Gym (Take more BCAAs), train for 50 minutes, weights for 20-25minutes, cardio AFTER for 25-45 minutes)

7:45am Protein Shake (1.5 cups Unsweetened Almond Milk, 2 Scoops of Protein Powder, 1 Heaping Scoop of Peanut Butter, Greens (spinach, kale or broccoli TASTELESS), Ice Cubes, Stevia Extract.

9:25am 4-5 Omega-3 Eggs, 2%/Full Fat Cheese, Organic Tomatoes Diced, Safflower Mayonnaise, Hot Sauce, Oregano Spice

11:45am 2 8oz. Chicken Breasts, 2%/Full Cheese, Organic Tomatoes Diced, Safflower Mayonnaise, Hot Sauce, Oregano Spice

3:00pm 1 Can of Tuna, Safflower Mayonnaise, Hot Sauce, Oregano Spice, Organic Vinegar

6:30pm Protein Shake (1.5 cups Unsweetened Almond Milk, 2 Scoops of Protein Powder, 1 Heaping Scoop of Peanut Butter, Greens (spinach, kale or broccoli TASTELESS), Ice Cubes, Stevia Extract.

8:30pm (one of the solid food meals from above) Eggs, chicken or tuna, or block of Organic Tofu w/ Soy Sauce

*On non-training days, I'll eat when I get up

Notes

All of these meals are interchangeable- I don't worry too much about the # of calories simply because NOTHING sticks to you when you eat virtually no carbohydrates. The only carbohydrates in the diet are the green in the shake (tasteless) and the organic tomatoes. The main thing is to train BEFORE you eat. That makes the dramatic fat loss possible. The BCAAs (in high amounts), the protein and the healthful (unsaturated fat) keeps the muscle on my body.

Every once in a while (after 3-5 days of this diet) I'll have a carbohydrate-based meal as the LAST meal of the day. I would do that if I was working out my legs the following morning.

Be a Creep, Get Laid

May 11, 2012 | by Good Looking Loser | Link | Original Link

Creeps Get Laid More than Nice Guys

I've been a super nice guy, I've been a creeper. The second is more empowering.

If you creep out 9 out of 10 girls and Get Laid by 1 out of girls- you are doing pretty well. Actually- really well.

Understand that you will be called a creep every so often (or more)

Accept that you will be called a creep every so often (or more).

Embrace that you will be called a creep every so often (or more).

I'm here to teach you the most productive and efficient way to Get Laid.

I'm not here to teach you how to not be a creep, that's what the other programs do.

I'm a creep.

Have you seen my naked pictures?

Have you seen me talking about how college girls nearly all want to try a big cock before they graduate?

Wouldn't it be creepy if girls knew that you viewed this website?
(fact is, a lot of girls think this site is awesome haha)

Have you seen Scotty? He's a fucking creep.

We're creeps but we Get Laid more than every nice guy in a 10-mile radius combined. (that's just a stupid guess)

We a lot of have lots of hot girls that are friends that will defend our actions and ideas to the death too.

I'm a creep and I'm teaching you how to be a creep to filter out sexually unavailable girls and girls that have weird issues with sex.



Aggressive Game Only For Cold Approach?

This discussion was partly inspired by an email I got from a guy that has made a ton of progress in the past few months. He had trouble making normal conversation with random people (guys and girls) and now he's on his way to talking to any chick(s) he wants. He knows it too. He's just seeing now- as he being more aggressive that he'll be called a "creep" every so often. Nice guys and guys that don't Get Laid aren't never called "creeps," so take it as a compliment.

This aggressive "screening game" is meant for cold approach. But it's not meant for cold approach just because there's potential to "creep" girls out. It's meant for cold approach because cold approach is the most efficient and productive way to meet women. If the Internet or strictly social circle was more time efficient and productive, I'd make a program for that. In the process, however, you'll creep the sexually unavailable or emotional undesirable girls out. That's what we want.

You can still be aggressive in social circle and it will work. Understand, accept and embrace that you can be called a "creep" and potentially develop a rep among that peer group. It's not life or death though. I suggest mainly using aggressive screening for cold approach and/or when you are able to isolate ("hey its too cold here, lets walk over here...") social circle girls.

You should do what you want though.

Do What You Want, "Don't Be Reactive v2.0"

99% of the time it will be the right decision, simply because that?s what seemed right at the time

1% of the time there will be some negative consequences

.01% of the time there will worst case scenario consequences
There?s **NO** point in fearing the .01%

Every girl you creep out, you?ll realize- there are no consequences.

It might take a little while to get used to it. But it's no different than a failed approach with "Mr. Funny Man" game.

In fact, it's better, you have more balls and you'll be screening the next girl and not wasting your time.

For the initial stages- be an aggressive creep, aggressive creeps Get Laid. That develops your physical game and courage.

You will develop some finesse later.

Hopefully this little discussion gives some of you guys the "permission" you need to go creep some chicks out, you might Get Laid in the process.

Sunday Conversation, What Goes Through My Head When I See A Hot Chick

May 17, 2012 | by Good Looking Loser | Link | Original Link

Player Mentality

Some guys have asked me recently- What goes through my head when I hit on (screen) a hot chick?

First off, the stuff that went on in my mind changed quite a bit from when I started this stuff back in 2006.

At first, it was "I hope she likes me," and all those "damn, I hope this goes okay..." thoughts.

Come late 2009 and 2010 (and today), the voice in my head says significantly different things.

Sunday Schedule/Conversation (Numbers Game)

Toward the *middle of 2009*, I would make a 'weekly list' of the stuff I want to do, basically a plan for the week.

In Los Angeles, without a full-time job, it's easy to sleep the entire day and wake up at 2pm.

I found it helpful to plan out my entire week- just so I could make sure I got stuff done.

The weekly plans included the times I was working, going to the gym, meeting up with friends, meeting up with certain chicks and all the other stuff I could put a time on.

I was no longer doing "mega-sessions" where I would approach 20 chicks and then take several days off. I was hitting on girls everyday. I had recently come to understand that "Being a Player is a Lifestyle, It's Something You Are, Not Something You Do".

So, my weekly schedule never said "Hit on Girls" during any specific interval of time.

I hadn't "discovered" screening in Summer 2009 and was basically running a fairly confident version of "Mr. Funny Man" game. I was pretty good at it. Still, obviously, the problem with that is- half the time I was talking to a sexually unavailable girl and I didn't even know it. It made for lots of "dates" too. Still, I was getting SOME results and I was happy with my progress, even though I wasn't satisfied with where I was at.

On my schedule, was an estimate of how many girls I was going to hit on and rough lowest percentages of the new girls that would become a part of my life and hopefully soon by in my bed. I just put these percentages together in my head (no official data or anything) based on the *lowest odds* or the least amount of girls that I could possibly go out with taking into the trends I'd seen lately (~35 phone numbers/100 Internet girls). (20 phone numbers/50 in-field girls) My results usually slightly exceeded my percent guesstimates.

On my agenda (related to picking up girls) was:

1) Hit on 50 girls, ask all of them for a phone number (throughout the week)

2) Hit on 100 girls on the Internet with a cut and paste message, ask all of them for a phone number

(only on Sunday and Monday afternoon)

Total = Hit on 150 girls

1) of the 50 in field girls = I'd probably get 15-20 phone numbers (35-40%). Of the 15-20 numbers, I wouldn't hear from 5-10 girls (they were probably sexually unavailable, even though I didn't know it). Of the remaining 10-15, I'd be able to get 40% of them out 6-8 girls. Due to time constraints, I'd pick the hottest/most available 3 or 4 to set up "dates" with. I'd bang half of them (2 girls) within 4 weeks and lose the other half along the way (2 girls). **2 girls remain**

2) of the 100 Internet girls, 40% wouldn't reply (didn't like my profile, inactive account, didn't like my cut and paste, etc.) and I'd engage 60 girls. 40% of the girls would disappear have a message or two (24 girls). Of the remaining 24 girls, half would give me their number (12 girls). 33% of the girls wouldn't answer my text (4 girls), of the remaining 8 girls, I would get 4 to 6 on the phone and able to meet up. Again, I'd bang 33% of them (1-2 girls) within 4 weeks and lose the remaining girls all the way(4 or 5). **1 or 2 girls remain**

Again, this was before the period (October 2009-beyond) when I started banging girls same-day, same-night, 1-2 dates, over and over. Of the girls I "lost along the way," it was mainly (~80%) because they wanted boyfriends (especially the online girls) and I was being too aggressive once we got on a date. Obviously, had I screened them up front, this wouldn't have happened - they would Get Lost immediately.

So I could count on have **3 to 4 new girls** as part of my life and likely to have sex with in the next 0 to 4 weeks.

That number seemed low, but still- I already had 2 fuck buddies and by these numbers, I might have at least a couple more by the end of the month. That kept me motivated.

I realized- If I hit on 50 chicks in the field and 100 online that week. I could AT LEAST get 1 fuckbuddy out of it, probably more (with a month or so).

I kept this in mind when I went out or if I got bored with hitting on chicks online.

Not one approached seemed to matter that much, each and every number was just part of plan that would award me 1 or 2 fuckbuddies.

I repeated this type of thing until late August 2009, I had 4 regular bedbuddies by then.

I think this type of thing helped me keep stuff in perspective.

To me, it was like: **DO THIS (50 + 100)** and **YOU'LL GET THIS (1-2 fuckbuddies in at least 4 weeks)**

(even though no girl as was ever guaranteed).

Sundays were a bit of a reflection period too.

I'd look on Facebook at the girls that met in Los Angeles, I flipped through my phone book, I used to write down the names and description of the girls I met in my "black book" (it was a binder), I'd flip through my own Facebook pictures and look at the compliments that girls had left me through the years, I'd look through my journal that I had been keeping too, I'd also try to line up a meet up on Sunday night. I also thought about the girls I was probably going to hang out with that week. I just wanted to remind myself that even though I hadn't gotten the [amount of] success I wanted, that I did get a fair amount of girls and women, in general- liked me.

Now, this was partially out of insecurity, but either way, I needed all the love I could give myself and

a positive mindset going into the upcoming week. I had to remind myself that "I could do this" and my success wasn't luck, it was a conscious effort to play the numbers game and a RESULT of me having a plan and executing. That's empowering.

Overtime, this helped me build a legit abundance mentality (I have a tattoo on my chest).

*Hitting on 50 girls was a little lower than early that year since I was getting some pussy and was going on about 3 dates a week, with 3 different chicks. Mid 2009 was the period of time just before I figured out how to screen girls which really brought me insane results. Again, during this period I ended up on a lot of dates where I didn't get laid because I wasn't too aggressive when I met girls. But it was definitely progress and I was enjoying having regular women in my life even though I wasn't banging all of them.

The "Sunday Schedule/Mentality," has stuck with me to THIS DAY. It just reminds me that it's a numbers game. If I want a new fuckbuddy just had to hit on _ number of girls until it happens. This is the attitude that all the "naturals" have that Get Laid a lot.

If I want to Get Laid I have to hit on X amount of girls.

Sunday Conversation/Mentality Video

Here's a video below about how I approached "the game" when I was learning.

I'm not going to tell you what or how to think about this one... I'm just going to talk about it... you might pick up stuff that doesn't occur to me but triggers something related to your own thought processes. Everyone feels different stuff when they are thinking about meeting women.

What Goes Through My Head When I See A Hot Chick

Now let me tell you about what goes through my mind when I see a hot chick (when I'm sexually available and wanting to approach).

Again, I'm not going to tell you what or how to think about this one... I'm just going to talk about it... you might pick up stuff that doesn't occur to me but triggers something related to your own thought processes. Everyone feels different stuff when they are actually out there hitting on girls.

This comes from my mindset TODAY, not back in Summer 2009 where the previous discussion was from.

It's far different than back 4-5 year ago.

I don't consciously think this stuff, it's pretty much natural... sometimes I do though.

A lot of it was built from my Sunday insights in Mid 2009. Numbers game.

The newer element is screening.

So the mentality is a combination of **numbers and screening**.

In short, what goes through my head when I approach any single girl is-

- *Are you one of the girls that I going to fuck silly this month?*
- *I'm gonna find out if this girl knows her pussy.*
- *I'm gonna find out if this girl cool.*
- *I'm gonna find out if this girl likes to fuck.*
- *If she has nice breasts- If this chick is available I'm going to put those big ripe breasts in my*

mouth.

- *If she has a nice butt- If this chick is available her ass will be parked over my face and she wiggle it for me.*
- *Hopefully this chick isn't a fuckin weirdo.*
- *This girl probably hasn't been fucked by a huge thick cock.*
- *This chick probably thinks she's cool.*
- *I wonder if this girl just lays there during sex.*

These are among the thoughts that go through my head when a hot chick crosses my field of vision.

These thoughts are all much more empowering than "I hope she likes me," "What can I do to make her speak to me?" "etc.," that bullshit.

if you aren't thinking thoughts or similar ones that I mentioned and you are stuck on "uh oh..." or "i hope this goes well.... then take **TIME OUT**. Literally take **TIME OUT** and stare at the girl.

Think to yourself... what do I *really know* about this girl?

The answer is nothing. You know nothing.

You might think you know, but you really don't. I never do. I never can tell. Sometimes I think I do, but usually its at least slightly different than I think.

You don't know if she'd make the IDEAL girlfriend or if she's a train wreck waiting to happen or an emotionally unhealthy bitch. You have no idea. You have no idea if she's good in bed. You have no idea if she is virgin or she has more experience than every girl in a 10-mile radius.

When I see a girl, I approach and screen out of curiosity- Where is she in her life right now?

Another thing to consider- I don't see much reason to convince a girl of anything.

I am what I am. She is what she is.

Lets see if she is want I am.

Most of the time the interaction has already been decided. It is what it is.?

The girl is either sexually available or she's not- at that exact moment in time.

That has nothing to do with me.

It has largely nothing to do with you if you can approach in a semi-confident manner and have made the effort to maximize your looks, body and style- you'll be attractive enough to at least 90% of girls.

If you haven't- do it.

I almost guarantee that nearly every girl that you approach has banged a guy worse looking and less cool than you.

If you screen her out, its because she isn't available at that specific moment in time.

A lot of guys haven't built a "tolerance to beauty," they look at some girls like they some sort of superior ALIEN creature.

They are humans. Nothing more, nothing less. They all have the same needs as we. They all want some degree of love, money and respect. They need food and shelter to survive. Just like us. They might want sex, but that's something we need to find out.

If I hit on 10 girls on any given day or night, when I touch them I think- "Now you are going to show me your true colors. I'm going to find out where you are RIGHT NOW in your life." I'm curious

which one will HIT. Maybe she'll surprise me.

I've hit on 1000s of girls and I never really know what I'm walking into. That's part of fun after you beat approach anxiety.

It's a numbers game, I'm gonna play it until I win.

Example: Look at the scenario below-

Can you pick out the sexually available girl? Can you pick out the coolest girl? Can you pick out the horny girl?



Neither can I.

But if I hit on them. I will find out-



Well what do ya know... 16 girls, at least one of them wanted sex. And It was one of the hot ones. Go figure.

Illuminatus: How To Enjoy Your Life (Lifestyle)

May 18, 2012 | by Good Looking Loser | Link | Original Link

How To Enjoy Your Life

I rarely post outside discussions on GoodLookingLoser.com since the stuff we have here is so "out there" and non-mainstream and "OMG I can't believe this...". I don't read too many other pages/blog since I'm pretty busy between GoodLookingLoser.com, fitness, women and pulling on my dick.

One guy that caught that caught my attention is Illuminatus from PersonalPowerMeditation.com.

When I first saw that he had "natural" ways to kill anxiety, I thought to myself- Oh God, another "guru" with no real experience that is going to tell us to go do yoga because it magically cures your every problem and chicks will suck when you say you do yoga. The guy is not like this AT ALL. In fact, we've had a discussions off the boards about how certain compounds legitimately CRUSH anxiety and I could tell the guy was LEGIT. A lot of the stuff he talks about, I've been doing for years.

What's more, he's a good writer and well-spoken. He doesn't even know that I'm posting this- but I think his stuff is really good and particularly valuable because he has REAL experience and touches issues that scare off the other guys.

How To Enjoy Your Life

source: http://www.personalpowermeditation.com/blog/2012/05/how-to-enjoy-your-life/

The following question was posted recently on a seduction community forum in a thread entitled ?What are the best 10 tips to enjoy your life more??(note that the spelling and grammar are the poster?s own):

> You are ready to start enjoying your life? Do you feel like you constantly stressed about things and want something different you can do yourself?

What follows is the reply I posted, with some tidying and a couple of extra points added.

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1) Fix posture (tuck chin). Here is some science behind why this is important.

2) Fix diet to remove allergens you may personally suffer from (trial and error, but dairy is a good place to start), and make sure you eat enough of the right foods to get the vitamins you need. Protein seems to be important in my experience.

3) Take measures to deal with any ill health as best you can. If you suspect a medical condition, just get it checked out by a doctor. Additionally, regular exercise, even just 15 minutes a day, will make many health- and mood-related issues disappear.

Physical health is the bedrock of happiness. Without it, all the psychological tricks and methods in the world won?t shift your baseline happiness in a positive direction. Yes, tucking your chin

(particularly if you use computers all day) can fix what dozens of self-help books won?t even touch!

4) Cut ties with non-supportive people. Particularly for many younger guys, move out of your parents? house if the situation is anything less than *great*.

5) Cultivate relationships with supportive people and mentors. Girlfriend(s) can be a powerful part of your support network, despite the various decrying of this as ?neediness? you may experience in the seduction community. For young men, it is also extremely important that you find older male role models (mentors) to learn from and mimic.

Emotional health is the second most important part of happiness. Without this, your higher-level endeavors are pretty much doomed to failure. Emotional health comes from your social network. Sorry, you really can?t go it alone in life, despite our current culture of individualism and (faux) personal empowerment! This is encapsulated well in the phrase ?no man is an island.?

6) Focus the mind on things which bring you personal fulfillment (you will figure these out as you go along). **Simultaneously move attention away from things which do not bring fulfillment or which bring harm.** The message here is *move* attention from bad to good, rather than *fighting* bad things (which just feeds them even more).

When you place your attention on something, you get more of it. Fed up with your job? That attention of ?being fed up? will actually bring you more of ?being fed up?. Instead, just leave things behind.

7) Balance *idealism* with *acceptance of your current reality*. This leads to the emergence of **pragmatism** ? perhaps your most vital skill. Pragmatism means pursuing your dreams whilst still having grounding in the knowledge and acceptance of what can/cannot be done. This point is where **many** guys in the seduction community fail. They dream big (because they?ve been told ?anything is possible? by the personal development industry; and because they spend too much time in their own imagination already) then get upset at anything which indicates the dream might not be attainable. They are not grounded in reality. Changing reality is a slow process. This leads to my final point?

8?) Take your time! Chew your food more slowly. Wake up earlier. Enjoy your walk to work. Assign time (and lots of it) to each thing you do. Most endeavours take time to bear fruit. Yes, life is short, but by following this simple advice, you can **create time** (or at least the illusion of more time). Since learning to take my time over everything, via becoming mindful of myself, a year for me now seems to last ten years.

The studious among you may notice a similar structure to Maslow?s Hierarchy of Needs (or even the Eight-Circuit Model of Consciousness for the really avant-garde) emerging. What I have written was not ?designed? to follow either of these models, and is drawn entirely from my personal experience, but the fact it has ended up reflecting these structures does highlight the ubiquity of the human experience, in my eyes.

Finally, I wanted to add one more thing. If you are currently depressed, this may well negatively affect your motivation to the point whereby it is difficult to get any of these things done. In such cases, I fully endorse speaking to a doctor and being prescribed antidepressants for a short time, and using these drugs as a ?springboard? off of which to get the other things done.

I am not endorsing being put on antidepressants so you can then sit at home and ?feel good? all day (and then not bother doing anything else with your life). That would go against everything this website stands for. I am however recognizing that depression has the tendency to zap motivation completely. Antidepressants in this case may well give you the motivation you require to start exercising, fix your diet, and create new personal relationships ? things which are going to serve you positively going forward.

I'll do my "Enjoy Your Life" discussion soon. It will touch on a few HARDCORE things.

This one was I felt was really solid.

Scotty's Fat Loss Diet When He Was A Competitive Bodybuilder

May 18, 2012 | by Good Looking Loser | Link | Original Link

Scotty's Cutting Diet

Scotty was a competitive bodybuilder before he got 7000 tattoos and started hitting on chicks every day of his life. He was trained by IFBB professional bodybuilder Dave Palumbo. Scotty placed in the top tier of every single show he did in a very competitive region- New York City. Just like in "pick up and bang girls," Scotty achieved massive success in the bodybuilding world just a couple of years.

Scotty is not a competitive bodybuilder anymore, he still works out and that contributes to his continued massive success with women.

Scotty is a teenager in these pictures-













This is his diet that he used to get down to sub 4% body fat for each of his shows-

(as you can see, like my cutting diet- Low/No carbohydrates)
Bodybuilders and athletes have known for years that CARBOHYDRATES (not dietary fat) are the source of fat gain and retention. The rest of the world is just realizing it!

This diet be effective regardless if you are using anabolic steroids or training like a bodybuilder/athlete.

Ideally, you'll be hitting the gym at least 2-3 times a week, but you'll lose fat on this diet no matter what.

MEAL #1
5 whole eggs (make sure to buy OMEGA-3 EGGS from the supermarket. They contain virtually NO saturated fat and tons of good OMEGA-3 fats); add another 4 egg whites to this (they don?t need to be the Omegs-3 ones; you can use liquid egg whites)

MEAL #2
SHAKE: 50g Whey Protein with 2 tablespoons of All Natural Peanut butter (no sugar)

MEAL #3
8oz. chicken with -cup cashew nuts (almonds, or walnuts)

MEAL #4
SHAKE: 50g Whey Protein with 1 tablespoons of All Natural Peanut butter (no sugar added)

MEAL #5

8oz. Salmon, Swordfish, or RED MEAT with a green salad (no tomatoes, carrots, or red peppers) with 1 tablespoon of Olive Oil or Macadamia nut oil and vinegar.

MEAL #6
SHAKE: 50g Whey with 2 tablespoons all natural peanut butter or 4 whole (Omega-3) eggs and 4 extra whites.

*****MEAL ORDER IS UNIMPORTANT. ALL MEALS ARE EQUAL.

*****ONCE A WEEK, HAVE A CHEAT MEAL (instead of MEAL #6) ? try to make it the lst meal of the day (start after 2 weeks on the diet)

*****You can use sugar-free soy sauce, mustard, and vinegar for condiments.

*****You can drink water, sugar-free drinks (diet soda), coffee, or tea with equal or spenda.

SUPPLEMENTS:

1. JUICE PLUS+ (2 pills of the GARDEN BLEND in morning and 2 pills of the ORCHARD BLEND at night).
2. Multivitamin 2xper day
3. Coral Calcium 1500mg per day
4. Primrose Oil (1300mg 2x per day) ? essential GOOD OMEGA-6 fats
5. Fish oil pills (Omega 3 fatty acids) 1000mg 3x per day
6. MSM (for joints and to aid in protein synthesis) 2000mg 2x per day

"Pornstar" Advanced Penis Enhancement Routine

May 19, 2012 | by Good Looking Loser | Link | Original Link

Porn Star Wanna-Be Penis Enhancement Routine

1 Inch in 12 Weeks...?

This routine was inspired by a guy in the adult film industry (Boomer) and DLD over at Mattersofsize.com

Some guys are REALLY ambitious and want to grow their dick as long, thick and big as can be.

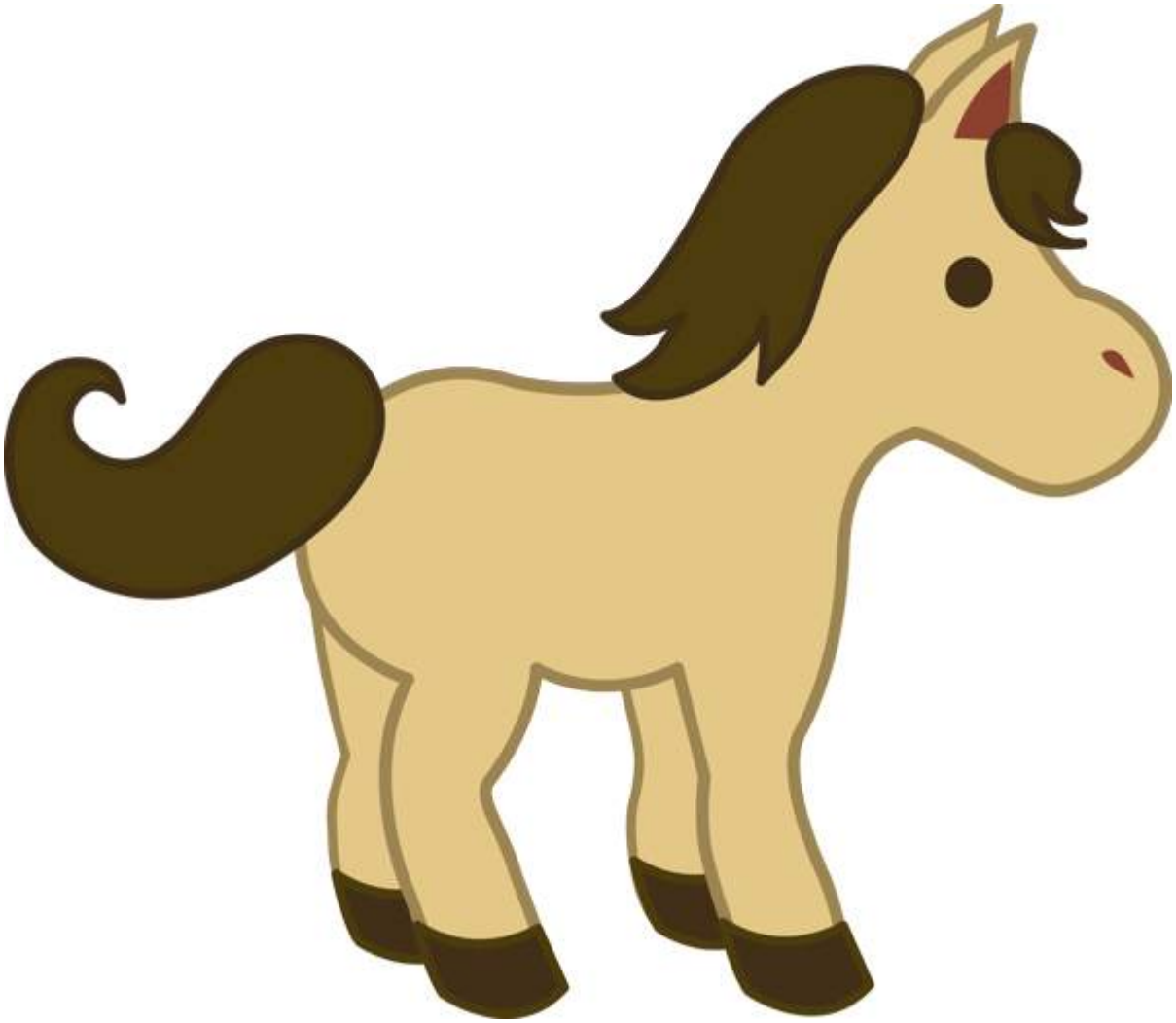
Here's a routine for that.

It's also a routine to make the FASTEST gains possible.

This is not suggested for beginners, but guys that have done male enhancement for at least 3 months can give it a shot or modify it slightly.

I've run this routine by a guy in the Los Angeles adult film industry, he approves and tweaked it slightly.
He uses both devices I recommend. He said he gained 1 inch in ~12 weeks when he did this routine starting in February 2009. He did the full routine- everyday.

Disclaimer: The information about Male Enhancement is from personal experience. The contents of this page, such as text, graphics, images and other material are intended for informational and educational purposes only and not for the purpose of rendering medical advice. Please view our Medical Disclaimer that you agreed to upon clicking [x] I agree, when entering this site.



I've been doing this/something very close routine for the past few months (as much as I can) and I've gone from 7" long to about 7.4" in a little less than 9 weeks. These are the most drastic length gains that I've gotten ever, even more than the "newbie" gains that I (and everyone else) got when I first started penis enhancement. It will probably be even more if I was able to do the full routine everyday.

If you are new to male enhancement, start with my "Beginner's Routine" for at least 12 weeks. You have to strengthen your penile tissue before you do something like this. Immediate guys (regardless of dick size) can safely give this a shot if they have 3+ months of male enhancement experience.

Another reason I have this routine up is because it will make success INEVITABLE.

Guaranteed- IF you do it consistently.

While most guys have prefer to have a balance in their lives, if getting hung is your #1 or #2 goal and you likewise are able to set aside the time (and money for the devices) you will make gains FASTER than ever.

My goal with EVERYTHING on this site is to make you achieve your goals in as LITTLE TIME as possible. My advice isn't worth a shit if it takes you 5 years to bring HOT fuckbuddies into your life or 5 years to gain an inch on your dick. My goal isn't just make you successful, it's to do it as fast (and safely) as possible.

To be honest with you, I've been doing male enhancement for about 10 years. The reason my dick isn't 10" long (or longer than it currently is) is because I simply wasn't that committed. I would take months and months off at a time and didn't exercise more than 2 times a week for most of the time. Only recently have a been HARDCORE committed and I intend to stay that way. The devices I use

make it much easier, manual PE is certainly time consuming.

I started out at ~5.25" x 5", I'm ~7.4 x 6.25" (post Bathmate session), ~7.25" x 6" (pre-Bathmate session) the last time I measured.

Certainly you will remember ask your doctor BEFORE you start doing this routine (or any other) routine. :)

Hung Like a Porn Star

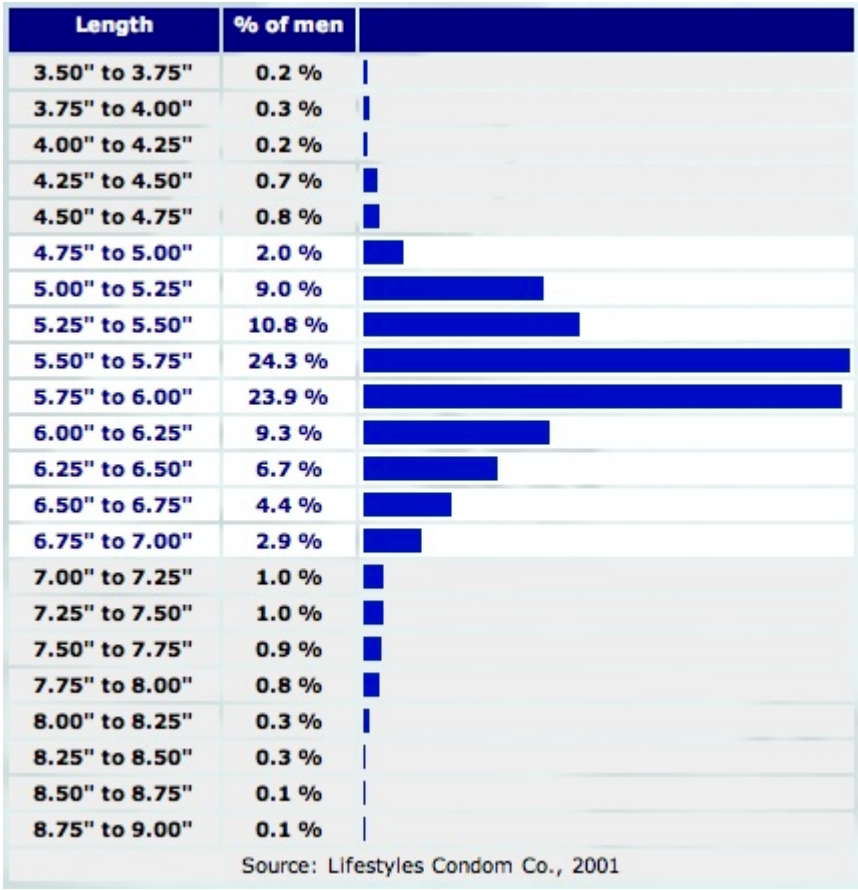
Do this and your dick with grow like a weed. Probably like a tree.

The devices you need (suggested so you don't spend ALL day pulling on your dick)-
Bathmate
SizeGenetics Penis Extender (really important for this)

This routine assumes a 16-hour waking day, 8 hours sleeping.

The majority of time consuming manual PE should be done first thing in the morning, if possible. Just get it out of the way and go about your day. Sometimes PE will be boring, just keep in the back of your mind that you are doing a legit program that my Porn Star "friend" approves, that I use and that will make SUCCESS INEVITABLE. You can also keep in mind that "wow, I just won the lottery" look that a lot of chicks will give you when you pull out your plump sausage.

Average Penis Size Chart (this one is thought to be the most accurate)
It's smaller than most people think.



A 7" penis falls in the top 4.5%

NON-GYM or SEX DAY PORN STAR ROUTINE

0:00 Wake up, jump in the shower, let warm/hot water run on your dick.

0:20 Manual Stretching All directions
(UP, UP-RIGHT, UP-LEFT, LEFT, CENTER, RIGHT, BEHIND LEFT BUTT CHEEK, BEHIND BUTT CRACK, BEHIND RIGHT BUTT CHEEK; 30 SECONDS x 3 sets)
notes: On your third set pull HARD, to the point just before it hurts. This SHOULD NOT hurt. To maintain good blood flow to your dick, crank your dick in a clockwise motion for 30 second when the blood flow lessens. Your dick shouldn't be hard, it should be soft but extended/hanging from your body as much as possible. If you have issues with grip, put baby powder on your dick and hands, that helps.

1:00 Restore blood flow to your dick. Sit down and do a 45 minute jelqing session.
notes: I use either extra virgin warm olive oil or extra virgin warm coconut oil. Try to use a slowish jelqing stroke of 4-5 seconds per jelq. Do your best to finish the 45 minutes. If you can't and keep losing your 85% boner, then stop (remember how much time you went and try to beat it next time). Watch TV or porn in the process to keep your mind occupied, don't use your computer or something that requires your hands to be elsewhere. Crank your dick in a clockwise motion after you are done, your tissue should be fatigues and the ligaments very loose (flexible).

1:50 Do 3 x 30second FULL POWER stretches forward.
notes: Put on baby powder really quick again. Pull as hard as possible, NO pain though. For this one I lean forward, put my elbow on my thighs and really pull forward hard. I pull with my right hand, my dick in between my thumb and index finger. My left hand clamps over my right hand to secure the grip. At this point, this stretch feels pretty good for me actually. Your dick should be longer than before you started. It will likely be fatigued too, it will feel tried but good, just like you had a nice hard workout at the gym.

2:00 Shower if you want or put a warm washcloth on your dick to clean the oil/baby power off.

2:10-2:15 Put the SizeGenetics extender on ASAP.
notes: This part is super hard important I've been told. Not only does it prevent turtle dick, but it supposedly REALLY HELPS cement your gains and the results from the workout. Use a moderate tension, whatever you can wear for a long period of time with ANY pain or irritation. Keep it on for 60 minutes.

3:15 An hour later, take the extender off. Crank your dick in a clockwise position for 45-60 seconds to restore blood flow. Kegel repeated along the way.

3:20 Do a 45-60 second forward FULL POWER stretch.
notes: Again, pull as hard as possible. No pain though. Crank your dick to restore some blood flow.

3:25 Put the extender back on for 90minutes to 120minutes.
notes: If you have to pee, take the extender off, pee and then crank your dick in a clockwise motion to restore blood flow. Put the extender back on ASAP.

5:25 Do a 45-60 second downward FULL POWER stretch.
notes: Again, pull as hard as possible. No pain though. Crank your dick to restore some blood flow.

5:30 Put the extender back on for 90minutes to 120minutes.
notes: If you have to pee, take the extender off, pee and then crank your dick in a clockwise motion to

restore blood flow. Put the extender back on ASAP.

7:30 Do a 45-60 second left-sideways FULL POWER stretch.
notes: Again, pull as hard as possible. No pain though. Crank your dick to restore some blood flow.

7:35 Put the extender back on for 90minutes to 120minutes.
notes: If you have to pee, take the extender off, pee and then crank your dick in a clockwise motion to restore blood flow. Put the extender back on ASAP.

9:35 Do a 45-60 second right-sideways FULL POWER stretch.
notes: Again, pull as hard as possible. No pain though. Crank your dick to restore some blood flow.

9:40 Put the extender back on for 90minutes to 120minutes.
notes: If you have to pee, take the extender off, pee and then crank your dick in a clockwise motion to restore blood flow. Put the extender back on ASAP.

9:45 Do a 45-60 second upward FULL POWER stretch.
notes: Again, pull as hard as possible. Pulling upward is a little trick, just do your best. No pain though. Crank your dick to restore some blood flow.

11:45 Put the extender back on for 90minutes to 120minutes.
notes: If you have to pee, take the extender off, pee and then crank your dick in a clockwise motion to restore blood flow. Put the extender back on ASAP.

9:45 Do a 45-60 second upward FULL POWER stretch.
notes: Again, pull as hard as possible. Pulling upward is a little trick, just do your best. No pain though. Crank your dick to restore some blood flow.

11:45 Put the extender back on for 90minutes to 120minutes.
notes: If you have to pee, take the extender off, pee and then crank your dick in a clockwise motion to restore blood flow. Put the extender back on ASAP.

13:45 Do a 45-60 second Behind Left Butt Cheek FULL POWER stretch.
notes: Again, pull as hard as possible. Pulling upward is a little trick, just do your best. No pain though. Crank your dick to restore some blood flow.

13:50 Put the extender back on for 90minutes to 120minutes.
notes: If you have to pee, take the extender off, pee and then crank your dick in a clockwise motion to restore blood flow. Put the extender back on ASAP.

15:50 Do a 45-60 second Behind Right Butt Cheek FULL POWER stretch.
notes: Again, pull as hard as possible. Pulling upward is a little trick, just do your best. No pain though. Crank your dick to restore some blood flow.

16:00 If you can get a 80-90% boner, use the Bathmate for 10 minutes.
notes: If you can't, it's okay. You'll work up to it.

That covers 16 hours (+/- about 1 hour or so) giving you 8 hours of sleeping time.

As you can see this is an ALL DAY routine.

The idea is largely based on why the extender works in the first place- time under tension (TUT). TUT is the same principle that professional bodybuilders use to train for size. The longer a muscle or tissue is under tension, the greater depth at which it gets fatigued/safely broken down. The potential for growth is greater, so long as you allow adequate time for recovery. Your dick will be a stretched state for far more hours than it is the non-stretched state. That alone will give you significant growth.

This routine requires commitment. The part that requires privacy, focus and effort is largely at the beginning of the day with the manual stretching and jelqing. I suppose you can do that at the end of the day if you don't have 2 hours in the morning, but this routine won't work as well. There's a window of time post-workout that it particularly important to keep your dick extended- keeping a healthy fatigued dick extended will produce significant change over time. If you don't have 2 hours in the morning, try to make at least some time.

It may seem like a lot, and it is. But you'll get used to it since the SizeGenetics extender is pretty comfortable and every time you look at your dick it seems to be hanging even lower. I try to do it as much as possible, but there will definitely be days that I wear SizeGenetics for 6-8 hours instead of 12-14 hours.

Just imagine if you DID do this routine for 6 months. You'd grow so fast and be as hung as you've ever been. Simply by the looks of this routine, you probably know you'll be successful if you are able to follow it. I mean- look at it- your dick as NO CHOICE but to get longer, stronger and bigger.

Even if you don't want to be 7-8"+ inches, provided you have some previous male enhancement experience, you can just use this routine to gain as fast as possible and then reevaluate your goals.

Gym Days? Sex Days?

Obviously it's impossible to wear your extender for 14+ hours a day, every day. My advice here is- do the best you can. This is not and ALL-OR-NOTHING thing, just be as committed as possible and keep your dick under tension as much as possible. I don't suggest wearing at the gym, just leave it off for a few hours and get your workout done. When you have sex, it has to come off for a little while too. Use the Bathmate before sex (you should do that anyway) so you will be really thick and once your blow your load, the thickness will somewhat wear off. Put the extender on ASAP after that. No turtle dick!

I suggest using the Bathmate before sex or as the LAST exercise of the day. Guys have asked me if they can wear it before using the extender. I guess you can, if you can fit. I'm nowhere close to fitting after a Bathmate session, so I use it at the end of the day if my dick isn't too fatigued.

Remember it's not black or white. Just do what you can on a daily basis. Like picking up and banging girls, its the DAILY actions and "stretching" of your comfort zone, mind, body and dick that add up to significant gains and results. No mega sessions, just daily action. It adds up, quickly. Slowly it will become a part of your lifestyle and you won't have to think about wearing the extender or pulling on your dick during the day.

If you need to conserve time in the morning, pick one: Manual Stretching or Jelqing. Do one. 30-45 minutes of either Jelqing or Stretching, then do the remainder of the routine. The morning workout is pretty important, not gonna lie to you! :)

Videos About the Bathmate Hydropump

May 23, 2012 | by Good Looking Loser | Link | Original Link

Bathmate Video

Videos All About the Bathmate Hydropump

Hey there, if you've arrived from Google, I encourage you to check out my comprehensive review of the Bathmate Hydropump.

It includes the following (in detail)-

- My experience with the Bathmate Hydropump
- Real pumps vs. fake Hydropumps
- Before and after Pictures
- EXACTLY what you can expect
- How it works, why it works and special tips to maximize growth
- What the "Bathmate immediate pump" is and how it can significant impact your sex life
- A coupon code and automatic discount link if your interesting in buying it

There's actually not that many decent videos about the Bathmate on the Internet. Most are uninformative and fake because they are put together by Internet marketers who have never even used the Bathmate and are simply trying you to buy it.

I actually own this device and I have done 20+ videos on it over 3.5 years of experience.

We also have an active Bathmate Forum where I and other experienced guys give suggestions based on our personal experience.

Here's a few decent videos that I made and a few that are scattered the Internet and might otherwise take you weeks to find.

If you have ANY questions, don't hesitate to post below, we'll try and help you out.

Disclaimer: The information about the Bathmate is from personal experience and the experience of others. The contents of this page, such as text, graphics, images and other material are intended for informational and educational purposes only and not for the purpose of rendering medical advice. Please view our Medical Disclaimer.

The Ultimate Bathmate Video FAQ (YouTube)

- **30+ Frequently Asked Questions Answered about the Bathmate Hydropump**
  (LOOK IN HERE)



Video: The popular video of the Bathmate spoof from Comedy Central Tosh.0-

Click on the video screens to make it start playing (requires *Quicktime*).

Using the Bathmate

Video of a guy using the Bathmate in the tub. You can use it in the shower just as easily.
*I don't own this video nor claim any rights to it-

Click the screen to start the video.

Immediate Gains (Pump) After Using the Bathmate

Video of a guy impressed with his pumped dick after taking off the Bathmate. The pump (immediate gains) is one of the most exciting parts about using the Bathmate. With regular use these gains become more and more permanent.
This isn't me, I have the similar [harmless] discoloration on my dick however. It looks like I'm the same thickness after but he's longer.
*I don't own this video nor claim any rights to it-

Click the screen to start the video.

The Bathmate FAQ (Frequently Asked Questions)

Contents of video-
00:30- Does it work? Permanent and Immediate Gains
01:40- Where should I get the Bathmate? Fake Bathmate pumps are everywhere.
04:05- Should I get the Bathmate Hercules or the Bathmate Goliath?
04:55- If I use ONLY the Bathmate will I increase my penis size?
05:30-Should I have an erection when I use the Bathmate?
07:35- If I'm uncircumcised can I use the Bathmate?
08:20- Should I get the Bathmate or just doing manual exercises?
09:00- Should I buy the entire set (shower strap, cleaning kit) or just the pump?
10:10- Should I do manual exercises before or after using the Bathmate?
10:25- Can I have sex or jerk off after using the Bathmate?
11:30- What underwear should I wear using the Bathmate?
13:30- What are the red dots that 20% of guys get when first using the Bathmate?
15:15- How do I clean the Bathmate? How often?

Does Bathmate Encourage Length Gains?

Video discusses how to use the Bathmate for length gains by stretching your 'internal' penis.

The whole process (with an adult video) is discussed in-depth here-

- Using the Bathmate to Gain Length (Not Safe for Work)

If I Use ONLY the Bathmate, Will I Gain Size?

Video discusses the potential results of JUST using the Bathmate Hydropump and not using manual exercises such as stretching or jelqing.

If I Stop Using the Bathmate Hydropump, Will I Lose All My Gains?

Video discusses the common question about how permanent / temporary Bathmate gains are.

How Do I Make Bathmate Gains Permanent?

Video discusses how to retain your gains from the Bathmate.

Can I Use the Bathmate Before Having Sex?

This video discusses the instant PUMP and size increase and using / timing your Bathmate prior to sex.

Contents of Video-
0:00 Introduction
0:25 There's not a lot of good Bathmate information out there since the majority of guys are Internet marketers that have never even used the Bathmate
1:15 Instant gains, instant pump- your dick with be really thick right after you use the Bathmate
1:45 Pump is about 1/4" in length, 1/2" - 1" in girth. that's a lot.
2:10 Pump lasts 4-24hours if you've been using Bathmate for a while, if you're new the pump will last ~1-4hours. Just keep using it consistently to have an all day pump.
2:30 Your instant pump will depend on a few things- erection strength, how long you use it, suction strength, etc.
3:30 Temporary gains/pump will become permanent gains with repeated, daily use.
3:45 Timing your pump and size prior to sex... pretty important. (my experience)
5:20 A little girth goes a long way. If you add 1" of girth to your dick, you are significantly bigger... you'll see it in the mirror too. Huge.
7:00 A story from a guy at GoodLookingLoser.com, uses the Bathmate for a week and nails his ex-girlfriend who is shocked by his cock size (see link below for the full story)
8:40 Add a 'Big Cock Sex' element to your sex life (my experience)
10:20 Things girls do when they are hooking up with a hung guy
10:50 Issues with having a big dick and suggestions to overcome (extended foreplay, water-based lube, keep a little bottle in your car if need be)
12:30 Summary on 'timing' Bathmate use for sex
12:55 Big Cock = High Quality Problem haha
You are always welcome to read and participate in our Bathmate Forum, there are guys of all experience levels.

How to Replace the Valve on the Bathmate x30

There's no stupid questions, it's pretty easy to use anyway :)

Axl Rose Discusses Drug Use

May 28, 2012 | by Good Looking Loser | Link | Original Link

Axl Rose Discusses His View on Drugs

I used to be very against drugs. After all, drugs are bad right? They'll kill you. Probably instantly too.

No, seriously I thought that

Needless to say my views have changed, I'm not in favor of hardcore drug addiction by any means.

I AM in favor of basing your opinions on the experiences that you've actually had and not what others say who have absolutely no experience in the matter (that's the general theme to this website, you've probably noticed).

Even though he was a woman beating, hardcore drug using, somewhat overrated, impossible to get along with musician (I admit I have never met him, so maybe I shouldn't fucking speak), I largely concur with Axl Rose on his [apparent] view of drug use-

Rolling Stone Magazine:
Are you, as many people believe, a heavy drug user?



Axl:
I have a different physical constitution and different mindset about drugs than anybody I've known in Hollywood, because I don't abstain from doing drugs, but I won't allow myself to have a fuckin' habit. I won't allow it. I'll have done blow for three days and my mind will go "Fuck no". I'll have the physical feeling of knowing my body needs it, and I'll just refuse to do coke that day. I'm not going to do it, because if I was going to do it, I know I won't be able to hit my goals with what I want to do with this band. I can't let myself get into coke as much as I'm into the band. The same thing with

heroin. I did it for three weeks straight and had one of the greatest times in my life, because I was with a girl I wanted to be with in this beautiful apartment, and we just sat there listening to Led Zeppelin, doing drugs and fucking. It was great, 'cause at that time I had nothing to do but sit on my ass and make a few phone calls a day. I stopped on, like, Saturday, because I had serious business to attend to on Monday. I felt like shit, sweated, shook, but on Monday I was able to function. I can't hide in drugs. A lot of people can, but whenever I do any drugs - pills, booze, smack, whatever - to enjoy it, my life has to be perfect - no fuck-ups, nothing going wrong. Otherwise, when I'm high, I'll analyze the shit out of everything that's happening in my life and why things are going wrong. That's not enjoyable. And if I have shows to do, I won't touch drugs because it fucks up my throat. My advice is don't get a habit, don't use anybody else's needle and don't let drugs become a prerequisite to having a good time. Do things in moderation, and just be careful.

- Axl Rose (Lead Singer of Guns n' Roses) Defunct.

btw- I recommend staying in shape, eating healthful food, regardless of your recreational activities.

btw2- If you do heroin, don't share needles for Christ's sake. Just kidding. Don't do heroin.

btw3- I don't know if Axl ever got in trouble (I think he did while he was drunk at some hotel in London) while under the influence or didn't live by his words above. Respectfully as possible, *I don't care*. It's the philosophy that I largely agree with. The guy was sexually abused and raped by his father at an early age, ran away from home and formed a band (later Guns n' Roses) - he had problems long before he ever did drugs. If he could honor his philosophy on drug use it is remarkable- considering he was so 'at-risk' for addiction given his family problems. Again, I don't know the full story. I largely agree with the theory however.

This Process Will Strip You Down and Force You To Confront Your Real Issues

May 31, 2012 | by Good Looking Loser | Link | Original Link

Face and Smash Your Real Issues

This is one of my favorite topics.

As much as I like helping guys Get Laid, I also like helping guys get their shit together. Maybe more.

God knows that I really had to work on myself to get the results that I have.

I wasn't the [usually] super positive guy I am today when I started this stuff.

A lot of guys get into this whole *"I want to bang lots of HOT chicks"* thing because they think it will solve a lot of their problems.

Don't get me wrong- banging chicks and having an endless supply of HOT pussy at your disposal will enrich your life a ton. There is no denying that, especially if you have been undersexed for years.

It won't solve all your problems though.

It actually does the opposite for a while -

It will bring your problems the surface and force you to kill them if you want to continue to progress.

Furthermore, it really isn't possible **[to have an endless supply of HOT pussy to snack on]** until you at least get most of your issues handled.

I'm seen it a thousand times- a guy gets into this thinking that this process is about picking up women and getting pussy. If they learn this stuff and do it, everything will fall into place. The stuff they have to overcome is "bad body language" and approach anxiety. While that may be true, that's not usually how it works.

What most guys don't expect is- this whole process, regardless of how long it takes, strips them down, exposes their deepest insecurities and forces them to tackle their issues before they have any sort of major, consistent, repeatable success.

This process [of self-improvement] to get pussy, causes EVERYTHING to surface.

Whether you like it or not.

Picking up women, being a player or whatever the fuck you want to call it causes nearly every and all your of psychological issues to surface.

Psychological issues include-

General anxiety, social anxiety, sexual anxiety, depression, nice guy syndrome, poor self-esteem, lack of social skills, emotional neediness, sexual neediness, past regrets, past 'failures', appearance issues, self-limiting denial, body image issues, general self-worth issues, insecurities about penis size, low confidence in your lifestyle, inability to manage time, low confidence in your career, bad relationships with friends, bad relationships with your parents, financial insecurities, work ethic issues, addiction to pornography, conflict in past relationships, perfectionist/obsessive compulsive behaviors, past physical or emotional (or sexual) abuse, religious self-conflict, negative view of

women, self-loathing, past or current substance abuse problems, etc.

... it will all come to the surface, if you have it. 

I literally thought of those 31 things in 5 minutes and 17 seconds. I could probably think of 50 more issues that I've seen if I took another 10 minutes.

There's honestly probably nothing that I haven't seen before.

Things like "I don't know what to say," and "low confidence" are simply a by-product one or more of the above.

It's okay though- that's what we're shooting for.

There's really no process that does strips your life down and raw quite like "Okay, I want to fuck lots of HOT chicks so teach me how..."

That's what it's supposed to do. That's what happened to me once I gave it a chance and that's how I design our program.

The issues will obviously vary from person to person.

Some of you guys are in for a fucking battle with yourself. We'll be there for you if you are willing to fight.

If nothing else- it's better to fight that battle than to slowly die on your fucking knees or live in pathetic denial.

This was never about girls anyway. This is about you. And You know it.
(in some cases it's just about the girls, some guys really have their shit together)

Believe me though- the HIGHEST HIGHS are way more significant than the LOWEST LOWS.

The good news is- these issues can be handled. Each and every one of them. I promise you. Sometimes they appear in bunches, but a lot of the time they appear as isolated issues that are part of a whole.

The better news is- you don't have to completely fix yourself to get lots of pussy. Ideally, you'll do both. I don't want to make this out to be any harder than it actually is. As I speak, 1000 of people are Get Laid, 1000 of girls are sucking dicks.

My attitude toward this is- understand, accept and embrace this challenge.
(just like in "Do What You Want > Don't Be Reactive")

This is really the only attitude you can have if you want to handle this shit as fast as possible.

The fourth step is to overcome it.

Most people simply "understand" their issues. That's about as far as they get.

More good news- again, you don't have to "master yourself" to get buckets of hot, wet, young pussy. God knows I haven't. But you will have to take care of a lot of it if you want to have regular success. When you begin to have success, that will handle a lot of it. Keep in mind that very, very, very few

guys ever undertake and see through a process like this. This process isn't meant for everyone either. I used to think otherwise but some guys are actually better off sitting on the sidelines.

The official program isn't out just yet, but we have a HARDCORE and aggressive mindset so you don't have to spend another day, another minute, another minute- avoiding the issues that are limiting your potential in life. We take the necessary [baby] steps to handle the issues.

As an aside, I **don't** think that dealing with these issues *before* starting this process is a good approach, unless it involves some sort of MAJOR DEEP trauma.**

There's 2 reasons for this-

One, it probably won't get dealt with since avoidance is seems to be a common theme among guys that want to "fuck lots of HOT girls" later.

Two, beating these psychological issues involves direct, hands-on action and experience via baby steps in a structured environment. It seems that most psychological issues are dealt with by 'talking about it' and 'thinking about it,' to produce a temporary state of relief. It doesn't last. You will literally need to reprogram your brain and thought processes. Psychologists know this but most fail to design programs that do so. Some don't get it at all.

It will all come to the surface. Trust me. Remember- that's a good thing.

That's the first step to lasting change and endless results.

** I'm talking about a trauma that if you come to me- I send you to a doctor ASAP and we work together from there.

My Issues

Now, obviously, I'm not a psychologist and I'm not a doctor. I'm not even a lawyer, I left my scholarship at Law School after 10 days. Even the best psychologists wouldn't know how to handle this stuff, unless they have legitimately had their fair share of hot, sweet, Los Angeles pussy.

I'm a 29 year-old KID with a lot of REAL life and sexual experience than meeting chicks that were not part of my social circles. I have largely put together the exact lifestyle that I wanted when I started taking my life seriously back in late 2006. Life is always a work in progress. There is no finish line.



I had to face a lot of issues that you wouldn't even know I had.

You can look back at the dating show I was on in 2002 "Chris on the Fifth Wheel, Age 21," and you'd still never know that you were looking a kid that was probably more insecure that 90% of guys on the planet. Even if I wasn't, I had a voice inside my head saying I was.

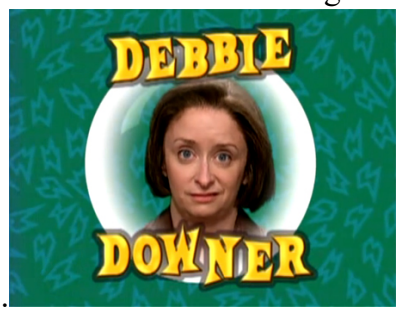
Without going through over my entire existence (GLL is about you, not me), let me highlight the

issues that I especially had to deal with after I dealt with my "denial" issue.

NEGATIVITY

If there is one thing in me that has absolutely, positively changed in me- it's this one. I used to be a very negative person. I got this one largely from my family while growing up. Most guys have this passed down from their parents, even if their parents are really successful people.

Focusing on the negative. What's wrong in the world. What's bad about something. What I did wrong. I accomplished _____, but... My life is good, but _____...



I was a very negative person and engaged in endless negative self-talk. I thought that "being hard on myself" was a good, productive thing. It's not. At least not in the way I did it. Then there were times that I didn't even know I was being negative. Either way, I had a disease that I was killing my success and attracting things I wanted to avoid.

This was a motherfucker to beat. It is probably my biggest accomplishment to date. Even moreso than banging well over 100 (usually real HOT) chicks. Seriously, I'm proud as fuck for this.

I have a hypersensitive negativity radar that gets set off so quickly now.

If I have some sort of undesirable thought go threw my head, I'll usually put a STOP to it immediately.

When I see an unhappy married couple arguing about some meaningless issue, I cringe.

Even if someone makes as seemingly harmless comment like "The weather outside sucks," or "The president (Bush/Obama/Whoever) is doing this wrong..." I hear it loud and clear and it goes in the trash bin inside my head.



I want no part of any bullshit I can't control. In fact, I want no part of any bullshit I can control, because I'll control it and fucking fix it. There's no use thinking about, dwelling on it and masturbating all over it.

There's a difference between being negative and realistic. Usually, only a positive person can tell that difference however. I should couldn't tell the difference when I was a negative thinking, bitter, unhappy, steroid time bomb.

Your thoughts determine how you feel. You can control your thoughts if you get a hold of them. Understand, accept, embrace and overcome it. Takes some time though.

Negativity manifests itself and slows down your process in several ways-

For one, it's easy to get down on yourself.

For two, it's easy to lose sight of why you are putting in the work- to have **fun**, regardless if it right now or later.

For three, negative thoughts that run rampant prevent your brain from processing positive and productive thoughts.

For four and least significantly, HOT chicks that I have a choice don't want to be around a negative, bitter person.

I haven't "mastered myself" or "mastered the universe," but this one I have well under control.

98% of the girls that I have slept with are super positive people. At least they seemed that way. Opposites do not attract in this case. I wouldn't have it any other way.

Insecurities About Looks and Body Image Issues

This was certainly a one of the main ones.

Since I have beat this one, I can certainly help guys dealing with the same issue.

Ironically, I was a lot "cuter" in my early 20's and didn't get anywhere near the amount of pussy I've gotten in the past 3.5 years. To put it bluntly, my appearance was basically all I [thought] I had going for me.

Perception is reality though.

My deep insecurities about my looks made it virtually impossible to talk to new girls since there was a chance I wasn't her "ideal" man (boy). Since I felt that my looks were the only thing I had, I was scared to death to put myself in a situation to think otherwise. Anytime I talked to a new girl, I seemingly put my entire life on the line.If she wasn't instantly madly attracted to me, I would doubt my entire life. Even if she was, I would still have no idea what to do. Even if I did, I wouldn't do it because there was a chance I'd "mess up" and start to doubt myself again.

I describe an incident like this in this thread "Chris and Laura the Redskins Cheerleader," situations like those repeated themselves over and over and over.

Eventually, I just settled over-and-over for "she thinks I'm hot," and wouldn't take things any further because I was so insecure and I felt so much satisfaction for a girl giving me validation. Part of it was immaturity, but most of it was because I was a complete fucking pussy.

Since I was in utter pathetic denial (and safely got just enough girls who approached me/social circles), I spent the majority of my life in the gym thinking that I needed to become more perfect. I

eventually started abusing steroids to try to achieve this and ironically became way less attractive.

Major Issues and Conflict With Non-Supportive Friends



This issue was a by-product of a few things- nice guy syndrome, validation seeking (related to nice guy syndrome), my own out of control ego and in some (but definitely NOT all) cases- friends with their own major issues. I grew up in a highly competitive elitist town. Most of my friends thought I was a happy kid that had it all- security, looks, girls, athletic ability, smarts, 'it-factor'. While I had some degree of that- it wasn't what it needed to be to be the man I wanted to be.

Even from age 16, I was on a quest to be my very best even though I lived in denial about a lot of issues. Most of my friends weren't trying to further their lives- they were happy with their mediocrity or unhappy with their mediocrity but refused to take any real action to improve.

As I became more successful, this made for a lot of jealous people that were completely non-supportive and tried their very best to bring me down. Instead of immediately cutting ties with these people, I kept them around because I was a NICE loyal guy and seeking their validation. I would "get back" at people by stooping to their level and passively aggressively talking behind their back. All these behaviors severely stunted my growth as a man. When I moved out west in 2007, I basically stopped talking to anyone who was rooting against me. I was way better off and easily met new friends that were more successful and not intimidated by success.

If you have jealous people in your life that try to bring you down and don't want you to be 100% successful at everything you do, you might have to get rid of them and find cooler, more successful people. You owe them nothing. It doesn't matter how long they have been your "friend" if they don't treat you like one. Do yourself a favor so you don't get caught up in the bullshit. You should probably only hang out with successful people anyway. Success is contagious. And So is mediocrity. Stay away.

Remember- the people that try to bring you down are already below you. And They know it.

Real quick, think about it- if you have friends that are jealous of you now... just wait until you are banging 4 HOT girls on the regular. Think they are going to be happy for you? No fucking way. If you're going to really make changes and they are in your way, delete their phone numbers

To finish this one on a positive note- you are in total control of this. Sometimes it's harder to let go than hold on. But most of the time it isn't. :)

So those were three issues of many that I had to deal with.

Enough About Me

Again, the whole point of this is to let you know what may lie ahead.

Just know what you are signing on for.

My advice is to understand, accept, embrace and overcome the issues that pop up.

Be honest with yourself.

Truth is, you may not know what your issues are.

You might have more than you thought. You might have less.

You'll probably find out during two stages: when you are trying to are fuck girls and when you are fucking girls.

You don't have to be perfect, you just have to love (or like) yourself. Once you really do and build social freedom- you'll be a piece of fucking unbreakable steel.

It took me nearly 2 solid years, but I'm designing stuff to help people get there (or to their goals) much faster.

I have a really good understand of this shit.

Even after you are a "finished product" and have this "handled," getting HOT pussy provides wonderful motivation/distraction and gives you confidence to continue to do work on yourself and continue to improve in other areas of your life. Success is contagious.

Some guys don't want to become that top 1% guy, that's okay- just be honest with yourself and we'll help you with what you need. Happiness is the key to success, not the other way around. Some guys do though.

Remember- failure isn't an outcome, it's usually the result of not putting in enough work.

I don't want to scare people or make this seem any harder than it is. It's just getting pussy, but we both know that's usually only half the story. The fight is worthwhile. To win, you don't have to be perfect. You just have to believe in yourself. Your dreams are important.

I hope GoodLookingLoser.com challenges you and is a catalyst to the life you want.

Chris

Good Looking Loser's Sizegenetics' Video FAQ

June 8, 2012 | by Good Looking Loser | Link | Original Link

Official Unofficial Sizegenetics Video FAQ

This page (updated continuously) has videos and information about the Sizegenetics system.

For my comprehensive review of the Sizegenetics penis extender (including EXACTLY what to expect, how it works, why it works, clinical studies, routines, discount codes and before and after pictures), please visit:

- **Good Looking Loser's Sizegenetics Penis Extender Review**

There's a lot of specific questions guys have about Sizegenetics, hopefully this will clear some of them up.

A resource for answers to every question in the world about how to use Sizegenetics -

- Sizegenetics.guru - A FAQ and video resource for everything Sizegenetics

Sizegenetics Extender featured on Jonathan Ross' Comedy Show

Sizegenetics Extender featured on UK Channel 4 Comedy Show

Sizegenetics Videos

Sizegenetics FAQ: If I Use Only the Extender Will I Make Length Gains?

Video discusses your potential results if you use ONLY the Sizegenetics extender.

Video: Are Penis Extenders Clinically Proven?
My Analysis of the Sizegenetics (formerly AndroPenis) 2009 Study Published in the British Journal of Urology International

The video examines this study that was published in the esteemed British Journal of Urology Interntional-
"A pilot phase-II prospective study to test the ?efficacy? and tolerability of a penile-extender device in the treatment of ?short penis?"

Video: Sizegenetics Extender-
The Problem with Most Penis Stretchers- Comfort (Nooses vs. Straps)

Video- How to Assemble Sizegenetics in Less Than 5 Minutes

Video- How to Adjust the Tension on Your Sizegenetics Extender (without adding bars)

Video- How to Prevent Sizegenetics From Slipping Off



The Road To Endless Pussy (Part I): Guys With Moderate To Extreme Social Anxiety

June 10, 2012 | by Good Looking Loser | Link | Original Link

The Road(s) To Endless Pussy: Part I

Everyone's starting point is different, the details of everyone's journey will vary, the roads/highways you take will be different and the total time invested will differ, the phases, however, are very similar and don't really vary too much. We recognize these phases and are building our main program to progress through them one-at-a-time, ideally- in the shortest time possible.

Lets talk about the VERY VERY beginning stage on the road to endless pussy.

Most guys don't start here. Many do, however, and don't recognize/know that they at this stage.



*Social Anxiety (A)

General Information

This is a stage that a minority of guys enter in.

It is CRITICAL to recognize if you are at this stage.

If you don't, you will not achieve your goals. I repeat- you WILL NOT achieve your goals.

This stage is evident by having a completely unreasonable amount of general anxiety and social anxiety. This is usually a sign of a medical problem and often requires treatment. I want guys at this stage to not be ashamed of this, it is NOT your fault. You likely have a genetic predisposition to anxiety that is often accelerated/activated by environmental factors (such as a negative interpretation/traumatic events in your childhood or teenage years). In short, even before your body senses a stimulus for danger, it activates a LARGE otherwise unnecessary flight or fight response.

Evidence of Moderate-Extreme Social Anxiety

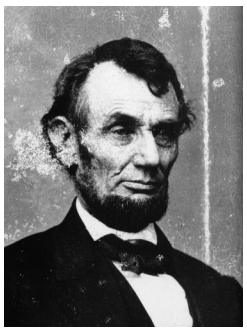
Things like [or even the thought of things] the following that set off a involuntary fight or flight response is a sign of moderation-extreme social anxiety-

- Going to a party, the thought of of going to a party
- Talking to a stranger or meeting a new person (even in your own house)
- Holding eye contact with people you don't know
- Smiling (with your teeth showing) at people
- Consciously (or unconsciously) modifying your lifestyle to avoid social situations AS MUCH as possible- avoiding social situations, going to the grocery store/mall when it's not busy and perhaps even picking a career that is as far away from human interaction as possible.

Again, I want you to understand that this phase is NOT your fault.

It is your fault if you don't take action, but it's not your fault that you are dealing with extreme social anxiety.

Many people, cooler than I, have achieved super-stardom and all their dreams throughout an ongoing fight with social anxiety-


Abe Lincoln Freed the Slaves

Gwen Stefani, Scott Weiland, Barbara Streisand, Janice Dickinson, Kate Bosworth, Albert Eistein, Kurt Cobain, Theodore Roosevelt, Bob Dylan, Carrie Underwood, Brad Pitt, David Letterman, Elvis Presley, Jim Carey. Johnny Carson, Julia Roberts, LADY GAGA, Lucille Ball, Nicole Kidman, Robert De Niro, Tom Cruise, Tom Hanks and **Abraham fuckin Lincoln**.

There's no shame in having social anxiety.

Abraham Lincoln had it and he's cooler than you and I.

My Experience with Moderate Social Anxiety and Self-Inflicted Extreme Social Anxiety

While I didn't have extreme social phobia, I did have above average social anxiety that I had to overcome.

Interestingly enough, I actually know what debilitating social anxiety feels like- in my early 20's when I used to do significant amount of steroids and thyroid hormone (with Rx), it sometimes made me a total basketcase... I would literally run out of social situations and hide in my room. Sometimes, even the walk from my apartment to my car was rough, I felt (not actually thought) like there might be someone in the trees with a sniper rifle, looking to kill me.

I beat my social anxiety by talking to lots of chicks and people in general. While that worked, a structured approach would have been much more efficient and productive. Half the time I didn't even

know if I was overcoming it because the same feelings of anxiety seemed to return. I also wasted time on the 'inner game' talks (that didn't call for action) from several authorities that told me stuff like "don't care what people think," "be yourself!" "be social," etc.

How We Can Help You / How You Can Help Yourself

Exposure therapy (baby steps for social [not approach] anxiety) can help this but only under certain conditions. There is a delicate line between adequate social tension/exposure to produce cognitive change and too much social tension/exposure that will make your life worse.

Trust me on this.

If throwing you into an exclusive Hollywood club by yourself on Friday night with models standing around basking in attention and considering and laughing about their absolutely unlimited options for sex worked- I'd do that... It DOES NOT work if you are legitimately at this stage. You don't need to be anywhere near those places if you are legitimately at this stage I am describing.

In order to help you, if you are at this stage, I may need your consent to work with your physician.

If I'm not involved in this process- talk to your physician, try remedy after remedy if you have to, try my suggestions for anti-anxiety compounds, ease yourself into the social anxiety drills (not yet publicly released) and have 1 weekly goal that you fulfill that is part of a bigger medium-term (6-8 month) goal.

My primary advice to you is- **please keep an open mind.**

Don't turn down solutions because "you don't want to take a pill," or "that's not me," or "I don't think that will help, so I won't even try."

You WILL have to new things throughout this journey. You WILL have to try new things if you want to beat social anxiety. Even though its not your fault- whatever you are currently doing **IS NOT WORKING**.

This is a serious, delicate stage.

Dropout rate is the ***HIGHEST*** at this stage, I'd say well over 80% quit before reaching the middle level of the next stage- Approach Anxiety.

I'd like to think it's because- the mainstream sucks Bathmate cock and simply doesn't understand the medical science, circumstances and can't design an effective program because the can't Get Laid themselves. Simply telling a guy to "go approach 1000 girls," is an asinine, unproductive and uneducated "solution," that's what GoodLookingLoser thinks.

Reading a book that provides theory and doesn't provide actionable steps, also seems pointless to me. You don't need to know the theory to beat social anxiety (or anything else). I'm sure there's books out there that are really good, written by accomplished people... still it's on **you** to fix it by taking action.

Either way, this, like all the mentioned stages- can be beat.

If you beat this stage, with or without medication, you should be extremely proud of yourself and it sets the table for you to start getting some results with women (if that is your goal).

Like approach anxiety, if it takes an entire year to beat social anxiety, it's worth it. It probably worth it if it takes 3 years. It won't take 3 years if you work hard though and have/take a structured approached. Unlike approach anxiety, I can't really give you a timetable since their are too many variables in play here. I can only guarantee you will beat it- if you REALLY want to.

Things That Can Trip You Up

First, as with all the stages, the main thing that will prevent you from beating social anxiety is **quitting** the process. The dropout rate is quite high, as I said, because a lot of guys with social anxiety have moderate depression. Social anxiety combined with sexual (and emotional) neediness is a recipe for depression. It sucks. But it can be fixed. Unrealistic expectations (thinking your going to beat extreme social anxiety in a single week*) can make guys quit. A lot of guys that quit, come back in a handful of months but are basically starting the process over again.

Second, not taking **daily** action, like most of the stages, is a way to ensure this process will move as slowly as possible. Initially our drills involve things like: talking to (not hitting on) a store clerk and asking a random person where they got their shirt. Stuff that is easy enough to do but stuff you wouldn't do otherwise. That chips away at your social anxiety. The problem with non-consistent action/effort is- you don't change your brain chemistry or progressively lessen the 'fight or flight' auto-response. If you have social anxiety (or approach anxiety) there is usually 20+ years of cognitive HARDWIRING that need to be changed. It doesn't change overnight and it doesn't change by going out one day a week and talking to people for 8 hours. A smaller, more consistent dose of exposure therapy is the way to go.

Third, not being honest with yourself (or us) is a recipe to stay at this stage for a lifetime. At this stage, there are specific drills/things you need to do in moderation to get past it. None of it involves, "okay go hit on 1000 girls," if you can't hit on 1 girl without freaking out. If that actually worked for guys with social anxiety- I've have you guys do that. Again, this is nothing to be ashamed of, circumstances in your life ARE what they ARE and WERE what they WERE. The only thing to be ashamed of is not asking for help when you need it and their are viable solutions. If I had debilitating social anxiety, I'd accept it and try every possible thing until I beat it. Being scared of the outside world is no way to live. Fix your social anxiety and you can be as fly as Abe Lincoln.

* There is a chance, however, to beat social anxiety in about a week or two if you respond well to medication. It goes away.

** guys that have depression also tend to fall into this category. You will NOT be able to pick up and fuck hot chicks if you are moderately/clinically depressed or have extreme social anxiety. Yes, there are guys that are depressed that sleep with hot girls, they already know how and don't have debilitating social anxiety.

Moderate-Extreme Social Anxiety and Moderate-Exereme Depression MUST be handled BEFORE you jump into this whole "i'm gonna fuck lots of hot pussy" game. If it isn't, you will dropout or scar yourself further.

You Have Beat This Stage When...

You can talk to people in social situations and you can feel fairly comfortable not talking to people in social situations. Your brain doesn't set off a dramatic fight or flight response to being in a social situation the thought of being in a social situation.

A few of the final drills include:

- Eat at the mall alone and sit near a group of people. Don't leave until they leave.
- Walk backwards in the mall for 3 minutes (you can look behind you).
- Sit down in an elevator and ride it from the top floor to the bottom floor.

- Talk to a store clerk who talks to you first and don't let her leave for about 60 seconds.
- Go to a bar/club alone and stand in the middle of a dance floor completely by yourself for 10 minutes. Don't move.

If you can do those without your brain triggering a fight or flight response **WHILE** you are doing the drill- you are pretty much in the clear. You'll notice that you will get some degree of fight or flight (or adrenaline rush) before doing the drill, that is fine... it should go away within 30 seconds.

Adrenaline is fine, it's natural, it should go away...

Constant sweating, hyper/heavy ventilation, repeated adrenaline dumps without stimuli is not normal- that is what we are trying to fix with low/moderate constant exposure therapy.

If you still have moderate-extreme social anxiety, you won't be able to do those.

....to be continued in-

- **The Road To Endless Pussy (Part II): Guys With Approach Anxiety**

The Road(s) To Endless Pussy (Part II): Guys With Approach Anxiety

June 11, 2012 | by Good Looking Loser | Link | Original Link

The Road(s) To Endless Pussy: Part II

Everyone?s starting point is different, the details of everyone?s journey will vary, the roads/highways you take will be different and the total time invested will differ. The phases, however, are very similar and don?t really vary too much. We recognize these phases and are building our main program to progress through them one-at-a-time, ideally- in the shortest time possible.

It's important to realize that these stages are independent from your results (how many women you get, the quality of the women you get). You can have AA and still fuck some girls. I did. Results are important for transitioning from the middle/later parts of AA to socially free player/scumbag stages, but they aren't necessarily evidence that you are at one stage or another. The stages are psychological and results aren't necessarily a rites of passage.

Lets talk about the the usual starting for most guys: Approach Anxiety.

Most guys start here, I'd say 90%.

This is actually a two-part stage.



*Approach Anxiety (AA)

General Information

Again, the majority of guys enter at this stage, regardless of sexual experience.

Even if guys can approach girls, it doesn't mean they have dropped their approach anxiety enough to get consistent (or any) results.

That is why I suggest EVERYONE do some work on their approach anxiety when they start out.

I define approach anxiety as an involuntary fight or flight response that is triggered when you see a girl that you are interested in speaking to. This response does not necessarily dissipate if and when you approach her.

Like I constantly say, if it takes you 4 months to beat approach anxiety and not focusing on fucking girls, it's worth it. Most guys go an entire year trying to bang girls, have little to no results and still have approach anxiety.

While approaching girls (with the sole goal of fucking them/taking their number) can certainly lower your approach anxiety, a lot of guys don't benefit from this approach and take longer to beat approach anxiety.

That's why I recommend a progressive and structured approach that involves consistent, moderate exposure and build upon success by limiting outcome dependency.

There are 2 phases we've seen with guys that have AA.

Phase I - Approach Anxiety, Guy Can't Approach the Girls He Wants 90% of the Time

Phase I of approach anxiety is when you can't approach the girls you want or most girls in general. It's important to verify that you are truly at this stage and don't have moderate-extreme social anxiety. You are at this stage if you can be reasonable comfortable in social situations and only get the fight or flight response from the thought/act of approaching women.

evident by:

- See a hot girl, can't hit on her 90% of the time
- See a girl you somewhat attracted to, can't hit on her 90% of the time
- Only approach 'safe' girls that you don't have much interest in
- Unwanted long walks around the mall
- Unwanted laps around the bar
- Want to use the "safest" material/lines possible
- When talking to a chick, none of the anxious feeling really go away
- Horror, worst case scenarios always come to mind
- Can't approach groups
- Can't ask for phone numbers 90% of the time
- The ONLY difference between this and moderate-extreme social anxiety is that you can be in social situations with friends, people you know and feel fairly comfortable.

Beating AA Phase I

- Drills
- Daily Action
- Hit on a bunch of girls online 1-2 days a week and ask each of them for their #, try to meetup within 72 hours
- *optional: Dates/Meetups with some new chicks or Fuckbuddy from Internet, cold approach, social circle, wherever

Phase I is important, but it's not critical like Phase II is. You can take your time so long as you are taking daily action and doing the drills. To beat this, use our approach anxiety drills (the formal program is not up just yet). They consistently expose you to low/moderate social tension while

reducing outcome dependency. This changes your brain. You don't need to do anything but do our drills. No approaching to Get Laid or take phone numbers. Not yet.

If you can bang some girls from the Internet or social circle, this will be helpful. If you are having sex on a weekly basis, you won't be too emotionally/sexually needy. You can focus all your positive energy on the drills and progress through this stage quickly.

You are past this stage (and likely ready to approach chicks to fuck them) when you are able to complete the first half of our drills without your brain producing a fight or flight response. You are past this stage when you can hit on hot girls at least some of the time.

Phase II - Approach Anxiety, Guy Can Approach But Still Has Some Approach Anxiety (Before and During Interaction)

Phase II is when you can approach some of the girls that you want to hit on. Some of those girls slip away without you talking to them, but your brain doesn't have a dramatic fight or flight response and invent reasons not to approach girls. Approaching a girl that you are less interested in is still a bit easier than approaching a girl that you think is really hot. The fight or flight response vary based on the overall mood and state you are in. You may spend some days feeling like you are in Phase I, but you can still approach some girls in without a dramatic fight or flight response on most days. Some guys bounce between Phase I and Phase II, if this is you, just know that with some more consistent action with the drills/approaching you'll get past Phase I forever.

evident by:

- See a hot girl, can hit on her some of the time
- See a girl you somewhat attracted to, can hit on her most of the time
- Can approach 'safe' girls that you don't have much interest in nearly all of the time
- No long walks around the mall, can hit on some girls during the day
- No unwanted laps around the bar, can hit on some girls during the night
- Use a mixture of safe/more sexual dialogue, including some touching which feels comfortable
- When talking to a chick, most of the anxious feelings go away
- Horror, worst case scenarios always come to mind are infrequent
- Can approach some groups
- Can ask for phone numbers 50% of the time
- The Phase I AA Drills are pretty easy
- The main difference between this and Phase I is that you are able to hit on attractive girls at least some of the time without a dramatic fight or flight response. You have way less urge to approach 'safe' girls that you don't find attractive.

Beating Phase II AA

- Drills
- Average guy approaches or more aggressive approaches, you pick
- Daily Action
- Go on some dates/meet ups with girls, regardless if you get laid
- Hit on a bunch of girls online 1-2 days a week and ask each of them for their #, try to meetup within 72 hours
- * usually necessary: Fuckbuddy from Internet, cold approach, social circle, wherever

Phase II is a critical stage. Most guys will either beat it or quit altogether. The best way to beat it (aside from doing our drills) is to get results (usually mean- fuck a girl, have a fuckbuddy, but can also be just going on some dates with some cool girls or getting a lot of phone numbers). Getting some results will reduce your emotional and sexual neediness, allowing you to maintain a positive attitude and a willingness to play the numbers game to reduce your AA and also get more results.

note: Interestingly enough, guys are more apt to quit during Phase II when outcome dependency gets in the mix. These aren't guys on GoodLookingLoser, these are guys in the community that are actually in Social Anxiety or Phase I, but are doing approaches that they are outcome dependent upon.

About the Fuckbuddy- I don't care if you get some girls on the Internet, social circle or from approach. A guy with a fuckbuddy (or two) will burn through Phase II much faster than a guy that isn't having sex.

Guys that are at this stage should do the second half of our drills and also approach chicks. These shouldn't be combined however. Do the drills one day. Approach the next. Don't do drills and then try to get a girl's number at the same time. That's pussy indirect game.

I can't emphasize enough that you NEED to take daily action to beat this stage. You should have 2 goals if you are in Phase II. Beat AA and bring in a fuckbuddy. Once you get that fuckbuddy, you NEED to keep your foot on the gas... keep hitting on girls, keep asking for phone numbers. Some guys get a fuckbuddy and stop approaching. When you are having sex regularly, it is a golden opportunity to kill the rest of your AA. Unless you get into a relationship with your fuckbuddy, you'll eventually be totally single again, so there's a window of time that you should absolutely take advantage of. Ideally, you'll bring in some more girls.

Like Phase I, daily action gets you past Phase II. Sometimes a guy can beat Phase II with actually getting any chicks, but usually a guy needs to bang a girl or two to completely leave Phase II in the dust. Again, the 'results' aren't evidence of what phase you are in, its mainly your level of anxiety, fear of rejection, emotional neediness and sexual neediness. During Phase II we incorporate some 'average guy game', and jump into the numbers game simply to get results (and decrease AA) and lower your emotional/sexual neediness so you and hammer away at your AA faster.

Remember, just because you have Phase I or Phase II AA, doesn't mean you can't get results.

Once you are at Phase II. You will beat it OR you will quit and start over at Phase I if you ever decide to "talk to women" again. Don't stop.

Ideally this should be part of your daily lifestyle, not something separate. There should be no "quitting" talking to women. You should commit to talking to some women, every day, for the rest of your life. That's actually easier and less time consuming than having full days where you hit on 20 girls and wander around.

Unrealistic expectations is probably the main thing that makes guys dropout. Once you have a your looks, style and social freedom MAXED out, the sky is the limit. Until then, you have to take one day at a time, but not evaluate your progress on a daily basis. Remember, we are reprogramming your brain to overcome 20+ years of largely submissive social behavior. It ain't gonna happen overnight guys. But that's why we're here for you. You will enjoy the process more once you get some results. The harder you work, the quicker you will progress and the quicker the results will come.

This is explained in detail here-

- "Be a Player, Not a Pickup Artist"

...to be continued Part III: Player Phases I & II

The Secret (The Movie)

June 12, 2012 | by Good Looking Loser | Link | Original Link

The Secret

A lot of you guys have probably heard of "The Secret," it's a book (and movie) with a lot of successful people (and some complete frauds) that talk about how positive thinking and self-fulling prophecy being the 'secret' to their success. It's based on the law of attraction.

It's an 'okay' film, an overall good idea. It just commercializes, overly touches, masturbates and cums all over itself for 2 hours. It's worth watching moreso than some lame sitcom though.

If you want to know the REAL SECRET to the universe, Good Looking Loser has figured it out! I'll even tell you for free!



You can view the first 20 minutes here-

So anyway, I'll try to keep this short.

Don't overly mentality masturbate but it's worth thinking about this concept today.
Masturbate and then be on your way-

If you had EXACTLY the life you wanted (which would include a mad HOT sex life) what would it REALLY look like?

- How would you walk?
- How would you speak?
- Where would you hang out?
- How would be your daily routine? If any?
- What would you do for fun (other than eating vaginas)?
- Who would be part of your life (other than vaginas)?
- Would you have the same job?
- What food would you eat? (seriously)
- What clothes would you wear?
- Would your room be messy?
- How would you speak to people?

- What expression would be on your face most of the day?
- What time would you wake up in the morning (afternoon if you are in LA)?
- What would you do at 5pm?
- How would your body look?
- How big would your dick be?
- I'll say it again, what clothes would you wear?
- Would you have facial hair?
- How would you speak to a random stranger?
- Would you smile a lot?
- How would you speak to your parents?
- What car would you have?
- Would you be late?
- Would you wear a watch?
- How much money would be in your wallet?
- How would you react if a person cut you off in traffic?
- What expression would you have on your face when you bought condoms?
- What would you say to yourself when you looked in the mirror?
- If you met up with an old friend that you had nothing in common with, how would that go?
- When you heard one of your friends won $200,000, how would you feel?
- Would you have a pet?
- How you would feel when a hot chick walked by?
- What would you say to a girl that was rude to you?
- What would you say to a girl that hit on you?
- What paintings/pictures would be on your wall?
- What shoes would be in your in closet?
- Would you smoke cigarettes?
- How would you comb your hair?
- Would you do drugs?
- Are you being honest?
- Would the pussy hair of the girls you fuck be brown or blonde? or any at all?
- If you saw a dog that got hit by a car, would you try to help him?
- Would you feel comfortable on the beach without your shirt on?
- Would you appreciate your success?
- Would you do what you want?

Okay, a lot of random questions to masturbate to.

There's a point here though- if you DID have the life you wanted, what would you look like?

Certainly you've thought and pictured what a better tomorrow might look like.
Certainly you've thought and pictured what you'd look like if you were having sex with 2 different models a week.
Certainly you've thought and pictured what you'd be like if you were having sex with 2 different models a week.

If not, think.

If the image of your future-self is dramatically different than the person you are today, you might be

on to something. It's time to change. As cheesy as "The Secret" is, there's a lot of truth to it on a surface level. The idea isn't to trick yourself into imagining you are someone else but rather to make all the changes you can TODAY. That's what I got from it.

If your future self fucked girls in your super clean room that had nothing on the floor and your room is currently a fucking mess- clean your room.

If your future self didn't get mad when a person cut you off in traffic, then make an effort to not get mad.

If you future self did what he wanted, would he get stuck somewhere he didn't want to be?

If your future self walked around like a bad.ass.motherfucker and had a nice watch, you can make that happen TODAY.

Now we can't all go out and buy a whole bunch of shit or change our thought patterns in a single day, but we sure as hell can start.

If you can fix it now, you should at least try to fix it now.

Guys, you don't have a lot of time.

Whatever you want to do, whoever you want to be- start now.

I'm 29. I had more action (literally) in my life over the past 4 years than in the prior 25 years.

Where did my 20's go?

I actually don't think about it because I ultimately got to where I wanted to be.

Long ago, I contemplated what I'd look like and who I'd be after I nailed 50+ legitimately hot girls and actually felt secure in my life. That is basically the person that sits before you today, a few differences (I'm not a lawyer, I do some nutrition/training plans for rich people and I run an online creepshow [this] where I show my dick).

At the time I contemplated my future-self, I was a totally different person. (see: Good Looking Loser on the 5th Wheel)

Call it cliche, but when most guys have their sex life "handled," they become pretty **selfless** and their greatest sense of accomplishment is simply helping others. The freedom from emotional and sexual neediness lets you live your life the way you actually want to.

Back in January, I had a vision of something that I felt would "work" and an urge to tell my story. If I just brought an ongoing draft of it to life and tweaked it a continuously, I'd eventually get something that I was proud of- that vision was GoodLookingLoser.com

Here's an interesting question: In the past year, how many days do you remember?
(don't grab the Astroglide and jerk off to that)

The average person remembers less than 5, I've heard.

I can remember more days in the past 2 years than in the first 25 years of my life.

I'm not just talking about the days when I was banging some little girl that I was too big for and had that warm fuzzy feeling stick with me for the next 24hours. I'm talking about the good days and the bad days.

If nothing else, through the rough days of this process, you'll feel **ALIVE**.

That's more than most people feel on a daily basis.

When you realize your ALIVE, regardless of what you are doing- you are doing the right thing.

How to Learn Pick Up Girls (Picking Up Chicks Is Like Learning Any Other Skill i.e. Basketball)

June 12, 2012 | by Good Looking Loser | Link | Original Link

Learn to Bang Chicks "game" = Learn to Play Basketball "game"

It just occurred to me that the final draft of this discussion looks like some of other pussy ass dating sites.

Don't worry, the material isn't pussy. I wanted to add some color since it's a long post.

The guys in the GoodLookingLoser community have a pretty good perspective of how to get good with women so you can have an "autopilot" life full of HOT pussy. Ideally that means only needing to hit on girls to fill out your rotation of fuckbuddies if one drops off or having an ideal relationship with a girl(s) who is EXACTLY what you want and more.

Around here, I don't often hear mainstream questions such as "How long until I can have sex with 20 HOT girls in a year?" "How long until I'm good?" "How long until I get my first fuckbuddy?" "How many girls should I talk to today?" "I'm planning on talking to 4 girls on Thursday, is that enough?" or see guys contemplating if its even worth talking to women ever again and "quitting". [image]

Guys that tend to ask questions like that or "quit [talking to members of the opposite sex forever]," have several different mindsets than most of the guys here. For one, picking up chicks/being a player is something completely separate from who they are. They dress up in a pick up artist costume 2 times and week and wonder why it never feels comfortable. Second, they don't quite treat this "learn to fuck hot pussy" thing like they would if they were learning anything else. To be honest with you, I was guilty of both at some point.

There's a lot of smart, super analytical guys in the community- it's **not** that they are stupid. Maybe that is the problem though. There is nothing too special about this whole process. The mainstream gurus have made it something that it's not... complicated and overly painful. Interestingly enough, the mainstream gurus don't get much pussy... but that's another story.

Our goal is to made shit as simple, painless and efficient as possible. I'm still learning how to communicate on the Internet so I can help as many guys as possible in the shortest period of time.

If you feel that the "how to learn" has gotten complex, I'm going to try to simplify it for you.

I'm going to compare- learning how to be great at picking up girls to learning to be great at basketball.

It's just about the same thing. [image]

Even if you suck at basketball (like me) you can probably picture what you'd do if you REALLY REALLY wanted to reach your potential as a basketball player. It wouldn't be some complicated process where you'd study for months about how the human body works or analyze each and every shot you took for hours-- you'd just grab a fucking basketball and go out and do your best. And You would get much better if you did it on a daily basis for a while.

Before I get into the specifics, in a single paragraph, this is basically what you should do if you want to build a skill-set to fuck a lot of HOT girls and get some along the way-

You would talk to a lot of girls to get comfortable. While you got comfortable you'd develop some techniques to screen girls determine which ones were sexually available. When a sexually available girl reveals herself, you would follow a repeatable gameplan to take her to a private place. Along the way- you'd max out your looks, style and body language so you believe you are your most attractive self.

Obviously there's a bit more to it if you are trying to be that elite 1% guy, which is what GLL is all about, but if you just want to bang lots of pussy, that's pretty much it.

So here it is- Learning to Pick Up Girls at a High Level vs. Learning to Play Basketball at a High Level.

Here's a list of what you would do if you wanted to reach your potential and max out your skill set as a basketball player. You basically want to do the same thing if you want to develop a "player that fucks lots and lots of HOT pussy" skill set. Keep in mind, I did the opposite of most of these at one point.

You Would Practice A Lot [image]

This is obvious. If you wanted to be a good basketball player, you would play basketball a lot. You'd probably play everyday. Or at least a little bit everyday, so your ball control (dribbling) and shot would start to be consistent. What you wouldn't do is dress up in a basketball uniform, 2 days a week and practice for 8 hours and not touch a basketball for another week or two. That would make basketball a hobby, at best. You wouldn't get good that's for sure. There's only so much you can get out of 8 hours of basketball anyway, even though that is not realistic in the first place. You would take consistent, daily action until your mind and body got the necessary skills.

People treat picking up girls different for some reason. Maybe they don't understand that they are building a skill set. Rather than talking to 5-10 girls (or 3-4 girls) a day they go out for "megasessions" where hit on 20 girls for 6 hours in an area that they would never otherwise go to. They are literally a different person when doing their "sets". It's no wonder that it never feels comfortable for them. They are living a double life. Just like maxing out your basketball skill set, if you want the skill set to pick up HOT pussy on a consistent basis, you have to transform your mind and body a little bit on a daily basis. It's actually much easier and time efficient hitting on a handful of girls a day in familiar environments rather than dressing up in clothes you never wear and doing a megasession when you might be yourself, "I can't believe in wandering around here again, this is so weird still."

Just like getting basketball "game," you should be practicing at least a little bit on a daily basis if you are trying build a "pull HOT pussy" skill set. The more the better, but honestly, the key is- [at least a little bit of] DAILY ACTION.

You Would Take More Shots Than You Can Remember [image]

When basketball players are practicing, they will take 100+ shots from the same exact same spot on the same day. They don't count how many shots they take or a have a certain quota to meet so they

can leave and go home. They shoot the ball until they make it and repeat that shooting motion over and over and over, because they want it to become a habit. If they miss a shot, they don't go home and analyze it for 16 hours. The shot is meaningless because they can just try again. If they miss 30 shots in a row in the same manner, then it's worth looking at and they might ask for help. By the way, most basketball players miss well over 50% of their shots in real games.

You can see where I'm going with this.

Forget the numbers, just go hit on a lot of girls. I hit on so many girls when I started out trying to beat AA that I couldn't remember who I talked to and who I didn't. I literally didn't remember how many girls I talked to- before, during and after. No one approach was that significant. I'd hit on the same girl 3 times sometimes in one night. I hit on so many girls in my early stages that I couldn't really tell interesting stories unless I got laid. Some of the other guys I was around when I started out had 3 long stories a night, for all 3 approaches they made that night. Their stories lasted longer than their interactions. They, to my knowledge, never got any good.

The more chicks you talk to, the less they and all subsequent interactions will be.

That holds true even after you beat AA.

I don't really suggest having a quota (or ceiling) for how many women you talk to. Some guys simply try to get to that quota so they can go home. They are trying to escape rather than trying to build their skills. This is generally guys that *aren't* in a structured program and have outcome dependency for their I Hope She Likes Me / Mr. Funny Man game. That doesn't really apply to guys here that do AA drills or screen girls for sex. I try to keep our guys far away from that mindset and bullshit.

In short, if you had a question such as "How many girls do I need to talk to?" or "How many approaches until I get good?" the answer is- **MORE THAN YOU CAN POSSIBLY REMEMBER**. That doesn't mean you have to do countless approaches before you get good results. It just means you have to do A LOT of approaches to get good, especially if you are pretty ambitious. I recommend at least 5 a day, no megasessions. At just 5 a day, you'll be surprised how fast you can't remember any of them. Do at least 5 approaches a day for the rest of your life or until you have enough HOT fuckbuddies. But don't take that advice- talk to as many as you can. 5 at day isn't usually enough if you want get good/get results really quickly.

If you do the bear minimum, you'll get the bear minimum.

Go screen some pussy. At some point, you'll get to lick it.

You'd Play Anytime/Anywhere [image]

I don't know any really good basketball players that ONLY play basketball indoors or outdoors. Any basketball player that is worth a shit got good by playing inside in a gym and outside on a street court (or in their driveway). They are willing to "game" anywhere at anytime. It doesn't really matter.

Same thing for the guys I know that fuck a lot of girls. Some may prefer going out at night, but they don't use the excuse "no, I only talk to women in a club with house music when the sun isn't out," if they see a hot chick they want to screen. Until you have more fuckbuddies than you can handle, I suggest talking to women ANYWHERE at ANYTIME. You are only improving your chances, social freedom and comfort zone. Don't keep score, just play. You'll eventually start getting results. I picked up my current girl on the beach in Malibu, 3 hours after I had sex with a girl I met in West

Hollywood at Equinox fitness. It's all the same. You are just checking if they are sexually available or not.

You'd Play When Circumstances Weren't Ideal [image]

Guys that SERIOUSLY want to get good at basketball, like any other sport, don't really mull over the circumstances to decide whether they are going to go to practice or play a game. Sometimes they feel great. Sometimes they don't really want to play- their legs hurt, they have homework/other shit to do, they didn't get enough sleep. None of these circumstances matter more than their main goal- GETTING GOOD. They accept these circumstances and realize that if they want to get good at basketball, circumstances won't always be ideal. In fact, most of the time, they won't be. Pro basketball players play 82 games over 5 months (not including playoffs) and travel over 4 different time zones. College basketball players play 30+ games over 5 months and have a lot of academic commitments to honor as well. It's just part of the experience. They better they are at blocking out the circumstances, they better they get and faster they get better.

I'll be the first to tell you- I gave myself a lot of excuses to not hit on women when I started. It was definitely a 'separate' thing and I didn't understand that it was a lifestyle. My excuses simply reflected my insecurity. "I'm too tried to go out," "My face is bloated," "I'm going to miss a meal," "I went out last night," "I have to wake up early," "I'm going to do Internet game," etc. etc. Unintentionally, eventually I made it a lifestyle when I realized that approach wasn't working, I started to understand the "numbers" aspect, quit the megasessions and dropped the excuses. That turned out to be easier anyway. I picked up chicks when I was a sweaty mess at the gym. I also picked up chicks when I felt and looked my best at Hollywood clubs. The circumstances mattered less when I realized that not all girls were sexually available, it was just a matter of checking.

Added v1.2: You Wouldn't Have Unrealistic Expectations While You Are Learning and Building Your Skills

If you hadn't ever played basketball in your life, you wouldn't expect to make EVERY shot, you wouldn't expect to crossover and dribble behind your back at top speed. When you didn't make EVERY shot, crossover and dribble behind your back at top speed, you wouldn't get upset and possible considering QUITTING and never picking up a basketball again. You will keep in mind that you are learning new motor skills that have to be reinforced nearly everyday. Even if you hit 10 3point shots in-a-row, you wouldn't expect to hit the next 10 without missing one and you certainly wouldn't expect to hit every single shot for the rest of your life. This wouldn't upset you and make you want to quit.

Some guys have realistic expectations for their development and can keep their "eye on the prize," but some can't and quit talking to new women forever. In order to beat AA and building a decent skill set, you will likely have to reprogram over 20+ years of social habits and submissive mindset. It's not happening over night. Even when you get good, you won't expect EVERY single girl you talk to-- to suck you dick in public in front of her friends. That is no reflection of your "skill," not every girl is sexually available. **After** you MAX out your looks, style and social freedom, the sky is the limit. Until then, just try to enjoy the journey, once you start getting results- you will. The harder you work,

the quicker you will get results so you can relax a little bit. You gotta pay your dues, just do it, it makes you a man.

Some Things Can Be a Learning Experience, But Not Everything is Actually a Lesson [image]

Basketball players realize that just playing will improve their skills. They often have a coach to handle the technical aspects. Sometimes they figure stuff out on their own, sometimes the coach tells them. They don't put too much thought into it and look for a deeper meaning or explanation for everything. They just practice until they can do stuff right.

My former-self included, most guys that jump into this are far too analytic for their own good. Of the guys that I know who bang upwards of 40 girls a year, none of them are analytic whatsoever. Very few of them are even which you'd consider "smart" or deep. When you are being *aggressive* and don't get a chick, chances are, it because she wasn't sexually available that the EXACT time of day. It usually has nothing to do with what you did, if you looks and style are tight.

On the other boards I see big long field reports of guys analyzing their night and explaining what they did wrong and what they need to do next time. Usually the girl wasn't sexually available and there are no lessons to be learned-

> ***"Set 3: I approached a girl by the bar, used the little sister routine, kino'ed her, she said she had a boyfriend so I left."***
> **Lesson learned: I need to time my kino, after I have attraction, not before. I need to look for IOI's so I know I have attraction before touching the girl.**

Don't try to teach yourself lessons. Leave that to me or Scotty. You probably don't even know which lessons you are supposed to learn, until far after you actually learn them. Any lessons that you learn, they will be obvious and a product of having the same experience over and over. If you find yourself being too analytical, slap yourself across the face 3 times. **IT IS NOT HELPFUL** 95% (+/- 5%) of the time. haha. Even though human psychologically is complex, this shit is NOT.

The desire to be always be analytic reflects a misunderstanding of what this comes down to-
Max out your looks and style, play the numbers game productively and efficiently by touching lots of chicks. That's it... oh yeah- and use the Bathmate.

I'm an analytic person, if I wasn't, I probably wouldn't be building GoodLookingLoser.com. I do recognize that being analytic did absolutely nothing for me when it came to this stuff. Save your brain cells.

You'd Measure Progress in Months or Years, Not in Days. [image]

Basketball players don't try to evaluate their progress on a daily basis. They know that they will have good days and bad days. Neither of which are really an indicator of their progress. They aren't as good as they appear on their best day. They aren't as bad as they appear on their worst day. It doesn't bother them if they don't see obvious daily improvement. They accept the trial and error and realize it

probably makes them better over time. When they do evaluate their progress, it's usually in intervals of months or years. They simply know that they are probably getting a little better each day if they are taking it seriously. The days add up.

Guys that get into this expect to see daily improvement. Sometimes they do. Sometimes they just think they do. Sometimes they don't and contemplate never speaking to new women again. In this process we are usually reprogramming 20+ years of ineffective social programing. Don't be upset if things don't change overnight, they aren't supposed to. In fact, it's probably better that they don't. It's more lasting and rewarding in the end.

In the initial stages (such as beating approach anxiety), don't measure your progress by results. Even if you get results (pussy), it's not an indicator that you are where you need to be. Just measure your progress by asking, "What can I do today that I couldn't do a month ago?" If the answer is nothing, than you should review your goals and the structure that you should be following.

You Would Just Play, Not Try to Figure Out the "Best" Way to Play [image]

If you wanted to get good get basketball, you'd probably just make the decision to do so and grab a basketball and see what you could do. You know you aren't going to hit all of your shots or handle the ball that well, but you wouldn't get down on yourself- you are just starting out. In fact, if you hit a few nice shots, you'd probably remember those and not the ones you missed. You probably wouldn't pick up a book or DVD and study it before you ever went out to play... even if you never played basketball ever before. You wouldn't try to figure out who the best basketball coach was and study his style. You probably wouldn't research which players were your height and weight and then try to find YouTube videos that explained how they played. You'd keep perspective that you just had to practice a lot to get good and not figure out the "best" way to learn and play before you started.

For some reason, some guys that want to fuck lots of pussy seem to spend months and months trying to figure out the best way to get some. They often bounce around between "systems," never even getting to an average level at any of them. Obviously, I recommend our shit- I don't know if it's the "best," I just know I fuck lots and lots of super hot girls when I didn't just 3 years ago. Scotty tags upwards of 50 girls a year. But the truth is, you could probably get decent results if you seriously devoted a year to learning any legit program*. What you shouldn't do is- combine systems and mindsets or studying too much stuff (even ours)... you are better off just figuring it out based on your own experience and adjusting before reaching conclusions or trying to make it happen a certain way.

When it comes down to it, this is mainly about 'putting yourself out there' and finding sexually available girls that are also 'out there'. Our techniques just speed that up.

You'd Recognize That THERE IS NO OFFSEASON [image]

Basketball is lifestyle not a hobby for the serious athletes. Guys that are really committed to basketball and want to play at a high level usually don't take more than 2 weeks off a year. If they aren't playing basketball, they are lifting weights or working on their conditioning. Now, that doesn't seem like much fun to me (I suck Bathmate dick at basketball) but I understand that the guys who

love the sport also love the challenge of trying to make themselves better and competition. They reap the rewards right along the way- WINNING.

If you want to build a skill set to get buckets of pussy and even after you have- **THERE IS NO OFFSEASON**. This doesn't mean that you are in the street all day hitting on girls for the rest of your life, it just means that this is a lifestyle. If you want to become that 1% guy, it's your actions (or non-actions) on a daily basis that determine whether you are successful. Eventually, you'll reach a point where you will decide the balance between "the game" and your personal life. Don't decide that what that balance is until you have results and a skill set you are satisfied with. Until that time, no 6-months "breaks" where are don't talk to other humans. You have to change your brain on a daily basis. Once you do, you'll probably have period of time where you want to tag as many HOT chicks as possible. You earned it.

You Would Maximize Your Strengths and Not Try A Million Different Techniques [image]

Although this one is somewhat less parallel to the mentioned examples, it holds some similarities. Basketball players generally just try to maximize their strengths and build around them when they start out. If a guy is a good shooter, he'll *first* work on becoming an even better shooter. He'll practice his foul shots, three-pointer shots, how to get off screens and get an open shot. What he won't do is- work on a million different ways to shoot the ball, he won't try to learn sorts of new ways to dribble the ball and he won't try to learn the "coolest" way to dunk the basketball. There's a time to exclusively focus on your weaknesses, but when you START - it's not time.

Guys trying to get lots of pussy bounce form technique to technique, never once perfecting any one of them or sticking with one. They are always looking for new lines. The guys here don't do that, I'm happy to say. It's one thing to try new things, it's another thing to have a different mission every single week and change plans when it doesn't work out once. That's a recipe for NO PROGRESS. The techniques are just details anyway, it's all about **MAXING OUT** your looks, style and social freedom (body language/confidence).

Chris, Learning Basketball Isn't Exactly Like Learning To "Eat Yummy Pussy"

I understand there are differences between building an "eat yummy pussy" skill set and developing your basketball game. I argue, however, that if most people treated getting pussy like practicing basketball, they would probably get a lot better, a lot faster and wouldn't confuse themselves or quit. It would occur to them what they needed to do after being in the same situation over-and-over. The good news is, getting 5-6 HOT girls to sleep with is probably easier than playing college basketball or basketball on a high level.

Think about it, even if you aren't great at picking up women yet- if you got 1 fuckbuddy for every 100 girls you aggressively approached. You could probably get 3 fuckbuddies in a month if you were so inclined. Forget the percentages, a guy with 3 fuckbuddies is in the top 3% of guys when it comes to this stuff. If that was insightful, go do it.

* - I learned stuff from Scotty, 3 Guys in Hollywood, Brad P and my 2 good friends Curtis and Keith (RIP) but **most** of what I do is based on my experience **after** I dropped all the theory and trying to force a certain style. My "game" doesn't really look like any theirs', it's closest to Scotty obviously. You might use our stuff while you're learning but end up with a somewhat different style. As long as it works for you and gets you the pussy/relationship(s) you want in a productive and efficient manner, I'm all for it. GLL is just a blueprint, a time saver and our experiences to make this journey as rewarding and painless as possible so you don't need us anymore (if you want to still hang out, then cool :)). We aren't trying to make clones, we are trying to max **YOU** out. If you want to be a clone of myself, I'll try and help, I'm a 25% clone of several very different people. If you want to be a clone of Scotty (not recommended), then you can too. haha :)

How to Double or Tripple Your Chances of Getting Laid on Any Given Night

June 13, 2012 | by Good Looking Loser | Link | Original Link

Double Your Chances of Getting Laid!!!

Sometimes when I do heroin, I get a RUSH of creative thoughts following the RUSH of opiate bliss. I feel like a rockstar even though I can't sing.

After I shot up tonight, I arrived at the most insane insight.

I want to share it with you, it's truly life-changing.

Okay, first off- I'm kidding. I don't do heroin. You probably shouldn't either. :)

But I still have a way that you can **double your chances** of nailing some HOT pussy on any given night.

Suppose you talk to 5 girls in a night.

Sometimes it goes well, sometimes not... you know, its a numbers game, even when you get good at this shit. Not every girl is sexually available. In fact, most ***aren't*** simply due to logistics- even if they are single. That's not your fault, there's nothing you can do. There's a certain percentage of girls that are sexually available and sexually unavailable on any given day. Girls that you 'screen out' and 'get lost' usually has nothing to do with your looks, style, life or "game," so long as you are being aggressive and confidently communicating what YOU WANT- sex. But you know that.

Okay, so suppose you talk to 5 girls in a night.

Here's how to DOUBLE YOUR CHANCES-

are you ready?

are you sure??

are you super sure???

are you super duper sure????

are you super duper super.... **SHUT THE FUCK UP GOOD LOOKING LOSER TELL ME YOU FUCKING ASSHOLE!!!**

TALK TO 10 GIRLS

right there, you doubled your chances.

Do you want to know how to triple your chances????

TALK TO 15 GIRLS

right there, you tripled your chances.

I'm not even good at math.

The KEY to GETTING LAID is talking to girls.

This was being debated at a certain place by certain gurus that don't get much/any pussy.

One of them suggested that "being interesting" was the key to GETTING LAID.

WRONG

One of them suggested that having a "positive mindset" was the key to GETTING LAID.

WRONG

One of them that clearly didn't Get Laid much suggested that "carefully timed jokes when she's comfortable with you to create 'attraction spikes'," was the key to GETTING LAID.

SHUT THE FUCK UP 8-O

The key is and always will be **TALKING TO GIRLS**.

There are certain things that will improve your chances obviously- LOOKS, STYLE, SOCIAL FREEDOM (tight authentic body language that reflects EXTREME confidence).

The key is **TALKING TO GIRLS**.

I could "be interesting," "have a positive mindset," and use "carefully timed jokes," and never bang pussy again if I didn't talk to enough girls.

Now, don't me wrong- being interesting and being positive can help. Carefully timed jokes won't. :)

Those are hardly the key.



Scotty thinks he has nothing on this guy.

Scotty seems to feel he's the "least interesting guy in the world." Although he probably has nothing on the Dos Equis guy (pictured right), he's probably not the "least interesting guy in the world."

But that's besides the point.

Being interesting has nothing to do with you meeting a girl, talking and touching her and taking her somewhere in 20 minutes (GETTING LAID).

In addition, I've had nights where I was straight up in a bad mood. Maybe I had a rough day at work or I was bummed out about something. I still got laid. It didn't matter so long as I wasn't spreading negativity like wildfire and turning chicks off instantly. Negative days and nights are few and far between for me, but not having a "positive mindset" on some nights isn't getting in the way of getting pussy. I can verify that.

I'm not saying that "being interesting" and "having a positive mindset" won't enhance your overall quality of life. You should be/have both. But it's sure as hell not the "key" to banging girls.

If you are uninteresting and **not talking to girls** because of it for some reason, that's a problem if you are trying to Get Laid.

If you are in a bad mood and **not talking to girls**, that's a problem if you are trying to Get Laid.

The problem is **not talking to girls**.

You get it. :)

Sorry if you were expecting a super secret line or routine. This is easier though.

This is common sense? Maybe.

But sometimes common sense isn't so common.

Want to lose weight? Stop eating so much fucking food and get your ass to the gym.
Want to get good at basketball? Play basketball.
Want to get a good grade on an exam? Figure out what's going to be on the test and study that material.
Want to bang girls? Talk to them.

Guys that have 6-month or year long periods without getting pussy are simply not talking to enough girls. It's usually nothing else. Maybe anxiety, depression, something else is contributing to that, but the main reason is that guys aren't playing the game. Even when you get good at this shit, you still gotta talk to girls. You just bang a higher percentage than you might otherwise.

Okay, that's it.

I'm going to shoot some more heroin, this stuff wears off quickly. Just kidding.

~Screen That Pussy~

Sizegenetics Routine for Beginners

June 21, 2012 | by Good Looking Loser | Link | Original Link

Sizegenetics Routine for Beginners

Please check with your doctor before you follow this SizeGenetics starter routine.

For my comprehensive SizeGenetics review, click here- SizeGenetics Extender Review

On that page I will tell you-

- How Sizegenetics works
- Why Sizegenetics works
- *EXACTLY* what you can expect
- My personal experience with the SizeGenetics extender in comparison to two other extenders
- Before and after pictures of guys that ONLY used Sizegenetics with no prior PE experience
- Information and videos on specific issues with the Sizegenetics extender and gaining length
- ... and more

The soft rubber strap makes Sizegenetics significantly more comfortable other older extenders that use "nooses" that choke your dick.

This routine will work if you own the SizeGenetics extender or any other penis extender, I obviously recommend the Sizegenetics extender because I think its BY FAR the most comfortable length device.

If you have never done any sort of male enhancement (or haven't done it in 2+ years) this Sizegenetics routine can help you get used to the Sizegenetics extender and get you on the way to length gains. This routine is safe and can apply an adequate amount of tension to help you start gaining.

Sizegenetics Extender Routine

Week One

During the first week, it's suggested to wear the Sizegenetics extender without clothing, just so you can observe your dick being stretched and get used to putting it on and taking it off. The Sizegenetics extender can obviously be worn discretely beneath your clothing, but I suggest visually monitoring your blood flow for the first seven days. You'll get the 'hang' of it after a few days and it only gets easier.

Day 1- No matter how long your dick is, I recommend using the lowest tension (fewest bars) on your SizeGenetics extender. Unless your flaccid size is over 6.5", you should use the lowest setting. It won't feel like there's a lot of resistance, but keep in mind that your penis has probably never been pulled for long lengths of time, your dick will appreciate being eased into this routine.

Wear your Sizegenetics extender for **1 hour** total- over **15 minutes at a time over 4 sessions**. Do these sessions consecutively. This will take an hour, slightly more- since you have to practice putting

it on and taking it off. Get used to putting on the SizeGenetics extender and pointing it **DOWNWARD** during your 15 minute sessions. It shouldn't hurt* and it shouldn't feel like when you TUG on your dick for 30-45 seconds during the manual stretches. After you take the Sizegenetics extender off your dick might feel cool, that's fine. It shouldn't be FREEZING cold or turning purple.

SizeGenetics Routine Day 1: Lowest tension, 15 minutes x 4 sessions

Day 2- I recommend taking day 2 off, don't wear your Sizegenetics extender or do manual stretches. Remember this Sizegenetics routine is for beginners with no prior male enhancement experience.

SizeGenetics Routine Day 2: Rest

Day 3- It's back to work on day 3. Today your goal is to stretch your dick with the SizeGenetics extender for a total of **1 hour and 20 minutes** over **4 sessions of 20 minutes**. Like day 1, do the sessions back-to-back and with the Sizegenetics extender pointing **DOWNWARD**. Again, during the first week, you should use the lowest tension and the least bars.

SizeGenetics Routine Day 3: Lowest tension, 20 minutes x 4 sessions

Day 4- Take day 4 off, especially if you've done manual PE in the past 2 days.

SizeGenetics Routine Day 4: Rest

Day 5- Today your goal stretch your dick with the SizeGenetics extender for a total of **2 hours** over **4 sessions of 30 minutes**. 30 minutes is a bit longer of a stretch, make you restore blood flow to your dick before putting the Sizegenetics extender back on. You can do this by getting a boner or rotating your dick in a clockwise/counter-closewise motion for 30 seconds each.

SizeGenetics Routine Day 5: Lowest tension, 30 minutes x 4 sessions

Day 6- Make sure you take day 6 AND 7 off, day 5 was a heavy workload for newbies. Your dick is getting used to repairing itself (thereby getting longer and stronger) over 24-48 hour periods. You GAIN on your recovery and rest periods, not on your training days. This is similar to weight training.

SizeGenetics Routine Day 6: Rest

SizeGenetics Routine Day 7: Rest

* Once you figure out how to put on and take off your SizeGenetics extender, it won't pinch you AT ALL during your stretching periods. While your learning to do so, you might accidentally pinch yourself a few times. Don't worry, you'll figure it out. I pinched myself a bunch of times with all the extenders I've used when I was starting out. The main thing is- the extender shouldn't pinch you during your stretching sessions and the SizeGenetics extender DOES NOT.

Week Two

Starting at week 2, you can begin to use the tension setting (adjust the amount of bars) to get a 'moderate' tension. Moderate is pretty subjective. Moderate tension, at this time, can be classified as the setting where you can wear SizeGenetics extender for at least 40minutes without it hurting or without your dick feeling noticeably fatigued. You might not be able to use the amount of bars that you think, but don't worry- if you are new to male enhancement you will gain VERY QUICKLY. Everyone does.

At week 2 you can also get used to wear the extender under your clothing. Point it DOWNWARD and slip on some pants. Certain pants will be better than others, you'll just have to figure out which ones work best for you. Don't wear underwear unless it's loose boxers. I just wear mesh shorts under

my clothing, those work good and help conceal it a little bit. Remember, penis stretching should become part of your lifestyle. You shouldn't have to think about it, you shouldn't feel it and it shouldn't be a hassle. You have to wear the SizeGenetics extender for at least 4+ hours a day, ideally 8+ hours.

Day 8- Today you should wear your SizeGenetics extender for a total of **3 hours** over **4 sessions of 45 minutes**. If you have increased the tension, make you you can wear it for 45 minutes at a time. If you can't, you have to lessen the tension. A long 'moderate' stretch is better than a short 'hard' stretch when it comes to extenders. If you want to do short 'hard' stretches, save that for the manual exercises where you will be pulling harder on your penis than any penis extender could possibly do.

SizeGenetics Routine Day 8: Moderate tension, 45 minutes x 4 sessions

Day 9- Today you should wear your SizeGenetics extender for a total of **4 hours** over **4 sessions of 60 minutes**. If you have to pee, take off the Sizegenetics extender, piss, restore blood flow, put it back on and add 5 minutes to your respective session.

SizeGenetics Routine Day 9: Moderate tension, 60 minutes x 4 sessions

Day 10- Take day 10 off. No manual exercises either.

SizeGenetics Routine Day 10: Rest

Day 11- Today you should wear your SizeGenetics extender for a total of **4 hours and 30 minutes** over **3 sessions of 90 minutes.** Again, if you have to pee, follow the instructions on this that are listed in day 9.

SizeGenetics Routine Day 11: Moderate tension, 90 minutes x 3 sessions

Day 12- Today you should wear your SizeGenetics extender for a total of **5 hours and 15 minutes** over **3 sessions of 105 minutes (1 hour and 45 minutes).**

SizeGenetics Routine Day 12: Moderate tension, 105 minutes x 3 sessions

SizeGenetics Routine Day 13: Rest

SizeGenetics Routine Day 14: Rest

Week Three

By week 3, you should have a pretty good idea of how to use your SizeGenetics extender. Going forward, it's important to remember that [unlike the Bathmate] the SizeGenetics extender is a long-term length device. You have to be consistent with your stretching. Don't take more than 2 days off at a time. By week 3, you can pretty much wear your extender every day. If you've never done male enhancement before, you can expect to gain at least between .5inches to 1inchees within about 6 months, as reported in the SizeGenetics clinical study.

Day 13- Today you should wear your SizeGenetics extender for a total of **6 hours** over **3 sessions of 2 hours each.**

Day 14- Today you should wear your SizeGenetics extender for a total of **7 hours** over **3 sessions of 2 hours and 20 minutes each.**

Day 15- Today you should wear your SizeGenetics extender for a total of **8 hours** over **3 sessions of 2 hours and 40 minutes each.**

Day 16- Rest

Day 17- Today you should wear your SizeGenetics extender for a total of **9 hours** over **2 sessions of**

4 hours each and 1 session of 60 minutes.

Day 18- Today you should wear your SizeGenetics extender for a total of **10 hours** over **2 sessions of 4 hours each and 1 session of 2 hours.**

Day 19- Rest

Day 20- Rest

Week Four

Day 21- Today you should wear your SizeGenetics extender for a total of **11 hours** over **2 sessions of 5 hours each and 1 session of 1 hour.**

Day 22- Today you should wear your SizeGenetics extender for a total of **12 hours** over **2 sessions of 5 hours each, and 1 session of an hour.** At this point your dick will be pretty used to the Sizegenetics extender and fairly elastic (regardless of how much tension you have been using).

Day 23- Today you should wear your SizeGenetics extender for a total of **12 hours** over **2 sessions of 6 hours each.**

Day 24- Today you should wear your SizeGenetics extender for a total of **12 hours** over **1 session of 7 hours and 30 minutes, and 1 session of 4 hours and 30 minutes.**

Day 25- Today you should wear your SizeGenetics extender for a total of **12 hours** over **1 session for 9 hours and 1 session for 3 hours.**

Day 26- Today you should wear your SizeGenetics extender for a total of **1 session for 12 hours.** You'll obviously have to take it off several times, just restore the blood flow and put it back on right away.

Day 27- Rest

Day 28- Rest

Good job. You've made it through a month with the SizeGenetics extender. You know how to use it and your your dick is prepared for ALL DAY stretching. From this point on you should wear it as much as possible. Take a day off every now and then, but you are set to wear everyday.

Disclaimer: The information about the Sizegenetics penis extender is from personal experience. The contents of this page, such as text, graphics, images and other material are intended for informational and educational purposes only and not for the purpose of rendering medical advice. Please view our Medical Disclaimer that you agreed to upon clicking [x] I agree, when entering this site.

How Learning Happens: Concept Encounters, Levels of Learning

June 29, 2012 | by Good Looking Loser | Link | Original Link

Levels of Learning:
How Learning Happens

I'm not a psychologist, I'm just trashy weirdo that has fucked lots of pretty pretty women in the past 4 years. I have a pretty good understanding of how guys learn this "fuck lots of girls"/player lifestyle stuff. This is the learning process that everyone goes through. Hopefully they see the process through at least until they are banging 2-3 quality girls and have the confidence to bring 2-3 more in if need-be. Hopefully they make their body, lifestyle and fashion among the top 10% of guys along the way.

So let me tell you about how your mind and body work. Let me also explain the levels of learning maybe it will help you stay on track or confirm how well you are doing.

There is something I call **"concept encounters,"** it's when you 'encounter' an idea that you find good or insightful.

The first time to hear or see a good idea you may agree with it and you might even **take action** on it.

But the good idea doesn't become *internalized* or part of your persona until you've hear or see the idea several more times and **take action** on it and experience it several more times.

Each time you hear or see an idea after you've gotten more experience from **taking action**, you learn and understand it on a deeper and deeper level.



Here's an example of this-

You might come to GoodLookingLoser.com hear about "screening" and think to yourself "damn, that makes sense."

The next day to GoodLookingLoser.com and read about how banging chicks is strictly a numbers game, only a certain percentage of girls that actually sexually available and you should screen them. You may think to yourself "oh I get it now."

Later that day, you might think back on some experiences when you got a girl without barely doing anything and another experience where you were making a girl laugh but the interaction went nowhere. You may think to yourself "oh damn, the first girl was sexually available and the second one wasn't and that wasn't my fault."

Later that week, you might walk up to 10 girls with the exact same material, body language, physical advances and take 3 numbers, have 2 pointless conversations and have 5 girls get lost. You might think to yourself "damn! this is a numbers game, I did nothing different or wrong."

The next day you might return to GoodLookingLoser.com and read about how physically touching girls determines if they are sexually available and think "oh that's why those girls ran off, I didn't do anything wrong."

A month later, you might touch a girl and see that she reacts positively so you make small talk and take her out of the place 40 minutes later. You realize, "The girl was DTF, I found out by touching her on approach, I probably could have left with her in 20 minutes."

Each time you encounter the concept of 'screening' you have a deeper understanding of it and internalize it further. When you encounter a concept in different context, it makes more sense to you and it slowly becomes a part of your persona. The more you encounter these contexts on a daily basis, the faster you learn.

I have several different discussions on "screening" but unfortunately reading words can't quite fully teach or internalize what it really means. You have to try to do it. You have to encounter the concept in real life to fully understand it and internalize it. You usually have to encounter the concept over and over.

Furthermore, in the end, you'll have a slightly different version of "screening" than Scotty or I. It means something a bit different to everyone. I simply give you a blueprint and a way to explore it, you got fill in the details.

Remember- you probably won't be really screening chicks at first. You'll just be spitting out some form of outcome dependent direct game or a hybrid of Mr. Direct Funny Man. But that's okay. Remember, you are reprogramming your brain that might have 20+ years of submissive social habits. Each time you try or encounter concept, you improve.

This learning process and "concept encounters" isn't limited to screening- it applies to EVERYTHING.

It's important to understand how to learn this stuff so you can identify your psychological changes (progress).

Slowly, you will internalize it. It will be something you *are*, not just something you do.

Does Height Affect Penis Size?

July 1, 2012 | by Good Looking Loser | Link | Original Link

Height and Dick Size

By: Big Bad Dong (w/ Good Looking Loser)

I'm sure you have probably heard the notion that a "tall guy" + "big feet" = "big penis," is it true?

Can the shape of your body determine your potential penis size?

Self report surveys and clinical studies show the that height is definitely connected to the size of your penis.

In 2001 study at the University of Florence, published in the Journal of "European Urology" entitled 'Penile Length and Circumference: A Study on 3,300 young Italian Males', recorded the height and penis size of 3,300 Italian men, researchers found the taller the man, the larger his penis. The study concluded, "we also observed that the penile dimensions are highly correlated with height and weight."

During another such study of 25,000 males (MSNBC/Ell.com survey), it was found that males who were below 5ft 8in tended toward smaller penises, while men over 6ft in height were shown to have larger penises.

A Canadian study, however, observed only slight a link between penis size and height. A small abstract that mentions this study is here.

What if I am not so tall?

Don't panic, because you're on the shorter side does not automatically mean that your penis will be small.

If you are unhappy or uncomfortable with the size of your penis in any way, there exist many ways to enlarge your penis, overcome genetics and obtain it without breaking your bank account.

Trim your pubic hair.
This technique is totally inexpensive (unless you don't have a razor or trimmer) and will instantly add 2cm to your penis's appearance.

The problem with your pubic hair is - it hides part of your penis causing it to look smaller than it actually is. By trimming your pubic hair and maintaining it you can easily look instantly bigger. Notice how pornstar never have pubic hair, there units seemingly have endless length.

Mind your weight.
You may not have control of your height or genetics, but you can be sure that your stomach does not hide your penis. Just aim to keep in shape and you will improve the apparent size of your penis. For every 12-16 pounds of body fat that you can gain over .5-1 inch in exposed penis.

Perform penis exercises.
These can really be split into 3 separate groups. jelqing, stretching and Kegels (strengthen the pelvic muscles, improving your staying power and stamina).

Jelqing

When it comes to improving the size (particularly girth) of your penis, jelqing will be the most beneficial because the milking action increases blood flow to the penis and stimulates the cells. One certain exercise may add one inch to your penis because it involves pulling the penis away from the body and encourages the part of the penis that remains inside the body to extend. Nearly all pornstars are thought to do the jelqing exercises at least 3 days a week to improve and maintain the large amount of cells that make up their big units.

- **All About Jelqing (How to guide, demo video, etc.)**

Manual Stretching

While jelqing is mainly for girth, manual stretching will increase the length of your penis. Basically you just pull on your penis and stretch out the tissue and ligaments. Similar to jelqing, significant resistance applied during stretching will make small [harmless] micro-tears in your penile tissue. When the tissue repairs it will be stronger and longer. Some people dislike manual stretching because it is time consuming to sit there and pull on your penis.

- **All About Manual Stretching (How to guide, demo video, etc.)**

Penis Extenders/Stretchers

Penis extenders work just the same as manual stretching. The only difference is that there is less tension but it is applied over a longer period of time. Penis extenders, sometimes called penis "stretchers," are more convenient than doing manual stretching because it is completely hands-free and can be done for long periods of time. Penis extenders were once used to straighten overly curved penises but physicians found that the devices also could improve the length of the penis.

Penis extenders apply traction on the corpora cavernosa in your penis. This causes cells to break from the walls and duplicate. As new cells amass in the penis, they enable the penis to retain more blood; achieve much harder erections for much longer; reduce penile curvatures and premature ejaculation and more importantly adding inches to the penis.

In a 2009 study in the "British Journal of Urology International" performed with the SizeGenetics penis extender, all 18 participants saw an average increase of 2.8cm erect and 1.9cm flaccid from wearing an extender for four to eight hours every day for six months. For more discussion of this specific study- click here.

Kegels

We consider kegels the most underrated penis enhancement/health exercise. As someone who previous could not shoot semen, I stand corrected. Kegels are particularly important if you developing a larger penis. Without healthy pelvic (PC) muscles, you may be relying on erectile dysfunction medications to support your new size. I didn't quite get that point but my erections and orgasms are stronger now than I was 18 years old.

- Kegels: The Super Underrated Men's Health Exercise



University Study: Does Size Matter? (Clinical Study)

July 2, 2012 | by Good Looking Loser | Link | Original Link

Survey of Female Perceptions of Sexual Satisfaction

For decades there has been a debate regarding "does size matter?"

I think most of us know the answer to this.

Most women won't answer truthfully in public for fear they will be labeled as a slut.

You probably know where I stand on this-

Firstly, if it matters to YOU, then it MATTERS. If you have been searching on Google and Youtube for the answer to this question, the answer is yes- size does matter.

Secondly, it does matter to females too. It's not a coincidence that every dildo is at least 7 inches long and over 5.5 inches thick. Women don't picture a sexy guy to have a underdeveloped penis. Simply put, a big dick (within reason) will simply touch more pleasure receptors than a small dick. Unfortunately these otherwise true statements have been exploited by a sleazy male enhancement industry to sell fake products.

The actual evidence for and against the "matter of size" debate has been fairly unprofessional, people just give their opinions regardless of their lack of experience (sound familiar?).

Recently, I came across a REAL clinical study led by Professor Russell Eisenman at the University of Texas (Pan American) in Edinburg, Texas that set out to decide the "does size matter?" debate. The study was published in the "BMC Women's Health" Journal and peer-reviewed by other doctors and professors in academia.

The complete study can be found here- Penis size: Survey of female perceptions of sexual satisfaction

I had a smart girl I know summarize this study, I added some points that I felt were significant-

Penis size: Survey of Female Perceptions of Sexual Satisfaction

Does the size of the male penis, in terms of length or width, make a difference in female sexual satisfaction? University of Texas-Pan American Professor Russell Eisenman wanted to see if female college students would report their sexual satisfaction related to penis length, width, or neither.

According to the completed study, the **width** (or girth) of a man's penis is perceived by females to be more sexually satisfying when having sex. The thicker penises were considered to be significantly more pleasurable than the thinner penises. This may come as a surprise, as when the size of penis is being talked about, we usually think of its size in terms of length.

The conclusion that "size matters" (particularly girth) is especially a surprise to Masters and Johnson, two famous sex researchers who have concluded that penis size is unrelated to female sexual satisfaction. Masters and Johnson believe that the vagina adapts to fit the size of the penis, making the size of the penis irrelevant when it comes to sexual pleasure. Their "professional" studies never surveyed REAL LIVING FEMALES. However, the females at the University of Texas-Pan American would disagree with this. **Out of the 50 girls surveyed, 45 reported that width felt**

better while the other 5 reported that length was more satisfying. None of the 50 girls said size was irreverent to their experience. Either way, Masters and Johnson's theory about adaptable vaginas may have to be reevaluated; penis size, in one way or another, probably matters somewhat in terms of a female's sexual satisfaction.

The subjects were surveyed by two male undergraduate students ? popular athletes on campus ? and all females chosen to participate were known socially to be sexually active. They ranged in age from 18-25 and were asked either in person or on the phone: ?Does the size of the male penis, in terms of length or width, make a difference in female sexual satisfaction?? All subjects answered the question and we can assume that they told the truth perhaps because they knew the student asking the question. We can only take the 45 females that said width to be more satisfying at face value. The study is based solely on a *perception* of sexual satisfaction, making these females responses psychological as opposed to physiological. The reality of what these 50 women actually feel in terms of arousal and satisfaction during intercourse is essentially unknown. But the majority does believe that a wider penis will give them more pleasure.

Why would a wider penis be more satisfying than a longer one? Though it's not obvious, speculation suggests that thickness of a wide penis at the base of the vagina will provide greater clitoral stimulation as the male thrusts into the female during sex. Basically, a wider penis may have more contact with the outer part of the vagina, which includes the sensitive clitoral area. This would be the physiological or biological reaction to penis width, but another theory is that females relate the feeling of **?fullness?** with greater satisfaction. Though this would be considered a psychological reaction, a wider penis could provide the female with the feeling of being filled; she could interpret and report this feeling as being more satisfied.

While there may be a direct correlation between a man's penis size and a female's sexual satisfaction according to this study, the importance of size certainly depends on the individual. The 50 female college students that were surveyed are simply a sample of women, all with different perspectives on sex and arousal.

So there you have it- size matters to women. It is *part* of how pleasurable the sexual experience is. If it matters to you, then it matters. If it doesn't, then it doesn't matter, but keep in mind that that doesn't make it irrelevant to women.

Click here if you want to download the entire study-

- **National Institutes of Health Hosted Penis Size Survey; Eisenman**


2 3 4 5 6 7 8 9 10 1 2 3 4 5 6 7 8 9 20

Numbers Game Explained: Sexually Available vs. Sexually Unavailable Girls

July 5, 2012 | by Good Looking Loser | Link | Original Link

The Numbers Game

You probably heard the phase "getting girls is a numbers game," it most certainly is.

If you hear some "guru" say otherwise, he is a complete fraud. Report him to the proper authorities. 8-)

It is a numbers game, after all- that's why someone of us call it a "game."

If you've followed GoodLookingLoser.com since January 2012, you'll know that "getting girls is a numbers game," is one of the very first things I talk about.

[image] Here are some related discussions-

- Relax. You'll Eventually Get Some Pussy.
- Getting Laid is a Numbers Game: What If I Approached 100 Girls?
- Getting Laid is a Numbers Game: A Closer Look

While most guys know "getting girls is a numbers game," their initial behavior and constant outcome dependency would say otherwise.

It's not until they have gotten significant results until they have internalized the belief that "getting girls is a numbers game." That's how it was for me and I wasn't exactly helped because I studied a lot PUA bullshit that promised "every girl, every time," and other trash that made me blame myself for when interactions didn't go just as I had planned.

I hope to bridge this gap and help you guys understand that this **REALLY IS** a numbers game, regardless of how good you are.

You'll internalize the numbers game through real time experience, but let me see if I can make it easier for you.

Sexually Available vs. Sexually Unavailable Girls

The first thing I'd like you to understand is- **NOT EVERY GIRL IS SEXUALLY AVAILABLE**.

For some reason, even the "best" gurus don't touch on this concept of *sexually availability* too much. The very worst "gurus" think that even single girl is able to fuck, every second of the day and if you don't "get her" it's something you did incorrectly. They insist there's a certain "boyfriend destroyer" line that will make ever girl's pussy dip with warm, sweet vaginal fluid because you said your line. It's obviously not true.

In short, on any given day there's a certain amount of girls that are sexually available (to be picked up) and a certain amount of that ARE NOT. Regardless of what you or I do, we cannot get the girls

that ARE NOT available. There's an infinite amount of potential reasons that a girl maybe be sexually unavailable for you or I.

[image] Here are some reasons-

1. She has a boyfriend.
2. She has a husband.
3. She has a lesbian lover.
4. She got drunk last night and she's hungover, not looking to talk to new people.
5. She is super emotional today.
6. She already has a fuckbuddy.
7. She already has 10 fuckbuddies.
8. She doesn't EVER have fuckbuddies.
9. She is a super conservative girl that doesn't have sex without being married for 4 years.
10. She already got fucked that day by a thick cock.
11. She had a bad experience from the last guy that picked her up.
12. Her friends are there and they will judge her.
13. She has to wake up early in the morning. (logistics)
14. She has to go home early that night.
15. She is on her period.
16. She thinks she is on her period.
17. She thinks she is pregnant.
18. She doesn't have casual sex.
19. She is a drug addict.
20. She didn't take her anti-depression medicine (welcome to Los Angeles).
21. She is just out for attention.
22. [image] You look like her ex-boyfriend that she hates.
23. She doesn't think it's appropriate to meet people at _____.
24. She doesn't like players, she only likes nice guys and fucks them after 10 dates.
25. She doesn't think she looks good.
26. She's just a fucking weirdo at all times.
27. She heard a story from a friend that makes her hate guys for a week or two.
28. She's obsessed with some other guy.
29. She's obsessed with her ex-boyfriend.
30. She wants a boyfriend.
31. She doesn't know what the fuck she wants.
32. She had a bad day.
33. She's scared of guys at bars.
34. She's scared of guys at clubs.
35. She's scared of guys that talk to her during the day.
36. She doesn't know how to show guys that she's DTF.

Okay, some of those are far-fetched, some of those are COMPLETELY realistic and common.

No where in there did I say "you are too ugly" "you are too much of a fucking loser," I didn't say that, right?

The point is-

NONE of them are your fault.

NONE of them can you control.

I'll repeat that-

NONE of them are your fault.

NONE of them can you control.

I also want you to keep in mind that "single" DOES NOT mean sexually available, just as "I have a boyfriend" DOES NOT mean sexually unavailable. A girl could be single but have to wake up at 5am the next morning. She isn't home with anyone.

A further point is- there is NO reason to analyze why ONE certain girl didn't talk to you/give you her number/fuck you, it could be any of those reasons. Again, none of those reasons were "you are too ugly," or "you are too uncool."

[image] Chances Are- She already Fucked a Guy Uglier Than You

It's true. The average girl, aged 18-25, who is sexually available at times (we aren't talking about the girls who NEVER sleep with anyone) has probably had at least a handful of partners. Usually more. At least one of those partners was probably UGLIER than you. Not every girl is fucking some actor or model. The hottest girls generally fuck the guys that are slightly above average to good looking.

You probably aren't being rejected on your looks, most of the time.

Does that make you feel better?

This is something I had to learn, even though most girls consider me "good looking," I was scared to death of rejection because I was certain that it was because of my looks being inadequate. When I'd "get rejected" by a girl who wasn't available in the first place, I wanted to go home and hide in my closet and cry like the little bitch that I was. That's a true story, between you and I.

Exception: A Small Percentage of Guys ARE Getting Rejected For Their Looks

There's a small percentage of guys that are really ugly, in horrible shape and generally just present themselves as low class, socially-retarded dog shit. This small percentage of guys will be getting rejected for their looks and style, or lack thereof. They will be getting rejected a lot.

In my opinion, NOBODY, outside of some sort of unfortunate accident, has to fall into that category. There are some guys that are genetically better looking and more attractive than others, but no guy has to fall into this "really ugly, in horrible shape and generally just present themselves as low class, socially-retarded dog shit," category where they are getting rejected for their looks, most if not all of the time.

If you fall into this category, pull yourself out. You aren't going to get laid much otherwise.

Girls have a "looks threshold," so long as you aren't looking like shit, you probably don't fall out of that threshold for the average girl.

The average guy is probably not getting rejected for his looks. Not most of the time. And Certainly

NOT by the average girl.

Most of the time, he's getting "rejected" by a girl that wasn't available in the first place.

Let me repeat that-

Most of the time, you are getting "rejected" by girls that ARE NOT AVAILABLE IN THE FIRST PLACE (if you are aggressively approaching them and communicating that you want sex).

Usually over half the girls you approach won't be sexually available that day/night/week. The last thing you need to do is blame yourself.

You should MAXIMIZE your looks, your style and your social freedom (via experience) and you will be landing, at least phone numbers, from the majority of sexually available girls.

This is NOT a reframe. This is how it is. I have friends that are better looking than I am and are in magazines and some movies. They are actors and model in Los Angeles. They get "rejected" by girls. And they aren't getting rejected for their looks. The girl is simply NOT available.

That should give you some insight on what this "numbers game" truly is.

I did not understand this when I started and even after I took some training from certain PU companies. They didn't understand it either.

[image] What the Numbers Game Means to Me

After 4-5 years, I have a deeper understanding of this "game," than I had years ago. (this is because of concept encounters)

My understanding is probably too deep to fully explain with text, maybe I'll try to do so in a video.

In short, I know if I want to get laid, at this point, all I have to do is walk up to 100 girls, give them a compliment and ask for their number. If I wanted to basically guarantee my chances, I could additionally message 100 girls the exact same message on a dating site and ask for their number after we talked for a couple minutes. I'll have more than a few options. If somehow I don't, I will just do it again. I'll get laid in a few days. That the way it works every time.

Regardless of what level you are at, even if you are a beginner (without extreme social anxiety) I believe you can walk up to 100 girls, about 30-40 will be sexually available and ask all of them for their numbers. You'll have a date, at the very least within a week. You might even get laid if you run into a horny girl who finds you attractive.

By understanding and seeing the big picture, I never get too caught up in what happens along the way. That gives me tremendous peace.

At times, **I have straight up looked at women as numbers and nothing more**.

Frankly that's is what they are until I meet them and I see that they are cool enough to hang out with me. That's being detached. That's screening. I suggest you try to internalize that mindset. It took me a while though.

A lot of guys will have a problem with that and say- "Isn't that de-humanizing the girls?" "Doesn't that ruin your interactions and you can't show your personality and passion?" "Won't she see that you are viewing her as a number and not a human being that has feelings, dreams and family members?" "Isn't that what the Nazis and Soviets did to people? De-humanizing them?" (I've been asked this

stuff before, really.)

My answer to that is- Stop taking it so seriously. We are discussing "talking to women," nothing more. Stop being so introspective, "why why why how how how what if what if what if" and **just start talking to some chicks**. If it helps you to view them strictly as numbers, do so. If it helps you to view them as "incredible miracles of sciences with a soul and a brain full of unique passion and ambitions - no two women are ever the same," then do that.

GoodLookingLoser.com Is a Numbers Game

I'm still very new to building an interactive website, but I'm finding that everything that happens on GoodLookingLoser.com is a numbers game.

Everyday, a certain amount of people will visit GoodLookingLoser.com.

- A certain percentage will like me.
- A certain percentage will hate me.
- A certain percentage of people will use this information to enhance their life.
- A certain percentage will do absolutely nothing with it.

The only people I try to target to help are those that will use this information to enhance their life. All my stuff is directed at those people, the rest of the people I absolutely want to scare off so I don't waste time with them in the forum. Does that sound familiar?

If you are one of the younger guys who visit GoodLookingLoser.com, I encourage you to begin viewing the world as a successful businessman. Life is a numbers game. Anyone who is wealthy from their own means, understands how this stuff works.

The numbers game is particularly well illustrated in sales.

Here's an example with numbers-

(I was hesitant to give this example, since some people HATE hearing that other people make money, but I'm going to give it anyway since I'm not exactly hiding myself [I'm showing my dick on another page] and it fits the numbers game perfectly)

As of July 4th, about 400 new people a day come to GoodLookingLoser.com [seemingly] looking to see if the Bathmate is any good. I usually sell 4 Bathmate pumps a day to new visitors. That means 1 in 100 people are buying it. While that might not seem like a lot, it's pretty good for the nature of this device in the male enhancement industry that is loaded with bullshit.

I promote it because it legitimately helps people and positively reflects on me since it's such a good product.

Let's take a look a closer look at what those 100 new people do.

[image] Out of 100 NEW PEOPLE who come to GoodLookingLoser.com looking for a "Bathmate Review," on any given day, according to my Google Analytics report-
* These are estimates.

40% of them will stay for about 4 minutes, not buy it, but come back later that day or tomorrow. They might buy it then, they usually won't though (this could be for any number of reasons- they think I'm lying, they think talking about 'big cock' sex is weird, they hate me, they hate you, they

think it doesn't work, the price is too high, they buy something else, they weren't serious in the first place and just saw an advertisement on it, etc. etc. etc.) Nothing I can control.

30% of them will click away either with 2 second or 1 minute for any one of the reasons I listed above. They never return.

20% of them will take at least 20 minutes and revisit later, reading all the information about the Bathmate but not end up getting it.

9% of them will take at least 20 minutes and revisit later, reading all the information about the Bathmate and get it another day.

1% of them will take at least 20 minutes and revisit later, reading all the information about the Bathmate and get the Bathmate today.

Although these are estimates, all of these percentages stay very, very consistent. It's like they never change. It's been this way since I started started promoting the Bathmate back in January 2012. The only thing that changes is the amount of people that have been visiting the website.

While I could try to make the Bathmate section of GoodLookingLoser.com "better" to slightly increase +1-2% how many people buy it, I'd be better off just trying to have more people find GoodLookingLoser.com. If 1 out of every 100 people buy the Bathmate on the same day and 400 people come looking to possibly purchase the Bathmate on a daily basis (4 sales)... I'd double sales if I could get 800 people to visit (8 sales).

The more people see the Bathmate page, the more people buy it.
The more chicks your talk to, the more chicks you will bang.

Do you see the parallel?

It's not an exact parallel. But after over a half-decade of banging random hot women, and admittedly, my lesser experience at selling a penis pump, it's pretty close.

It's 'conversions' as they say in sales.

Once most guys beat the majority of their approach anxiety they will bang about 1 or 2 girls for every 100 they approach.

If their goal is to bang 10 girls in a year, approaching 450 girls in total (1 or 2/day) would do this. Once you gain more experience, MAX out your looks and style, you might expect to bang 3 or 4 girls in every 100. The guys at the highest levels might have periods where they bang 5 to 7 attractive girls.

But still, the outcome of the majority of your approaches is completely out of your control. Most of the girls won't be available for SEX. Not even the single ones, a lot of them are strictly trying to get boyfriends and be courted.

The majority of the time- the key to getting laid more is simply to hit on more girls and not "improve" your game. A guy with average "game" can get laid more than a guy with good "game," simply by talking to more women. The percentages can change based on the quality of girl you approach, but it still remains a numbers game.

That might seem like a lot of "work" to bang 1 or 2 girls, but remember our method- Screening, Get Laid or Get Lost. Short interactions, physical advances, you won't waste your time. It's a lot work if you are playing "text wizard monkey" with a girl for 4 weeks to try and get a non-sexual date.

It's a numbers game. Some chicks are available, **most** chicks aren't.

If girls "Get Lost" or "reject you," it's usually not your fault unless you haven't made the effort to look at least slightly above average.

MAX out your looks, style and social freedom (via experience) and you'll be able to get the majority of girls that ARE AVAILABLE.*

** If you are shorter than 5-11, get shoes or shoe inserts to make yourself taller.*

How to Get Girls to Smile and Talk to You (Smile Technique)

July 6, 2012 | by Good Looking Loser | Link | Original Link

Smile Technique

You'll have to keep waiting a little bit for the in-field videos, I got called back to Florida for 22 days to help out my Mom who has early Alzheimer's. It's all good.

But here's a short video.. and I'm talking to a **REAL** girl! In my apartment! haha

You usually see me talking to myself alone in my room like a complete loser. :)

So this one is a change of pace. It was actually posted on the forum on this post, but if you don't read the forum- I wanted to give you a chance to see it.

I'm not much for techniques, this is all about having looks, style and balls.

Most techniques are very much "I Hope She Likes Me" shit- meant to impress the girl, often to compensate for a lack of testicles.

You can, however, screen with some techniques.

This is one.

The girl will either GET INTO the interaction or she'll get lost, then you'll go do the same shit on another girl.

i posted this quick video on SSK's thread, but I think this might benefit others too

If girl isn't giving you much but isn't walking away... here's a way to force her to smile/lighten up. While simply touching her get her IN or OUT, this is sort of an 'in between' technique. the technique communicates the right things dominance, alpha guy, assertiveness, blah, blah...

there's a way to do this to 'screen' and a way to do this to 'get her to like you'.. i suggest taking the 1st mindset obviously. it takes some practice to do that sometimes. simply "telling" the chick to smile (like this technique does) is much better than "trying to make to smile," even though this has a little of both.

All About Peyronie's Disease (Curved Penis)

July 9, 2012 | by Good Looking Loser | Link | Original Link

Peyronie's Disease

By: Big Bad Dong
(Good Looking Loser contributor)

Disclaimer: The contents of this page, such as text, graphics, images and other material are intended for informational and educational purposes only and not for the purpose of rendering medical advice. Please view our Medical Disclaimer before reading.

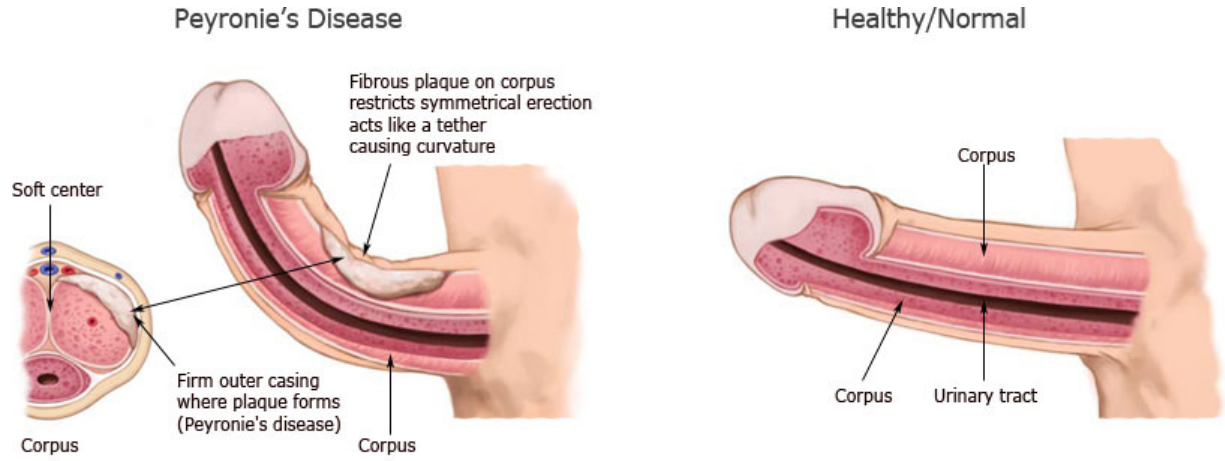
According to CNN Health Peyronie's (pa-ro-NEEZ) disease is the development of fibrous scar tissue inside the penis that causes curved, painful erections. A slightly upward curved penis can stimulate vaginas on the G-spot, but anything more than a slight curve and different direction is generally undesirable.

If you have been referred to this page and are looking for a device that are specifically made to cure Peyronie's, this would be it-

- Device Specifically Made to Reverse Curved Penis

What is the cause of Peyronie's disease?

It is consistently thought that Peyronie's disease normally develops after an injury or trauma which causes bleeding inside of the penis. But, while this kind of trauma might explain severe cases of Peyronie's disease, it doesn't explain the reason most cases will develop progressively and slowly (chronic cases), or what is the cause of the disease when there is no apparent accident or traumatic event. There may be a genetic component to Peyronie's disease.



What exactly happens with Peyronie's disease?

Peyronie's disease is a hard lump, or plaque, which forms on the erection tissue of the penis.

Fortunately, such plaque is non-cancerous (or benign) and will often begin as an inflammation which may develop further into a fibrous tissue. In most cases, when the penis heals after a year or so, this plaque doesn't progress much beyond the initial inflammatory stage. But, if the disease lasts for several years, the plaque frequently becomes a fibrous, tough tissue, and calcium deposits might form.

What are some symptoms and signs of Peyronie's disease?

While individuals might experience varying symptoms, the more common symptoms of Peyronie's disease will be:

Plaque: Which causes the penis to curve upward, if present near the top of the penis). Also, this plaque causes the penis to curve downward, if present near the underside of the shaft) .

Penis shortening: In instances where plaque develops on bottom and top, shortening and indentation of the penis might occur. bending, pain, and some emotional distress may prohibit sexual intercourse. Painful erections might happen.

Also, it should be noted that symptoms of Peyronie's disease might resemble other medical problems or conditions. Therefore, it is always recommended that you consult a doctor for a diagnosis.

What is the treatment for Peyronie's disease?

The objective of treatment is to allow the patient suffering from Peyronie's disease to remain sexually active. Providing information on the disease and it's course is usually included with the treatment plan. In select cases, treatment may not be needed, as Peyronie's disease can often occur in a very mild form which heals without any treatment in six to fifteen months.

Treatments can include:

Surgery: Surgery is usually the last resort and can be associated with high-risk of complications, side effects and costs.

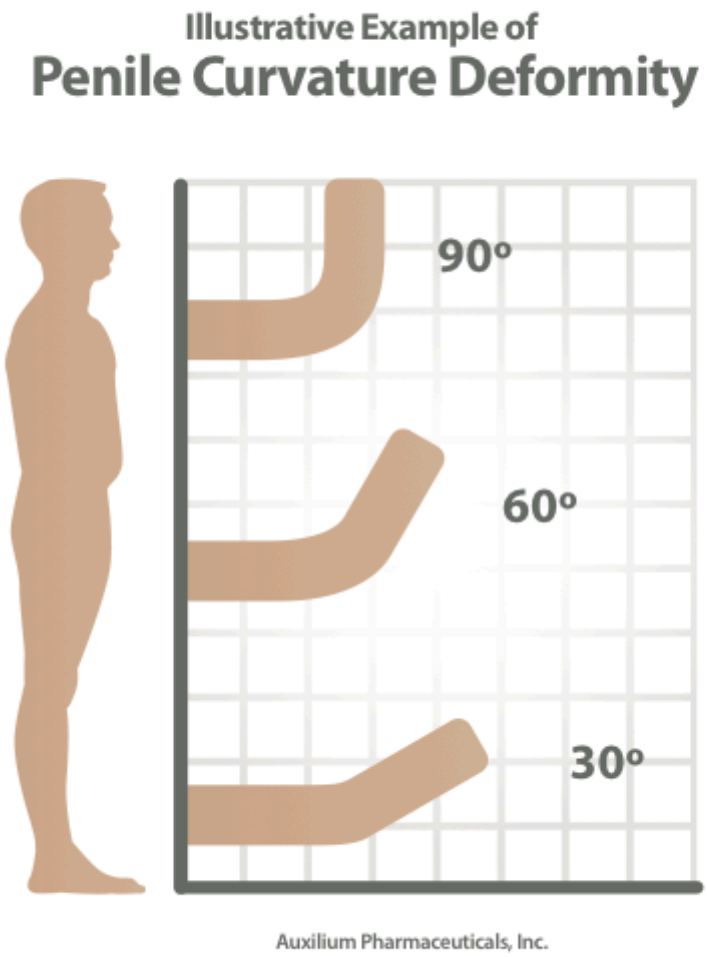
Vitamin E: Various clinical studies have reported some improvements with oral vitamin E as prescribed by a doctor.

Drugs: In select cases, shots of various chemical compounds into the plaques have been used in a limited number of patients. But this method of treatment can have a strong chance of un-wanted side effects.

Radiation therapy: using this treatment method, radiation is shot at the plaque to help reduce pain, but doesn't affect the plaque directly; worsening of the disease or un-wanted side effects may occur.

Using extenders: I personally (Big Bad Dong) have used a penis extender to completely correct a slight case of curved penis. My dick is completely straight now and no longer bent 15 degrees to the right. Penis extenders were originally developed to help treat/cure Peyronie's disease. Not only are they effective in doing so, an unintended side effect was an increase in growth. I personally gained over an inch in just under 9 months of wearing SizeGenetics for 7 hours a day.

This extender is specifically made to treat Peyronie's.



Peyronie's Disease:

Myth vs. Reality

As with a lot of diseases and health disorders, there are several misconceptions and untrue assumptions and myths surrounding Peyronie?s disease (PD). Lets distinguish between fact and fiction.

Myth #1 - PD is a young persons' disease.

The Fact Is - Over 75% of all patients who suffer from PD are between the ages of 45 & 65. Also, there are people who believe Peyronie?s disease only afflicts males over the age of 50. The truth is- almost 10 percent of patients can present at or below age 40.

Myth #2 - PD is a ailment without known cause.

The Fact Is - It is true there is no single cause is responsible in each and every case of PD. Generally, it?s assumed that some sort of injury / trauma to the penis causes PD. Also, Peyronie?s disease is associated with diabetes and hypertension. Similarly, it is also linked with Ledderhoseis disease (plantar aponeurosis), knuckle pads, Dupuytren disease (palmar aponeurosis) and Pagetis disease. The disease seems to run in families as well, from generation to generation.

Myth #3 - PD will lead to cancer.

The Fact Is - Plaque developed in PD is benign, non-cancerous (non-malignant). It's not a tumor and it can't spread to adjacent body parts of tissue. Also, Peyronie?s disease isn't contagious (it can't be transmitted from person to person by any means) and it isn't known to be the result of any transmittable disease.

Myth #4 - The best option to completely cure every case of PD is surgery.

The Fact Is - Surgery is among the most risky, complex and expensive treatment option and is almost always stated as the final resort whenever other treatments don't work. Additionally, even the most successful surgeries can't guarantee the disease will not come back in the future. Similarly, not every surgery has shown 100 percent resolution of all signs and symptoms of PD.

Myth #5 - There isn't a link connecting erectile dysfunction and Peyronie?s disease.

The Fact Is - Even though both conditions may occur independently, PD is connected with erectile dysfunction (male impotency) in most cases. Recent research shows the link between erectile dysfunction and Peyronie?s disease is much clearer than was previously thought. Trials and Published studies have shown that as many as 30 to 80 percent of males may suffer from erectile dysfunction connected to Peyronie?s disease.

Other Resources on Peyronie's Disease

- MayoClinic: Peyronie's Disease
- National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) - Peyronie's Disease
- Association of Peyronie's Disease Advocates

The Importance of Penis Girth

July 9, 2012 | by Good Looking Loser | Link | Original Link



Girth, Fill Her Up!

By: Big Bad Dong
(Good Looking Loser contributor)

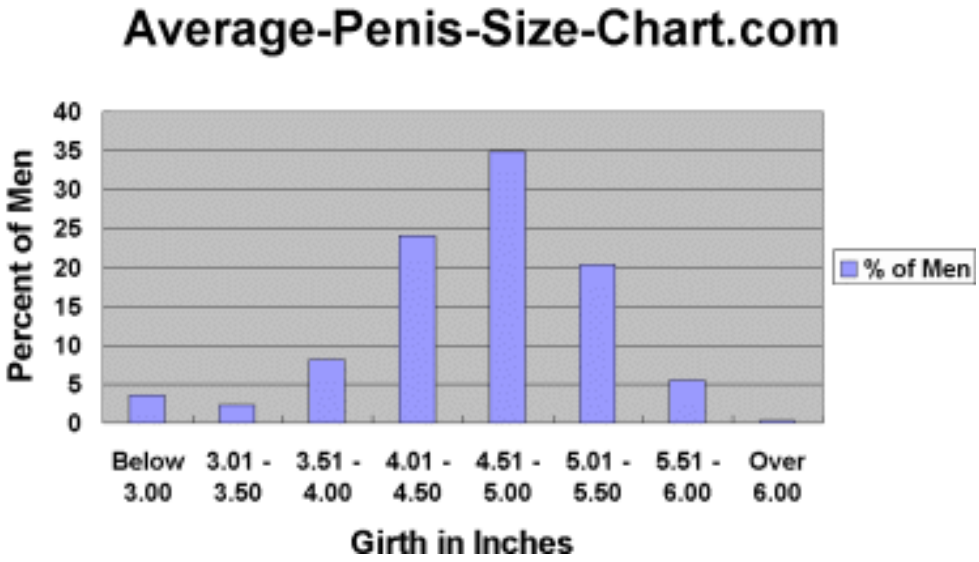
Penis girth is a measurement of the thickness of your penis. In technical terms, 'penis girth' consists of the measurement of circumference of your fully erect penis. Penis girth is generally said to be an average of 3 measurements. These measurement are just below the glans of your penis, in the center of your shaft, and the base of your penis.

For more bullshit-free discussion on male enhancement topics- I encourage you to visit:

- **"Good Looking Loser: GET HUNG"**

What's the normal girth of a penis?

There are many variations in shape and size of penises which depend on racial, regional and family genes, so there isn't a standard average girth or length.? Human sexuality researchers including the Kinsey Institute estimate the average penis **length** to be 5.5" to 6" while the average penis girth (circumference) is 4" to 5". Simple calculations will show that to be a distance across (diameter) of about 1.25 to 1.6 in., or about the same as an empty scotch tape roll.



Is the girth of your penis an important issue?

Most sexologists and sexperts agree that it's not really the length of your penis, it's more the width that really matters to produce large amount of pleasure during a sexual experience. Girth adds size and strength to the body of the penis; during penetration the third part of a females vagina experiences the most sensation.

The vagina is made of muscle tissue which can be stretched out to a very large size: It is designed to accommodate entire babies, so there is absolutely no problem fitting any man's member. As a penis enters the vagina, it stretches the vaginal wall, stimulating all the nerves inside, this is why women really enjoy it. The reason being; the vast majority of nerves which are stimulated in the act of penetration (both the vaginal and anal types) are close to the vaginas entrance of and the anus. For this reason length is less important and the width is a much larger factor since it is stretching of vaginal or anal walls which stimulates the nerves.?

Russell Eisenman from the University of Texas-Pan American conducted a small study in 2000, finding that 45 out of 50 females questioned said that the girth was important in sexual satisfaction. It was also concluded that this is due to the added surface area of a penis that fills out the vaginal walls way better in women. But, the study didn't offer measurements as far as what an unacceptable girth may be.

How can you measure the penis's girth?

It's important that you know the girth of your penis prior to trying to start increasing the length and girth of your penis. You can find your penis girth by measuring near the mid section when it is completely erect. Stimulate blood through the penis gently along the body of your penis. After it is the maximum thickness, put a tape around it touching on all sides. You have to take into account the nearest quarter of an inch.? You shouldn't take the measurement from the area at the base or below the head because these areas have a bigger circumference.

Like Chris, I also own a Bathmate, it you enter it with a full erection it significantly increases the girth of your penis. Jelqing is also a great way to increase the girth of your penis over time.

Plenty of Fish - How to Get Laid the Same Night

July 15, 2012 | by Good Looking Loser | Link | Original Link

How to Get Laid on Plenty of Fish (Online Dating Tips For Men)

updated: November 6, 2016. (removed girl)

This is a basic guide to **getting laid** on Plenty of Fish in a period of 1 hour to 1 week.

I'm trying to keep this guide as simple as possible.

I might make a more in-depth guide that will answer nearly all of your questions.

Plenty of Fish is the world's largest LEGIT free dating site, check it out- PlentyOfFish.com

Plenty of Fish is in every country. Everyone should have at least a few hundred girls they can hit on.

As you read this discussion, consider how parallel it is to 'real life'.

- If you are new to this or have anxiety when meeting women (in real life) I suggest you use this guide- "Rooster's Guide to Plenty of Fish - For Guys With Anxiety v1.0," it moves slower than you'll be more comfortable.

After this discussion, guys understandably have questions. I know there are a lot of generalizations in this post, but I can't tell you EXACTLY what to type. You'll have blend it with your personality. This should get you going in the right direction. There is **not** a perfect profile. You just want one with a sexy picture that communicates the concepts I list below and screens IN and OUT the right girls. Just like in real life.

Try not to be afraid of online rejection. The majority of girls online are looking for boyfriends and although they are single, they are not sexually available. As in real life, you WILL have to do some trial and error to see what works best for you. As in real life, online dating is a numbers game.

Everything in the video is discussed below (the video is mainly for Good Looking Loser Youtube subscribers)

[image]

Forward: Online Dating

A guy that couldn't approach girls once told me that he banged over 300 girls from Plenty of Fish. It's unlikely that a guy with extreme approach anxiety nailed hundreds and hundreds of girls from a dating site where the majority of girls are looking for a boyfriend. In fact, it's pretty much impossible for a guy who can't approach but has no problem whatsoever fucking hundreds of girls through a different medium.

Sure, it's easier to meet women online, it's not that easy to bang them. Most of them are looking for boyfriends and there's a general resistance to sleeping with "the Internet guy," especially very quickly. Good the news is- unlike approaching and screening which requires a significant amount

field experience to internalize (and understand) the successful mindsets, Internet "dating" is something that I can pretty much teach you and you'll be able to apply most of it right away. With the strategies below, I'll make it pretty easy for you. All you have to do is- DO IT and figure out what specifically works for you.

I've tagged A LOT of girls from Plenty of Fish, the majority coming between August 2009 to March 2010.

In the initial stages, I made a slightly sexual profile that presented me as a "player". Every Sunday, I'd send a generic cut and paste message to about 100 girls. Over the next 24 hours, I'd collect about 15 - 25 phone numbers. I'd start every week with at least 15 girls (usually 20-25) that I wanted to meet up with me. This made me way less needy and certainly gave me a lot of options. Needless to say, my 30 or 40 approaches went really well. I discuss this more in-depth here- Sunday Conversation. After about 6 weeks of supplementing my approach game with some online dating, I'd usually have 25 solid numbers by Wednesday or Thursday night and several new options for sex. I never had less than 3 hot fuckbuddies ever again.

As I got better and had several fuckbuddies, I added a more ***sexual*** presentation, I presented myself as a horny guy in order to try to bang girls THAT NIGHT. **That is the procedure I will be describing below.**

You'll have to decide what works for you.

In developing this discussion, I've also consulted my friend who has banged well over 50 girls from Plenty of Fish, the majority of them coming on the first night.

[image] I suggest you try this stuff out, it will help your total development. Don't let pride get in the way, don't deny yourself an easy stream of pussy. Even though a lot of guys do online dating, not many of them get laid too quickly.

Disclaimer: As usual, my methods are meant to **SCREEN**. Most of the girls online are looking for boyfriends and are under the social pressure from the online dating stigma, these girls are single but they aren't exactly sexually available. I'm going to screen most these girls OUT, they will take weeks and money to fuck. Furthermore, we're screening them OUT because there's PLENTY OF FISH that are willing fuck. In most cities, there will be more than enough girls online to hit on. These are techniques to **GET LAID**, as quickly as possible.

Plenty of Fish - How To Get Laid the Same Night

It's important to understand the basics and that online "dating" is ALL about presentation.

You cannot "create attraction" with a bunch of jokes or lines. If a girl laughs at your line/text/online joke, it doesn't mean she is physically attracted to you or even sexually available.

The Frame

Without saying, "I'm looking for a girl that is down to fuck," that is basically what you want to communicate in a unapologetic manner. Remember, we want the time-waster girls OUT and we from the DTF girls IN. Your pictures, profile, communication should present you as a MAN that only

chills with hot and cool girls that have healthy views on sex. This is not unlike how you should be in real life. No part of your presentation should suggest to a girl that she is going to get a movie and a piece of salmon if she meets up with you. You are a player and that's what makes women like you.

Like [pretty much] everything else on GoodLookingLoser.com the guide is to GET LAID. Not to avoid rejection, get a phone number, work on girls, etc.

Women should look at your profile and think-

"... this guy is just looking for some ass, but he's probably pretty cool and probably already gets laid a lot."

[image]

Themes

The major themes that you should highlight are-

- **I'm DTF, are you?-**I think this is pretty obvious. You ARE NOT boyfriend material.
- **I'm cool-** If you aren't a cool person in life, work on that. In the meantime, you should look like you are. Cool guys have cool friends. Cool guys have some girls as friends. Cool guys have a life. Cool guys don't try too hard. Cool guys don't have losers as friends. Cool guys don't look like shit. Cool isn't average.
- **I get laid a lot-** Hot girls that fuck guys already know/assume that the guys get laid a lot. Try to look like you are sexually active. That means- cool clothing, no double chins, no fat bellies, no excess hair, no undesirable socially retarded characteristics (even if you "don't care," nobody wants to hang out with a loser). You kind of want to look like an asshole, remember to smile a few times though.
- **I'm edgy-** You just don't want to look like a nice guy. I naturally don't, so I don't have to go overboard with this but some guys might need to reinforce the point that they aren't complete squares. A little goes a long way here too. A picture where you are giving the middle finger, smoking a cigarette or look dangerous really helps.
- **I'm fun-** You should have a few lines or a picture or two that indicates that you have a fun side. A little goes a long way, you don't have to be Mr. Funny Man who is making a face in every single picture or everything is a fucking joke. Don't talk about your job, people that are DTF don't care if you are an accountant. Just show the you don't take yourself to seriously, the more 'sexual' your photos/profile is the more important this is. But remember, this 'fun side' should only be about 10% of your overall presentation. DO NOT go overboard.

Basically- you are a cool guy, that gets laid, that is on Plenty of Fish to get laid some more.

Sexual Username

I suggest that you put some sort of **sexual innuendo** in your Plenty of Fish username. It shouldn't be overly sexual like "IWant2FuckUSilly" or "IllLickUrAsshole," it should be a little more toned back like "SexyBod" or "Chris69". You can be a little more obscure about it and have a name like "7x6," "BDSM20" and women will comment on it. Don't think too hard about it though, picking a username based on what women might say or not say about it - isn't an effective use of your time.

[image] Here is a default picture that I've used

Profile Picture

This is probably the most important part of the presentation, just like in real life.

You are going to want to use a picture that communicates that you are sexy.

I'll repeat that-

You want a picture that communicates that you are sexy.

Not "well rounded," not "world traveler," not "I do yoga too."

SEXY.

Girls that are DTF want to fuck a **SEXY** guy.

The girls that are DTF, similar to guys, get turned on by **pictures**. Not by jokes, intellectual crap and commonalities (I do yoga too!).

The best way to do this is putting a half-naked picture up. If you have a good body, show it off. Just don't be doing some try-hard bodybuilding pose. Make sure you have facial features. No belly. No excess hair. No double chin.

If you can't put up a good half-naked picture, then use a clothed one where you look sexy. You legitimately want to BE SEXY and not just a have a bunch of pictures that try to trick people and conceal unattractive qualities.

A lot of girls won't talk to guys with half-naked pictures. That's good. We aren't trying to meet some bitch that is evaluating us as a future boyfriend and deciding if we get her permission to take her on date and feed her.

Additional Pictures

[image] I would screen REALLY hard since I already had 3-4 fuckbuddies

Your other pictures should communicate the same things that your profile picture does- **YOU ARE SEXY.**

Limit yourself to just 1 or 2 half-naked pictures however.

You can put up a picture with some friends just to communicate that you are cool. No pictures with babies, parents, office workers.

The picture on the right is an example of HARD screening. The picture shows an outline of my dick in tight jeans. Pretty much every girl knew what they were getting themselves into by talking to me. I'm not trying to "trick" anyone.

I would put this one up when I was trying to get laid within a matter of hours, or later that night. I was really successful with it. I suggest you try this if you are pretty hung, just have 1 hung picture though, you don't want to look like a creep.

Other pictures to include-

- 1 picture with some cool friends that shows you are cool and have a life.
- 1-2 other sexy pictures.
- if you have a decent 'natural' picture where you look good, but aren't dressed up, use that too.

User Profile

The user profile should communicate the same stuff- I have sex, I am cool, I am fun and I have edge.

My profile below mainly just sex though, since I always I ONLY wanted girls that would come over in a few hours. I screen them REALLY hard. I don't necessarily encourage you to do so if you aren't exactly trying to get girls THAT NIGHT, but you certainly can. It's a decent example to show what can work. I have an unlimited supply of girls in Los Angeles, I don't mind scaring most of them off if it saves me time and I get laid.

And Yes, you can get ridiculously hot girls online. I get the same caliber as I could pick up in real-time.

This is from my old profile-

(notice how I **DON'T** try to use good grammar and punctuation... your profile SHOULD NOT look like you spent a lot of time on it)

[image]

This part is pretty self-explanatory. SEXY, COOL, FUN, EDGY. Use **'hang out, nothing serious'** and not intimate encounter. There's just not enough girls looking for an 'intimate encounter'.

Further details-

[image]

The one notable element in my profile, that I feel every profile should have is-

- ***"if you are interested dont be afraid to say whats up, ill take it from there"***

Girls who want to have sex with you will know to message you and know that you'll handle the rest. If you look good, you'll have this happen from time to time.

Alternate Plenty of Fish Profile (more conservative)

[image] I used this one in early 2009, when I wasn't always trying to nail the girl on the SAME NIGHT, Click to Enlarge

What Do I Say?!?

Just like in real life, presentation is 100x more important that what you say.

Regardless of what you say, the girl will look at your pictures and your profile (girls actually read the profiles).

I would stay away from the Mr. Funny Man bullshit or opinion openers. You don't want to come across as some loser that taking an online survey on "who lies more, men or women?"

Just message the girl "what up sexy," or "I thought you were attractive, so I wanted to say hi," "nice pics babe, what up" **she'll get the point when she sees your pictures and profile**.

If she's looking for the same thing that your profile communicates, you'll get a message back, if not-she'll get lost. It's just like real life, only the kino/physical dialogue is replaced with sexy pictures and some writing.

IT DOES NOT REALLY MATTER "WHAT YOU SAY," it comes down to your profile and pictures.

Trust me, girls get the point. I have a picture of my dick in tight jeans. No girl that messages me back several times isn't probably interested in having sex with me.

Your conversation should last 3-4 messages from you and 3-4 messages from her. But there isn't a rule of thumb. Real short.

You don't need to get that sexual with the messages, in fact, it almost better not to. The girls that message you back are ALREADY horny. You don't want to constantly refer to SEX because online dating is NOT in the moment (unless you get wrapped up in a phone conversation where you are touching yourselves). Girls, even those that are sexually available, don't like to treated like crude sluts. Make indirect references to sex, just tell her her that her pictures turn you on is generally all you need. The pictures and your profile should screen well enough.

After 3 or 4 messages, I suggest taking her number and moving over to text.

Text a few times back and forth, and tell her you'll call her in a few minutes (after you put some clothes on, you're naked) or (after you jump in the shower) or some sort of light sexual reference.

After you text a few times give her a call, just play it cool, make small talk for a few minutes like you've known her you entire life. Then say, "i don't usually do this but, hey since we're both awake, lets hang out." Remember- YOU'VE SCREENED HER via profile pictures, sexual innuendo, etc. etc. SHE ALREADY LIKES YOU and is DTF. Tell her to swing by for a few hours and you'll watch a movie, have a drink and see what's on TV. I must have done this exact procedure 25 times.

If you are trying to get some THAT NIGHT, ask her what she is up to. If she makes herself available, tell her that you have some time too and ask her what a number is that you can text her at.

I actually really encourage you to try to tag the girls THAT NIGHT. Girls are DTF one night and not the following night. It's important that you get them while they are horny and looking at YOUR pictures.

Basic Example #1

You'll see- NOTHING too complicated.

She likes my pictures, I like her. We got together later that day to fuck. Quickly got her offline and on the phone to set up a time.

[image]

(the times aren't listed on this one from August 2010(?), she spent 4-5 minutes looking over my pictures/profile before replying)

Here's her profile:

[image]

Basic Example #2

Here is an example from a hot girl I got in about 8 minutes, she was in my bed within an hour-

I began the conservation by messaging her "hey kris, what up," she was horny and available.

[image]

* Back in 2009-2010, Plenty of Fish didn't have an instant message (chat) system. They have it back

now.

I avoided her 1 question about "where I went" and immediately got her number. No resistance once she came over, she was there for one reason- to get filled up!

Especially in Los Angeles! This wasn't an average girl either, she was pretty hot. Not all the girls will be super hot, but there's definitely some hotties out there.

[image]

Time of Day (Night)

If you noticed I was talking to that girl at 3 am.

Just like in real life, between 12am-4am is probably the best time to GET LAID via Plenty of Fish.

The more normal hours are generally for setting up dates, but there's been a few that worked out during the day.

In Los Angeles, it's possible to bang online girls during the day since everyone has their own schedule.

But in most cities, if you are trying to get laid via online, you are probably best messaging girls later at night when they are horny and possibly have been drinking.

q: Message them at night after they have been drinking?!? Isn't that tricking them?!?

a: NO. This is the last time I am answering this. Have you ever gotten horny from drinking? It's same thing. Girls get horny from drinking. They WANT TO FUCK. If they don't fuck you, they'll either get themselves off or fuck somebody else. There is no "tricking,"--- interactions, shared emotions and sex is a **MUTUAL** process. Alcohol helps both women and men act on what they want to do in the first place. There is no such thing as seduction. You don't need to "trick" girls to fuck them. I certainly don't and most of you guys don't either. Most people already know this. :)

Every night, in every city, there are countless girls that have a few drinks and get excited about sleeping with someone. Same deal here.

[image] No Rules

Just like in real life, there are **NO RULES**.

As a matter of preference I try to get a girl's number as quick as possible since she probably has looked at my pictures and decided that she likes me if she's still talking to me.

At the same time, I've also spent a few hours talking to a girl online about how I'd fuck her so loud that my roommate would get annoyed. We ended up meeting up several hours later and doing just that. It just depends what mood I'M in, moreso than following any sort of formula. The only thing that absolutely stays consistent is my pictures and my screening approach. I absolutely DO NOT want to be talking to a girl that wastes my night, **just like in real life.**

- "What is Screening Game?"

The main thing to keep in mind is, with a sexual profile and pictures, if a girl talks to you- she already likes you. Knock off the 'game' bullshit and the cute "playing hard to get" crap. You already have her interested, the next step is to keep it real, learn a little about each other and figure out a time to chill.

The second thing to keep in mind is, particularly if you have a very sexual profile, you HAVE TO meet up with the girls as quick as possible. If you simply want to give yourself some options for the week (aka dates), you don't want need to have a tremendously sexual profile.

When I started, I used Plenty of Fish for dates, but after I started getting laid a bunch I just used it for same day sex.

If you are just starting to meet women, I suggest just using Plenty of Fish for some options to reduce your neediness. Every Sunday, message 100 girls "hey cutie," send the ones that respond a generic message "you have a pretty smile, hows your week been" and get their numbers if they respond a 3rd or 4th time. If you want to try and get laid ASAP, do what I suggest above.

And As always, this come down to a numbers game. Although the majority of girls online are single, they are not all DTF in 1 hour. You have to find out which ones are.

Bad Profiles, if you are trying to Get Laid (examples)-

if you **don't** want to Get Laid- make your profile identical or similar to this one, this guy is not sexually active and won't be for a long time-

[image]

[image]

Main Points to Remember

- Sex is what you are after, so build a sexy presentation on your profile and pictures (body picture, other sexy pictures)
- It doesn't matter what you say, the girl is mainly reading your pictures and profile
- If you have a solid sexual presentation you don't have to be direct, "I want to fuck you," the girl gets the point
- The girls that will message you and message you back are DTF if you've followed my blueprint
- If the girl is DTF, you shouldn't wait very long
- The more sexual your profile/pictures are, the less you have to "do" (it's like when you the girl lets you touch her in the first 10 seconds, you are IN)
- There's no rules, if you profile isn't HARDCORE sexual, you might want to chat some more online or via text. But not necessarily
- It's a numbers game. While nearly all the girls are single, only a minority are DTF at any given time
- Online "dating" is just like the real world in terms of communication, cause and effect

You don't need a hardcore screening profile (that shows your dick, super sexual name, etc.) to get laid on Plenty of Fish, find out what works for you can give yourself some options. Even if you go out on some dates (I certainly did), everything helps and anything is better than sitting at home not doing anything to help your sex life. :)

What Do I Do If The Girl Isn't Talking Much?

July 18, 2012 | by Good Looking Loser | Link | Original Link

The 88/11 Rule

When you walk up to a girl and start a conversation (while hopefully touching her early in the process), you'll find that some of chicks immediately are super receptive and talk and touch you back. These girls are obviously interested in you and sexually available if they let you touch them. This seems to happen more at night because physical dialogue is more common and alcohol is in the mix. The obvious "strategy" is get them to a private place ASAP.

More often, however, you'll run into chicks that don't seem to give you a whole lot- at least not much verbal talky talky in the first 2 or 3 minutes. Unless they are actively resisting your physical advances, you can't really draw any conclusions about their interest level or sexual availability. There's a number of reasons for this that I'll explain in a minute.

The most obvious is- in general, people just don't talk to strangers. Guys don't talk to girls they want to fuck. Girls don't talk to guys they want to fuck. It's just a social norm.

The next time you run into a girl that isn't talking too much in the few minutes I want you to remember **"The 88/11 Rule,"** the rule is-

"In the first 2 minutes, you might and likely will have to talk 88% of the time, while the girl will provide 11% of the verbal."

The missing 1% is just to remind you that there's never any completely accurate rules.

I can't remember how many times I walked away from interactions because didn't think it was going well.

I see this among new guys especially, they leave interactions when the girl actually is interested and she's not talking BECAUSE she's LISTENING. Any sort of silence is perceived as disinterest, it's not, not necessarily anyway.

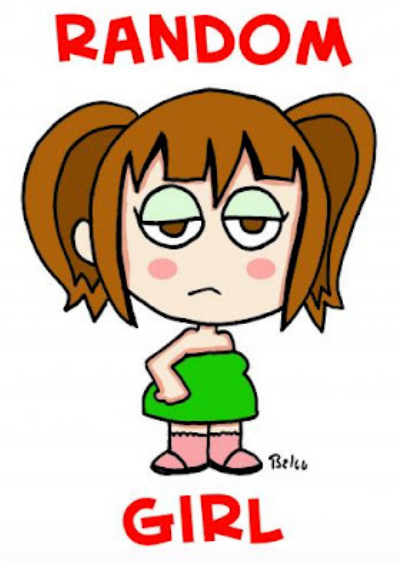
The **88/11 Rule** rule may seem a little weird, but this is actually the way it was meant to be. The guy leads, the girl follows. That how chicks want it and once you get the hang of it... trust me- THAT'S HOW YOU WANT IT. And Again, this is only for the first few minutes. A lot of girls want to participate in the interaction, but sometimes they are as nervous as can be- especially if you have a sexy presence.

So how do you know if the interaction is going well and the girl is probably sexually available?

Is she standing there listening to you?

Is she letting you touch her?

Then its going well. That's all you gotta know, it's a green light. Go.



Aside from social norms, there's a number of reasons why a chick might not give you much in the first few minutes-

- Sometimes, she's actually not available. It's not necessarily disinterest in you, your looks, your personality, your style, etc., she's just not sexually available.
- A lot of times, she literally doesn't know what the fuck is happening for the first 45 seconds. If it's unclear after 3 minutes and you've touched her, tell her "I'M PICKING UP GIRLS, PUT YOUR NUMBER IN MY PHONE."
- Other times, she's checking you out.
- If she is super hot, she may have underdeveloped social skills. It's true, I fucked these girls all the time when I lived right in Hollywood in 2010. A lot of hot girls simply haven't developed social skills since they haven't needed to have them.
- Sometimes, though, she's really fucking boring and can't even express that she wants your dick if wanted to.
- If your looks, style and body language are tight (especially if you are tall and good looking), she is straight up intimidated and doesn't want to "look stupid" herself. Think about how most guys behave around hot girl, they are fuckin silent.
- And Most of the time, if your looks, style and body language are tight- she simply just letting you do your thing because she perceives you as an alpha male.

Most of those are fairly favorable things. Either way, it doesn't matter, just see if she's cool [pussy inspector].

So that's the deal.

Remember that and make sure you get used to leading the way and try not to walk away from pussy. It takes time, I had mad problems with ejecting at the start.

If 2 or 3 minutes go by, get the girl in or out by touching her or screen with the 'smile technique'. Usually the interaction becomes 70/30 after the first few minutes, but not always.

*if she's black, say "gurl where u got dat **black ass** from," that will get her in or out.

If she stays, take her to a private place "hey, enough of this, follow me." or take her phone number.

~SCREEN THAT PUSSY!~~~~

Screening vs. Escalation - Depends on your Gameplan

July 25, 2012 | by Good Looking Loser | Link | Original Link

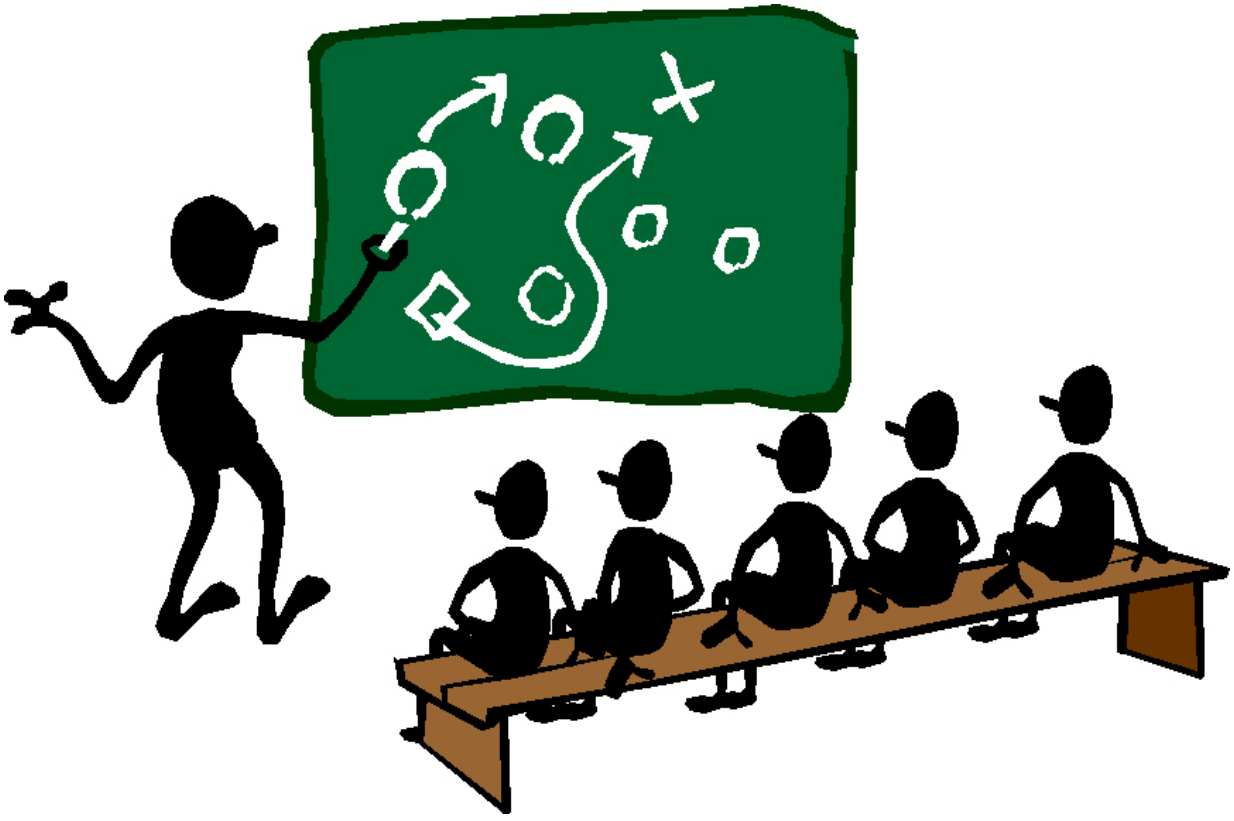
Screening vs. Escalation

This is an issue that I've needed to give some perspective on for a awhile. I think it will help certain guys make sense of some things. I'll try to cover it as concisely as possible, all you need is a basic explanation to understand it and tweak your approach, if need-be.

Everyone has a pretty good idea of "Screening Game: What is Screening?" where you 'screen' girls with physical advances to see if they are sexually available.

Some guys get it quickly, but some guys- in an effort to embrace and develop social courage, may misunderstand the dynamic of the situation.

Obviously, Scotty and I push aggressive (sometimes extreme) behavior at all levels. About 10 of the main discussions on GLL remind you *'it's better to be too aggressive than too passive'*. We talk about quick, unapologetic physical screening from the start. The coming perspective doesn't change that, it should give it context however.



Okay.

What I'm seeing from some guys is- full on, somewhat unnecessary escalation relative to their logistics.

Let me explain.

When you are hitting on girls you should have a game plan.

Without getting into every scenario or specifics, there's 2 main game plans to have-

- *Take her number.*
- *Try to take her to a private place. Bang her.*

A lot of guys here are doing daytime approaches, they don't necessarily have a planned spot to take women (which is fine). Over half the time when I was talking to girls as a regular part of my day, I didn't have a spot around the corner to take them.

In that case, the game plan should be to screen, make small talk and take their number and leave. A little [physical escalation/sexual innuendo] goes a long way during the day. Touch the chick a few times and maybe throw some flirting in there.

What you don't have to do is keep touching her over-and-over, if you DON'T have a place to take her.

That's ***escalation***, you don't really need to do that.

In fact, if you don't have a planned spot to take her or a game plan to fuck her, it's kinda weird to keep touching the girl over-and-over-and-over. It's certainly not a "bad" thing, I've done that more times than I can remember, it helped me develop social courage and kill my nice guy issues. It just usually make more sense to have a **specific game plan**, rather than just "take it as far as possible" (if you DON'T have a place to take her).

Without getting too mPUALoser on you, I want to separate ***screening*** from ***escalation***. They are related, but not quite the same thing. Escalation is something you should be doing if you game plan involves banging the girl within the hour. If you need specifics on escalation- Get Laid: Physical Escalation.

Screening is just a few physical advances to determine if she's sexually available.

Escalation is several physical advances that will determine if she's sexually available and DTF within the hour. (it will also turn her on)

Here's some examples to separate the two
Touch her hand= screening, escalation
Touch her elbow= screening, escalation
Touch her wrist= screening, escalation
Touch her arm= screening, escalation
Hold her hand= screening, escalation
Brush her hair= screening, escalation
Slap her ass= escalation (day) - screening, escalation (night)
Put your hand on her waistline = escalation (day) - screening, escalation (night)
Play with her hair= escalation
Kiss her = escalation
Grab her ass= escalation
Grab her breasts = escalation
Rip off her pants = escalation
Rip off your pants = escalation
Put your dick in her mouth = beyond escalation

The basic point is-
In general, when you are out during the day, unless you have a place to take her that's 10 minutes or less away from you- your game plan should be screening, taking her number.
At night, you can usually sneak off somewhere, even if you don't have a place 10 minutes or less

from you- your game plan should be screening, escalation.

My examples

- **Daytime-** When I lived on the beach in Santa Monica, my place was like 5 minutes away from the main part of the beach where all the chicks were hanging out and walking around. It was perfect. In that case, my **game plan** was to bring the girl back to my place. I would escalate on them.
- **Daytime-** When I lived in the Hills in Los Angeles, which is at least 20+ minutes away from where I was at all times, my **game plan** was to screen chicks and take their number. There was no point in escalating on them because it wasn't going anywhere at that point in time.
- **Nighttime-** When I lived just north of Sunset Blvd. and was near one super popular bar, my **game plan** involved quick escalation and getting the girl out of the bar ASAP.
- **Nighttime-** If I was out with friends and ABSOLUTELY had NO PLACE to take sexually available chicks (not often), my **game plan** involved screening and taking their number.

I want to say that I'm super proud of a lot of guys here. They are challenging themselves and BRINGING IT! Touching girls when they want, how they want. **DON'T LOSE THAT!!!!** I wanted to offer context to "how much you *need* to do" when you go out, especially during the day.

If you don't have a place to take a girl, take their number. There's no point in touching a girl that likes you over-and-over-and-over if you can't get laid within the hour.

If you have nearby logistics, ESCALATE, early and often.

Main Points (GLL v3.1)

- Screening and escalation are related, but not quite the same.
- Have a game plan. Execute.
- You only need to fully escalate if you are trying to get laid within the hour.
- Screening will determine if a girl is sexually available.
- Escalation will determine if a girl is sexually available and DTF.
- ~~~ Screen and Escalate That Pussy!!!

Mr. Funny Man PUA Good Looking Loser October 2008

July 27, 2012 | by Good Looking Loser | Link | Original Link

Mr. Funny Man Good Looking Loser

A lot people are surprised to find that Scotty and I spent a good 2-3 years around the seduction community, that's actually where we met each other.

Some people still don't believe it. I don't either.

Like any other new student- we came in optimistic, average experience at best and unaware the majority of the authorities in the community never got laid. Ever. For both of us, it wasn't until we started doing our own thing did we experience a high level of pussy, from a high level of pussy. From what we've seen, not everyone is so "fortunate," but that's neither here nor there.

As I'm just now digging through my old laptop that my friend brought back to life on Wednesday, I discovered this quick audio from 2008. It's shorter after I found the seduction community. Now that I listen to it for the first time in 3 or 4 years, I remember what I felt like doing this stuff. It's just a minute long, but my voice reminds me of what I really felt like inside. How scared I was and more significantly- how I wasn't putting out a **sexy** vibe that hot women want.

In fact, I sound like I'm a homosexual. (really)

It's not in the actual words (you'll probably recognize the routine). It's in my intentions. My intentions weren't to fuck girls, it was to make them laugh and accept me. Mr. Funny Man. I camouflage my timidness with staged enthusiasm. Witty lines to delay rejection. No touching because I was scared. A recipe for passive behavior and MEDIOCRITY.

Listen to it, you'll see what I mean.

... and even though the girl immediately likes me, I continue my fucking "game," I slowly drift more in social retardation, how I came back to earth, I don't really know. Maybe you can't completely tell all this in just a 60 second audio, but I sure remember it. Most community guys have had the same experience, 100+ times.

and look at the picture of what I would usually wear, how weird is that PU routine coming from someone who looks like that? Can you imagine me as a steroid-juiced Mr. Funny Man wandering around Hollywood delivering that routine and flailing my arms around (to demonstrate alpha qualities and "good" energy)?

The clothes worked fine, it was everything else.



Neither can I

Remember, I got "really good" at this funny man stuff too. Tagged about 1 or 2 girls a month with a shitload of time investment via go-nowhere approaches, text game and asexual dates.

That's really good for the seduction community too.

pat on the back

It changed in late 2008 when I saw that a lot of the authorities weren't actually getting ass... ever. I began to trust myself. Rest is history.

I never really fit in anyway.

How to Get a Girl's Attention By Giving Her the Finger (Flipping the Bird Technique)

August 6, 2012 | by Good Looking Loser | Link | Original Link

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Give the Girl the Finger

I'm not big on techniques, blah blah blah-- but there's some techniques that screen naturally and avoid any traces of Mr. Funny Man.

This is one.

This is best for nightclubs.

If you see hot girl, lock eyes with her, smile/smirk, then give her the middle finger.

If she's cool, she'll play along and probably give you the finger back (or she'll shake her head and smile).

This is what we call "flirting," dirtbag flirting.

If she sucks (or is unavailable), she won't.

I've used this technique a lot of times, and yes- super hot girls get into it. They don't get this very often and they tend to know it's a joke moreso than average girls.

If the girl plays along, give her 2 middle fingers and shake your head sarcastically "yeah... you're cool."

Eventually just walk up to the girl (or motion her to come over) and talk to her.

You can say, "you still talking shit?" "whats your problem buddy?" or "you shouldn't be giving people the finger, that's so disrespectful."


She digs it

Obviously this technique isn't going to land EVERY girl, it's not supposed to. You are almost guaranteed to land a fun girl with this technique though. No uptight sour nonsexual bitches! So just use it on hot girls, and you'll land hot, fun girls. That's the type of chick that I look for and this definitely works.

Feel free to stand in the same exact spot giving girls the finger for as long as it takes to get a decent

response. If you go 0 for 10, loosen up, smile more.

if you don't want to give the finger you can give the [good looking] "loser" sign by making an 'L' with your right hand and putting it on your forehead.

Fleshlight Review

August 12, 2012 | by Good Looking Loser | Link | Original Link

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Fleshlight Review

(Recommended By Hollywood Adult Film Actor "Boomer")

Crazy climaxes, harder erections, spray big loads, sex training, get used to condoms, etc.

From My Fleshlight Review-

You?ll learn everything need to know and more, including-

- **How I found this cool and somewhat hilarious device.**
- **What it's used for. (What to expect - Crazy Orgasms, Mind/Dick Control, Shoot Big Loads, Sex Training, Practice with Condoms, etc.)**
- **My personal experience.**
- **My Fleshlight review pictures.**
- **How to use the Fleshlight, FAQ, Videos, etc.**
- **Fleshlight Coupon Codes (on select units)**

***There are a whole bunch of models, this Fleshlight review covers the 'Stamina Training Unit'.**

Here is the specific device that I am reviewing -

- **Fleshlight Stamina Training Unit (STU)**

My Fleshlight Review (Video)

How I Discovered the Fleshlight

On an unseasonably busy weekday in April 2011, I struck up a conversation with "Boomer," at Nordstrom Rack. Turns out, Mr. "Boomer," also a professional [non-NBA] basketball player, had come to Hollywood to do some adult gigs for the Summer. One thing led to another and I was given an impromptu audition for a quick scene in a "college co-ed's" series. I went to the audition and had an insider look at the mid-level Hollywood adult movie scene.



Fleshlight Stamina Training Unit

You can read entire story here, go on, I encourage you-
"How Chris found 'LAXxx' and the Fleshlight"

Long story short- several guys at the gig had these devices that looked like flashlights that they were "warming up" with before their scenes. Later, I found out that these things were called "Fleshlights" and they were a sex toy / stamina builder hybrid. Boomer swore by it to control orgasm and significantly increase ejaculation volume. There must have been 40+ of them there. I was offered one, but I didn't want get a "pre-owned" one. :)

Boomer and a guy known as "Big Jack" were telling me how the Fleshlight really helped them increase their stamina and cum shots. That's what the majority of guys in the industry use it for. I only saw a handful of scenes over the 90 minutes I was there but nearly every guy absolutely sprayed their orgasm EVERYWHERE.*

*What I witnessed was probably a combination of a strong PC muscle that could "shoot on command" and various "performance enhancing" drugs. But like I said- most of these guys absolutely sprayed their cum EVERYWHERE. It was pretty crazy. (see long story)

What Is the Fleshlight Used For? (What to Expect)

I've seen a lot of bizarre shit in my life, this one is definitely up there. The Fleshlight literally is a pussy that is coming out of flashlight case. It looks like a vagina, it feels just like a vagina (ESPECIALLY with warm lubricant), and you can use it to have crazy orgasms and sex training. The Fleshlight is outstanding for both. It's actually the #1 sold male sex toy in the world, I was surprised I hadn't heard of it...

Sex Toy For Crazy Orgasms

The Fleshlight can give guys toe curling, body shaking orgasms.

I have had a few, and nearly every time with warm lube and a girl running it up and down my shaft. Although "hands-free" Fleshlight orgasms are best, if you get yourself off it is just about ALWAYS more powerful than jerking off.

Check out these Fleshlight reviews from some guys on LPSG-

- "Thinking of Getting A Fleshlight..." (better than intercourse...?)
- "Fleshlight Owners Fess Up... Are They Really As Great As Some People Say?"

- "My 6 Month Fleshlight Review"

In the 1st thread, some guys actually claim its better than intercourse with a woman. In terms of sensation, with warm lubricant- it's the closest thing being inside of a young, excited, wet pussy. In terms of experience, it's more fun to have a real woman. :)

Since the sensation is very close to real intercourse, a lot of guys use the Fleshlight for 'sex training'. Although I don't specifically use it for this purpose, it would have been nice in my early 20's when I needed experience and couldn't "get some," if you know what I mean.

Added Stamina / Orgasm Control / Strong Erections / Shoot Big Loads



Fleshlight Assembled

I have the Fleshlight that is specifically for stamina training.
That's mainly why I bought it, more on that later...

It's good.

Using the Fleshlight, guys can significantly improve their stamina by intentionally delaying orgasm when they are near climax. With daily training, this develops orgasm control, stronger erections and a sizable increase in the volume and distance of ejaculate. Since the Fleshlight experience is pretty intense, you can really put tension to your PC muscles to hold back orgasm.

Similar to resistance training, the Fleshlight can strengthen your "mind-dick" connection and your overall PC muscle development. Developing your PC muscle is pretty important if you are also increasing the size of your penis. Most guys, including guys have well-developed penises, have significantly underdeveloped PC muscles. I certainly did.

Sex Training / Practice with Condoms (Sexual Anxiety)

Needless to say, the Fleshlight doesn't have to be used in any sort of way other than simply masturbating.

My main suggestion for sexual anxiety (other than experience), is developing a big penis. Just after that, however, I feel "knowing what to expect" and "practicing" can significantly help. The Fleshlight gives you that opportunity since it is the closet thing to being inside a hot, wet pussy (in terms of SENSATION).

Most guys, even guys that have slept with 2 or 3 girls, don't perform that well when it's their first time banging a new girl. They either climax SUPER FAST or NOT AT ALL. It's not that big a deal and most women don't hold it against you since they are mainly into the foreplay and emotional lead up. But it's definitely not something that you want regularly happening, or even worse- WORRYING ABOUT IT.

I don't use the Fleshlight for this purpose since I'm pretty experienced these days and I don't have much sexual anxiety. 4-5 years ago, however, I definitely could have used this thing to reduce my

anxiety and certainly get better acclimated with condoms, different lubricants, positions etc. Yes, even I have had sessions where I climaxed within 45 seconds and sometimes not at all. It happens to all of us. Guys stress about this WAY MORE than they should, but it definitely something you want to get control over.

My Personal Experience with the Fleshlight

As I discussed in "How I found the Fleshlight & LAXxx," previous to March 2012, I hardly ever shot my cum. Maybe 1 out of every 30 orgasms. Maybe 30 times in my ENTIRE life. I was the stereotypical 'dribbler'. I never really cared but the Hollywood "scene" had left an impression on me. (Literally- I can still see this nervous Korean girl getting hosed down) haha

As a New Year's resolution and in an effort to force myself to take male enhancement seriously in 2012- I made the commitment to return to the 'scene' in May of this year. Highly ambitious, I planned to be larger (7.5"), in better shape (6% Body Fat) and to spray two cuties I knew on camera. *I often decide to sort of put myself "on the line" in order to reach a goal that I might otherwise slack on.

I got my Fleshlight in mid-January 2012 and I've been using it for stamina training.

The basic routine consisted of doing kegels (see Fleshlight routine), bringing myself close to orgasm several times and finally climaxing after the 4th or 5th time.

After about one month- I noticed I was having stronger erections, particularly in the morning. But it wasn't until March 2nd (I kept a log) when I finally got 2 medium cum shots in-a-row. I was happy, and really hoped it would continue.

By sticking with suggested daily training (7 days on, 1 day off) my cum volume, cum distance, erection strength and mind-dick connection really improved. My orgasms were stronger too. Seemingly noticeable on a daily basis.

By the end of April, I was delivering sizable loads. I had the ability to control my orgasm and literally "pull back" orgasm 3 or 4 times, something I've never really been able to do more than once.

It took me a while to finally believe that my PC Muscle was stronger and I didn't have to think "am I going to spray?" At the start of May, two, super awesome, very supportive girls let me unload on them night-after-night until we all agreed it was a sure thing. Thanks again :)

On the night of the scene, I was 7.4", 6.2% BF and delivered an impressive cum shot, definitely the best one I've ever had on camera. Not bad! Just narrowly missed my lofty goals.* I was completely satisfied, a happy ending overall. Even though my scene the year before when fairly well, I actually looked and felt the part this time.

Looking back on it, my PC muscle was so fucking weak it was pitiful. Through the years, I have increased my dick about 2 inches from doing PE. At 7+ inches I'm surprised I could even get a decent boner given how weak it was. I had been relying on Bathmate and Cialis too much.

* Keep in mind, I was also using SizeGenetics, Bathmate and doing manual exercises and losing weight throughout this 4 month period as well. Admittedly, the Fleshlight was probably not responsible for ***ALL*** my results. But again, prior to 2012, I had shot cum 1 out of every 30 times and maybe 25-30 times in my ENTIRE life. Now it is pretty much EVERY time, with or without delaying orgasm.

Fleshlight Action Pictures

Here are some recent pictures of me with the Fleshlight.

Yes... I actually own it. :)

If you know what we're about, you know that we DO NOT recommend anything we don't use or believe in.
If you don't know what we're about- now you know. :)

- **Fleshlight Pictures / Video (Super Naughty Adult Content)**



More Information About the Fleshlight

- **"All About Kegels: Non-Mainstream Information"**
- **The Official Fleshlight Forum**
- **"How Chris Found the Fleshlight and LAXxx"**
- **"Good Looking Loser's Fleshlight FAQ"**

Does Penis Enhancement Actually Work? (How Much Can You Actually Gain?)

August 13, 2012 | by Good Looking Loser | Link | Original Link

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Does PE Actually Work?

Disclaimer: The contents of this page, such as text, graphics, images and other material are intended for informational and educational purposes only and not for the purpose of rendering medical advice. Please view our Medical Disclaimer.

Does PE Work? (Keeping Perspective on Male Enhancement)

PE does work.

Perhaps not to the degree that those sleazy "gain 4+ inches on your penis in 2 months!" advertisements say.

But it does work.

Slowly.

The most important thing is to stay committed, even if you just do 10 minutes a day.

That's where the psychological element to penis enhancement come into play.

The guys that quit are usually expecting too much, too fast. Might be on and off with PE for years, just as I was before I got serious about it for the LAST TIME.

The guys that gain and persevere generally understand how this stuff works a little better.

Common questions are-

- **How Much Will I Gain?**
- **When Will I See Gains?**

I'll try to give some perspective on this so you can understand where I'm coming from when I have to say "it depends," and perhaps figure what the answers to these question actually are.



Newbie Gains (Fitness Analogy)

Even though penis enhancement involves 3 different types of tissue (mainly: smooth muscle tissue and organ tissue) the growth process is similar to skeletal muscle hypertrophy (aka working out/lifting weights). You break down the tissue, with proper rest, it comes back bigger and stronger (and longer in this case).

Just like "working out," an untrained dick will adapt and grow very quickly. With regular exercise, both your body and dick will see significant tissue growth in the first 1 to 12 months. It is sometimes thought that after 12 months of regular exercise, you are probably at 80-90% your genetic capacity for total growth. Your rate of growth will be very fast in the first year. After that, it is much harder.

If you have no prior PE experience, with regular exercise, you can probably expect .5" - 1.25" of growth in 9-12 months.* Yeah, I know, that's a large range.

* This estimation is assuming you do just manual exercising (stretching, jelqing) and not using Bathmate or SizeGenetics.

Will I Ever Be Hung?
(Assessing Your Genetic Potential)

October 2013 Update/Clarification (as posted elsewhere)-

I started at ~5.25" - I've gotten as high as 7.4" (very low body fat).

I don't, however, think I can get much beyond 7.5" naturally which I had originally thought in the video (I don't know why I said that actually, I never thought that, I was probably talking about with chemical enhancement).

On any given day, as of October 22, 2013- I'm about 7.2. I have taken HGH (prescribed to me after a

knee injury) which probably has helped too.

I do feel most guys can naturally gain 1.75" to 2" inches in length if they commit to a PE routine (and lose any excess weight). For most guys, it will put them significantly above the average penis size.

Girth gains will vary, probably from .75-1.5" but devices like Bathmate and Penomet make it possible to gain significant amounts of girth pretty quickly. Much more than just jelqing alone can offer. Jelqing was all we had when I was in my early 20's and it's quite helpful for size.

- Related Post: "Will I Ever Be Hung?" (Maxing Out Your Genetic Potential)

Genetic Ceilings

Both your dick and your body have a certain "genetic ceiling."

With manual exercise, you'll only get so big. Add the devices, you'll get a little bigger.* Then you'll kind of hit a wall and you'll need certain synthetic growth factors (HGH, IGF-1) to [create hyperplasia, additional cellular growth] continue growing.

This isn't unlike working out. Train naturally and eat right, you'll only get so big and strong. Toss in some supplements, you'll get a little bigger and stronger. Eventually you'll need to alter your hormonal profile so your body can continue to grow and support additional muscle.

It's my thought that the average guy that starts with a dick 5-6" probably has about 2" of growth in them. Perhaps more.
I started at 5.25-5.5", I'm about 7.3-7.4" right now.

Guys that start at 7-8" might have 2.5-3" of growth in them (you better be make horse noises and going DEEP inside these girls!!). Perhaps more.

Guys that start at 4-5" still probably have still have potential for 2" of growth.

* Using the devices is a good idea regardless if you've hit a plateau, they speed up your gains.

How Gains Happen - Keep Perspective and Motivated

I often tell guys that it takes 4 or 5 months to ***see*** gains. This is mainly because I don't want to get yelled at. Truth is, you gain a little bit from just about EVERY workout.

The only this is- you can't *see* it.

Literally- you can't ***see*** it. You will gain ~.005" per day, if you're lucky.

Lets put it this way and attach a frame of reference-

In the SizeGenetics clinical study, guys grew an average of 1 inch in 6 months. That's a lot.

It's unlikely that these guys "saw" gains on a weekly basis however.

Lets break it down-

1 inch : 6months = ~.16" a month. = ~.04" a week = ~.005" a day

They probably didn't "see" gains until after the second month. In fact, it wasn't until month 3 that results were considered "statistically significant."

So just keep this in mind.

Progress is made ONE workout at a time, but it ADDS up.

My cock isn't huge, I have gotten the ~2" growth that I think everyone can attain. It's the product of 100s of workouts though. I probably could hit 2" faster if the devices were around several years ago. But they weren't and even if they were- it still would have taken 100s of workouts.

This isn't to discourage your from starting PE. In fact, the newbie gains in the first 6-12months are exciting and you should totally go for it.

Just know that - it's working.

A little bit at a time.

* This too isn't unlike working out, although people can "see" changes in their body composition easier because your muscle are bigger than your penis.

In the first year you might grow ~.0025" per workout, after that- it might be ~.0005". Try to enjoy the process, use the Bathmate to inflate your dick to superhuman proportions, nail some girls, do your exercises, just don't look for daily changes, get disappointed and quit.

Are You Too Smart and Sophisticated to Get Laid A Lot?

August 14, 2012 | by Good Looking Loser | Link | Original Link

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Are You Too Smart and Sophisticated to Get Laid A Lot? (Does Being Sophisticated Repels Pussy?)

Original: August 13, 2012
Updated: January 30, 2016

I recently got an email from a guy that I've been working with since January. There's not many guys under age 24 that can that can pick up and bang the very hottest girls. This guy is one of them. I feel he has the potential to be where I was 28, before he turns 24. Despite logistical issues with his conservative small town, he's been able to meet and date lot top-shelf pussy. This is usually a sign that, with some more experience, his results would skyrocket in a big city. The expectation is that he will be one of the few guys that bangs 100+, hot girls. Among the top 10% of the top 1% of all non-celebrity guys. Elite.

Compared to guys his age he is very "sophisticated."

In his own words-

> *"[I] appreciate the 'finer things in life' as gay as that might sound and [I'm] doing pretty good in general. You know, knowing stuff about music, art, food or whatever the fuck it is that others don't. I think I'm more that type of guy."*

He's beginning to think that his sophistication is actually getting in the way. He seems to be attracting/(screening in) similar girls, who, in his country- aren't DTF as much as the less "sophisticated" girls.

He made this observation after his less sophisticated/intelligent roommate banged his 8th girl of the year.
(I don't know the quality of pussy (in terms of looks) that his roommate pulls)

He's a good looking kid. 6 Foot 3. In good shape. He's no fucking bookworm nerd either. His style is tight. Non-verbally he's doing all the right stuff- touching girls, early and often.

So what's the deal? Is ***sophistication*** actually working against him [in terms of GETTING LAID]?

Here's is my response -

As far as getting laid, it doesn't matter how sophisticated you are or aren't.

Your ability to look sexy and use physical dialogue to locate horny girls is what **getting laid** about.

What I can say is -

If you are presenting yourself as ***super sophisticated***, you are going to trigger girl thoughts such as -

- long-term project
- boyfriend material
- boyfriend potential (not a bad thing)
- financial provider and dream guy

- SAFE guy from a nice family

... and turn off or water down the "player" persona that is so helpful in getting laid.

Remember, if you want to get laid a lot, you are looking for girls that are also "players," at the same point in their lives - not girls that you have to spend weeks/months/money convincing to trade sex for a relationship.

Girls, experienced or not, generally don't want to fuck their dream guy ASAP because they see him as a "catch" and they absolutely don't want to get judged for sleeping with him. They try to get their dream guy emotionally invested, that is the only way that the dream guy will stay around since he seemingly has a ton of other relationship options. Withholding the pussy from Mr. Dream Guy and making him work for it is the way girl's do that.

I know, I used to be every girl's dream guy and "perfect boyfriend" (really, I was...).

Now look at me.

That's not to say being *sophisticated* isn't "sexy" though. It is.

But let me give it some context -

Being sophisticated can be sexy just the same as being "romantic" is sexy.

In fact they go hand-in-hand actually.

Think fine a date with fine wine, h'orderves and deep intellectual decision about the sociological trends of the United Kingdom vs. Britannia.

It's the girls looking for boyfriends that most like this kind of night.

This will do nothing but get in the way your effort getting laid because of the stuff I mentioned above.

The guys that rely on romance to get laid, it's usually part of a courting process.

Moreover -

If the girl is into that type of thing, you aren't on a date with the right girl - if you are trying to get laid.

Related -

- "Why You Aren't Getting Laid on Your First Dates"

You know me pretty well, so this might not be a surprise to you - but I'm actually pretty "sophisticated" myself.
(no really - I am)

I didn't go to Oxford or Princeton, but I'm actually told that I'm "sophisticated" by girls other than my Mom.

GoodLookingLoser.com doesn't look that way, obviously. And I'm only going to get into that as the lifestyle section develops.

With my top girls, I'd often go to dinner in Beverly Hills, wander around some nice hotels late night, art museums during the day, talk about political science, drink wine and eat low-fat expensive cheese (at my apartment).

Some of the girls I go out with are sophisticated too or they dig me so much that a lesson about the

Eastern Front in World War II is sexy to them.

Smarts is sexy - but only to girls you've ALREADY fucked or are looking for a relationship.

But I don't really show my sophisticated side if I'm out and I want to Get Laid however. At least not a lot of it.

This is why-

Getting laid is nearly all **ANIMALISTIC**.

YOU LOOK HOT, I LOOK HOT, so I'm take you home with me.

That's vibe I maintain - subtly when I meet a girl, but hardcore when I get her alone.

So aside from mentioning, "I live in Bel Air," or "My friend is having a dinner party at this mansion in Malibu on Saturday, French cuisine." I don't get into much of a discussion about it. Maybe a little as I'm touching her. I don't want to turn off the animal in me or her.

I was at the same point you are, with the SAME sort of thoughts, maybe even moreso -
Sometimes I'd get mad at the girls, "These girls are so stupid!!! UGHH.. They all like this shitty music/reality TV!!!"

Sometimes I'd get mad at myself "I'm just a fuckin nerd, I can't get this hot pussy in Hollywood!"

Neither were true though.

I've learned something though-

(what did you learn Chris?)

Being sophisticated is only *one part* of being a well-rounded person.

A lot of people think, because they are sophisticated, they are well-rounded and the ultimate man.

Not necessarily.

I actually [would] get a lot of sophisticated girls, they are very "proper" when I meet them. On dates, they are uptight at first but when I start talking about naughty shit they get all into it - they don't often get the chance to go out with a sophisticated/perverted guy.

So I encourage you to develop all aspects of your personality.

Be that guy.

- Animal
- Sophisticated
- Perverted
- Funny
- Serious
- Assertive
- Laid Back
- etc.

The first one is the most important for getting laid, quickly.

At the same time though, if finding a highly sophisticated/non-Jersey Shore bimbo girl is important to

you - you should absolutely show that side of yourself, weed out the idiots and bring in the right ones.

But you'll have to accept that it ~~may~~ will slow stuff down and screen out girls that are more sexually active.

If not, just dress sophisticated-ly and act like a fucking dog. You might find female sophisticated dog that's just like you.

In Los Angeles (2008-2011), there's a few types of girls that I always seem to sleep with -

- Hairstylists - Hot, pretty happy, dumb as shit (not sophisticated)
- Models/Actresses/Club Girls - See above (not always happy), many do drugs, ambitious (not usually sophisticated)
- Fitness/Beach girl s- Not as "Hollywood"-ish, usually abstain from drugs and large amounts of alcohol (not usually sophisticated)
- Nurses - Intelligent women, the opposite of the others, generally in decent shape (generally sophisticated)
- Rich girls - This one completely varies (generally very sophisticated)

These profiles were quite than the girls I used to mainly attract - "Girl next door", Friendly Girl, Slightly-Above Average Girl, Extroverted Girls.

A big part of it, however, was that I didn't have the balls to talk to the girls I wanted to. Once I got over most of my approach anxiety, I was able to "attract" the girls I wanted, since most of them liked me all along.

I have the "sophisticated animal" thing down pretty well though, it's appealing to all sorts of girls. But I definitely wasn't always this way.

Before I got good at meeting chicks, the only girls I could get were the sophisticated hot girls. (this might seem desirable but they were usually more into the 'dating' thing). I was scared of the wild "slutty" girl... and want to lick their pussies so bad after they got done dancing and teasing undersexed guys in a nightclub.

But again, I wanted what I couldn't have - the wild sexy girls that get the MOST attention, that turn down 20 guys a night, that have 5 guys texting them an hour.

I didn't have the animal in me when I was yonger.

Solutions?

> *"Maybe I should also focus on different type of girls (more slutty) but I don't think I'm their type, as self-defeating that might sound."*

This would be the first thing I suggest too. But "focusing" isn't necessary. Just screen a bunch of girls. Some you'll like, some you won't.

If your looks, style and social freedom are tight - the ONLY issue is if the girl is sexually available. That's it. It's on her.

As far as being a girl's "type," if you are good-looking... you are her type.

Period.

End of discussion.

More girls like you that you know. They are just wanting and expecting you to take the lead. the better looking you are- the more leadership you have to take because a lot of girls will think you are unattainable. If you get above 220lbs (muscle) you'll REALLY have to run the show.

Embrace that though.

That's what you want in the long run.

No shit tests, no bullshit, just a girl that says to herself, "I'm down for whatever this guy has in store for me. And No one is messing it up for him or me."

Girls categorize guys, you should too.

My suggestion is to start doing what nearly all guys that are really good at this (as part of a lifestyle) do.

Separate the girls -
1) Sophisticated/your type that you can date/bang (relationship prospects)
2) All the others that you can bang (sex prospects)

When you meet a girl and feel that is isn't sophisticated or smart, immediately get aggressive with her. You can literally tell her "SHUT UP" and start kissing her and move fast. There's nothing on the line. Naturally you'll stop caring about "losing" these girls anyway.

I really recommend this.

So in conclusion, actually being ***sophisticated*** isn't really the problem.

It's the lack of a "non-sophisticated" (player) side.

But if you are trying to get laid - presenting yourself as sophisticated can be a problem if you are dropping your ANIMAL persona. It will trigger the wrong things, even and especially if the girl likes you.

If you are trying to get laid, turn down the sophistication a little bit. Not completely, but at least show that you are an ANIMAL first. You can show that you are sophisticated animal a little later.

I'm a fan of getting to know girls after you bang them. Like Aaron Sleezy says, "that's when the barriers drop and you really get to know each other." I've found that to be true.

I hope this makes sense.

Related reading -

- "The Curse of the High IQ" by Aaron Clarey
  (not an affiliate link)

Good Looking Loser Podcast I: Free Forever, Perfect Day, Etc.

August 23, 2012 | by Good Looking Loser | Link | Original Link

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Podcast #1
(August 22 2012)

This is the first of many GoodLookingLoser.com podcasts.

Eventually/hopefully we'll get on iTunes as well. I'll probably do one every 2 weeks or so.

Video briefly discusses the content in our 1st podcast.

Good Looking Loser Podcast I

Download the MP3s for your iPod - Good LookingLoser Podcast I.zip

-Part 1 of 3-

Push [Play] to listen

Contents

0:00 My ghetto self-introduction, can't afford professionals yet. 8-)
1:20 GLL is happy with GLL
2:10 I've designed nearly all of this website, recently I hired a guy to do the super technical stuff (you notice the place has been looking better?). A few guys have asked me about where to hire a some to build a website- hire him. Less expensive than ANY good web designer in the USA. We are talking 10-15$/hr. at the moment.
2:25 Short history of GoodLookingLoser.com
5:30 Thank you guys
5:45 GoodLookingLoser.com history continued
9:35 Everything on with GoodLookingLoser name on it- is and always will be- FREE
16:30 Status on live pick up videos (~2 weeks hopefully, I already have them but have to conclude the legal stuff)

Beverly Hills Hotel from my Perfect Day

-Part 2 of 3-

Push [Play] to listen

Contents

0:00 Welcome to part 2
0:30 The "Perfect Day" self-improvement exercise
2:00 What is your Perfect Day? Write it on the forum for us. Be complete, DIG DEEP.
3:10 The quick goal of the "Perfect Day" exercise
3:20 About my Perfect Day
4:50 My Perfect Day written July 4th 2009 (see below to read the entire thing I wrote)
10:30 Planning out your Perfect Day
13:20 Me pulling off ~90% of my Perfect Day(s), Starting February 2010

16:00 Think about then go post your Perfect Day on [Perfect Day] Sub-Forum

The song playing on the car ride to breakfast at the Beverly Hills Hotel.

House in Bel Air Hills (90077)

-Part 3 of 3-

Push [Play] to listen

Contents

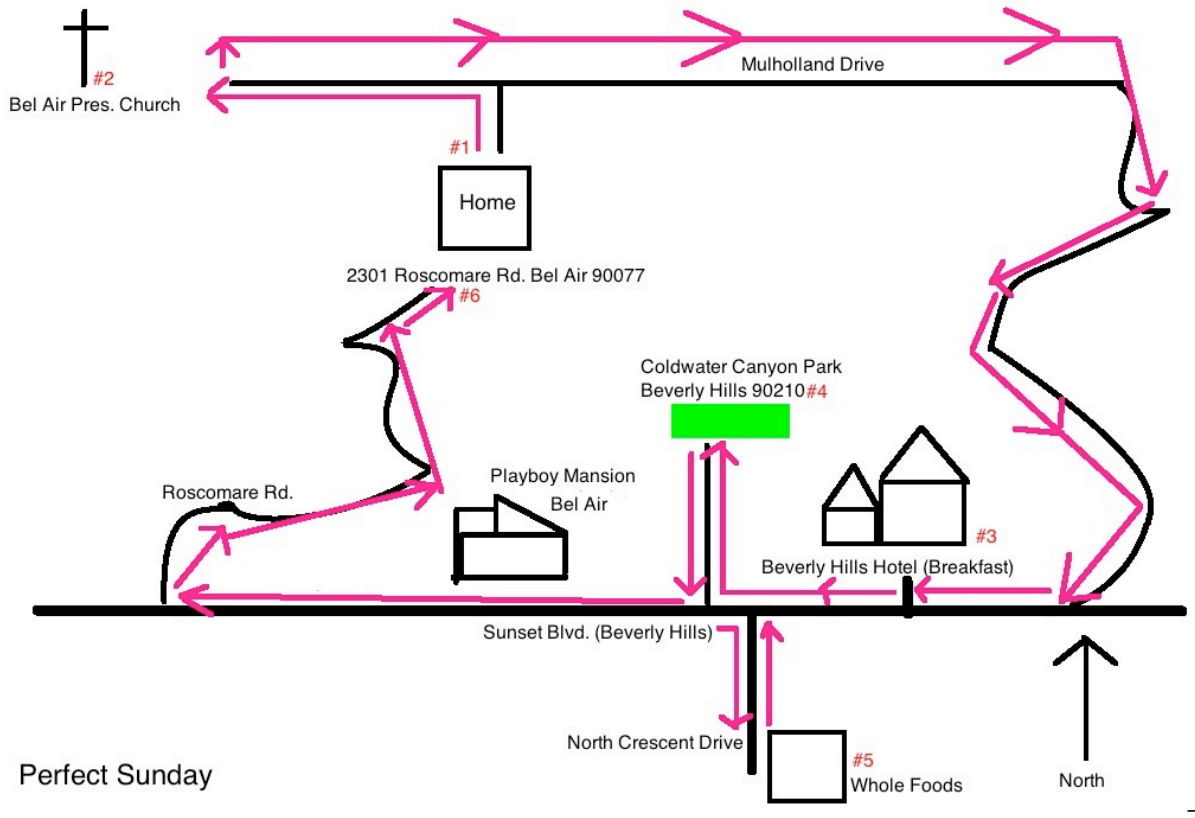
0:50 Message for the younger guys on GLL (18-27, or just losers like me)
1:30 Perspective on your self-development- measuring, understanding and appreciating progress
9:40 A lot of people on GLL are fucking hungry, it's awesome. More hungry than I went I first started
11:40 We are going to really push the limits on Good Looking Loser. Just wait, you haven't seen anything yet
12:35 Threshold: How I decide on what to share on GLL and what not to share
14:10 Phenibut example
17:15 Training with Scotty, what to expect, what it do

Chris' Perfect Day

Word-for-word, in its original format, changed only out of its previous uptight 'times new roman' font- is my **Perfect Day** that I wrote following the July 4th 2009 weekend seminar.

~7 months later, I executed 90% of it, several times with various bed buddies. The sense of accomplishment is unreal.

Obviously- it was fun too.



My Perfect

The Perfect SUNDay 2009 written July 4 (Saturday)

I want to wake up at 8:30am with some model/actress (preferably not completely America) in my bed in my own apartment in Bel Air, Beverly Hills or the Hollywood Hills. That?s earlier than usual. I have to start waking up earlier.

From there, both of us, on an empty stomach, we?ll pop 1-2 10mg Percocet tabs* with some grapefruit juice and a DIET Monster Lo-Carb (the BLUE one). From there we?ll head over to the absolutely beautiful church ?Bel Air Presbyterian? for about an hour. The girl should wear WHITE. In the car, Phil Collins will be playing but just for the ride to church

From there, we?ll drive East on Mulholland Drive, past the mansions and celebrity houses and down the hill to the Beverly Hills Hotel to get breakfast (the brunch buffet??). The time going to church, at church and equally important ? the drive East on Mulholland Drive, around Skyline Drive, is to be spent in TOTAL euphoria. I want something like Andrea Bocelli (Time to Say Goodbye) playing in the car, it reminds me of my Dad and Sunday?s in general. Its important that the girl shuts the fuck up and doesn?t try to put on some POP garbage on the radio. I don?t have much problem with that stuff though.

I don?t want to show up any later than 9:59am. We need to get a seat by the window so we can watch the tennis players. It?s okay if we sit outside too, so long as it?s a little windy. Just a little. After we get there, the girl will take a minute to freshen up?no really I insist. Haha. I want a second alone to just appreciate the universe.

On Sunday the Lord said- Thou shalt not avoid carbs. So I?ll help myself to some FRESH FRESH OJ. Don?t mind if I do.

Me and Miss? will step outside again, preferably after putting in the order (again, unless the buffet is happening) and smoke a cigarette. On an empty stomach with Percs it basically feels like God is hugging me. Just 1. Then back into the BHH to eat.

I?m sure the food will be fucking amazing.

I want to leave BEFORE 12pm, there?s something I?ve always had ?finishing? breakfast after 12pm that upsets me. From there we?ll drive over to my favorite little park in Beverly Hills (Coldwater Canyon Park) and play on the swings.

I figure it will be about 1:30pm at this point. At this point it?s time to drive back up the hill to the apartment, freshen up, and have sex. This is the toughest part of the day, here?s why- because I never eat sugar, there?s a good chance that I?ll be sorta groggy at this point. Potential energy drink crash, perc crash (even though that doesn?t really happen to me). I?m making an effort to avoid syrup, although how the fuck can you eat waffles/pancakes/French toast without syrup?

Note (7/12/09): you can bring sugar free syrup to the restaurant, dummy.

Sex isn?t gonna drag out. It?s not supposed to. It?s important that the windows are open and the nice air is rushing into the apartment. Music will be whatever I?m feeling. Being DONE by 2:30pm is GREAT? but 2:45pm works too. After sex, within 5minutes it important for both of us to pop more percs. The afterglow of sex combined with some oxy is bliss. Once it starts kicking, itd be nice to watch the girl smoke a cigarette, I?m into that, so long as shes

?smokin? hot.

At that point it?s 3pm (hopefully not past 3:15pm). Grab some Evian water. I?m not real particular about water but this is still the best water ever. The ?mouth? on the bottle is so big and swear its so refreshing. I will open the door to the balcony and let the air in, sit down in front of the flat screen TV and turn on football and catch up on the scores. I used to be obsessed with football, it seems like I haven?t watched it in 2 years. Again I should be in PURE EUPHORIA. During commercial break, I?ll step out on the balcony and just stare into the distance? think of the shit I?ve done in my life, the lives I?m going to impact and journey that I?ve walked. I?ll think of my brother who died when I in 5th grade, and purposely try to make myself cry? it?ll be hard to cry though, I?ll be in complete euphoria. I?d also like to call some friends, its fun to call your friends when you are on top of fucking world.

I think the NFL games will finish up at 4:30pm PST? from there I?ll help the chick prepare the 2nd half of dinner, Red Hot Chili Peppers music videos blasting on the TV and ramble on about nonsense. At 5:15pm (hopefully) we?ll sit down to dinner. If the sun is still out? on the balcony, I guess it wouldn?t matter either way though. Btw- dinner is ideally shrimp, cocktail sauce, maybe with Caesar salad. Some stuff of kobe beef, no carbs. Dessert is optional, I?m not going to pound down food just to fucking eat.

At 6:30pm its fucking IDEAL to jump in the hot tub. Either I?ll have one or my apartment will have one (I hope). Turn that bitch up high. I just want to sit in it. High. Maybe smoke cigarettes with la chica bonita, more water. It would be nice to have done squats at the gym the day before, sitting the hot tub with your legs hurting is one of my favorite things to do. Not like im going to feel any pain though.

If the girl wants to smoke weed, I?ll watch and probably not do any. It just seems like every girl jumps at that chance to smoke weed and sit in the hot tub.

The rest of the night is less clear. I?ll probably end up watching Sports Center or highlights from the NFL that day. I want to remain a little colder than warmer, the whole day. I don?t know, I hate being too warm. Fall in Los Angeles is incredible, perfect temperature all the time? it seems like I?ll be ready to fall into a deep sleep by this point (9pm?). I want to hold this chick as fall deep deep asleep and awake Monday morning? on top of the world. At the same time, if she had work Monday morning, I don?t care if she left after I fell asleep.

* that we legally have an Rx for.

Girls That Are Mean To You...

August 27, 2012 | by Good Looking Loser | Link | Original Link

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Mean Girls!

I shouldn't have waited 7-8 months to hit you with this post.

btw- I don't know any of the girls in this photos.

If you are familiar with GLL, you'll know that we are about "screening" girls with physical advances simply to determine if they are sexually available. Girls that reject you/get lost, are generally rejecting your invite for sex because they aren't sexually available, girls will also get lost a lot if they know their logistics won't work. It's not necessarily you, they are just rejecting sex. If you looks and style are tight, it's pretty much always a rejection of the approach and not you.



We have no idea what this girl is like.

That's not a fucking "reframe," it's the truth.

Some of my friends out here are on magazine covers on underwear commercials (kinda gay) and they get "rejected" by lesser girls. It's not because of their looks. I'll put on my life on that.

Remember, she's probably fucked a guy uglier and less cool than you anyway.

Screening is a much healthier approach than the "Mr. Funny Man" or "I Hope She Likes Me"- for a number of reasons.

Okay cool. You knew that.

What to Say to Girls That Are Mean To You

Please listen now.

I want you to turn off the analytic voice in your head right now.

I don't ever ask you to accept the shit I say without comparing it to your experience or the other stuff you might have heard.

For this, however, I'm going to ask you to accept what I say.

It comes from experience, a lot of it.

You won't find this type of insight from a "PUA" guy that doesn't have experience with actually fucking a lot of really hot girls, hanging out with them, having them as fuck buddies on and off, being part of the same social circles, pool parties, concerts, going on road trips with them to Las Vegas, watching me pee on road trips, watching them pee on road tips then having to find a bathroom

anyway, having them meet some of my friends, going to the gym with them, going to the beach with them, partying with them, getting ice cream with them at 1am, having me talk with their little brothers about working out, etc.

I understand what makes hot girls tick. Some are my friends, some are my fuckbuddies, some I just have a "professional" relationship with.

- I understand how excited they are when they meet a guy they like.
- I understand how devastating it is when their haircut turns out average.
- I understand what goes through their head when they post a hot picture on Facebook and less than 20 people "like it".
- I understand how upset some of hot girls get when they see another hot girl flaunting her perfect fake boobs.
- I understand how they panic when they turn 27, out of their prime, with no top 10% boyfriend or husband.
- I understand how a lot them are living week-to-week and doubting if they'll ever be famous.
- I understand how some of do adult film gigs (even the nice girls, not necessarily porno), just to pay rent and how bad they feel after.

I understand this stuff, I don't just "know" it. If that makes sense... It's not from an eBook.
(a complete list is in "Swag Factor")

I've actually always had hot girls in my life, but prior to 2007ish- I rarely scored with them.

I've since been with a whole host of pretty girls, some bitchy girls, some nice girls, some shy girls, some goofy girls, etc. etc.

I have really learned a lot because I've able to keep a lot of them around for months and months, usually because I'm thought to have good boyfriend potential (not boyfriend material). Girls would spend months trying to convert me [from a player] into a boyfriend, some made a good case actually.

I really got to see what every girl was about when they became regulars.

Some of them were huge disappointments, carrying so much emotional baggage it was fucking sad.

Others was absolutely great and would probably come over right now if I texted them, if they were available.

With nearly every fuck buddy, we'd have 1 or 2 day a months when we'd, drink/do drugs, go to a club, and come back and have sex.

I got to see how they treated other people, particularly other guys that tried to talk to them.

I began seeing a pattern after I started seeing this girl, Jamie.

The pattern holds nearly perfectly consistent to this very day. I've also seen it with girls that are just my friends. Honestly, I have not seen an exception to this rule.

The girls that are rude/mean to guys (within 5-10 seconds) of meeting them- HAVE PROBLEMS.

The girls that are ALWAYS polite to guys- DON'T HAVE PROBLEMS.

Keep in mind that most guys aren't touching or being crude to women when they approach, girls have no reason to be mean to them. We are aggressive and crude, so it's a bit different.

Again, this is something I figured out and not something I was ever told.

Girls That Are Mean vs. Girls That Are Nice To You

Lets compare 5 obvious girls that stand out-

K- Super hot. My best buddy for most of my life, until about 2011, we are still close though. Nice to me, on and off. Comes to LA to visit me, we'll always have huge incident that reminds me/us why we never got in a relationship again. We agree. Bi-Polar on guys. Sometimes very flirty, sometimes completely rude. She once put out a cigarette on some guy's neck, as the story goes. I'm guessing she'll see this and laugh. ~~***Stable***~~

M- Hot. Nice girl. Another long-term fuckbuddy, friend. Southern Belle, sorta. Always sucks up her mood for everyone, even when she should cry. She happy most of the time though. Takes work very seriously. Never had an argument with her in 5.5 years. Super polite to guys, even the rude guys. ***Stable***

K2- Above Average. Drug addict. Family problems. Sweet girl when she tries super hard. Drama 50% of every phone call. Serious issues. Is only polite to guys when the drugs are right. Even when I took her home she was somewhat rude to me. ~~***Stable***~~

T- Very hot. Fitness freak. Body dysmophia, not necessarily a health freak though. Constantly goes back to her ex. Always brought meaningless drama to my apartment (her workout partner flaked out, people can't drive, the 24 hour gym closes at 10pm on weekends... shut up.). She is absolutely disgustingly rude to guys that aren't in shape. ~~***Stable***~~

S- Very hot. Sexy girl. Another long-term fuckbuddy, friend. She's down to hook up with no strings attached when she's single. In fact, I count on it and get excited because she body is ridiculous. Unlike 'M', the nice girl, S has a 'sexy' side.. but she's a not bitch. She's absolutely nice to every guy and is appreciative of all the attention. ***Stable***

So there's five girls.



We have no idea what they are like.

How each treated random guys who approached them was **always** a predictor/indicator of their personally and things to come.

I haven't seen differently. Honest to God. Every fucking time, eventually.

Every single girl (friend or fuckbuddy) that I saw being a bitch to a random guy-- **HAD BAGGAGE** that eventually showed up on my doorstep (or voicemail).

After I saw this pattern, I'd fucking cringe when one of my girls was rude to another person.

Oh no, another fucking psycho. And I'd be right.

Once I realized this I tried to preemptively thwart a potential attack on 1 or 2 occasions, "I don't know what that was about, but we aren't going to treat each other that way." They'd agree, only to later prove to a be psycho seemingly in need of heavy medication. I'm less than half-joking.

Sometimes a polite girl would later turn out to be crazy headcase, but this was way less common.

So, if you run into some girl that acts like an unemotionally unhealthy bitch, it's because she.
Or will be. Even the ones that have big public blow ups and apologize later, they're nuts too.

Don't blame yourself for one Goddamn second.

It took me like 20+ fuckbuddies to figure this out.

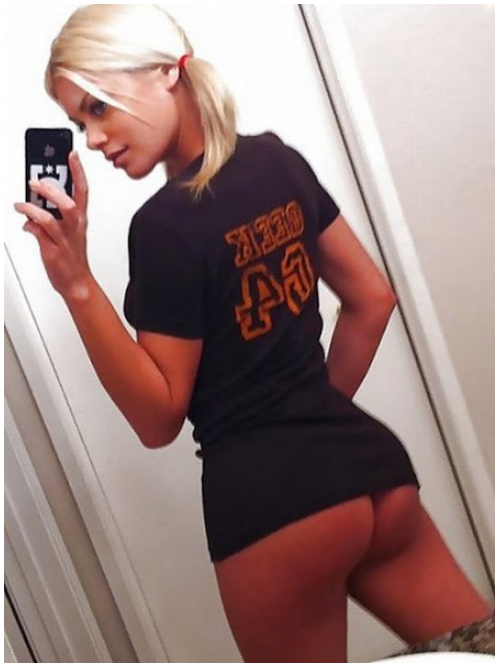
Early on, I'd get upset with myself if someone was mean to me. In 2006, I actually went home and cried one time.

Later on, I'd get into verbal sparing matches and call the crazy girls with big boobs "fat" and the girls with small boobs "flat." haha

I still was bummed out though.

I remember PUAs/dating gurus saying "oh that's her fault," "it's her loss," etc. etc. I knew what they were saying, but I didn't really believe it because I didn't know from personal experience.

I'm here to tell you- girls that are boring, weird or rude.



ARE BORING

ARE WEIRD

ARE RUDE

and the last two tend to have major have baggage.

Seriously, trust me on this one, I'm friends with some of these girls. It a shame. But don't play Dr. Phil and try to fix them.

If you encounter this type of stuff- my advice is get **super physical** with them, you have nothing to lose.

You don't actually want to get emotionally attached to them (or vice-versa), they make HORRIBLE fuckbuddies (for the most part) and they are nobody that you would want to be in a relationship with.

If you are able to spark something up, treat them like you'll never see them again.

The good news is- there's TONS of healthy, happy, super hot girls out there (and others that bring only a minimal amount of drama) into your life.

I want you to keep this in mind when you are screening.

You'll have more of a "Mr. Pussy Inspector" mentality, which is good.

Is she a weirdo? You really don't know. Honestly, after 3.5+ years of this stuff, I can't really predict it.

You don't know anything... Neither do I.

We Have No Idea Who is Emotionally Healthy and Who Is Not

If I were to approach 10 girls, and have you and I predict the outcome of every approach, I guarantee- you and I would get over 50% wrong, most of the time.

I used to think that the girls that smiled with their mouth open after I touched them weren't psychos, there's no correlation whatsoever.

The psycho girls will let you know that they are damaged. It's not your issue.

Sure, you're screening to see who's DTF.

But frankly, you're gonna figure a lot more in the process-

- Some girls DTF and will be polite.
- Some girls aren't DTF and will be polite.
- Some girls aren't DTF and will have emotional problems.
- In rare cases, some girls are DTF and will have emotional problems, and you'll run into them later in the night and they'll be drunk apologize. Fuck them (literally) if you won't and don't call them. This is pretty rare though.

The emotionally unhealthy girls aren't worth adding to your life.

You may or may not believe this yet, you will though.

This might not be overly insightful, you've probably heard it before too. I'm confirming that it's true and it's one of the reasons that "rejections," "get lost," completely stopped bothering me. If you can grasp this, you'll be able to do unlimited approaches without much of shift in your own state.

Try screening (with touching) by saying- Are you are a psycho?

Emotional healthy girls get kick out of it because they know that other girls are lunatics.

Hot Women Only Want to Fuck The Hottest Guys?

August 29, 2012 | by Good Looking Loser | Link | Original Link

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Is It True?

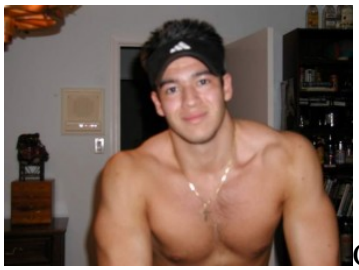
It's half true. It's half not true. Whichever you prefer.

It's not false, but it's not true either. Nothing is ever black or white.

The fact that the statement includes the word **"only"** makes it at least partially not true.

Okay, enough with useless pre-Law School logical reasoning bullshit.
It never helped anyone get pussy.

In my teens and very early 20's I was super good looking, at least I was told that I was.

 Chris at age 19, ~185 lbs

I was a 9.9 on HotOrNot.com, did a small amount of modeling for validation and expected hot girls to come talk to me (it happened, once in a while). I had drunk girls trying to take pictures with me all the time so they could show their friends.

Yet, I had a very average sex life.

By my standards and what others thought- you could argue that I was a complete fucking failure, hence the 'Good Looking Loser'.

You'd be right.

I ~~liked~~ loved the attention. That's basically the only thing I could get though.

The reasons were simple.

- I was a pussy (scared to talk and touch girls).
- I also didn't know what I what doing when I did.
- I had a disgusting ego where I would ONLY fuck the top 1% girls. Top 1% girls, at any age, don't approach guys, by the way.
- I was a very negative person, more on that another time.
- I was a pussy.
- I was a huge pussy. Did I mention that?

If it weren't for my social circles that were loaded with attractive girls, I wouldn't have gotten any girls whatsoever. None.

But the truth was, hot girls did want to fuck me.

Then something seemed to happen, I don't know when it was- but I think it started to happen after shortly I turned 23.

The girls in my social circles (old and new) weren't as obsessed with me anymore. Girls that I met didn't make themselves as available for me.

This was weird.

Although I was somewhat less attractive because I really started with gain insane amounts of muscle, I was still pretty good looking.

I thought it was because I was 230lbs and I just intimidated everyone. That had to be it.

Or maybe it was because I had stopped wearing my self-tanner, maybe that was part of it.

Perhaps it was because a lot of the steroids I was using ate on my hair line, it wasn't noticeable to anyone but me... But wait that didn't really make sense.

I couldn't figure it out, so I got a pretty hot girlfriend so I could avoid the issue entirely. Since I had a girlfriend, I could justify never talking to girls, lifting weights at the gym on Friday and Saturday night until 2am, instead of going out or meeting new people.

It wasn't until I started getting a ton of pussy at age 26.5, when I realized what happened.



What Happened?

It always helpful to look at yourself if something is wrong with your life.

I did that, I just didn't arrive at the right answer.

This is what happened in my case-

The first part was this.

I wasn't a cool person anymore. I was totally fucking boring. All I did was lift weights, follow a diet, do homework and talk about stories in my more interesting past. All my friends were pretty much the same way. We did was exist. I spent hours and hours on the Internet. I checked everyone's AIM (AOL Instant Messenger) status before I left my apartment, I talked at length about people that weren't even part of my life. My hockey career had ended so I lived vicariously through friends that were still playing sports and professional athletes that I didn't know.

My clothes weren't bad but they weren't exactly cool either- "immature" Abercrombie & Fitch logo shirts, worn polo shirts, wide leg jeans. Average for 2003-2004. It was college, so I didn't look bad compared to the others that wore the same thing. It wasn't the main problem.

I wasn't cool, I didn't feel all at that cool either.

But that's only part of the story.

The interesting thing is- this boring creature I had become... that's basically what I was my entire life (prior to 2006) and I seemed to have a lot of girls that wanted to fuck me.

But for some reason I didn't have as many girls talking about me to their friends, I didn't have girls trying to hang out (as friends or more) and even girls that use to sweat me weren't as interested in

having sex when I came home from college.

What I didn't know was this-

The period of time that girls really wanted to hookup with me, I was 17-21 years old. They were generally 17-19 years old.

As they got the chance to meet other guys at college, social circle, work, etc. and learn about their pussy- their preferences started to change. They didn't get as excited about looks like they were in their teens.

They weren't hot girls anymore- they were hot women.

The hottest women want to fuck the "coolest" guys, not necessarily the "hottest" guys.

Women sometimes say they go for a guy with a great "personality," but what they mean is- they go for a guy that is **cool**. Cool can mean confident too, even though they aren't completely the same thing.

I wasn't cool. I wasn't too confident.

I wasn't a total loser, but as girls became women- and **being cool** (and decent looking) was sexier than just being good looking (and not so cool), I was on the outside looking in.

They found a above-average looking guy with swag, confidence and cool vibe way sexier than a guy that was **JUST** good looking.

Their preferences changed.

As girls-

- They wanted to meet, be seen and bang the hottest guys.
- They wanted arm-candy and a hot guy that could reflect what she could "catch."
- They wanted to show their friends.
- They wanted girls to see and compare how hot their guys/boyfriend were because it was it was a reflection of they status.

Hot girls 17-19 years old are pretty insecure and have no idea of their sexual power.
It's way more than they even realized.

When they grow up a little bit, meet and fuck a bunch of guys they figure out- what they like, what they don't like and what they want. It's usually want just "the hottest guy" they can possibly meet, they want a lot more because they realize they can get it and they aren't as turned on by the Good Looking Loser.

This might be obvious to guys that have fucked women for a decade, but it wasn't for me.

The College Years: Hot Girls to Hot Women

 It's ridiculous if I speak on the behalf of girls and women and pretend I'm a complete authority, although I was a pussy, I was never a girl.

But through my experience I have a pretty good idea of what happens to girls in this transition period between the ages of 18 to 21.

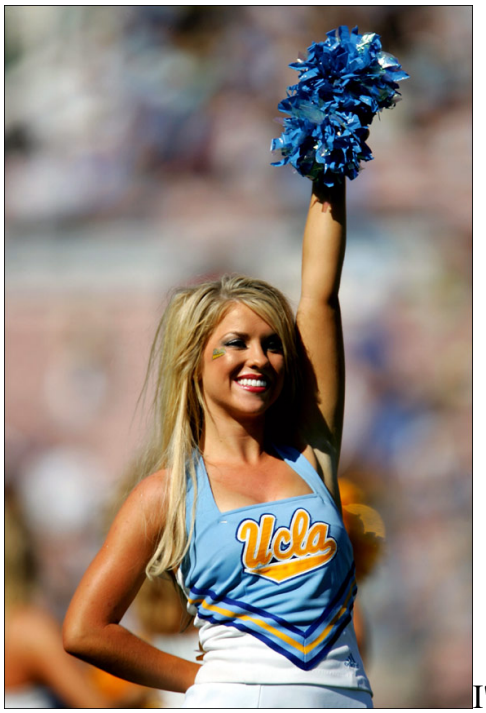
I've fucked a ton of hot college-aged girls, some when I was in college but the vast majority in California after I turned 26.

I've fucked a lot of hot women too, the vast majority after I after I turned 26.

One thing I've always had, thankfully, was social circles of hot girls.

Some I've slept with, some I haven't, some I will, some I won't.

I've watched a lot of these hot girls grow up though (about 40 or 50 of them if you want a number).



I've had them blow me, I've had them blow me off, only to later fly out to LA for a weekend with me, only to not talk to me again until inviting me to their wedding. It's been a revolving door, it always will be.

That's my resume, I'm not a girl, but I know how this works for most hot girls.

The following below has been confirmed by all 7 girls I sent it to earlier this morning. All of them- very hot and went to college for at least 3 years.

Their transition from girl to women generally begins to happen during the first 2 years college.

Most girls come to college pretty inexperienced, pretty insecure, but pretty eager to party and figure out what they like.

They are inexperienced simply because they are only used to interacting with high school guys,? who

have no idea whatsoever of what they are doing with girls. A lot of hot college freshman and sophomores have had less than a handful of partners and usually had a medium/longer term boyfriend. Some of them enter college with a long-distance boyfriend, only to dump him within 6 months once they realize it keeping them from learning about their pussy.

Sometime after the first 2 months of their Freshman year, they become part of a social circle (or sorority) and see/hear other people having sex. Once they find a small group of less judgmental friends, they begin sleeping with different guys and experimenting. Their social status is still SUPER important to them, so they don't go fucking a ton of guys. At least not right away during Freshman year.

This basically keeps up for the remainder of the year, the summer in-between and the majority of Sophomore year. They also hear about other girl's sexual experiences but slowly begin to develop their preferences.

 Arizona State probably has the best looking girls of any major (D1) university.

This transition period stalls once-in-a-while if they get a boyfriend. After they break up from their first college relationship (or break up from their long-distance boyfriend) they are super eager to get fucked. And they do. This is an accelerated period where they really learn about their sexual power and catch up to the other hot girls that didn't stall their transition.

When these hot girls become college Juniors and Seniors, they have a decent amount of experience. They generally have experienced just about everything- super hot guys, hot guys, average guys, good sex, bad sex, oral sex, big cock, small cock, one-night stands, committed relationships, and all levels of personality/coolness. They've heard about the experiences of their best friends too.

Although the experiences will vary, one thing is generally pretty clear- they begin to prefer slightly older guys. Usually 2 to 5 years older than them. These guys know what they are doing a lot better than the guys that are their age who haven't fucked as many women. Their preference for a "hot" guy is somewhat replaced for a "cool" and experienced guy.

"Cool" is hard to define, you know it when you see it, "confidence" is the probably the biggest aspect. Some guys naturally have confidence, other earn it via experience and success.

Do yourself a favor and go to a college that has a major football team

Since they have talked to so many guys through their college years, they can pick up very quickly on who is cool and who can fuck them well. That is **the guy** they want if they want to have sex.

So long as **that guy** is decent looking, she'll fuck him over the "super hot" guy that appears less cool and less experienced. This guy is also more desirable for a relationship, although the criteria for relationships is another discussion entirely.

They want a man, not a boy.

What I've explained is what that statement means.

Okay GLL, What Do I Do?

We'll get more into 'how to be cool' in the lifestyle section as GoodLookingLoser develops.

I did this writeup because I wanted to give some perspective to the guys that aren't top 10% in looks and might not have had high school/young college girls constantly telling them they were "hot."

You can definitely get super hot girls if you are cool and make your looks at least slightly above average.

For girls, looks matter less starting at age 20-21.

That does not you can look like shit and get top-shelf girls. People that looks like shit aren't cool.

I'm less "good looking" today, but **way** cooler than I was in my early 20's. I get way more pussy and way hotter pussy.

 This girl and her real boobs were 32 years old - there are some exceptions, obviously.

The majority of girls I've fucked are ages 18-24.

The younger girls are always telling their friends that "He's hot," the ones that are 20-24 (women), tell their friends that "He's cool."

It's not because the younger girls think I'm not cool, or the slightly older women think I'm not good looking.

It just shows what they find sexy.

So what do you do?

MAX out your looks/style and social freedom.

In other words- Be hot, be cool, have balls.

Find some cool shit in your life to get excited about and hang out with other cool people.

Work on it a little bit every day.

You'll get more pussy than you can possibly eat. For most of you guys, the best is yet to come.

So A Nut Shell

The hottest 18-20 year old girls generally just want to fuck the hottest, sexiest guys. (looks, status)

The hottest 20-24 years old girls generally just want to the fuck coolest guys. (status, looks)

The hottest 25+ year old girls generally are looking to lock down a cool, decent-looking, financial secure, safe boyfriend.

These are very much general statements and will vary.

From the part about college girls

?- There is some exception here. I need to generalize to get my point across. Every once in a while you'll run into a top .01% girl that is in college who has been worshiped and chilled with older college guys since she was in 7th grade. Their bodies develop early and incredibly well. They are often, by far, the hottest and highest-status girls in their entire high school. They are untouchable to most high school guys, but they still like to date and have learn about their bodies so they fuck college guys while they are still in high school. The only guys that really have a chance with them are the most popular, best looking, tallest, top, White athletes. Think back to high school, there's at most 1 or 2 of these girls in the entire school. Sometimes they are the hottest cheerleader. Every guy jerks off to them.

When they get to college they have a pretty good idea of what they like, they've had a decent amount of sex, done whatever drugs they wanted and experienced players, nice guys, boyfriends, older guys, rich kids/guys, everything. They don't necessarily go through the normal college transition. Ours was a girl named "Erica," ironically, we ended up at the same college together.

note: The college transition is based on hot girls/women in the United States that are sexually active. It is not necessary based on average girls. And Certainly not based girls that are not sexually active or girls have unhealthy/negative views on sex. Since I haven't attended college outside of the United States, I don't know how it is in other countries.

The Difference Between Guys That Bang Hot Girls and Super Hot Girls

August 30, 2012 | by Good Looking Loser | Link | Original Link

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Sense of Entitlement

Through the years and especially after moving to Los Angeles, I have made a lot of friends (and acquaintances) that were pretty good with women.

At least above average compared to the average guy that only bangs a handful of girls in his whole life.

A lot of the guys are part of my various social circles, so I've gotten to know them.

For the most part, all of these guys have the following in common-

- **Above average looking, or made themselves above average looking.** No double chins, beer bellies or "I don't care about my looks/body so you shouldn't hold it against me."
- **Good style.** Ranging from specific styles (Affliction douche bag, rockstar, business CEO) to just 'well dressed'.
- **Social freedom.** Weren't scared to talk to girls, some are able to be aggressive and touch women. (thereby screening)
- **Cool / confident.** This basically goes with, social freedom - but its more of a "vibe."

As you know- Looks, Style, Social Freedom is the recipe for lots of pussy and most of what we preach on GoodLookingLoser.com.

Despite the similarities, there is a stark difference in the quality of women these guys get. It varies quite a bit, even though all these guys have [probably] slept with at least 30 girls.

Only slightly more than a handful get top-shelf quality women.?

A minority of the guys get the super sexy hot girls, high status aspiring or working models, actresses, fitness girls, genetic miracles that make up the top 1 or 2%

A majority of guys I know that are good with women get the "pretty hot," "the cute," and the above average girls, definitely not girls that you'd kick out of bed.

A smaller minority of guys I know that are good with women ONLY get a lot of the average to below average girls. You could argue that these guys aren't good with women, despite the high quantity of sub-par pussy they get. You might be right.

There is one thing that separates all 3 levels of guys that get pussy-

A SENSE OF ENTITLEMENT



The guys that eat top-shelf pussy have a noticeable **sense of entitlement** that is much greater than the guys that get above-average girls and certainly above the guys that eat average pussy.

When I say "sense of entitlement," I mean a **REAL sense of entitlement**.
Not a fake confidence or a staged arrogance.

A "sense of entitlement" has a bit of a bad wrap.
It's seen as an undesirable, negative, arrogant personality trait.

That can be true.

The spoiled rich kid that refuses to work because of his sense of entitlement - that's not masculine.

The star high school athlete that thinks he deserves to start as a freshman for his D-I college football team without coming to practice - he will find out otherwise.

There's a lot more examples that we can think of.

When it comes to women, however, a sense of entitlement can actually help you though, so long as you don't come off totally arrogant.

The guys that eat top-shelf pussy, for one reason or another- ALL have a sense of entitlement.

- They feel that they are on the same "level" as the super hot girls.
- They feel that they are as "cool" as the girls are "hot."
- They feel that they are as cooler, better looking or better with women than nearly every guy they meet.
- They feel that most girls are "lucky" to sleep with them.
- They have a tolerance to beauty since they've talked to lots of hot and super hot girls.
- They aren't easily impressed by women.
- They think they are good in bed.
- They feel that average girls (and average guys) are "lesser" than them. (sometimes)
- If they don't plan on calling a girl back, they could care less if she has a good sexual experience. (sometimes)
- They get angry when the girl won't swallow their cum. (sometimes)

All this stuff is reflected in their vibe with nearly every person they interact with.

So long as it's not totally arrogant, it comes off as "cool" and "confident," especially among the super hotties that can't stand beta males and rarely meet a guy that has this vibe.

Guys that get average/sub-par pussy, no matter how much of it, don't have this vibe and especially not when interacting with super hot girls.

Even if you don't have this vibe yet, you probably know what I mean.

If you are, I suggest you embrace your sense of entitlement.

If you constantly being humble, stop.

If you constantly have to make 'politically correct' statements or water down your achievements because your less cool friends will be jealous. Stop.

Thankfully, a sense of entitlement something that you can develop.
It's not the easiest thing to develop, but it's possible and totally worth it.

In another discussion I'll talk about developing a sense of entitlement.

? - Just so you know, I define "top-shelf" or "top 10%' of women by how **HOT** they are. How sexy they **LOOK**. There's others that define "top-shelf" or "top 10%" based on personality traits, sexual history, education, career achievement, relationship material, intelligence, etc. I'm not saying that isn't important, but I'm going to keep it simple- LOOKS. Okay?

When I take a super hot girl back to my apartment in an hour, I could care less if she has a Juris Doctorate degree from a tier I top 25 Law School, what she scored on the MCAT, if she is ideal girlfriend material with healthful relationships with her parents or how many hours of community service she's done. I don't care. I never will unless I'm thinking of having a committed relationship. Guys that read GLL know that this is a "Get Laid" website, not a dating website. If you can get laid, you can do the dating thing pretty easily.

For an in-depth look at a "Sense of Entitlement," check this out-

- **"A Sense of Entitlement: What My 4 Friends Have in Common"**

How to Pick Up a Girl at the Mall (Basic Guy, Low Screening)

September 4, 2012 | by Good Looking Loser | Link | Original Link



Pickup Video #2

Here's the other pick up video from Monday, September the 3rd 2012.

Again, another basic video. Nothing too dynamic.

I'm a big fan of "doing what works" and just that, otherwise it gets to become complicated and inefficient.

The game plan was to take this girl's number, in-and-out.

I use the same dialogue that I usually throw at girls.

The only difference between this one and the first video is that this girl is sitting down and I didn't make eye contact with her before sitting down and talking to her. There's a chance that she saw me before I sat down, but I don't know- I don't wear my contacts when I do this stuff since it's so dry in Los Angeles.

She is pretty respective on the spot so I make a point of comparing our hands (I told her that she had "boxer" hands and could be my bodyguard) and lightly punching her in the stomach a couple of times (video sort of shows this). She shows me this random stick and taser in her purse.

She remained receptive, certainly didn't stop me.

After she said, "of course you don't box, your gorgeous face is still intact," I pretty much knew she was interested in me so I took her number shortly after that point.

Usually I need a little bit physical feedback/screening to determine for sure if girls are DTF. Based on what she said and the 3 times I touched her, it seems that she was (or at least in the very near future). Again, this is pretty fast progress over a 2 minute interaction. But you never quite know for sure, you just gotta trust your instincts.

Interaction starts at 1:28

After you watch I highly encourage you take a look at the following discussions-

- Video Discussion: "Simple and Unimpressive: Works Best?"
- Video Discussion: "Good Looking Loser Isn't Entirely Smooth... And You Don't Need To Be

Either"

How to Pick Up a Girl Who is Working (Basic Guy Game, Some Screening)

September 4, 2012 | by Good Looking Loser | Link | Original Link



Pickup Video #1

Labor Day (today, September 3rd, 2012) "pick up" video.

The thumbnail (picture) to the right is Rebecca Gayheart, this girl looked like a young Rebecca Gayheart. No, this is not Rebecca Gayheart in the video though.

This is basic as it gets. Not too dynamic. There's no reason to try to "play to the camera" for audience effect, I'm showing what I actually do when grabbing some [sexually available] girl's phone number.

The same dialogue I always talk about using, moderate touching, in and out.

The only difference between this and "average guy game" as explained in "If I Approached 100 Chicks Would I Get Some Pussy?" is the 3 times I touch her in the less than 2 minute interaction. On paper, that's considered "aggressive," it's not really aggressive- but remember, I'm just getting her number.

I'd rather show how basic this can be rather than pollute innocent minds suggesting that complicated, totally unnecessary, otherwise attention whorish techniques are somehow necessary or even desirable... in this video anyway.

There's opening commentary on the first video, the second video contains an overall commentary.

Interaction starts at 2:30 in the video.

The gameplan is to screen, make small talk and take a solid number from this girl that's working.

You should always have a gameplan, it should be one of two things-

- If logistics are not good: Screen, small talk, take number
- If logistics are good: Screen, small talk, escalate, take her out of the place (in any order)

My gameplan was #1 for the reasons discussed below (plus we're doing a video).

Good Looking Loser Picks Up Cute Girl Working at the Mall

Interaction begins at ~2:30.

I'll try to get this video some subtitles (captions) soon. All the audio is pretty nice and clear.

After you watch the video, look at this- "One of the main things I wanted you to see"

Again, the gameplan was not to take her out of the place, she's working and my place is about ~30 minutes from the place we were at. So I screen and don't necessarily escalate, she gets that I'm looking at her as a sexual object because I touch her a bunch of times. She doesn't resist and is totally happy to have me take her #. The whole thing was under 2 minutes. There's no reason to stand and hover around making jokes and shit. haha 8-) even though im mad funny, right?

If I were to follow up, I'd hit her with the traditional screening text "hey sexy" or "sexy bitch" or "hey sexy bitch," something tells me that she'd respond right away. I actually think I have other plans for this girl though, I have a friend that digs (obsessed with) these cute wavy hair girls so I'm hooking him up... she'll probably like him, most girls do.

There's some familiar "PUA techniques" in this video. I'm not against guys using them, I do sometimes. It's not the "techniques" that makes this "work." It's your looks, style and social freedom (which reflects confidence). The community will explain how these techniques "create attraction," that is not the case, or if they do - its a fairly insignificant amount.

The most important thing is that you establish a physical dialogue with the girl to screen her. She'll either let you touch her or she'll pull away. If she pulls away, try again a minute or two later. If you are just going for a girl's number, screen her, if you get a positive reaction, make some small talk and take her number. You don't need to feel her up or hover around making funny jokes.

If you are grabbing a phone number, I don't think it needs to look THAT much different than average guy game, PUA "game," or "just talk to her," --- just make sure you touch the girl a couple of times. Force the girl to tell you if she's in or out. It should be pretty obvious.

After you watch I highly encourage you take a look at the following discussions-

- Video Discussion: "Simple and Unimpressive: Works Best?"
- Video Discussion: "Good Looking Loser Isn't Entirely Smooth... And You Don't Need To Be Either"

Questions, comments, whatever, hit me up below-

Guys That Are Ambitious For Pussy: Time Wasting Activities and What to Do About Them

September 12, 2012 | by Good Looking Loser | Link | Original Link

Wasting Time, Average Life

Through the majority of 2008-2010, my first priority was to sleep with the most, hottest women I possibly could.

It wasn't "work," "school," "get a perfect body," or "live a balanced lifestyle," it was all about meeting and banging women. You can only have one first priority.

I didn't even have a "job" for the majority of the time. Once I came to grips with that, I didn't feel guilty about it. There's a lot of worse things you can be doing than meeting/trying to meet women and sleeping with them. I learned more successful attitudes from meeting and sleeping women than I ever did in school or from any "internship."

I moved to a more balanced lifestyle toward the end of 2010 and didn't see much of a drop off in my sex life thanks to efficient screening and DTF hotties in social circles.

I don't necessarily recommend that everyone goes on a full-time "vision quest" or "mission" for pussy though. I usually suggest you meet women as a [significant] part of an overall efficient lifestyle, but I can't deny that you'll make quick psychological changes and get good results if you devote a good year to it.

That's what SSK08 has done- "New Self," I think he's nailed 4-5 girls in the past 6 weeks, while previously being freaked out to talk anyone (male or female) back in February, just 7 months ago. Impressive.

It's also evidence that he is able to manage his time and not waste it.

The biggest difference in my overall lifestyle in 2008-2010 (especially 2009-2010) was my overall efficiency. Once I started my personal training/nutrition in Los Angeles, I was still living very efficiently and still had time for all the pussy I wanted.

It wasn't something I doing, it was something(s) I WASN'T doing.

I wasn't WASTING time like I had done so often in my mid 20's.

Usually when guys tell me they don't have time to talk to 5-10 women a day, I generally know that they aren't really serious about it.

Usually when guys tell me they don't have time to follow a diet or go to the gym 3 times a week for 50 minutes, I generally know that they aren't really serious about it.

When people are serious about stuff, they make time.

It is possible, however, that there's several hours in the day that are being straight up WASTED, whether you not it or not.

The following activities are some of the most common time wasters among guys that trying to have a vibrant, efficient lifestyle and sex life.

This is based on my previous lifestyle and the lifestyles of people we've worked with or met.

Time Waster #1: Reading About It For Hours a Day.

As most of you know, my most significant period of development and first initial big time results (4 hot girls as fuck buddies) came when I got as far away from the "community" (industry) much as possible. No pick up forums, no pick up blogs, no Youtube videos, no pirated eBooks, and no talking about picking up women with people. I just did it.

If you read about something, it doesn't mean you've learned it.

This is how "learning" happens - "How Learning Happens - Concept Encounters".

With something that requires daily action to produce lasting psychological changes and results, reading about picking up women without taking action is actually counterproductive.

If you read GoodLookingLoser.com, Aaron Sleazy, Paul Janka, and other seemingly credible sources for pussy, chances are you'll come across some conflicting information. As you seek to resolve the conflict and decide what's "best" for you, you've successful complicated the process if you haven't tried it yourself. Credible, simple ideas "get in-and-out, talk to her, and take her number," can actually be complicated by other credible, simple ideas "make sure you make small talk to get your real personality across."

I was guilty of doing that for an entire year. Don't do it. Stop if you are.

If everyone spent as much time actually talking to women as they did reading about it, they'd be getting laid non-stop.

As a rule of thumb- for every hour you spend reading about banging women, you should talk to at least 5 women.

That includes GoodLookingLoser.com.

You might have check in here just once a day, maybe just once a week.

But maybe it helps you stay on track. You have to decide.

While it might to nice hear that guys have memorized our stuff, I feel way better when you get laid. And So will you.

Time Waster #2: Reading About Other Stuff for Hours a Day

When I really got my life moving in Los Angeles, not only was I avoiding the seduction community (that was easy), but I also made an effort to avoid the unnecessary on Internet at-large.

- I closed my Facebook account (in Mid-2010, I put it back up without a wall).
- I stopped following all sports for the most part (I was literally in the process of eating pussy rather than watching the Colts and Saints in the 2010 Superbowl).
- I stopped playing all fantasy sports.
- I didn't read or write on any fitness or nutrition forums.
- I had no other social media accounts.
- I stopped watching porn, there wasn't much of a point after a while.
- My old phone (the red one in pictures) didn't get the Internet.
- I stopped checking email every 45 minutes.
- I don't think I watched 1 Youtube video for 18 months, minus listening to music or showing a

girl a video with my laptop on my bed.

It wasn't easy at first.

I liked browsing through Facebook and seeing the sexless lives that people who disliked me were living. (yeah, still had an ego)

I liked predicting the scores of football games and checking if I was right.

I liked "learning" about fitness and nutrition, even though I knew everything I needed to get myself and my clients top 1% results.

In hindsight, I think "learning" or "researching" was an excuse to justify being lazy. But I'm not sure.

Thankfully, I found this tool, it allowed me to block these productivity life-sucking websites on my own computer. It's free and it very really beneficial in dropping my Internet/information addiction cold-turkey. You can block the sites the you waste time on and it's a hassle to unblock it, so you naturally stay away even though you are tempted. You can set the times when the site is blocked and unblock.

I suggest you give it a try if this is an issue for you.
It helped me a lot and after a while you don't feel like you missing anything.

- Check out- SoftSonic LeechBlock for Firefox (download)

After you round up 3-4 hot girls to fuck on the regular, then you can rejoin Facebook and show everyone just how sexy the women you chill with are.
But you probably won't care anymore. :D

Time Waster #3: Stale Relationships

All my life I lived on the East Coast. Washington DC, Florida, Greenville SC., Atlanta GA., and even a brief stint in New York City.

Everything I knew was on the East Coast.

So was everyone I knew.

While I had some close friends that I always will keep-in-touch with, I also had a ton of "stale relationships," of people that I had nothing in common expect my past.

These stale relationships required more time than I thought. Responding to texts, small talk at parties, Facebook walls, gossip, talking about the past, social commitments (so be here at 7pm, we are going out to dinner before Jason's birthday), after-party where's there NO new pussy, etc.

I was never one to attend something I didn't want, but I didn't completely walk away from the scene either. I should have walked away A LONG TIME AGO.

When I got a scholarship to the University of San Diego, I decided my life on the East Coast had ended. I appreciated it but was happy to move on. Once I got to San Diego, I didn't know ANYONE. All the drama, was 3 time zones away. I might as well been on a different planet. I truly didn't think about anyone until December when I flew home for Christmas.

 You wouldn't talk to moldy bread, so why would you talk to moldy people?

These stale relationships can also keep you in the past. A lot of the people I know talk about high school like they still go to Winston Churchill High School, they haven't changed, they haven't made much progress as males and females (beside getting a job), they are overweight, and they don't Get Laid.

Maybe that sounds arrogant- but I'm calling the way I see it.

My goal is to help you improve your life, not cater to the "political correctness" police.

Trust me, if you are going to move on to have a hot, ridiculous, sex life and develop as a top 1% male- you won't be chilling with too many people that were in your past.

You won't have much in common with most of them.

You sure as hell won't have time.

Furthermore, some of us want to forget the past. Interacting with past on a weekly basis isn't helping.

Use discretion, keep the real friends that support you whether you are up or down.

But I suggest you cut the dead weight today. Anyone that won't be happy for your success gets cut.

You don't have to be mean, just delete their numbers and you might want to get off social media too. If you need it- you have my permission.

If you want to go back, they'll be there.

Can't Talk. Sarging.

Time Waster #4: Inefficient "Sarging"

Spell check doesn't even recognize "sarging" as a word. I wonder why.

If sarging means- dress up in a PUA costume, go out into the world, and deliver endless rehearsed lines and stories to women (half of whom you have no interest in)- then don't go "sarging."

We know that though.

Make sure you are being efficient, make sure you have a gameplan-

If you are just taking phone numbers because the logistics don't work-
GET IN AND OUT. NEXT. REPEAT.

If you are taking to take the girl somewhere-

GET IN, SCREEN/SMALL TALK, ESCALATE, START LEAVING. REPEAT.

This is a numbers game, most pussy is unavailable on any given day.

Don't let the night end and you've only hit on 2 girls.

While marathon "sarging" events are decent to help AA (not in-lieu of daily action), they are unproductive for most because unless you are in Los Angeles or New York, there aren't always girls around when you are "sarging". Time ~~spent~~ wasted looking for girls is called "poor planning," there's no reason it has to happen in most cases.

Make it a lifestyle, IN and OUT. When you go out at night, make sure there's going to be girls there.

You don't have a all day for this, and you sure as hell won't once you get fuckbuddies.

Time Waster #5: Multi-Tasking



Smart multitasking = Wearing your penis extender & doing anything

This one might look like some of the "regular" lifestyle websites that think they are HARDCORE.

Don't hate me.

It's worth talking about.

There's some people that can multitask.

There's a lot more people that think they can.

Those who actually can- usually aren't multitasking 5 different things though.

The goal of multitasking is to get more done, be more productive? correct me if I'm wrong?

The majority of people that think they are multitasking are just inefficiently semi-engaged in a disorganized, less productive and less rewarding lifestyle.

If a goal is important to you- work on it like it is.

- Build a sexy body = Get off your cell phone at the gym, stop talking to social butterflies at the gym. Wear hat, put headphones on.
- Build a big dick = Stop browsing Youtube while you are jelqing, stop surfing the Internet in between stretching.
- Meet women = Stop meeting up with a wing-man that doesn't get laid and likes to talk to you the entire time.
- Call women = text all the numbers you got the day before "hey sexy" at 10a.m. and call the first girl that responds positively.
- Studying for a test = Study for the test. Take study breaks. Don't do both at the same time.

There's about 10,000 more example that we can think of.

Just because you can multitask, doesn't mean you should.

The goal is efficiency. Not necessarily multitasking.

You'll probably have more hours in the day to pull on your dick or meet women. Whichever you prefer.

If you have questions or comments (or additions) don't hesitate - post them below-

How to Pick Up A Girl on Her Cell Phone

September 13, 2012 | by Good Looking Loser | Link | Original Link

Cell Phone Chica

Aight... Wednesday, Erik and I went out to do some videos today.

This was my only day available this week since we're in the process of moving the forum to a hot platform and other administrative stuff on my agenda.

Annoying, funny day- in that order.

The camera was giving us some issues from the start, it seemed to kinda do that in that later parts of "GoodLookingLoser In-Field Video 2," but we didn't realize it. We weren't getting audio on most of the videos and it was cutting out on some of the others. 40 minutes ago, we did a hard format and factory restore to the camera and it seemed to have fixed that issue, so next round should go smoothly. I'll be doing more on Saturday afternoon.

This video seemed to film pretty well. There's full video and full audio (minus 8 seconds).

The only issue was that the cashier (and supervisor, not pictured) asked us to stop filming in their store.

I agreed, stood around the front of the store, and just told Erik to hide the camera as best he could. If they saw it- Erik would just leave and walk away before they called security or something. Haha- The video is going just fine until the guy notices the camera again and tells Erik to stop filming. Normally, we'd keep going, but even though the guy said it nicely-- they were getting pissed at us. (legal advice has instructed me to just WALK AWAY).

So anyway, the during remaining part of the interaction, I'm just sitting there talking to her. I take her number and leave. That's the gameplan on most of these more basic day videos.

The front part of this video is the only thing that really matters.

I engage her from a distance before we even speak, tell her to get off the phone, and grab her hand and walk into the place in about a minute. Cool girl actually.

I'm hoping the camera is fixed, we'll do more on Saturday. Apologize for the delay... they're cummin...

While it'll be nice to get up some "wow" videos once we catch a few that are good quality, I have no problem showing you some incomplete footage if it's beneficial (and audible). REAL is what we do, the wow factor may come from time-to-time, but it's def. not the focus in these first few.

It's not actually super easy to film and get solid audio on this stuff if you aren't staging or faking it, so we'll just do our best. It'll get better once we get the timing, camera angles (for audio), etc. I think Erik (guy filming it) has done a decent job so far, the girls never see/look at the camera. We've only shot like 6 videos, 3 of which are now posted.

remember: "opener" is the eye-contact and wink, not me telling her to get off her phone. whether she was in the middle of a conversation or finishing it up, I have no idea.

I suggest you listen to the beginning commentary on the dynamic of the approach.

Interaction Begins at 4:40 (turn up the volume, after the commentary)

Play-By-Play

04:42 - I make eye contact and smile at girl
04:47 - I make eye contact and wink at girl
04:52 - I just say "hey hey get off your phone real quick..... don't worry about it.... call her back... that's alright... can't talk.. you gotta go..." (something close to that)
05:08 - The usual intro "UMMMMMM... I know this is random but I thought you were attractive, so I wanted to come say hi"
05:11 - Girl says "hi, how are you" still probably thinking about how random/direct this is
05:18 - Usual follow up "well aren't you going to say I'm attractive too?"
05:22 - She doesn't want to say it because I'm a douchebag, but she's interested in me
05:24 - Another usual folow "so what are you up to, shopping for shoes or something"
05:34 - She says she's a flip-flop girl (note: I know right by this statement that she isn't a Hollywood girl, she's more real and down-to-earth)
05:37 - I say "Yo you want to grab coffee real quick?" she agrees and I grab her hand and walk in the place (this was the plan from the start, even though I usually don't do these insta-dates)
05:41 Audio goes quiet, I say "tell me what you do" (i think) she says she's a new 6th grade teacher
05:50 She asks where I'm from
good audio
06:20 She's guesses I'm from Sacramento CA, which is basically the opposite of Los Angeles, relative to California cities. This is a bad guess from a smaller town girl.
06:25 Audio goes quiet for a few seconds, you don't miss anything
06:31 I tell her "you aren't so tough" and stare at her and nudge her, I sense that she's pretending she's tough cause she's pretty confident
06:33 She says "I am too!!!" (explaining that she is tough).. its all just flirting btw.
06:36 I tell her that "she's not tough in real life and I'm not even kidding"
06:41 I tell her that "some guys might think you're tough," she says "the majority"
06:58 When I step away the guy behind the camera see's Erik with the camera and tells us "no filming" for the 3rd time haha... Erik leaves

There's nothing that significant in the next 7-8 minutes. I grab her hand and sit down in the corner. Talk to her about Los Angeles, sugar-free coffee syrups, she asks me about this weekend, I excuse myself and take her number, and give her a hug.

The more aggressive parts, relative to daytime, are getting her off the phone and taking her in the coffee shop in about 60 seconds. The rest is the same basic stuff that works fine during the day that most guys can do once they take care of the majority of their AA.

hope you enjoyed, this girl was naturally pretty cute

After you watch I highly encourage you take a look at the following discussions-

- Video Discussion: "Simple and Unimpressive: Works Best?"
- Video Discussion: "Good Looking Loser Isn't Entirely Smooth... And You Don't Need To Be Either"

Comments, Questions, Whatever... Hit me up below--

Do Penis Pills Actually Work?

September 14, 2012 | by Good Looking Loser | Link | Original Link

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Are There Any Dick Pills That Actually Work?

If I got a penny for every time in the past 5 months that I've been asked to recommend a legitimate penis pill or dietary supplement that will help you grow your dick -- I'd have lots of pennies.

Probably enough pennies to buy a years worth of fake penis pills.

As of ~~September 14th, 2012~~ August 24, 2016, I [still] have absolutely nothing that I can recommend to you.

If I got a penny for every email I've received in the past 5 months from a "Male Enhancement" company that tells me I "need to" promote their "proven" product to you guys-- I'd have even more pennies.

For the penis pill company representatives that read GoodLookingLoser.com and send me their "affiliate marketer opportunity" emails - Go fuck yourself.

Seriously.

If someday you guys find that there are penis pills recommended on this website, 1 of 2 things has happened-

1. I've completely sold out, lying to you and will stop at nothing to make little affiliate commissions.
2. The pills are legit and I've used them.

It won't be the 1st one, by the way.

For the guys that have asked about penis pills and supplements, unfortunately I can't help at this point.
Clearly you trust me and I'm not about to break that.

I'm fairly new to building a website but I know that trust takes a long time to build and a single minute to destroy.

I regard the male enhancement industry to be the least legitimate industry that is still in existence. And It's largely because of the **PILLS** and the absolute bullshit claims that are made. It's tarnished the entire industry to the point where a lot of guys think everything is a complete scam. There's a couple of exercises and devices that are legit, you know which ones if you've read GoodLookingLoser.com.

Nothing is every completely black or white, but this issue is close.

Perhaps it's unfair to generalize all the penis pills, but as a former dietary supplement junkie and a sports nutritionist background - I can read and easily recognize the ingredients on 95% of the products and assure you that it belongs in the toilet and not in your mouth.

- Nothing is clinically proven.
- Nothing shows the potential for "hyperplasia" specific to penile tissue (or anywhere).

This is not much different the non-steroidal dietary supplements that promise to packed pounds of lean mass on your body.

SCAM SCAM SCAM. (results not typical). etc.

At best, some of them will offer a temporary slight increase in blood flow that gives the illusion of increased size.

At worst and most commonly, they will absolutely nothing. They aren't dangerous though, none of the ingredients do anything.

Size Matters for Girls too.
I Like this picture.

Is There Any Potential?

There's three main claims that are commonly made -

- These pills that will increase your size.
- These pills will prevent erectile dysfunction.
- These pills will increase your sex drive.

The first claim is completely fake.
To date, no dietary supplement creates hyperplasia or raises human growth hormone or insulin growth factor-1 enough to induce hyperplasia of localized penile tissue.

The second claim is generally bullshit too.
To date, no dietary supplement effectively act as phosphodiesterase type 5 inhibitors.

There is some slight potential for the third claim.
Certain herbs, vitamins and minerals may raise your testosterone levels (if you have a prior deficiency), which will result in an increase in libido.

If you don't have a deficiency, chances are - it won't do shit.

If you have a low or decreased sex drive, see your doctor.

The biggest factors in low sex drive are low testosterone (namely, DHT) and various lifestyle factors.

My Only Recommendation (check with your doctor)

Right now, my only recommendation to combine with a male enhancement routine is the PDE5-i ED-meds - Cialis, Viagra or Levitra.

You will have to see your doctor for a script.

Do not buy it from an online pharmacy.

Aside from any potential 'embarrassment' factor, most doctors will cut you a script.

It's worth mentioning -

If you have erectile dysfunction, you may (likely) have low testosterone levels.

Have your doctor take a full hormonal panel.

There are numerous clinical studies that cite both the safety and effectiveness of these oral phosphodiesterase type 5 inhibitors (PDE5-i).

Here is a peer-reviewed clinical study from the Department of Urology at University Federico in Naples, Italy, published in the 2010 "British Journal of Urology International," that concludes that: ***the chronic (daily) use of Cialis, Viagra and Levitra is both safe and effective.***



If You Still Want to Buy Penis Pills

If, for some reason(?), you still want to buy over-the-counter penis pills-

- Make sure that there is a money-back guarantee.
- Make sure there a customer service email/phone number you can call and reach a live human being that will refund your money when its time.

I don't even recommend a $7.99 bottle of L-Arginine. I don't even think it's worth it.
(you can learn about L-Arginine here)

If you have tried something that actually works (aka you use it), feel free to tell me.

I'm not completely close-minded on the issue.

I'd like to see the science behind it and hear your experience.

Admittedly, I have not tried everything.

Unfortunately, I won't be buying anything without a money-back guarantee or if I can identity the same bullshit ingredients (ginkgo biloba, ginseng, green tea, saw palmetto, hawthorn berry, L-Arginine, etc. etc.) that all the other formulas have.

Slogans such as, "Doctor approved" and "Proven to work," mean jackshit to me and everyone else. Don't fall for that.

I'm sure someday there might be an over-the-counter dietary supplement that is legit...

Disclaimer: The contents of this page, such as text, graphics, images and other material are intended for informational and

educational purposes only and not for the purpose of rendering medical advice. Please view our Medical Disclaimer.

Mr. Internet Expert Probably Can't Help You

September 14, 2012 | by Good Looking Loser | Link | Original Link

Experts Without Experience

The Internet is great.

The 8th Wonder Of The World.

You can pretty much get your hands on any product or information you want if you dig deep enough.

You can apply to college, you can find a job, you can look at your bank account, you can count calories in your diet, you can learn just about anything, you can find a girlfriend, you can buy groceries, you can go to church, you can pirate music, movies and other stuff that the you were never supposed see without paying. You can arouse yourself and cum all over your keyword. You can hire a hitman to murder people you don't like while you are busy looking at pictures on Facebook or listening to Lady Gaga.

Pretty fly.

With the enormous, immeasurable access to products and information, it can be a colossal waste of time.

We've covered that briefly in "Guys That Are Ambitious For Pussy: Time Wasting Activities and What to Do About Them."



One of the problems with the Internet, especially on subjects that are "subjective" and up to interpenetration- **anyone** can be an expert, regardless of the amount of experience they have or don't have. And It's hard to check on whos for real and who is not.

This is true of nearly every single online community where there's no criteria or screening process to be an authority. The "how to" communities are notorious bad.

Take the "PUA Forums" (and the Seduction Community at-large), it's the worst of the worst. Guys with no experience are giving advice to guys with no experience about something they've never done and never will do. Even the authorities don't get pussy.

(just so you know- guys that actually fuck 100s of hot girls usually aren't on "PUA" or dating forums giving advice to "help" people)

This isn't unique to just specific communities, it's widespread-

Even Youtube videos have "experts" chiming in about something they've never done, and even if they have- they still probably aren't qualified to speak.

- A video of Tiger Woods (arguably the best golfer ever) had people "giving him advice" on how to hit the ball harder.
- A video of Michael Jordan (arguably the best basketball player ever) had people saying how he needed to bend his knees more when dunking a basketball.
- A music video from the Red Hot Chili Peppers had people saying that the bass guitar was too loud and their music was "no good" anymore.
- A video of how Bill Gates built Microsoft had people discussing "how they would build" a billion dollar business.
- A video of Bruce Willis had people saying how Bruce Willis could be a better actor.

Generally speaking- guys that are top 1% experienced authorities on basketball, golf, playing music that has worldwide appeal, building a billion dollar business and appearing in major Hollywood action movies aren't analyzing and posting comments on Youtube videos or "helping" on public forums.

There's 2 things that ***nearly all*** these "Internet experts" have in common-

1. Most have virtually no experience.
2. Most aren't interested in actually improving their life. It is strictly entertainment to them. Some know this, some don't.
   * Most are only interested in "being right" and getting validation from other inexperienced people on the Internet.

A pretty worthless existence.

Be aware of this.

Don't take advice from people that you do not KNOW (are-absolutely-positively-fucking-sure) that have experience with what they are talking about, even if it "sounds" right.

Try to develop a filter and tune out the baseless information.

I'm not completely sure how you develop a filter, just being aware and not exposing yourself to "experts" without experience might be a good start.

You might need to [re]consider who you listen to for advice on certain subjects, even family members who have good intentions.

If I was trying to lose weight or build a better body- I wouldn't take advice from someone without seeing a picture of them first, regardless of what "certification" they had or how many Pubmed studies they cited.

If I was trying to learn how to make money in the stock market- I wouldn't take advice from somebody without knowing exactly how successful he is been at it. I don't care if he has a degree in economics or is a college professor who wrote his own textbook.

If I was trying to get laid- I wouldn't take advice from someone until I saw reasonable evidence that he actually fucks girls, is cool, and does what he talks about. I don't care how many posts he has on forum or how well I "relate" to him at the present moment in time.

What About Good Looking Loser?

If you aren't absolutely sure that we get pussy, go to the gym, pull on our dicks, and actually live the stuff we talk about.

Leave immediately, **RUN DO NOT WALK, save yourself.**

Like I said- it's absolutely cancerous to learn from someone that has no experience.

It is not only a waste of time, it's counterproductive because you'll have to unlearn all the shit later.

Even if our stuff on GoodLookingLoser.com is "right," I still don't suggest you follow the advice if you don't think we've done it.

You shouldn't learn from anyone that you aren't as close to 100% certain that they are coming from experience. That includes us. I'm being absolutely serious.

There's a lot of other authorities out there that will tell you they "know" about how to date women, what they "know" about getting in shape, what they "know" about drugs, and give you some penis pills that they "heard" will work.

There's lots of options.

Lets End on a Positive Note

I can reassure you that any official advice that you get here [from me] comes from experience.

I'll usually tell you how much experience too, sometimes I can use numbers, dates, and specifics. If I don't have experience with a particular topic, I'll let you know, and offer my opinion if you still want it.

I get asked a lot of questions, but I don't know everything and I'll never claim to.

Believe it or not, I don't know everything about getting laid, getting ripped or getting a bigger dick- what I can claim is that I have a lot of solid experience with all three.

The last person I want to be is Mr. Internet Expert.

And That's the last person I want to make you.

We all know a "Mr. Know-It-All" that has jackshit for a resum

He knows how to get girls, dress well without trying, eat correctly, get into graduate school, run a business, give public speeches, he can sing if he wanted to and play professional sports, he can decrease unemployment if only he had political power, win major World Wars, he can even cure chronic diseases with household items such as Apple Cider Vinegar, he can tell you how healthful the water in your city is and how people in other countries think and even explain their behavior to them... while all the while- maximizing his efficiency and production.

He's particularly good at the stuff he has the least experience with.

He'll even tell you without you asking.

He'll even debate you, since he's good at that too.

Don't be that guy.

If you found GoodLookingLoser.com, in it's first 8 months of existence, you are pretty resourceful. That is a huge asset.

So long as you are pulling a *reasonable amount* information from the right sources (and applying it daily) and filtering out the crap- you'll be so far ahead of the average guy in just a matter of years.

Urban Meyer 4 to 6 Seconds (Approach Anxiety)

September 20, 2012 | by Good Looking Loser | Link | Original Link

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4 to 6 Seconds

Anytime I think about posting any discussion that is 90%+ theory, I usually think otherwise.

Theory is usually a recipe for non-action. Especially in this game.

Reading or memorizing theory is not learning.

Learning comes via experience. The theory is optional.

Learning theory before experience can sometimes make you misinterpret your experience, and prevent learning.

Okay, enough "theory of theory," lets lose the hard-on.

Although this is theory, I found it beneficial and it was something I noticed (experienced) when I was trying to beat my AA simply by approaching lots of women.

I saw a quote the other day-

I first heard it in 2005-2006 from Urban Meyer, the former head coach of Florida Gators football team.

Meyer is one of the most successful coaches in college football history. He won two national championships with the Florida Gators in 2006 (my year) and 2008. While he is a great recruiter (he recruited Tim Tebow, Percy Harvin, Aaron Hernandez, Joe Haden, Reggie Nelson, Brandon Spikes, Cam Newton, Marcus and Maurkise Pouncey etc.) he is a great football coach because he understands the mental aspect of football that sets great players aside from good players. You can learn more about Urban Meyer here- "Urban Meyer" (wiki).

Watch this video, notice his statement "4 to 6 seconds" in the last 10 seconds, then continue reading-

"... we have a saying around here, '4 to 6 seconds', of great focus and great effort. If you can train your mind and body to do that, you can be successful."

Coach Meyer reminded the team before EVERY practice and EVERY game, "4 to 6 seconds."

The average football play lasts about 4 to 6 seconds. It's not long. Those 4 to 6 seconds are fast, violent and downright fucking scary. If you don't focus- you can get hurt, you can get beat or even worse- you can cost your team the game.

The idea is have EXTREME focus in those 4 to 6 seconds and give EXTREME effort.

Nothing fucking less.

Don't even blink.

After 4 to 6 seconds, you can relax, collect yourself and make sure your shoulder still works.

These 4 to 6 seconds separate good players from great players. Everyone is fast, everyone is strong and everyone is tough. Not everybody is in a zone for 4 to 6 seconds though. Losing focus for even 1 second, could be the difference if you are on the bench.

They have an attribute/rating in Madden Football called "awareness," that is what this is.

So I always kept this "4 to 6 seconds" thing in my head.

Call me a fucking nerd, I'm usually not this geeky- but interestingly enough, I found a time it was applicable and useful.

Approaching Women (AA Drills or Phase II [some] AA)

For the guys who are just starting out, with Phase I or Phase II approach anxiety.

We've discussed approach anxiety, where it comes from, it's impact, **how to beat it** and how much social freedom you really need to be at a top 10% level.

Approach anxiety, ironically, usually STARTS to occur 4 to 6 seconds after you see a girl that you want to approach.

- At **0 to 2 seconds**- you see the girl and think she's hot.
- At **2 to 3 seconds**- you brain triggers you to approach her.
- At **3 to 4 seconds**- you think about it.
- At **4 to 6 seconds-** you made some sort of initial decision.
- After **6 seconds-** your brain changes it's mind and triggers you to not approach her.
- At about **6 to 10 seconds-** your brain triggers the 'fight or flight' syndrome to further discourage you if you are still thinking about it.
- At about **15 to 20 seconds-** the first wave of adrenaline hits you and your blood pressure is noticeably up.
- In the time periods after that- you feel the adrenaline spreading throughout your body and you brain might fire another wave if you are still considering approaching the girl.

By the way, the same thing will happen if you see a wolf and didn't run to a safe place in 4 to 6 seconds.

Does this sound familiar? It does to me.

First off, in the initial stages- completely avoiding or preventing this adrenaline rush hinders exposure therapy. So the actual rush isn't necessarily a bad thing. We just want to decrease it, little by little, everyday.

What is critical is how you learn to deal with the first **4 to 6 seconds**.

If you noticed, the first **4 to 6 seconds**, aren't that bad.

The fight or flight syndrome is triggered after 6 seconds and approach anxiety begins to kick in after about 10 seconds.

So you have a window of **4 to 6 seconds** to work with, everything is under control.

It is critical that you take action in those **4 to 6 seconds**. Otherwise your brain will attempt to slaughter you. It's a time bomb. tick. tick. tick... tick...

In those 4 to 6 seconds do these two things-

1. Starting walking toward the girl.
2. Block everything out completely (this will happen naturally if you don't get past 10 seconds).

The most critical thing is- MOVE YOUR FUCKING FEET.

*****START THE PROCESS BEFORE THE BOMB EXPLODES*****

> *I don't have any/much AA under normal circumstances. When we were shooting the pick up videos last week, I got some anxiety. It wasn't about rejection obviously, it was about-*

> 1. *I don't want the camera to be seen.*
> 2. *I don't want Erik too close but I don't want him too far.*
> 3. *I want this to go how it goes in REAL life.*
> 4. *I need to position/establish myself so the girl doesn't lose focus on ME.*
> 5. *I need the audio to work.*
> 6. *I can't block the camera, I want you to see the girls I'm talking to.*
> 7. *I need to make sure Erik hits the right fucking button that doesn't shut off the camera.*
> 8. *I need to do what I do normally.*
> 9. *etc.*
>
> *It's a lot to think about. While the concerns were somewhat legitimate- it was mainly a product of not taking action in the first **4 to 6 seconds**. Granted, it's hard to jump on it in **4 to 6** seconds when you are trying to record, you'll miss the walk up, have bad positioning, etc.. I tried taping Scotty last Summer, it's fucking hard.*

If you can get your feet moving in the first **4 to 6 seconds**, you will be successful.

The guys with AA that can still get laid can move their feet in the first **4 to 6 seconds**.

The guys that can't generally let the time bomb explode.

The anxiety will decrease once you're in the interaction. It may completely go away once the girl is following your lead.

If you can move your feet 90% of the time in the first **4 to 6 seconds**, you can probably get laid 5-10 times a year, even if you have AA.

Eventually, there will be no time bomb and it doesn't matter.

As for now- **MOVE YOUR FUCKING FEET. JUST START WALKING.**

Once you move your feet- you will be "present," as they say.

You'll beat the time bomb.

If you are talking with a friend, immediately stop and move your feet.

What If the Time Bomb Explodes?

This is inevitable if you have AA.

That's fine.

Approaching when the time bomb explodes is part of the process.

Highly recommended.

4 to 6 Seconds That's All You Need to Do

While I was consciously following my **'4 to 6 seconds'** rule to beat AA, other guys I knew were trying to beat their AA by analyzing their life from birth to future death. Masturbating at length, multiple times a day to their failed relationships, childhood and college experience.

While solving the mystery of your life/enslavement might be beneficial, it's not really necessary to get laid or beat AA. Just fucking talk to women. You don't have to fix your brain to get laid, you just need to hit on girls.

If you can just start the process in **4 to 6 seconds,** you'll still end up in some decent interactions if even you have AA. You'll also be getting good exposure therapy.

It can apply across the board too- when aspiring actresses sleep over before their auditions, we masturbate to the **4 to 6 seconds** rule, they think I'm super smart.

You can apply it to most predictable situations that seem to cause anxiety.

 **... Holy Shit- I **JUST** realized that the community and even normal people know the "3 second rule," well, I guess I'm late to the party.**

Either way, move your fucking feet.

My idea is cooler anyway because I've actually done it. haha.

Oops... cya later

Fail

Combining Bathmate and Sizegenetics (Beginner Level)

September 20, 2012 | by Good Looking Loser | Link | Original Link



Using Bathmate and Sizegenetics for Newbies

Back on January 5th, I put up my very first recommendation- The Bathmate.

I was the only recommendation I had up for a long time.

It knew it was safe, it worked and I also knew that it would make guys say "Holy shit!" because that what I said too after I used it for the first time with a full boner.

Several months later, I put up my second recommendation.

It was an account of my experience and an enthusiastic thumbs up for Sizegenetics. It too is a really good device, it's not as 'sexy' or 'holy shit' as the Bathmate, but it works and really works well. In fact, in the long run, its probably the better device. Certainly for length, it's the better device, if you were to only pick one. Fucking a girl after using the Bathmate is an experience that is priceless, something that you'll both remember until you are dead.

Since putting up my recommendation for Sizegenetics, I have been asked at least 50 times if it was a good idea to combine the two and use them together. It's probably a good idea to officially answer this question. :)

Disclaimer: The contents of this page, such as text, graphics, images and other material are intended for informational and educational purposes only and not for the purpose of rendering medical advice. Please view our Medical Disclaimer.

So Can I Use Bathmate and SizeGenetics Together?

Ask your doctor first.

But in my opinion and personal experience- Yes, yes you may.

In fact, the combination is perfect.
SizeGenetics is mostly for length and Bathmate is mostly for girth.

I wish the Bathmate and new Sizegenetics extender was around years ago when I started PE. I would have gained a lot quicker. In my opinion, the combination of the two (with manual exercise) is the

very BEST combination you can possibly use. You will get the fastest and best gains possible.

- **Keep this in mind when considering progress-**
  "Keeping Perspective on Penis Enhancement"

Considering that guys [that were completely new to PE] gained 1 inch in 6 months with JUST Sizegenetics, in theory- if you combine Sizegenetics, Bathmate and manual exercise- the gains should be even better.

So How Do I Combine the Two?

My advice (opinion) for newbies (first 30-45 days) is different than those with more PE experience.

Lets talk about the new guys first.

The first month of PE is more about getting your dick in shape or "prep" for intermediate or more advanced training than actually gaining size. Not too worry though- if you are just starting out, gains are super easy to make and just doing a little bit can give you added size. Most likely you will gain measurable size in the first month if you are using either device, and especially if you are using either device with a manual routine.

Have your doctor approve this prior to starting.

My suggestion is to take the Newbie Bathmate routine-

> **Bathmate / Water Pump Routine (3 or 4 Days a Week)**
> Week 1- Bathmate for 6-8 minutes (Flaccid, 40-50% Boner)
> Week 2- Bathmate for 8-10 minutes (Flaccid, 50-60% Boner)
> Week 3- Bathmate for 10-12 minutes (60-70% Boner)
> Week 4- Bathmate for 12 minutes (70-80% Boner)
>
> * Don?t use the Bathmate on the off days.
> It is an off day, and you are hooking up with a chick later and want to use the Bathmate only use it for 5-6 minutes.
> Wait until week 3 to do this though. During week 1 and week 2, don?t use the Bathmate on the off days.

... and for the *first* 2 weeks, combine it with-

- 2 Hours of SizeGenetics on ON days
- 4 Hours of SizeGenetics on OFF days
- Make sure to take at least 1 OFF day where you do no training whatsoever.

... and for the *next* 2 weeks, combine it with

- 2-4 Hours of SizeGenetics on ON days
- 6 Hours of SizeGenetics on OFF days
- Make sure to take at least 1 OFF day where you do no training whatsoever.

Again, this is a suggestion based solely on my opinion.

I was not new to PE when I got the Bathmate or went I got SizeGenetics. If I was, I would do that routine.

It should safely accomplish both goals of the first month-

1. Get your dick used to training
2. Make some gains

Now, lets talk about the guys that have done PE for at least a month.

If you have used the Bathmate and Sizegentics for more than a month, you should actually have a pretty good idea of what you are doing and how your dick is responding. There is a bit of a learning curve when learning to use the two devices and seeing how your penis reacts, but it's really not too complicated.

Bathmate safely expands the tissue in your dick. When you recover, you grow slightly. It adds up.

Sizegentics safely stretches the tissue, ligaments and tendons in your dick outward. When you recover, you grow slightly. It adds up.

Believe it or not, after 30 days, you can pretty much trust yourself to decide how much training you can do.

Just build on the routine you have been doing-

- If you have been using the Bathmate 4 days a week - try 5.
- If you have been using Sizegenetics 4 days a week - try 5.
- If you have been using the Bathmate for 10 minutes - try 12.
- If you have been using Sizegenetics for 4 hours - try 6.
- If you haven't been doing any manual PE - do it 2 times a week for 20 minutes.
- Stuff like that...

Just add to your routine. That is my advice.

Immediate-More Advanced Bathmate and Sizegenetics Routine

- Here is a "Bathmate & Sizegenetics Intermediate Routine" with advice from PhilTheBeard.

Thankfully, with the devices, the process isn't that "hands on," you don't have to spend large amounts of time physically training. That's the beauty of it.

Just sit around and wear your extender, put the Bathmate on in the shower.

Don't forget to have adequate resting periods. When you recover, you grow. Not when you train.

Some guys find that training everyday is great, some guys never train more than 1 day in-a-row.

You'll have to see what works for you, everybody (well... every dick) is different.

Which Do I Use First? Bathmate or SizeGenetics?

This is 100% up to you.

I used to tell people to use Sizegenetics first and then use Bathmate at night. But it totally does not

matter.

In fact, you might find it easier to use the Bathmate and then Sizegenetics because you may benefit from the added thickness and softness so you can strap your dick in and be really snug with no issues with slippage.

At this point, I'm too thick to use Sizegenetics after a full Bathmate session. Eventually you will be too and you'll have to reverse the order.

Guys That Should [Probably] Not Start AA Drills or Approaching Women

September 22, 2012 | by Good Looking Loser | Link | Original Link

Hold Off On AA Drills/Approaching

While I feel that nearly everyone can be successful (to some degree) in building a vibrant social and sex life, there's some guys that need to handle certain stuff first.

After all this is what happens to everyone over the course of their journey - "This Process Will Strip You Down..."

Being a good "guru" (I hate that fucking word) is measurable by YOUR success, not mine.

Part of success is putting you in a position TO SUCCEED.

And Part of putting you in a position to succeed, is not putting you in a position to fail.

I don't think the majority of authorities understand this.

It's not just in self-improvement- many authorities/coaches in academia and athletics fail to consider the psyche of their trainees.

It's not a matter of going "soft," it's a matter of getting results.

A matter of communication.

Intentionally or unintentionally demoralizing people isn't usually the most productive or efficient way to get results. That said, treating people like babies isn't a great way either.

Scotty and I have seen nearly every type of student, all levels, every issue imaginable.

We have a pretty good idea who succeeds, who fails and who benefits from what. We also know why they succeed and why they fail. Every once in a while a certain guy surprises us, but it's very seldom.

One of the main reasons for failure (aka dropout) is that the guy is simply asked/feels the need to do too much. He gets overwhelmed and quits. This is isn't unlike the dropout issue when learning any other skill or trying to accomplish any other goal.

Structure is so important and our main program will offer that DAILY structure.

Until then, we ask that you APPLY the information on GoodLookingLoser.com as best you can. Don't wait on me. Go get some.

At the same time, there are certain guys that should hold off on most of our material and get some other issues handled first.

This may be disappointing, but please trust me on this.

The success rate (building a sex life that including 3-4 above average girls) for cases I will mention is probably below 2%.

Frankly, between you and I, I probably should have gotten a grip on certain things before I started. I'll tell you about them below.

If you have to spend AN ENTIRE YEAR up front fixing some issues that will ultimately speed your development, what does it matter?

You'll be better off doing that than having an awful, negative, emotionally-scaring experience for AN ENTIRE YEAR and quitting.

Again, the list below is for your benefit.

Part of my job is give you the greatest chance to succeed as possible.

Guys that decide to proceed despite my advice have a very, very low chance of success and a exponentially higher dropout rate as compared to guys that give attention to these specific issues beforehand.

Simply getting lots of pussy, if it happens, usually doesn't not resolve these issues.

Guys That [Probably] Shouldn't Jump Into This Now

Guys With Moderate to Extreme Social Anxiety.

We've discussed this before.

- "The Road to Endless Pussy: Guys With Moderate to Extreme Social Anxiety"

If you have moderate to extreme social anxiety, you will not be getting much pussy via cold approach. Approaching women and having consistent success is next to impossible. I have not seen one clear exception to this rule. The exceptions, which I will write about later, are guys with low to moderate social anxiety who have other advantages that they are able to leverage.

For guys with moderate to extreme social anxiety, approaching hot women and touching them is the equivalent to jumping out of a plane for someone afraid of heights.

For guys with moderate to extreme social anxiety, our social anxiety drills (place link) and exposure therapy works about 50% of the time.

The other 50% it doesn't work for because- IT CAN'T. There are likely neurotransmitter, hormonal and/or CNS imbalances that NEED TO BE CORRECTED for any sort of the therapy to work.

It usually requires medication to do so. I suggest you keep an open mind and not dismiss this idea. There are people FAR MORE successful than I that have used medication to overcome/control their social phobia and have lives that are nothing short of amazing. I'm not saying that "popping a pill" will solve this completely, it is generally a starting point, but it's a better approach than doing jackshit or living with social phobia.

Beyond trying our social anxiety drills to see where you stand, I don't suggest ANYONE with moderate to extreme social anxiety begin our AA Drills or begin approaching women. Your current state is too delicate and exposure therapy will have little effect if you have CNS imbalances.

Sad Case: Stefan

I met Stefan in early 2008, like me, he had goals and dreams of fucking lots and lots of hot, pink, Los Angeles pussy. He had signed up to take something like 15 months of pick up workshops with a few different companies. The kid (well, he was in his mid-30s) sometimes drove me fucking crazy.

As I got to know the kid, I realized that he issues that prevent him from even beginning to make progress with women. One issue was his crippling social anxiety. He couldn't ask people for time or directions, he admitted that his blood pressure went up when he went grocery shopping. It sure didn't

stop the companies from taking $5000+ from him a month though.

We'd check in every few months and it was clear to me that he wasn't progressing whatsoever. He had social anxiety that prevented him from gaining any exposure therapy benefits from the handful of "sets" that he would do at workshops. Talking to women (or people in general) was harder for him than before he ever started his program. It didn't help that all of his programs endorsed "I Hope She Likes Game," where it seems like you put your life on line each time.

One day he bought me lunch and unexpectedly told me about all of his problems and bad experiences with meeting people growing up. There were only a few instances, (some girl at college was mean to him, these black guys clowned him in high school, and his best friend sold him out when he was 9 or 10 years old) but they stood out in his mind like it happened just a few days ago. I didn't expect this and I really felt for the kid, so I said I'd try to help him even though I was still pretty average at meeting women.

Fast forward about 3 or 4 months.

Stefan texts me and his in the middle of a pick up workshop and tells me to come and 'see how he's doing'. I decided to go with my friend Tolland to show him this 'workshop'. Nothing had changed. He was still in his head and his "coaches" were buttering him up, "You're doing awesome man!" "Cool clothes man!"

Then something happened that marked the end for Stefan.

From a distance, I could tell that he was continuing to hit on some girls that weren't available. His coaches were watching and wouldn't let him 'eject' and demanded that he keep bothering the otherwise-friendly girls. When Stefan licked his finger (as part of a PUA routine) and touched one of the girls on face, one girl threw her drink in his face and told him to get away from them. This has happened two times to me, and both times I laughed and threw drinks at the girls. It wasn't so funny for Stefan though, he looked like he wanted to die. He ran out of the place crying.

Tolland and I knew these girls. These girls weren't the rude types for the most part, one girl was Tolland's housemate and I had been texting with Rachel P., the girl that threw the drink at Stefan. These girls weren't available, they were meeting up with us at "Big Wangs" (bar) too. I went up to the girls and told them we needed them to apologize to Stefan or just tell them that Rachel had an awful day and it wasn't a personal attack. We went outside and the girls all apologized. Stefan was sitting on the ground crying with his pick up "coach" who was explaining what he did "wrong". Stefan seemed somewhat relieved that the girls were nice to him again but said that he was going home.

I texted Stefan the following day to check on him, he said he was "cool," but he also said "he's done, this is not for me" he's quitting.

Rachel was the last girl Stefan ever approached.

He was done.

The kid should have never been approaching girls in the first place, he needed to fix most of his social anxiety (and other issues) before he could even start.

Now, he'll never approach a woman again. And He hasn't.

The entire story makes me sick to my stomach actually.

Guys With Moderate to Extreme Depression.

It is my opinion that guys with moderate to extreme make an isolated effort to handle this beforehand as well.

A lot of guys think that getting pussy will resolve their depression, in most cases- this is not true.

While it might help, since they are depressed- most guys will never get the results that can even begin to alleviate their depression.

Their lives become worse, sometimes- much worse.

I can speak from experience here.

I left my scholarship to the University of San Diego Law School with no plan whatsoever than to go to Los Angeles can hook up with girls and do some personal training. Hardly a proud life for a kid that won "Most Likely to Be President of the United States" in 4th grade. :D

Even though I was excited, a big part of me felt pretty fucking worthless. While I didn't have extreme depression, my slight-moderate depression made beating my approach anxiety, very tough. There were no AA Drills or any sort of "break-in" process that didn't set the depressive feeling off. I remember lonely nights walking along Hollywood Blvd. with a flask of Southern Comfort in my Biker Jacket shooting stupid routines at unreceptive girls wondering if I made the right decision and even if I did- if I'd ever even enjoy my life again. Thankfully, I dug myself out of the rut but it took a good 9 months.

Picking up women should ideally be part of a lifestyle. It is NOT the lifestyle.

It can be your first priority, and it probably should be, but is it NOT your entire existence. You need to have cool shit in your life to look forward to. If you don't, you better figure it out. That is what we are here for.

If you think getting pussy is a "cure-all," just wait until you get some. Wait until you meet some chicks you like and they bail on you and don't become your fuckbuddies. You'll be right back where you started, if not worse.

Do not try to hide in the pussy. It's a temporary fix.

Again, like social phobia, moderate to extreme cases may want to consider temporary medication. There's no harm in trying, you have a lot to gain and not much to lose. I will discuss my experience and opinion with anti-depressant and anti-anxiety medications later.

Lifestyle changes, physical fitness, spiritual development and finding new friends can seriously help

too.

From what Scotty and I have seen, very few guys with anything more than moderate depression find the success they want from this "fuck lots of girls" thing. There are some cases, which I will discuss some other time. Most never get close to that and should have made an effort to handle some of it up front.

Like anxiety, moderate to extreme depression puts you in a extremely fragile state. Handle with care.

If it takes you **AN ENTIRE YEAR** to handle your depression for the rest of your life, who the fuck cares? It's totally worth it.

We'll be here. The pussy will be too. Please give yourself a chance to succeed.

Extreme Lack of Social Skills.

For some reason, this one is harder to get guys to be honest about, but it is as critical as the prior mentioned issues. In many ways, unless you are super good looking, it's completely impossible to score good pussy if you lack basic social skills, while you could potential score if you had anxiety and depression.

There is some cross-over with social anxiety on this one.

Especially in the mainstream community, a lot of guys think learning "pick up" techniques can override a lack of social skills. This is unfortunately not the case.

In any given approach, these "techniques" or "canned routines" are about 10% (at most) of the interaction. The rest is "keeping it real" and just talking.

It is virtually impossible to pick up high-caliber women if you lack basic social skills, it still pretty hard to pick up average women too.

While some guys learn social skills from talking to women, most do not.

If you can admit that you have an 'extreme lack of social skills,' give yourself some credit. The period of middle school to junior year of college is critical to developing social skills, if you were being a "loner," you might have some catching up to do.

Circumstances beyond your control may have contributed to your lack of social skills, including the a fore mentioned topics. If you parents pulled you out of high school and moved towns, you never went to a campus-based university, didn't play sports or never had a close group of extroverted friends, were a introverted minority in a near total white demographic- you might have some catching up to do.

What's done is done. It's probably not your fault.

It is your fault if you don't recognize that you need to get some social skills and go out and make the effort.

I suggest you spend at least 6 months doing something on a daily basis that requires you to develop social skills and make some friends that have decent social skills.

Look At Me!! I'm A Fuckin Bartender!

Things that come to mind are-

- Bartender
- Server at a restaurant

- Some sort of lower pressure sales job that requires you to talk to people
- An assistant to someone in the entertainment industry
- Volunteer work
- Go on MeetUp.com and just attend events with people with similar interests. (EXTROVERTED INTERESTS!!!)

You probably need to develop better social skills if you-

- Can't talk to someone who has similar interests as you.
- Can't talk to someone that you've known for years but haven't seen in a while.
- Have a hard time talking to friends-of-friends.
- Feel way more comfortable talking to people online than in person.
- "Blackout" when talking to people in a "safe" environment (like your house, car, places y0u chill)
- Require 5+ drinks of narcotic drugs to have a basic conversation (might be an anxiety thing)

Again, there is not really a way around this.

In fact, I'm glad there's not. You are way better of in life if you have a social skills.

Guys That Are Significantly Overweight. (Approaching Women)

This one is usually the easiest for guys to admit.

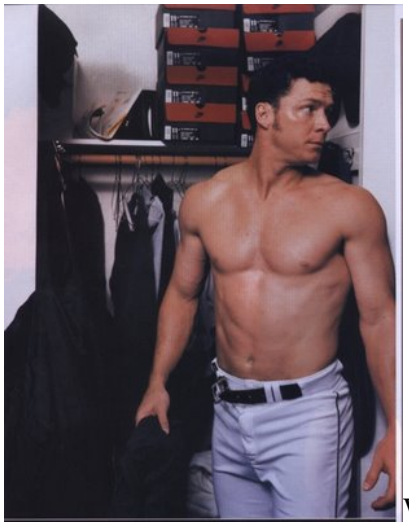
If you are really ambitious and you want to meet the hottest women via cold approach (or anything) you will ALWAYS underachieve if you are **significantly overweight**. Unless you have significant social status, if you significantly overweight- you won't be getting anything more than average girls at best.

That's the way it is. I don't make the rules.

Now, we are talking **significantly overweight**. Obese to morbidly obese. 28%+ body fat.

While you can do the AA drills and have some good success, I don't suggest you start approaching women. Use the time you get your ass in the gym and learn how to eat.

It's more likely that you'll get reactions that will discourage you, rather than results that will inspiring. Just put the pussy on hold for a few months. Losing weight should be your NUMBER 1 priority.

 When you lose weight, you will look better and feel better.

If you are just overweight, not obese, I don't suggest delaying doing the AA Drills or approaching

women, just work on your body during the process.

The standard here is high. Scotty was a competitive bodybuilder with one of the best physiques in the country for juniors. I played hockey at the highest level and tried to play football at the University of Florida before getting injured. The average guy that comes on GoodLookingLoser.com has a better than average body since they understand the importance of having low body fat and being their most attractive self.

You don't have to look like a professional athlete or a bodybuilder. Just low body fat. Ideally with visible abdominal muscles.

I'll be developing the Get Ripped section so the process is as easy as possible for you. It'll be sick.

Short Success Story: K.Hart

Kevin had moderate social anxiety and interestingly enough, a general (not extreme) lack of social skills if he wasn't with friends. One summer his doctor gave him a low-dosed anti-depressant and he worked as a bartender at one place we always used to go. Both were a non-issue after Summer 2006. He never looked back. Now, he's banging 3 girls, two of them are taller than he. He says he lasts longer than bed from the medication.

His life would have been so much different if he didn't decide to fix it.

Question, Comments, Whatever... You Know the Drill---- Hit Me Up Below!

Smell The Roses: A Feel Good Story From A GLL Member

September 28, 2012 | by Good Looking Loser | Link | Original Link

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Love & Pussy > Pussy

This story made me feel pretty good. Warm and fuzzy.

While I encourage guys to devote a significant period of time in their lives to beating AA, meeting women and sleeping with women, most of us are looking to build a total lifestyle where sexy women are only a percentage.

Ever present- but only a percentage of our gratification and time.

Sometimes even the most high-caliber men find themselves chasing rainbows when there's a pot of gold at their feet.

Sometimes the grass isn't greener on the other side of the fence.

Such was the case with a certain forum member that found himself in a bit of a dilemma.

He loves his wife but he's been foaming at the mouth for fresh pussy. Pussy that he can get.

We are only human, we crave sexual variety, it's not necessarily sign of failing relationship.

In my opinion- if you are in the most committed relationships (marriage) it is **not** wise idea to be unfaithful or to terminate your relationship because of a lack of sexual passion without first making a **significant effort** to improve sex with your partner.

Usually when guys ask my advice or tell me about their relationship/martial problems, it is sign that there a lot wrong, a lot of pent up frustration and passive-aggressive communication that has gone on for a LONG time.

There is usually a lot wrong, extending far beyond the bedroom.

That is what I've seen and heard, but admittedly not my personal experience. I've never been married and been in less than a handful of FULLY committed relationships. (I'm only ~~29~~ 30 years old!)

Thankfully, this wasn't the case with Ace from our forum.

Far from it.

Ace came on the forum staying that he was a "Married Dude, Trying to Stay Faithful."

As he stated-

> "My problem has to do with staying faithful. I got laid a lot in High School & College but since meeting my wife, I've Only had sex with her. I travel a lot for work so sometimes I'm away from my wife for 10 days at a time. I've had several chances to fuck women that I've met at Business Meetings, Conferences and Hotel Bars, but then I think about what it would do to my family and I end up going back to my hotel room with a raging boner & blue balls. I have a Fleshlight that I use and it feels awesome, but its still not the same as fucking a real chick. It doesn't help that one of my buddies from High School and College also works and travels with me. He's married too but is always fucking other chicks. He said he loves his wife but loves pussy to much to stay faithful. His motto is "A Stiff Dick has No Conscience". We share a hotel room a lot and there's been a few times when I'm working on

> a presentation or speech for a meeting the next day, and he's fucking some chick on the bed in front of me. I get jealous of his ability to cheat and not feel guilty and of the fact that he's getting laid a lot while we are traveling. The few times when I almost did it, I think about how much I love my wife and what would happen if I did. If she found out, then she'd divorce me, my kids (twin boys 4 and a 6 year old girl) would be devastated and then I'd only see my kids every other weekend, and that always stops me."

After I read that and seeing that he read our stuff on GoodLookingLoser.com, I was pretty certain that it was only a matter of time before he was single. Maybe a couple of weeks.

I suggested to him to put on the breaks and consider that...

> "The desire for 'sexual variety' is probably the biggest obstacle in even the best of committed relationships. It might help, however, to think (and list) what you love about your life, wife and family though. One of my problems in the past was constantly thinking about what a girl/friend/person lacked rather than what they DID have going for them."

Usually the "make a list" or "think about" suggestions go nowhere fast. Generic self-improvement.

Ace did some thinking though.

The conclusion he arrived at was a near 180 from what he was thinking about when he was all hot and bothered watching his friend plow deep into some young inexperienced pussy.

It was a 180 from what I expected too.

This was his conclusion-

> "Chris, you told me to write/list what I love about my wife and kids. Great idea man. It made me think about my marriage and what I'd be throwing away if I ever did fuck some chick and my wife found out. I would never want to hurt her or my kids like that. The guilt would kill me. Writing about it helped reassure what I already knew and that's how much I love my life, my wife and my kids.
>
> After we got married, we talked about a lot of stuff. She told me that she will never be the wife that gains weight, lets herself go, wears sweat pants to the grocery store, has sex only in the bedroom or missionary position, never gives blowjobs and only sleeps with her husband like 5 times a month. She said she doesn't want a mundane marriage or sex life and wants to keep the sex between us as hot as it was back in our college days. By being wild and totally spontaneous, she has been the one to help me separate from seeing her as as just a mom to our kids and someone I am totally attracted to. We do role play a lot. We both love it. She asked me one day who I want to have sex with. I told her a slutty school girl (I know that will sound like a total cliche to you guys). The next night, I was downstairs working in the office. I thought she was asleep. The doorbell rings, I answer it. It's my wife dressed in a short plaid miniskirt, black leather knee high boots, white shirt tied above her belly button, the first thing she says to me is "Professor, I need help with my homework". It gave me an instant hard on. It made me so damn happy that she actually went out and bought stuff to look like a school girl just to please me. She said she always thought it would be hot for some guy to come up to her in a mall, flirt with her, make her feel sexy and then have sex. So one day I told her to go to the mall to pick up my suit I had altered. I left my office early, I knew the kids were at home with our nanny. I wait in the store for her to

pick up my suit. I walk up behind her, whisper in her ear, she turned around and saw me and we end up fucking in a dressing room. Totally turned her on. I've got several role playing stories but I'm not going to write about all of them. I get road head all the time. BJ on a flight. Sex in a movie theater. She gave me a handjob in a booth in a restaurant which went from being a total turn on, to one of the most embarrassing experiences of my life. (Just ask if you want to know what happened). We still laugh about it. We talk a lot when I'm traveling. One time I was in a hotel and I told her that I was horny as hell. She tells me she'll call me right back. She hangs up, takes naked pics, emails them to, calls me back, tells me to check my email, then she tells me to jerk off while she talks dirty to me. Another time, I had been gone for 9 days, on the phone, I tell her that I'm stressed, I'm under a lot of pressure because my meetings aren't going that well, I can't sleep and then I jokingly tell her that I've got major blue balls. The next afternoon, after my meeting, I get paged to come to the front desk at the conference center. I go there, they tell me the lady sitting over there is looking for me. It was my wife. She got her mom to stay with our kids for 2 days so she could fly out, have sex with me and try to help with some stress. You have no idea how awesome it was that she did that for me. At her parents family Christmas Party, we had a quickie in her childhood bedroom with like 50 people downstairs. I could seriously write for hours about how incredible my sex life is with my wife. We never just go through the motions, its never boring or dull. There's certain things she does or says that get me hard so fast. Like, I'll call her when I land at the airport, and she'll say something like "hurry home I want you inside me". That might sound cheesy to you guys, but to me, it gives me a boner and I can't wait to get home. I pull in the driveway expecting to go in and rip my wife's clothes off and have sex, but what always happens instead is, my 3 little ones are so excited to see me, that they come running out to hug and kiss me. Then I end up playing with them for hours. And if I've been gone for a week or so then they miss me and want to sleep in the bed with us. So then we have to wait until the kids are asleep and sneak to another room. I hope that by telling you guys some personal stuff about my sex life with my wife that I didn't portray her as some overly horny nympho. We just happen to have an incredible sex life together. Aside from sex. Shes an awesome wife, great friend, awesome cook, great listener, amazing mom to our kids. Shes in great shape. She loves sports, hell she knows more about football and basketball than I do. She does cool things like surprising me with Superbowl and World Series tickets. Unlike most marriages, we still go out on dates when we get a chance. Most people when they get married and have kids basically just become parents and forgot about their husband/wife but I'm not Dad first and Husband second, my wifes not Mom first and Wife second. We found a perfect balance of both and I think thats why we have such a great marriage. I would never be able to find someone who is so perfect and that makes me as happy as she does and that's why I feel like such a fucking asshole for having the urge to fuck some random chick.

Kids - I have a 6 year old daughter and 4 year old twin boys. Back in college, I swore I'd never have kids. I just thought I could finish school, work, party, get laid and hang out with my buddies. The thought of kids scared the shit out of me. I didn't want to be responsible for something so little and helpless. I didn't want to be tied down to something I had to raise. I saw kids as a loss of freedom. I could never see myself being a good dad and the thought of it almost had me scared to even get married. I got married and when we found out my wife was pregnant I pretended like I was happy, but I was scared, I was nervous and freaking out.

> What changed it all, was in the delivery room. The first time I held my daughter and she looked at me, I got teary eyed (its ok, call me a pussy) and all I could think was, shes mine, I made her. We were lucky, she was an easy baby. Which helped ease us in to the next pregnancy. Twins. My twins are 100% boys. Obsessed with anything sports. They love baseball, football and karate. Heres some advice for you guys. If you have twin boys and they take karate lessons, invest in a good cup. I swear my balls have turned in to a punching bag for them. I went from being the wild college dude who didn't want kids to having 3 kids and loving every minute of being a dad. I miss them so damn much when Im working and cant wait to get home and see them. Its awesome to hear your kids tell you they love you. I love hearing them tell me to hurry and come home because they miss me. Now we are deciding if want to have one more or if 3 is enough. My wife tells me all the time that she loves watching me play with our kids and that Im a great dad. Crazy how much I've changed from my college days.
>
> Shit, Chris, you told me to make a list and I realized after I wrote it, how perfect my wife and marriage are. Sorry I rambled on and on. I actually think that talking about it helped me realize what I have and how stupid I would be to throw it away by having random sex. I think the urge I have to get laid when I'm traveling, has a lot to do with the fact that I'm away from my wife for up to 10 days. I get horny and want to have sex. My work can be stressful and sex has always been a great stress reliever for me. Guys are competitive by nature so knowing my buddies are fucking chicks and I'm not, gives me this feeling of "This sucks, I'm a guy, I'm horny, I've got a boner and I wanna bust a nut. They're all getting laid and I'm in the bathroom jerking off like some loser". Chris I do get hot and bothered by sex happening in front of me. My buddy Maxx brings chicks back to the room and gets BJ's or Laid in front of me and that makes the urge I have even stronger. Most of the time I do leave the room but there's been a few times I've had to finish a presentation for an early meeting the next morning and I can't pack up all my stuff and go work on it out in the hall. So it can be frustrating to control the urge to join in.
>
> I appreciate your comments and suggestions. They more than likely helped stop me from doing something stupid and ruining my marriage."

That's really awesome.

In the coming months and years, Scotty and I will help 100's of guys get pussy that seemed completely unavailable to them. We are used to that.

Rarely, however, will we see something like this.

It made me feel really good and reminded me what GoodLookingLoser.com is ultimately about.

Your life and making it as good as can be.

If you are in a committed relationship with a woman that you love, respect and vowed your faith to- I hope this stops dead in your tracks before you do something you regret.

You may need to stop and the smell the roses.



Serial Dater Trevor and His 17 Committed Girlfriends (Average Guy Game: Ethics/Retention By Any Means Necessary)

September 29, 2012 | by Good Looking Loser | Link | Original Link

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Serial Dater

On the forum, the other day, "Creep" asked a good question concerning the ethics in retaining fuckbuddies in this thread- "An Honest Lay."

His question was-

> *"On the other hand, a guy who lets a fuckbuddy tell herself she might be able to win him over as a boyfriend might be tempted to outright lie to keep her chasing. Can a guy walk the line between being smooth and being sleazy and still get laid?"*

It's probably a guarantee that you will face this issue if you beat AA and continue apply our stuff on a regular basis.

It's a high-quality problem.

You guys probably know my thoughts, my "techniques" and my history with retention.

- If not, check this out "Fuckbuddies? How To Keep Them Around (Retention!!!!)"

Let me brag for a second- it is something I am EXCELLENT at and I feel I can teach better than just about anything else. Really, I feel that way.

To this day- several of my ex-girlfriends are my long term fuckbuddies, I could be wrong but I'd guesstimate that over 60+ girls in Los Angeles would consider me their #1 option for sex if/when they are available, I have at least 1 fuckbuddy [when sexually active] in or around 13 of the top 15 major cities in the United States (exceptions: Indianapolis, IN. and San Francisco, CA.).?

It makes traveling a pleasure and it's even better when they want to leave their city, come see me for a weekend of sex, drugs and rock n' roll in the Hills of Los Angeles. They even buy their own plane ticket and don't make me pick them up from LAX.

Most, if not all these girls think I'm a decent guy. I could be wrong though.

So anyway, I have both good perspective and a over decade of experience with retaining elite women. Even when I couldn't approach hot girls (1982-2007), I usually had a few that were trying to meet up when I came back to Washington DC, Florida, college, etc.

In terms of my own evolved ethics-

- I don't suggest lying to women, I feel it's usually unnecessary.
- I don't suggest compromising your ethics just to retain some pussy that gets angry, I feel it's usually necessary.

I don't think I've been dishonest with any of them about "how its gonna be," most of the girls are

emotionally healthy and don't try use to sex to lock guys into relationships however. It certainly takes two to make it work.

At the same time, I don't feel it's justified, necessary or productive to try to have you subscribe to my ethics which are generally pretty sound for a guy that has managed multiple women. GLL might teach you how to think, but I'm not here to tell you what to think.

Ethics are 100% your decision, just keep an open mind and make sure you are getting what YOU want from your dating/sex life.

Let me tell you about someone I know who has seemingly the opposite view/techniques for retention but is quite successful.

You might find his ethics more on the total scumbag side. No, it's not Scotty this time.

Meet Trevor

Trevor knows nothing about the "pick up artist community" or any sort of structured, repeatable "game."

He just meets a ton of hot girls through a few of our shared Florida social circles.

But he too routinely hooks up with former girlfriends, multiple fuckbuddies and never seems to not have at least 1 or 2 options for sex.

Trevor rarely ever approaches girls. He admits he's not good at it. He'd tell you that there's no reason for him to "get good" at it, he might be correct.

Trevor has the typical "average guy game," he'll meet girls through his friends, give them a compliment, ask for their number, call them, take them to dinner and come back to his apartment to have a drink and watch a movie. All the while he is giving them compliments. After 2 to 4 dates, he'll fuck them.

Then he'll do it again to another girl.

He is what he calls a "serial dater," he's constantly going out with girls and dating a lot of them.

Okay, so that's not much different than the average guy that gets an above-average amount of pussy. It works. It certainly takes more of a time investment though. Trevor generally enjoys the company of these pretty hot women, so he doesn't really care. Plus he's usually sleeping with at least 1 other girl.

Amazing waistline for maintaining so much healthy natural breast tissue.

The Interesting Part

This is where it gets interesting, actually pretty funny.

Every one of these girls thinks that Trevor is trying to make them his girlfriend.

They are up for it because he has boyfriend potential (not strictly boyfriend material, *see my discussion on retention*) and he's a bit of a challenge since he's somewhat of a player. He's decent looking, has a good job, has lots of friends, good style, nothing about him or in his lifestyle would you consider "elite" or even "very good" but he'd make a good boyfriend for any above-average

looking girl that likes country music and voted two times for George W. Bush. He gets some hotties.

So after 2 to 6 weeks- Trevor and the girl(s) decide to become boyfriend-girlfriend.

Then he'll find another girlfriend, while keeping the previous girlfriend.

Then he'll find another girlfriend, while keeping the previous two girlfriends.

Once the girls find out that he has 2-3 other girlfriends, then generally dump him. But the girls generally find out at different times. He retains his "girlfriends" anywhere from 1 day to 10 months.

Why on earth he does it this way- I have no idea.

He tried to explain it to me, *"... how the fuck else am I supposed to have fuckbuddies? It's just easier have them all as girlfriends."*

To Trevor it makes perfect sense.

Now, there's probably a million and one things we can say are "wrong" about it, both from an ethical standpoint and a "game" standpoint.

Trevor could care less, he's got 3 girlfriends.



Retention: By Any Means Necessary

Before you dismiss Trevor has a unethical, manipulative scumbag- hear me out.

Especially if you don't have fuckbuddies and you are already worrying "what to do" with the girls you haven't met yet.

I don't condone what he does.

In fact, I explained it wasn't even necessary but he's hardheaded as fuck even though he asked me what he should do instead.

Trevor is getting almost exactly what he wants out of his dating/sex life.

He might send a few more bucks on dinner, but who the fuck cares?

He gets laid. He gets laid again. He gets pretty hot girls. He retains them for a while.

Neither me or my friends can argue with that.

His "girlfriends" are all above-average looking, generally pretty cool and even sometimes "out of his league," from a looks perspective.

First- if you don't have fuckbuddies, don't worry about learning "retention," just beat your AA, hit up some girls online and get moving.

Second- once you get a fuckbuddy or get laid, don't be completely close-minded to handling things somewhat like Trevor. Especially if you haven't gotten laid before. The amount you can learn and grow from having sex with ONE girl several times is more than I can ever do for you.

The next logical productive step is to have as much sex as possible, not "now I need to do retention game."

Don't be close-minded to having that first girl become your girlfriend, even if you know it's not going to last forever. Just be nice to her and treat her right. If you break up, genuinely try to be the girl's friend (but don't fuck her again). Hook her up with one of your friends sometime later if you

feel bad.

You have a lot to gain and the **last thing** you need to do is turn down easy sex and free experience.

Don't be stubborn and say, "Players don't have girlfriends. I'm a fucking player now." It's not worth it.

Having sex and gaining experience from a girl that might not be an actress or model is better than not getting any pussy whatsoever and being close-minded.

I turned down a lot of valuable experience in my early 20's that significantly impacted my development. Don't do that, especially if you don't have a lot of experience.

Again, I don't fully condone what Trevor does, but I also don't condone wanting to get experience and then turning it down.

If you have little to no sexual experience- I suggest you [at least consider] embracing **"Retention: By Any Means Necessary."**

It doesn't mean you have to go and get a bunch of other girlfriends, just get some experience. You can get just about all the sexual experience you need from ONE girl.

You can figure out your ethics and more ambitious goals later.

? About 60% of the girls are from my extended social circles. Remember- I've lived in 8 different cities and went to 6 different colleges. Several of the girls I met via cold approach however.

Looks + Style = Sex Appeal, A Quick Look

October 5, 2012 | by Good Looking Loser | Link | Original Link

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Good Looking

vs.

Looking Good

Here's the formula that we've outlined since day 1-

- **Looks + Style + Social Freedom = Mad Pussy**

In short, that means if you "MAX out" (at least better than average) your looks, style and social freedom, you'll be on your way to a significant *quantity* of *quality* pussy.

There's a lot that goes into "social freedom," including confidence, willingness to take 'risks' and overall 'cool' vibe.

We'll break social freedom down some other time. You probably understand it pretty well though.

This discussion might be old news to people, but it might make some of the newer guys "get it," and give some perspective and direction when it comes the what you should be shooting for.

Lets take a look at the first two- looks and style.

Looks

"Looks," is largely but not entirely, *a genetic thing*, which includes your facial structure, overall complexion, height. Other aspects are teeth, hair and grooming. It also includes your physical fitness or body composition, specifically- a lack of body fat.

Sometimes that discourages people.

Some guys feel that these characteristics cannot be changed or improved.

To some extent- they are correct.

To some extent- they are not.

I probably don't need to go into which can be significantly improved (body fat) and which have more of a ceiling (height).

Though a generalization, I like to view genetics as a *starting point* rather than an end point.

Try to view it that way.

It is my opinion, based on my own experience and from the experience of over 100+ others that Scotty and I have seen in-person, that you simply need to be a "7" (better than average) in the looks department to score top-shelf pussy from cold approach. This is assuming that your style and social

freedom are in the 9 or 10 range.

Looks and Style = Sex Appeal

Style

"Style," is certainly not a genetic thing. It can be significantly improved in a single day. Style is your overall 'look' which includes your clothing, but is mainly a presentation of how all of it comes together.

In short- I generally recommend an "edgy" style. Even if you are good looking.

An edgy style communicate all the right things- I get laid, I'm not a nice guy, I'm cool, I select who I roll with, Chick dig me, I'm not afraid to stand out and not fit in, etc.

It doesn't take much to have an edgier style than 90% of guys. Especially in smaller towns where every guy wears the same generic clothing and has no accessories.

It is my opinion, based on my own experience and from the experience of over 100+ others that Scotty and I have seen in-person, that you simply need to be a "7" (better than average) in the style department to score top-shelf pussy from cold approach. This is assuming that you looks and social freedom are in the 9 or 10 range.

Like looks and social freedom- I don't suggest trying to be a "7," MAX that shit out.

Looks + Style = Sex Appeal (Presence)

For you academic guys out there, we can make the formula even more simple.

Sex Appeal + Social Freedom = Mad Pussy

Your looks and style combine to create your overall **sex appeal**.

That is what we are shooting for- **SEX APPEAL**.

Good looking guys can get laid.

Well styled guys can get laid.

Sexy guys WILL get laid.

The next time you are debating whether to buy a pair of jeans, a shirt or wonder whether you need to focus on gaining muscle or losing weight, think to yourself-

Will this improve my sex appeal?

If the answer is "yes," that is the direction you need to take.

If the answer is "maybe," ask us.

If the answer is "no," then you have your answer too.

Physical attraction (sex appeal) is super important for banging girls on the SAME day and night.

(sex appeal' contributes significantly to 'status', perception is reality)

The Sex Appeal Ceiling

It is my opinion that most guys, no matter what their genetic starting point can improve their **sex appeal** at least +2-3, sometimes it can be as high as 4.

An average looking guy (5) with average style (5) can become a 7 or 8 if a significant effort with

made to improve his sex appeal.

A better than average looking guy (7) with better than average style (7) can a*t least appear* as an elite 9 if a significant effort is made to improve his sex appeal. If he efficiently and productively plays the numbers, he will score top-shelf pussy. Guaranteed.

The majority of guys I know that consistently bang top-shelf pussy are simply slightly better / better than average looking that have elite social freedom.

A below average looking guy (4) with poor style (4) probably has the most to gain. If he collects himself, he can be above-average. And Like I said, above-average is good enough for top-shelf pussy if you have a social freedom.

Given my thoughts on the subject, it would appear that I believe that nearly any guy has the potential to tag top-shelf pussy. While this can be true- very few guys are motivated enough to MAX out their sex appeal and social freedom. They only focus on one and continue to underachieve.

- Good looking guys with average style and low social freedom = average results* in cold approach
- Good looking guys with average social freedom and low style = average results* in cold approach
- Good styled guys with average social freedom and low looks= = average results* in cold approach
- Good styled guys with average looks and low social freedom = average results* in cold approach
- Socially free guys with average looks and low style = average results* in cold approach
- Socially free guys with average style and low looks = average results* in cold approach

* above average, at best- generally average.

We want to MAX them all out.

But if you have above-average for all - you'll tag mad pussy.

In most cases- if you are above average at 2 of them and not below average at any of them- you have the potential to score some top-shelf pussy once in a while, depending on the social competition.

For example- if you have average social freedom, but you have high sex appeal, you can also tag top-shelf women sometimes. If you have average sex appeal, but you have high social freedom, you can also tag top-shelf women once in a while.

Remember, so long as you have your social freedom MAX'ed out and effectively and efficiently play the numbers, all you need to have is above average (7 or 8) sex appeal to bang at least some top-shelf women.

Good Looking? Slightly. Looking Good? Yes.

Good Looking vs. Looking Good (Sex Appeal)

While not everyone can be "good looking," most guys can look good.

Given that most guys don't have a clue on how to "look good," it shouldn't be that hard to stand out with your sex appeal.

"Looking good," **with an edgy style** significantly contributes to your sex appeal.

So if you aren't "good looking," try to make yourself good looking as possible.

At the same time, make the effort to "look good" and you'll have more sex appeal than 90% of guys.

When it comes down to it- Sex Appeal + Social Freedom = Mad Pussy

That was always the formula. Some guys might need to get back to the basics.

I certainly had to after 18 months with in the pick up community.

No where in the formula is "what you say" or "game" that shit is simply just details and manifestations of social freedom.

Sexual Vibe

A quick note.

If you have sex appeal, you don't have to make a conscious attempt at creating a sexual vibe.

This will vary from person-to-person.

A lot of community dorks seem to think that every interaction requires a "sexual vibe," while that is somewhat true, if you ALREADY have sex appeal, you don't have to push the sexual vibe to have the girl to consider you a masculine guy or a sexual option.

You don't have to STARE into the girl's eyes the entire time or squint at her over and over when she's talking. Enough with the casanova seduction bullshit.

Just be sexy and lead the way. That will go a lot further.

Picking Up Chicks: What Body Type Is Best?

October 7, 2012 | by Good Looking Loser | Link | Original Link

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My Ideal Body? Her Ideal Body?

Disclaimer: I am not a doctor. This is not medical advice or an acceptable replacement for medical advice from a licensed physician. Do not use anabolic steroids without a legitimate prescription or oversight from a doctor. Do not begin any weight loss program or change your diet without consulting your physician. Speak to your physician to see if you are healthy enough for physical activity.

As an [former] athlete and recreational bodybuilder, I've picked up girls at weight ranging from 165lbs to 248lbs.

Since I've gotten good with women (and gotten older), the range is more like 195-248lbs.

I'm 6-2 3/8", by the way.

Don't Trust the Scale For Everything

What I've found is ***weight*** isn't really a great standard to draw conclusions or to suggest an ideal body. It can be helpful to tell if you are gaining, losing or maintaining your individual body weight- we have to remember that we are all different heights and have different body compositions (muscle:fat ratio).

For instance-

- A guy that is 5-9 185lbs @ 8% body fat is going to look lean and athletic while a guy that is 6-4 185lbs @ 35% body fat is going to be "thin fat," or skinny with absolutely no muscle.
- Conversely, a guy that is 6-4 225lbs @ 8% body fat is going to look lean and athletic while a guy that is 5-9 225lbs @ 35% body fat is going to look significantly overweight.

What we are going to do is use ***body fat percentage*** as our measuring stick.

An easily understandable definition of body percentage is- **the *percentage* of your total bodyweight that consists of *fat*.**

Although dunking yourself in a small pool with machines hooked to you is the only way to completely accurately measure body fat, there are some online calculators that can be helpful and at least provide a frame of reference. I recommend a calculator like this one from Active.com over a body fat 'scale'.

Ideal Body Fat Percentage

Lets not beat around the bush.

In my experience and opinion, **the ideal body fat percentage for picking up women is 8% to 10%** so long that that does not put you 25+ lbs. under your ideal body weight.

Most guys, so long as the have enough muscle mass not to fall 25+ lbs. below their ideal weight, will appear their 'most attractive' to the majority of opposite sex at 8% to 10% body fat. The majority of

sexually available girls will respond so long as your style and social freedom are above average.

If you do not use anabolic steroids, you can accurately calculate your ideal body weight here- "Ideal Body Weight Calculations," any sort of BMI (body mass index) or IBW goes out the window if you have significantly more muscle mass than the average guy. The calculator is for the average person, not for bodybuilders or healthy athletes that play contact sports.

Keep in mind too- that your ideal body weight is not usually your 'doctor-approved' body weight. Most calculators suggest that adult males carry 15-18% body fat, while I suggest between 8% to 10%.

Given my height, diet and current hormonal profile I will weigh 199-209lbs at 8% - 10% body fat.

Why Between 8% and 10%?

I'd estimate myself at about 8% body fat.

Between 8% and 10% body fat-

- You will have distinct **facial features**. Significantly more defined than 90% of guys.
- You will have visible **abdominal muscles**. Abdominal muscles begin to show at 11-12% body fat.
- Even if you were retain water from a meal that is in carbohydrates or sodium, it would not significantly show.
- Assuming you have at least some muscle mass, you will not look unhealthy at 8% body fat.
- You muscles will appear leaner and usually bigger than they are. They won't look "too big" if you don't use steroids. Wearing clothing at is a size smaller can increase this effect.
- You may appear taller than you are.
- Your dick will be it's maximum length since there won't be much of a "fat pad" at 8% body fat.
- Your joints will feel better, it will be easier to run, jump and be active.
- Assuming you follow a healthful low-carbohydrate weight maintenance diet and exercise at least 2 times a week, you should be able to stay below 10% body fat fairly easily.
- Clothing is made for slim[er] people, your shoulders may appear bigger than they are because your waistline will be tighter. You should have no trouble finding clothing that fits very well. Jeans will fit quite well.

So 8% to 10% is the body fat range that I suggest for most guys.

I probably look my best in that range.

Below 8% tends to be hard to maintain without significant amounts of stimulants, continuous dieting and performance enhancing drugs.
(not that there's anything wrong with that, but the average guy won't be able to do that easily)

Any percentage below 3% is tapping into your essential body fat. Don't go there. Bodybuilders that drop sub-3% only do it for 24-48 hours. That is not a body fat percentage that you should ever consider maintaining.

What Body Type?

At 8% - 10%, most guys will have a combination of "athletic" to "thin" body types.

This is the body type that most women find attractive.

A fit guy who looks somewhat athletic will subconsciously appear to be more healthy, more attractive and better in bed than if he were above this range.
(you know the evolution/mating/selection theories)

Male Models?

My recommendation of 8% - 10% body fat (without being 20+ lbs under your ideal body weight), is a male model body type with about 10 or 15lbs. more muscle.

I have some friends that model and I did some stuff back in the day.

I can talk directly from experience here.

We are talking about ***[high] fashion non commercial modeling*** (also known as 'runway'), not fitness modeling.

The type of model that you find G.Q. and style magazines, not fitness or bodybuilding magazines. High fashion male models are not necessarily shot with their shirts off. Sometimes they are, but the models shot with their shirts off (commercial models) tend to have body types that are more in the recommended 'athletic-thin' range.

High fashion male models tend to be very skinny (they are REQUIRED to fit into both an extra-small and small t-shirt, sometimes a children's [boy's] extra-large shirt) without a lot of muscle mass.

Although they may maintain the suggested 8% to 10% body fat, they tend to be very small in person and in the opinion of the girls I sleep with, they are "puny," "weak," and "don't have much of a presence," when compared to guys that have just a little more muscle or their own pictures.

I'm not hating, I've heard these opinions at least 40+ times in the past 2.5 years.

That's not to say their body type is "bad," it's definitely not.

In fact, it's probably next best (after athletic-lean) and usually better than a full-on "bodybuilder" look. The majority of these [non-commercial] male model guys would have significantly more presence and slightly more sex appeal if they had just 10-15lbs more muscle. There's a saying "the camera adds 10 pounds," this seems to be true, most models are noticeably thinner and smaller in person than in their pictures.

Facial Features and Abdominals

Facial features and abdominals, in that order, are the most important factors in your overall looks and sex appeal.

Having low body fat will significantly bring out your natural facial features and your abdominal muscles.

This is extremely important regardless if you have high cheek bones (generally more attractive) or

not.

Other than facial features (overall complexion), the majority of women usually say that "abs" or the "V" (angled waistline) are the sexiest feature on the male body. Sorry, no clinical study for that, Google: "Sexiest Part on the Male Body," or ask some hot chicks if you are curious.

You can have a "6-pack" no matter how strong your abdominal muscles are. Defined abdominal muscles are the result of low body fat, not strong muscles. Everyone has a "6-pack" but most of us have a shield of fat lying right over it.

Later this month- I will be profiling a specific transdermal dietary supplement that specifically promotes facial and abdominal fat loss. It works well, so long as you have your diet and training in order. It's kinda a big deal in certain camera ready circles. It really makes the fat dip off.

Steroids: Hot or Not?

We'll be covering anabolic steroids from head to toe in the near future. It's one my favorites and I have plenty of experience.

- *In fact, GLL will have a specific section "Get Juiced" while I've decided to move "Get Ripped" (fitness/health) section to the NEW Good Looking Loser Lifestyle site that premiers in about 45 days or so.*

Steroids: Hot or Not? is way too much of a black or white question.

It completely depends on your dosages, the compounds you take, your diet, your goals and the body fat that you maintain.

I know guys that take steroids that are the definition of what women want, girls masturbate to them. At the same time, I've seen guys that take steroids, that for one reason or another- end up looking much worse than when they started.

The poster boys for steroids are competitive bodybuilders. Huge genetic freaks than consume massive amounts of food and massive amount of steroidal compounds. In reality, these extremely hard working guys make up .00001% of guys that take steroids. They are examples of steroid "abuse," not steroid use. They generally do not suffer ill effects from steroids since they abuse them "responsibly," if that makes sense. They know what they are doing and don't take prescription narcotics or stick cocaine up their nose. For more information about the "truth" about steroids check this out- "HBO Special: The Truth About Anabolic Steroids"

The average guy I know who takes steroids generally is healthier, better looking and works harder (at life) then average guy that doesn't go to the gym.

My general view on the ideal body and steroids is- To be attractive to the vast majority of sexually available girls-

- You don't want to look like you take **A LOT** of steroids. Including a disproportionate amount of veins and muscle mass.
- You want to maintain an 'athletic' look, rather than a hardcore bodybuilder.
- Try to avoid a "bloated" look (moon-face, wide waist) that comes from high estrogen levels, carbohydrates and sodium.

At 205lbs I look athletic.

At 225lbs I look like a bodybuilder.

These days, I generally stay at 210-215lbs, at less than 12% body fat. My "ideal body" is closer to 200lbs., but I can pick up girls really easily, so it's not really a factor. I look bigger on camera than I am in person. As discussed above, your body fat percentage is more significant than the "weight" you are at.

Steroids can be used responsibly to build any type of body you want. Your results simply come much faster and you can push beyond your genetic ceiling.

Don't take steroids without a legit prescription and oversight from a licensed physician. I would suggest training naturally, learning how to eat correctly and building a work ethic for at least 1 year before you take any performance enhancing drugs.

Women Approach Less-Threatening Guys

When I am below 205lbs. (at 8% - 10% BF), I will get directly approached at least 2 times a night.

When I am above 225lbs. (at 8% - 10% BF), I will get directly approached 2 times a month.

When I am above 18% BF or above 240lbs, I will not get approached.*

Below 205lbs, I am significantly less threatening than if I am above 225lbs.

This may lead you to believe that I am most attractive at a weight below 205lbs. While this may be true, it's not completely a fair assumption.

The only conclusion I can draw is-

- *Assuming an equal body fat percentage, I am more approachable below 205lbs. than I am above 225lbs.*

The amount of girls that respond positively seems to be about the same, so long as I'm not over 230lbs.

Because of this conclusion (and my experience) I don't necessarily recommend that "your ideal weight or size" is the one the that you get approached the most at. It certainly couldn't hurt to always be that weight, but if you seem to feel more confident at a different weight or size, so long as you stay within my suggested body fat range- the amount of girls you snag should be equal, if not better.

Just don't expect to get approached that much.

You can warm approach girls with per-interaction smiles, winks, etc. but don't be waiting on approach invitations for green lights.

The majority of girls that approach me actually aren't DTF. They are looking for boyfriends, new friends, drugs or want me to talk to their friend.

* There's a handful (or 2) of times when I've been directly approached by DTF girls when I was over 240lbs. The girls were part of select niches who rolled with a similar crew. Athletic fitness girls. Black girls that were models. Cougars. Girls that dated professional athletes or MMA fighters. Girls that were much taller than average. Overweight girls. Strippers or prostitutes (doesn't count). Not traditional "Hollywood" pussy that I usually take home. Keep in mind, I've NEVER been 5% to 7.5% body fat at >240lbs. At 240lbs.+ I am fat. (see below)

Pictures Of Me At Different Body Fat Percentages

note: I'm not great at estimating body fat, there are bodybuilders that spend hours a day on forums looking at pictures of shirtless males and commenting and criticizing them. Those guys probably know body fat percentages better than I. So for those focused on the numbers/percentages, please allow a +/- [1.5-2%] margin of error. The main point is- get in shape.

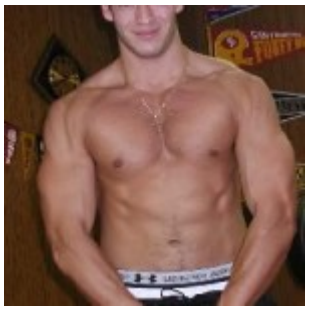
- Update September 10th 2013: "What's My Bodyfat? Helpful Bodyfat Images"

Notice the difference in facial features.

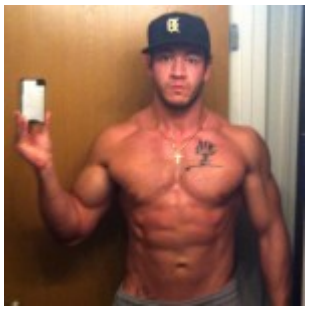
Angular face at 8-10% body fat, rounded face at 15%+ body fat. Significant difference.

For more pictures that focus more on overall body fat, check out- "Good Looking Loser Gets Ripped in 61 Days"

**** Click on the pictures, it will take you to another page, click the picture again to zoom in.***



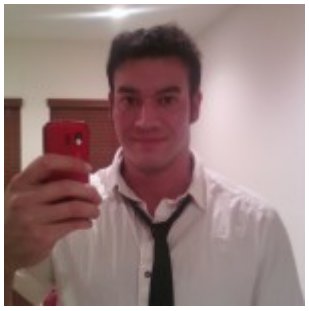
Age 19, 180lbs, 8% BF



Age 29, 210lbs., 8% BF



Age 30, 210lbs., 10% BF



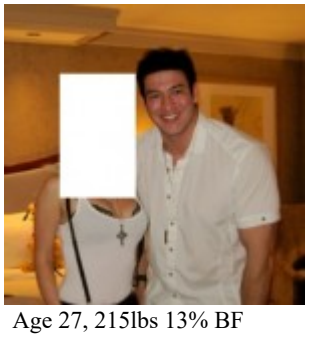
Age 27, 200lbs, 10% BF



Age 28, 215lbs, 10% BF



Age 28, 218lbs, 12% BF



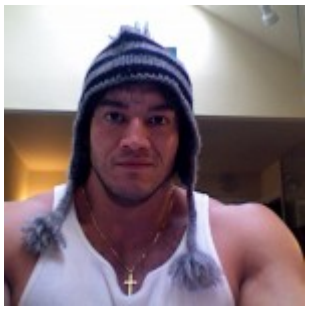
Age 27, 215lbs 13% BF



Age 27, 215lbs, 16% BF



Age 28, 225lbs., 17% BF



Age 27, 230lbs., 18%BF



Age 27, 230lbs, 18%BF



Age 28, 230lbs., 20% BF



Age 28, 245lbs., 22% BF

Questions? Comments? Post Below. I Encourage You.

We haven't even scratched the surface on this topic.

Looks Do Matter But...

October 12, 2012 | by Good Looking Loser | Link | Original Link

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Chris and Scotty on Looks

The formula for a high quantity of high quality is, and always has been- **Looks + Style + Social Freedom**

If any one of them is significantly below average, your options will be limited.

If all of them are significantly above average, your options will be plenty.

If all of them are just above average, your options will be plenty also.

Looks matter, they matter a lot, but all three matter a lot. All you need to be is 'above-average' at all three to get buckets and buckets of wet pussy.

If you Google Image search: "PUA, Looks Don't Matter," you'll find a picture of me. Surely I was the one that said this! :roll:

We discuss that in this in our first videos ever (June 2011)-

How To Put On the SizeGenetics Penis Extender (Nudity, Non-Sexual)

October 20, 2012 | by Good Looking Loser | Link | Original Link

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How to Put on SizeGenetics

Disclaimer: The contents of this page, such as text, graphics, images and other material are intended for informational and educational purposes only and not for the purpose of rendering medical advice. Please view our Medical Disclaimer.

Hey, I should have done this video long ago, but I didn't know where I could upload it to. These types of videos aren't allowed on Youtube and most adult sites require me to pay.

Vimeo, however, is AWESOME. They allow non-sexual nudity and that's what this is.

If you have arrived from Google, I encourage you to check out my SizeGenetics Review.
I will tell you what to expect, how/why it works, my experience and provide before and after pictures.

This video is by request for the 3 guys that have asked for it in the past week. I think it will help newbie too.

Sizegenetics isn't easy to put on. In fact, it took me about 25minutes and I had own 2 other extenders in the past.

I can put it on in 10 seconds (or less) and I'll show you how in the video.

I usually have the added padding on my extender, but it's way easier to demonstrate this without how I set the padding up.

How to Put on SizeGenetics Video

Here are the steps, as demonstrated in the video.

1. Get a semi-boner (if you are hung, you don't have to)
2. Put your penis through the white ring
3. Grab your dick with your LEFT hand
4. Grab the extender with your RIGHT hand
5. Push the extender t0ward your body, into your pubic bone as much as possible (the extender will contract) and HOLD IT there with your RIGHT hand
6. Pull your dick forwards as far as possible with your LEFT hand
7. Flop your dick over the padded area
8. With your LEFT hand pull the strap over your dick, it should be just below the head of your penis
9. Secure the strap into the LEFT side, with your LEFT hand
10. Done

Remember, all the while your RIGHT hand is holding the contracted extender into your body.

My additional tips are-

- If you currently lack the girth to fit snugly in the SizeGenetics device, use the Bathmate or do 10 minutes of jelqing prior, giving yourself a semi-erection helps too. We are talking about a 40% erections.
- As you wear the device, your blood flow will be moderately restricted. Give yourself a semi-boner while in the device to maintain blood flow and girth. This may help you from 'falling out' of the extender. Like I said though- there's not a lot of slipping with SizeGenetics, with the cheaper extenders - it's always than issue.
- Use the traction powder, or use baby powder.
- To restore blood flow, when you take it off - do the 'rotation' movement, clockwise & counterclockwise for 30 seconds (at least) while kegeling the entire time.
- Device works, gotta wear it though.



Beating Approach Anxiety, With Help From the Soviet Prison System (Hypothetical)

October 23, 2012 | by Good Looking Loser | Link | Original Link



Fear as Motivation

Unlike the majority of stuff on GoodLookingLoser.com this discussion doesn't really arrive at any conclusion, we usually avoid 'theory' but this will benefit some people that figure out how to apply it appropriately.

If you watched the latest video, the one from October 20th - [the one where I get that 20 year old chick into my car], you may have noticed a few quotes that popped up before the video. The quotes begin at 6:50.

While that section was mainly to just put in the sick war-chant song, there's obviously a lot of truth to the quotes.

There's 2 of them-





Basically, when your desire to **Get Laid** (not 'meet women') is more than your desire to avoid rejection (or get validation), approach anxiety starts to become a thing of the past. You are able to hit on women, and slowly- via exposure therapy, approach anxiety becomes less-and-less. That's why the guys that actually want to **Get Laid** are ultimately the best at this and the fastest "learners," the guys that don't actually want to get laid (want ego boosts, stories to brag to friends) are playing damage control the entire time until they quit.

When I was beating my approach anxiety, my desire to **NOT BE A FUCKING PUSSY** superseded my desire to avoid rejection. I could live with an unavailable girl telling me she wasn't available, I couldn't live with going home feeling like a total pussy. That's what made me talk to girls at the start. So in my case, it was a little different.

In both cases though, **one fear is greater than the other fear**.

The greater fear (not getting laid ever/feeling like a pussy) serves as a motivator to conquer the other fear (approach anxiety).

This is fine.

If you are out there, have approach anxiety, and fear is your temporary motivator that forces you to take ACTION. Run with it. A lot of experts that don't get laid say that, "Fear should NEVER be a motivator."

Don't listen to this bullshit.

Fear motivates people everyday to stretch beyond their capabilities and test their spirit. Think of kids studying for fucking hours for school, people working mundane 9 to 5 jobs, professional athletes playing injured. There's tons of more examples, but I think you get the point. If fear causes you to positive action, then- great.



Extreme Fear At Work

Russia, more common in the former Soviet Union, had an interesting way to treat drug addiction.

By most accounts, their method was way more successful than the traditional 'therapies' in Western countries, especially the United States. The recidivism rate (aka the rate at which how many people go back to drugs/alcohol again), was significantly lower than other countries. Although we can't get actual numbers from the old Soviet archives, you are correct to assume that their drug abuse 'program' was more successful in transforming drug addicts to productive citizens of the Motherland. The KGB wouldn't have it any other way.

The "program" worked like this-

If you were a 1st time offender, drug addict or if they thought you were- they would arrest you and you'd enter the drug rehab program.

You'd be taken to your cell that allowed absolutely no light or fresh air in.

Depending on how much funding the prison received from Moscow, you may or may not be chained to the floor or a bed that had no mattress. The upscale places had metal beds.

Armed guards would beat the living shit out of you for days, possibly weeks at a time. Every 60 to 90 minutes. If you were in withdrawal, it meant you were a serious drug addict in need of serious rehabilitation. To make sure you knew when you were going to ass kicked, a you'd receive some sort of notification in your pitch black small cell. Maybe a noise, maybe an electrical shock, maybe one of the over-sized rats would let you know. Guards would break your bones, put cigarettes out on your neck, rip your fingernails off and piss on you. Careful not to get blood on their boots. Careful not to die too.

In a few weeks, you'd be rehabilitated! Probably never want to use drugs or alcohol again!

If you did- you were fucking crazy, the USSR didn't look kindly upon repeat offenders.

I suppose the reasonable criticism of this is- these types of reports were common in American Cold War propaganda, the severity of the drug rehabilitation program likely varied through the years and by region. It doesn't mean it didn't happen though. There were a lot more disgusting things that have happened in the USSR, especially in the decades proceeding World War II. Another criticism might be that [seemingly] the majority of people in the former Soviet Union were alcoholics... so who knows.

So What...

I can't really suggest a complete course of action for each and every person. But FEAR motivates us all.

I will suggest though, if the consequences of not hitting on a hot girl was for you to be taken to a Soviet prison, you'd probably beat your approach anxiety faster. In fact, I know so. You probably wouldn't care if she said she "has a boyfriend."

You'd be happy enough not to be laying in your own blood and piss for weeks.

I'm not sure what kind of consequences you could put on yourself for not approaching/being a pussy, but it might be worth some consideration. Only a minority of people will actually self-impose consequences on themselves, excuses are much easier and much more common. Additionally, there's certain people that shouldn't consider doing this, some people have a very bad self-dialogue to begin with.

Another alternative is to get someone [that actually cares about you] to impose consequences on you.

Though it's very 'community' like, I thought that giving your friend $100 (in 5 - 20$ bills) and you got $20 back for every approach can be fairly helpful in the initial stages. I only saw 1 case where a guy said "fuck it, keep the money, I'm going home..."

A more aggressive measure might be to call an ex-girlfriend that dumped you and tell her/leave her a message that you can't even approach girls while she can get fucked any night she wants by the dick

size of her choice. That might work for some people, but for others it will just make them more miserable.

Although loss of finances, shame/humiliation or other psychological punishments can motivate some people to ACTION, unfortunately- only the fear of physical violence or loss of freedom can really motivate the most stubborn cases. In fact, a lot of guys justify not approaching a girl through fear of physical violence from an imaginary boyfriend.

But imagine if that imaginary boyfriend would kick your ass if you *didn't* approach, you probably would. You probably wouldn't stand there thinking of reasons not to. You wouldn't have much choice in the matter.

Any sort of accountability is good too, as GoodLookingLoser.com expands, we'll get more of that in the forum.

Until then, I wonder if we can think of some sort of "thing" to get guys to approach women. The AA drills are the formula, but sometimes we need a better *motivator*.

Criticism of Me and GoodLookingLoser.com?

October 24, 2012 | by Good Looking Loser | Link | Original Link



Chris - You Aren't Average!

I'm pretty fair and I generally don't delete any website comments, not even the criticisms. If a comment is calling me a loser, saying that "I hope you die," or verbally attacking other posters- I generally remove it. It serves no purpose whatsoever. This is only a very small minority of comments however.

About a week ago there was criticism of Good Looking Loser posted on the popular discussion, "What If I Approached 100 Hot Chicks? Would I Get A Date Or Some Pussy? (Getting Women is a Numbers Game)," from a guy that seemed at least somewhat familiar with our website.

I've heard this type of thing about Good Looking Loser. Lets talk about it.

The criticism reads-

Hmm... Another guy reading 'dating/seduction' websites who's already fucked 100... oh wait- 120 girls.

But that's besides the point.

I found it somewhat strange actually, I read it about 3 times.

I'm not sure that I try to present myself as an "average" or "below average" guy on this website. In fact, it's just the opposite.

This entire website is about being the top 1% male, or at least- MAXING out your looks, style and social freedom (as well as dick size, etc.).

The last thing I do on this site is encourage people to be average or below average. I don't think I give

any advice that encourages guys to take shortcuts or apply techniques to pretend they are top 1% guys. That's what the PUA community is for.

My response was-

To be fair, perhaps there is a misunderstanding here.

A very small minority seem to interpret "average guy" game (compliment, small talk, ask for number) as "Chris is telling us he's the average guy, but he's not fooling me!"

"Average guy" game is the ***type of approach*** that guys with "average" social freedom can do. The better their looks and style, the better their results. Just like with any type of "game".

To avoid unintentional misrepresentation in the future, I should probably change "average guy" game to "basic guy" game.

So, for the record, as non-arrogantly as possible, allow me to clear this up- I'm not the average guy.

And I sure as hell didn't create this website to make you average either.

This type of criticism lends itself to another more reasonable topic-

What can you really learn from Chris?

I'm bias, but I feel that EVERYTHING we endorse (get laid, get ripped, get style, get hung, get juiced, get relaxed, beat approach anxiety, etc.) you can learn. I feel it's teachable and from my own experience- I feel it's achievable.

Lets have a closer look and I'll tell you why.



Get Laid

I severely underachieved in my dating life in my early 20s. I had year-long droughts where I didn't so much as kiss a girl. Now, I can pick up super hot girls and bring them home in under an hour. They willingly and happily become my fuck buddies for months on end. *This is teachable and achievable if you are willing to put time into MAXING out your looks, style and social freedom.* In my opinion, you only need to be above-average at all 3, to enjoy top level success. Humbly spoke- I'm in the top 1% when it comes to getting laid.

Get Ripped

I am no genetic freak. I have worked like hell for every pound of lean mass on my body. In fact, if you were to read our hockey team's scouting prospectus from 1999-2000 it literally reads, "Chris: *Tall, fast defenseman, elite speed north-south, but thin, small frame and lacks the physical size and strength to be elite.*" In the process of building my body, I have learned the easiest and most effective

ways to achieve your fitness goals. At 6-2, I maintain a 210-220lb. physique at 6 to 8% body fat. with fewer hours in the gym than anyone I know. *Building an ideal body is teachable, with effort, it is achievable.* Humbly spoke- I'm in the top 1% when it comes to developing and maintaining a masculine body. Frankly, over half the population in the United States is overweight.

Having Style is Good, Having Presence is Better.

Get Style

I don't claim to be Gianni Versace. I'm not and you don't need to be either. I have a style that highlights my better features and gets me approached by women. I understand that perception is reality and the immeasurable difference of dressing like a "nice guy" (boyfriend material) versus dressing edgy (I fuck a lot of girls). I can discuss trends and the with any high-fashion model in Los Angeles. I briefly worked with L.A.M.B., Gwen Stefani's line (it's a women's label). Get Style will incorporate other issues- hair loss, acne, tattoos, etc. *"Getting Style" is both teachable and achievable, it's probably the easiest thing to change.* Developing a 'style' as it related to getting women, is about developing a ***PRESENCE***, becoming a guy that EVERYONE, male or female, stops to look at. While I don't consider my own 'style' to be in the top 1%, my presence is in the top 1% and my understanding of how style works to attract the opposite sex is in the top 1%.

Get Hung

Similar to my physical development, my starting dick size was very average. About ~5.25" x ~4.7", I think. Average in length, barely slightly above average in girth. My flaccid size was maybe 2", pretty small. Through years of less-than-committed penis enhancement and more recent super devotion, my dick is 7.3" x 6.25" (post Bathmate session), that is the size that I have when I fuck girls. *Like Getting Ripped, Getting Hung is teachable and with effort- achievable.* As the charts suggest, humbly spoke- I am in the top 10% in length and the top 1% in girth.

Here's some more information about "Male Enhancement: Keeping Perspective (What to Expect)."

Get Juiced

While this is similar to "Get Ripped," I have made the decision to separate the two sections. Get Ripped will be on the new Good Looking Loser Lifestyle website and Get Juiced will remain home on this website. On the day of my 21th birthday, I started using anabolic steroids. Here is my very first cycle, as you can see- I was really enthusiatic but I had a lot to learn. Since then (and before) I have over a decade of experience with anabolic steroids right down to the advanced pharmacological level. For example, I can explain how two different steroidal compounds may compete for the same androgen receptor while creating progesterone in the process. I was a steroid nerd. and I was a steroid head for most of my 20s. *Just like learning biology or chemistry in school, learning to "Get Juiced" is certain learnable and achievable.* My understanding of anabolic/androgenic steroids and

performance enhancing drugs is in the top 1%. Consider, however, that 90% of people have absolutely no idea how to use steroids.

Get Relaxed

This section is developing slowly. I have more to say on this and almost more experience than any other topic on GoodLookingLoser.com. This section will offer some absolutely life changing information and resources. I'll tell you where to get shit, just lemme handle the legal aspects first.

I experienced moderate depression in my early 20s. I think runs in my family. I feel that my social anxiety was slightly higher than the average person in my early-mid 20s. Through exposure therapy, my social anxiety became less than the average person. With certain compounds, however, I feel pretty close to invincible. We are talking- jump off buildings and fly invincible. *Through trial and error, you can "Get Relaxed" and beat depression and anxiety. It's teachable and achievable.* You'll be surprised what happens here. Years of research, ups and downs and personal experience puts my "beat depression and anxiety" IQ in the top 1%.

That covers a lot of the topics but certainly not all of them. As I said, they are teachable, learnable and achievable. I don't discuss stuff that I'm not an expert on and more importantly- don't have experience with.

Perhaps long ago, I was 'average' in the subjects I mention. My ability to get laid, have a big dick, a big presence, an ideal body, understand anabolic pharmacology, avoid depression and anxiety were either average or non-existent at one point.

If you read this article and nothing else on GoodLookingLoser.com, it may strike you that- I talk a big game. I usually don't. But- I have no problem giving proof of what I claim. In fact, I think it's mandatory.



Look that the various industries and topics on GoodLookingLoser.com-

1. Male enhancement.
2. Seduction/pick up artist.
3. Dietary supplements (Get Ripped).

Can you name 3 more scam filled industries, where you never see so much as even a PICTURE of the person trying to sell you shit? And if you do see a picture, he offers no proof that he has any experience?

I can't. These are some of the worst industries.

Free information or not, we have a responsibility to provide as much 'proof' as possible before we ever ask anyone to follow our advice or purchase a recommendation. In the meantime, we only ask that you keep an open mind, things sometimes aren't as they seem. I sure found that out.

So, if you want to be humble- that's fine. That's probably a good thing if you are ambitious and trying to excel at something.

If you want to be average- that's not fine. You've come to the wrong place. We don't teach average.

Why Most PUA/Dating Forums Are Completely Fucking Worthless (Extreme Limitations)

November 10, 2012 | by Good Looking Loser | Link | Original Link

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Why Most Forums Are Completely Worthless

The reasons may surprise you (not the 1st one), they might be not be you think I'm going to say.

Before I get into why most 'dating/seduction' forums are completely worthless, I admittedly have acknowledge even our forum has limitations, as we move forward (and I get some time) we will TRY to take measures make sure our forum, at the very least- is the best one on the entire planet for guys that actually want to **Get Laid**.

Such a criteria **(GET LAID)**, alone, separates us from all the "dating" "learn to be a pick up artist" "seduction" "meet women" forums. We are all about fucking women, the focus is not diverted elsewhere.

I have ideas that we'll implement in the near future, it will scare some guys away but it will really shorten the learning curve for the guys that stay.

Blind Leading the Blind

This one is obvious. So let's cover it and move on ASAP.

Mass numbers of guys that don't Get Laid

are teaching

mass numbers of guys that don't Get Laid-

how to Get Laid.

See a problem? I do.

Result- most (if not nearly all) don't Get Laid.

Furthermore, the guys that have the most 'authority' are often the guys with the most posts (or forum points). These guys also are the ones that spend the most time ***not Getting Laid***. Even the moderators at most boards don't get pussy. Ever.

When you think of it that way, PUA Forums are just about the worst places to go if you want to figure out and build a skill set that attracts women.

The standard of proof is none. If you are decent writer with time on your hands, you are an authority. Come to think of it- that's how this scam-ridden cesspool got founded anyway.

Nothing more to say.

Looks, Style, Social Freedom = Mad Pussy

If you are on-board with the filthy stuff that we endorse, you already know our formula to bang the

most, hottest girls-

- **Look your sexiest.**
- **Dress your sexiest.**
- **Be/Learn to be as socially free as possible.**

Having a high level of all three will you play the numbers game productively and efficiently. You will enter your interactions with confidence and touch women in order to screen which are sexually available/DTF and which are not.

If you have an above-average level of each, you can get a lot of top-shelf twat.

If you have an above-average level of each, you will mainly get "rejected" by sexually unavailable girls that simply aren't DTF, rather than for a lack of looks, style or social freedom.

Okay, so you already know that.

If you buy into the notion that looks, style and social freedom = get pussy.

And Looks, style, social freedom and sexually-available girls is **99%** of this "Get Laid" shit- you can probably guess why most PUA forums are completely worthless.

There is hardly any pictures of anyone's looks.

There is hardly any pictures of anyone's style.

There is hardly any indication of anyone's social freedom.

Plus we have no idea which girls are sexually available and which are not.

So we are neglecting 100% (+/- 1%) of the game and hoping to find answers?

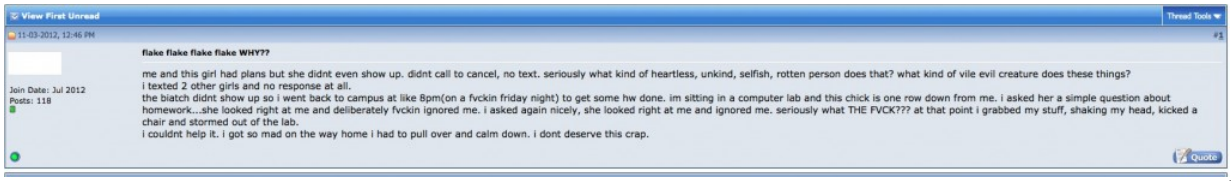
Couple that with the fact that 98% of guys giving advice on most forums don't Get Laid, you have the worst environment EVER to learn how to fuck random women.

The worst. Worse than the mainstream PUA workshops.

If you think about it, the topics are impossible to analyze and given the lack of information (looks, style, social freedom, sexual availability) responses are of ZERO value whatsoever.

NONE. Because Even an half-correct answer is still wrong.

Let me dig up some examples, it will only take a second.



Click To Enlarge

So why are girls flaking on this poor soul?

We have no idea because we have no idea-

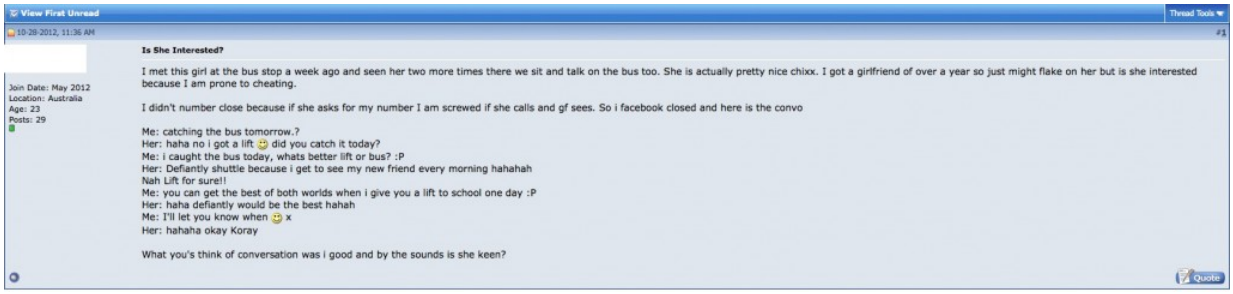
- What he looks like.
- What clothes he rocks.
- How socially free he is.
- If the girl is sexually available.

The advice that follows (sorry, I'm not going to read it) will discuss phone/text techniques, don't be reactive and other meaningless crap.

Girls are probably flaking on him because they aren't available or he needs a boost in looks, style and/or social freedom.

Completely worthless.

Here's another example-



Click To Enlarge.

So... Is She Interested?

We have no idea because we have no idea-

- What he looks like.
- What clothes he rocks.
- How socially free he is.
- If the girl is sexually available.

The advice that follows (sorry, I'm not going to read it) will discuss IOIs, Facebook attraction techniques and phone close techniques.

Even the best I can say is- if she gives you her number, she is interested.

If she isn't interested it's because she isn't sexually available or he needs a boost in looks, style and/or social freedom.

You follow me?

LOOKS, STYLE, SOCIAL FREEDOM

all of which, along with sexually availability, determine the result/non-result of 99% of your interactions.

all of which we can't evaluate for shit on the Internet.

After reading this, in my humble opinion- you shouldn't spend another SECOND on a "PUA" Forum.

This has become so apparent to me that I might have to require guys post pictures of themselves to get advice here. For all we know, we could giving a guy advice that hasn't made a single attempt to look good for an entire year and have him get absolutely fucking nowhere while onlookers shrug their shoulders.

That's what happens everywhere else.

Pickup Audios: What'd I Do Wrong?

You probably already know what I'm going to say.

While "pick up audios" might be slightly more revealing than "WORDS" on a forum- they hardly show anything significant.

Again-

- Looks? No.
- Style? No.
- Social Freedom? Barely.
- Sexual Available? No.

I must have 1 gig of pick up audios in my INBOX from guys that are hoping I can figure stuff out for them. Although their effort is noble, I can't. It's fucking impossible, in fact- even giving advice is probably reckless. Again, not my fault and certainly not your fault.

We need to see more.

We need to see the shit that MATTERS.

Conclusion

I could go on for another 34,522 words about the limitation of the forums. I won't though.

I hope this gets a few guys to post their pictures/presentation up, so we can really help you out. Take the pictures down in a few days or something. Blur your face, I guess. Post them on a photo sharing site and link us. Otherwise you might sit here for months and months and not get anywhere. "I look fine," or "I dress good," are you sure? you really know that? and you're positive it can't get better?

You honestly might be wasting your time thinking you are going to bang a lot of girls if you haven't made the effort (in the process of making the effort) to look your best.

Honestly- if you have a long way to go and you need to fix your looks and style ASAP. Who knows, you might tag some random pussy because of it. In fact, you probably will if you are hitting on enough girls.

All we are shooting for is- ***above-average*** in the 3 criteria. You can fix style in a single day. And If you get your body fat into the single-digits, you'll probably look better than 80% of guys.

There- done. Above-average. Go get some.

I don't often say this but- You know I'm right.

And A reminder- No more PUA Forums. (if you are actually interested in Getting Laid or learning some shit from someone who does)

And By The Way, this post is because I CARE. Not because I don't care.

While this type of post will drive some people away, that's fine. We'll lose them and we'll help the serious guys a lot more. Screening.

How to Pick Up a Nervous Teen and Take Her Home

November 10, 2012 | by Good Looking Loser | Link | Original Link

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I Love You, I Love You

Gameplan in this video is to get this cute girl in my car ASAP.

Works.

Please watch pre-video commentary however. :D

Transcript credit to "Horny," GLL Forum Member.

http://www.goodlookingloser.com/forums/the-lastest-from-good-looking-loser/5912-11-4-2-more-videos-super-quick-pick ups-cutie-teen-girl-massage-therapist?start=24#6166

-11:30 Follow a lone girl out the store from behind saying in a normal voice: "I love you x3, HEY, I love u, I love u (*giggles*) did I tell you I love you? (yeah u did) I did? yeah? It's true. I know it's kinda random, I thought u were attractive and I wanted to come say hi [extand hand for handshake] (*she just laughs and steps back) aren't you gonna tell me I'm attractive too? (yeah, haha) Thanks, I'm Chris btw (Aisha) Aisha? That's a nice name Aisha

-12:13 Without saying anything, Chris moves a few steps to a comfortable spot where he can lean against the wall. She automatically follows as she has been holding his hand since the handshake (NOTE!) Soo, what are u up to today (i don't know) like shopping for shoes or something? (books) books? yeah? are you a nerd? (not a nerd) not a nerd. u look like... u look like u play the drums (guitar) guitar? seriously? (yeah) nice, are u in a bad? (no) I look like I play the drums. Yeah, u believe it? (no) yeah? what tells you no? x4 [each time more playfully. Chris pulls her hand to his chest as he repeats this, even pulling her little body off-balance] (I don't believe you) u don't believe me, why don't u believe me? (I dont know) u know what? I have no musical talent whatsoever hahaha

-13:03 that's not fair. you're supposed to believe I play the drums [POWERFUL LEADING - LITERALLY TELLING HER WHAT SHE'S SUPPOSED TO BELIEVE!!] (u told me you don't) you're a smart cookie, u know that? uh huh, a little too smart for your own good (what do u mean?) I'm sorry, I'm sorry, let's keep it real, no more... this isn't beer btw, it's IBC diet root, makes it good... no, no, tell me little about you, where u from? (X) where in X? (by Y) you're not from elko, are u? I always drive through there and I get a ticket for speeding, do u know what I'm talking about? [again pulls her hand to his chest] have u gotten a ticket there? (i don't know) it's a speedtrap (is it?) yeah (maybe u shouldn't speed) i don't know, cos it goes on the highway and then it goes through the town, it's like they built the highway first and then they built the town (haha) u know what I'm saying? (yeah) like purposely to just fuck with me (haha)

-14:10 [re-grab the hand that he let go earlier] so, what more about you, u do music right? are u in a band? (u already asked me that) did I? I have a bad memory, plus I'm drinking. nah, it's root beer (hah) no, you're tough, you're tough haha you're very cute, like a little girl, a little little girl [the words "little" are emphasized by moving her hand up and down that Chris is gently holding by a three fingers] let's spin the little girl around [reverse spin her, she's ALL SMILES] a little more about you though, what else u into? (art, I like art) yeah? what kind of art? (I like to draw) draw? drawing... with a name like Aisha, it's weird how u do that, I can just see your little signature or something at the bottom of the page (bla) uh huh, yeah?

-15:12 so what are u doing this weekend? (I don't know) playing on pintrest or something? (going out with friends) put your little outfit on and go out with friends haha (haha) [whisper in her ear] you're tiny, u know that? (you're a player) what'd u say? (you're a player) I'm not a player, you're a player (you're a player ha) you're a player (you're a player) no, you're a player (you're a player hah) don't call me, your mom's a player (girls breaks down in laughter) Aww, you lost there, u lost there, ur mom's a player, no u gave it up (I gave it up) I know, u got destroyed [stroke from her shoulder to hand, then hold it] u got taken out (haha ok) u did, u did (I did) u got some time to chill out now? (yeah, completely) really? (really) alriht, cmon, follow me, we'll go in my car. You're tiny.

Some Perspective on Nice Guy Syndrome, You Don't Have To Be A Total Asshole

November 14, 2012 | by Good Looking Loser | Link | Original Link

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Nice Guy Syndrome Discussed

This probably isn't the first time you've heard of "Nice Guy Syndrome," if it is- that's okay. We'll give you a working definition.

If you find this too basic, not to worry- we will discuss Nice Guy Syndrome more in the future. I might even have a specific program that treats/beats the shit out of this disease. For most guys' sex/dating lives, however, they don't need a special program, they just want to get used to talking and touching random women, doing what they want more often, finding they have options and realizing their Nice Guy behaviors.

Talking to and initiating physical contact with random women is the opposite of Nice Guy behavior.

My informal 30 second definition is-

Nice Guy Syndrome is *an ongoing condition where a "male" repeatably takes approval-seeking actions, with expectations, but no formal contract, that the recipient will repay him with gratitude, affection or other favor. Doing so, over time, results in an internal and external loss of masculinity perception and respect from self and other persons.* (GLL 1.1.69, ~Screen That Pussy)

Not bad. I actually wrote that in about 35 seconds.

Basically you're a little bitch.

Robert Glover, the author of "No More Mr. Nice Guy" actually has a more basic definition, as summarized by *Wikipedia*-

Nice Guy Syndrome is *a condition in men who appear to be always nice (and boring), and who avoid conflict at all costs*.
In doing so, they underachieve in their personal and professional lives.

For the average male, I feel Glover's work to be very good at bringing awareness and workable solutions to this condition. For guys that want to bang 100+ hot girls, have 3-4 fuckbuddies, etc. sometimes more aggressive treatment is needed. More on that another time.

Good Looking Loser Nice Guy

Just like everything else on GoodLookingLoser.com my discussion and solutions come from experience. This is no different.

I had a significantly above-average case of Nice Guy Syndrome. It's no consequence that the majority of guys that underachieve, or feel like they underachieve, in their dating and sex life have Nice Guy Syndrome. I actually think the "seduction community" was helpful in helping me beat Nice Guy Syndrome. Once I was made aware of Nice Guy Syndrome, I identified my Nice Guy behaviors and relationships and terminated most of them in about 60 days.

I beat Nice Guy Syndrome; I consider it my 2nd or 3rd biggest "inner game" victory, with beating

negativity being the 1st.

The interesting thing is- still to this day, even though I "beat" Nice Guy Syndrome, every once in a while I finding myself reverting to past behaviors, both with males and females. Yep, even me. I admit it. It's pretty seldom, but it is evidence that you don't have to COMPLETELY SLAUGHTER and NEVER AGAIN take a Nice Guy action to score buckets of top-shelf pussy.

Just beat most of it. Just realizing your behaviors, talking with women and Don't Be Reactive v2.0">"Do What You Want," basically kills 95% of it.

This is mostly a topic for a different time; I did want to tell you that I have experience with Nice Guy Syndrome. About 27 years with it!

Are These Nice Guys or Players? Wow I don't know...

Mr. Asshole Nice Guy

I knew quite a few guys in the "community" and had a few social-circle friends that were also made aware that they were Nice Guys and sought to beat the disease.

Although I didn't quite fall into this category, their solution was to try to become a *total asshole*. Or at least act like one.

Certainly being a *total asshole* is the opposite of being a Nice Guy, right?

Wrong.

The logical opposite of Nice Guy is **NOT NICE GUY**.

It's not *total asshole*, that's the polar opposite.

The total asshole thing was hardly real and it arguably had a worse effect on their professional and personal lives.

One kid in Florida got fired from his job and I punched another kid in the face. 2 times. Thankfully, they all ditched the act and the intentional bad moods and came back to planet Earth.

So let's talk about what does work- **NOT NICE GUY**.

In short-

1. Identify your Nice Guy behaviors.
2. Do What You Want instead.
3. Stick up for yourself when the time comes.
4. Optional: Admit when you are wrong. (this works on the 'pride' aspect)

Like approach anxiety, daily action and exposure therapy to the new mindset forces it home. It generally dies about as fast as approach anxiety; the two usually require the same duration of treatment.

So again, if there was any confusion- **NOT NICE GUY** is what we are shooting for. Not *total asshole*.

Simply doing what you want most of the time will make you more masculine that just about 90% of all male humans.

Some people wear a "WWJD" bracelet "What would Jesus do?" (it's actually 'Walk with Jesus daily) to remind them of their Christian faith. You can write on your hand **"What should I do?"** to remind yourself that you will no longer be a pussy.

No seriously, do it. I did for about 3 weeks in late 2008.

Hitting On Girls On a Daily Basis Will Kill Mr. Nice Guy

Like everything else, we need to keep it simple.

The hours wasted on trying to discover which parent is most responsible for your passive-aggressive behaviors or the meaning of life will bring your progress to a halt or even send you backwards.

Thinking is not progress. Thinking is thinking.

Like I said, only a small minority of guys need a focused program to beat Nice Guy Syndrome. The vast majority can get past Nice Guy Syndrome simply by doing AA drills and gradually transition to hitting on women fairly aggressively.

The AA Drills (coming early December 2012) begin to build proactive, assertive behavior while also reducing your fight or flight response to approaching.

Remember, simply talking or "bothering" women for any reason, let alone socially-acceptable requests such as time, directions or basic opinions is HUGE for the nice guy. Total nice guys just can't do this, potential conflict is too frightening. Nice guys are worried about getting "caught" doing approach anxiety drills or getting a bad reaction when they are doing something different than being a pussy.

So long as you can go through the AA Drills, you'll defeat quite a bit of your Nice Guy Syndrome, at least enough to begin to play the numbers game and Get Laid occasionally.

Simply talking to women without their permission, in this day and age, is **NOT NICE GUY** behavior. For the average guy, it is a huge step in reclaiming (or discovering) their masculinity.

Again, just doing what you want and standing up for yourself makes you a **NOT NICE GUY.** Some feminine pussies may confuse you with an asshole or a jerk, but that's a misnomer.

Douchebags Get Laid, Can't Say the Same Thing For Nice Guys

The Asshole Confused

Certainly you've heard the statement, "Women like **assholes**," or "Women dig **jerks**," or "Women dig **bad boys**."

If you know me personally, read Reddit or Bodybuilding.com (Misc.) you might see the word "**Douchebag**" associated with my name.

They are all talking about the same character, but a fair amount of socially inexperienced guys

confuse the asshole, jerk, bad boy or douchebag for the *total asshole.*

Again, that's not what we are talking about.

Women don't like the total asshole or total jerk. Nobody does.

The "bad boy" is not a hardened war criminal or serial killer. He is just a guy with a little edge. Sometimes, he has no real edge, but just has some facial hair, an edgy pair of jeans or some accessories. Sometimes it's just a decent jaw line. The bad boy is hardly "bad," he's just not a total pussy. It's a lower standard than we might think. The standard is slightly higher in socially competitive cities such as New York, Los Angeles or any place in Texas.

That might seem obvious, but there's a fair amount of guys out there that don't quite understand this.

So long as you "do what you want" most of the time, you don't have to worry about coming off as a Nice Guy or being taken advantage of.

Being Polite Doesn't Mean You Are a Nice Guy

You can be polite and you can be a douchebag.

I'm very polite. You might be surprised. I'm probably overly polite to random people.

I say "thank you" to people, hold doors and make small talk with people that are intimidated by me - just to make them feel comfortable. I put my weights back where they go at the gym. I try not to hit people in the face with cigarette smoke. Some of the hot girls I chill with will throw their gum, cigarette butts and coffee cups on the ground without a second thought since nobody will tell them not to; I have them pick their trash up. I especially say "thank you" to cashiers and grocers. They have a job that I would go crazy doing. I appreciate them bagging my food and their effort to keep America running. I thank them on behalf of everyone. What a nice guy I am.

All I do is run this creepy blog where I help guys fuck women and get my dick sucked on most day, life is good. Any sort of politeness is actually from the bottom of my heart, not to "get something" or some ulterior motive.

Scotty, too, is pretty polite. He smiles and high fives random people. He gives compliments to people and tries to make them feel better about themselves. Unlike myself in the past and my other friends, I have never heard Scotty talk behind someone's back or say negative things about people. He's a sweetheart. Such a nice guy.

No one confuses us for Nice Guys. It's isn't just the physical appearance. It's everything. The clothing, the walk, the diet, things we talk about out loud. There's no strings attached to our polite behavior.

Being polite means you are being polite. It may or may not mean you are a pussy Nice Guy.

It's not the behavior- it's the place from which it comes.

A lot of guys don't get this and they ask silly questions: SoSuave Important Survey: Holding Doors for Women: Yes or No?

If you've noticed, all my approaches are verbally polite.

"You are attractive," is basically the first thing I say 90% of the time. Sometimes, I even say "sorry" or "I know this is random," I can do this because I'm not perceived as a little bitch, in fact just the opposite- maybe politeness even helps me. If you feel you have similar characteristics, I encourage you to be polite if you want to be.

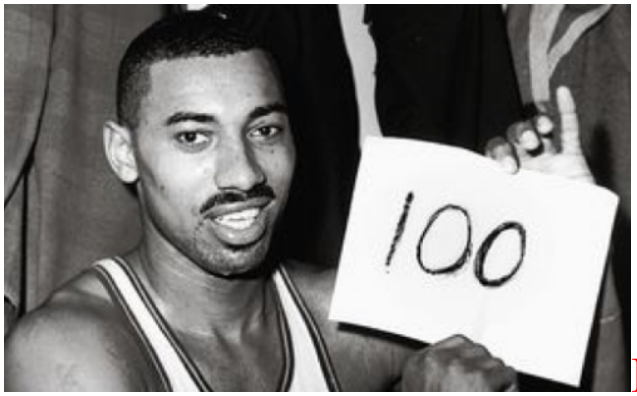
Where the "politeness" ends is in the physical dialogue. It is not polite to touch anyone unless you know them pretty well.

We break that rule.

What it looks like is "laid-back aggressive" game. Verbally polite, perhaps funnyish/normal with a rising physical dialogue that completely changes the meaning of the interaction. This is the style that both of us have. I'm a little more verbally "haha" than Scotty, but he moves faster. But remember, I learned a lot of this stuff from him.

Without getting too technical, you can be as polite as you want, so long as your physical dialogue is established and slowly rising. It's not about the words anyway. You'll never get confused for a Nice Guy.

Nice Guys don't touch random women, let alone speak to them.



Polite Scumbag of the Century: Wilt Chamberlain (RIP)

While we never quite know what the real deal is with celebrities or personal athletes, let's pretend we know Wilt Chamberlain.

I apologize if this isn't 100% factually accurate, just take a look at the main point.

He was a Center for the Los Angeles Lakers and the first 7-foot player in the NBA. He was more dominant than Shaquille O'neal and arguably the most dominant athlete ever in any sport. Wilt once scored 100 points in an NBA game, something nobody even has or will come close to breaking.

Wilt was both the **ultimate gentleman** and the **ultimate scumbag**.

You could say the two cancel each other out and he's a gentle-scumbag, let's just call it **"Polite Scumbag."**

Wilt claims that he slept with (fucked) over 20,000 women.

While that may or may not be true (1 new woman every 17.6 hours), Wilt's personality combined with his celebrity status and 11+ inch dick provided him a limitless sex life. Supposedly, he'd literally move from girl to girl as their pussies crumbled on a special made king-sized bed in a Bel-Air mansion that is just around the corner from where I'm typing this.

Though even our best efforts couldn't replicate his celebrity status or foot-sized cock, let's look at the personality.

Wilt was polite.

He'd actually go on dates with women, he'd rent a limo, he'd show up with flowers, he'd take them to

a nice restaurant, he'd pose in pictures with the lucky ladies, he'd let them order whatever they wanted, he'd pay and he'd leave a generous tip.

During the meal, he'd get up from his seat and sit down next to women at other tables and politely talk to them, he'd take their number, he'd organize plans, he'd buy them drinks, he'd kiss them (respectfully, no tongue), he'd tell them he loved them and then he'd return to the table where his date was sitting and tell her he loved her too.

On his way out of the restaurant, with his date on one arm, he'd scan the room for pretty ladies and politely introduce himself to all of them, ask all of them for their numbers, make sure they had drinks, he'd humbly sign autographs for those who wanted, and even might give a rose to a special girl.

 Modern Day Look At Wilt Chamberlain's House (Bel-Air)

He arrives at home, asks his date (who was usually totally humiliated) what music she liked to listen to, he'd pour her a drink, slowly undress her, compliment her on her body with words with "beautiful" and "sensational" and fuck the living shit out of her.

She'd go home in a limo with some fresh flowers and a gift (sometimes cash, although she wasn't a hooker). Wilt would start to phone other women if he didn't have a basketball game the next day.

Wilt wasn't a liar.

He loved women, all of them.

Now we can't dismiss that his celebrity status was responsible for the vast majority of his success.

Wilt was a celebrity that played the numbers game. Big time.

This is rare.

You may be surprised, but there are plenty of [lesser] celebrities in Los Angeles that are petrified to approach women because they don't actually have great self-esteem and look a bit different than they do in their airbrushed photos. Like normal guys, they are limited to their social circle, albeit a circle with no shortage of hotties and high-status women.

Still, if you actually behave like Wilt did- literally introducing yourself to every single woman you found attractive (he had low standards) and politely ask for their number, you'd never have to read GoodLookingLoser.com again and you'd Get Laid more than every single person in the PUA community, including the mainstream gurus. You'd be drowning in so much pussy that you'd have to get a secretary to schedule fuck sessions. If this happens, we encourage you to write in and give your testimonial.

There's some perspective on "Nice Guy" Syndrome.

Action

The Approach Anxiety drills and simply talking and touching women and "do what you want" will help you beat it. Simply doing that should put you ahead of 90% of guys. Once you beat most of it, you're fine. You can be polite as you want to women, so long as you establish a rising physical dialogue. So, after you read this you never have to wonder "what to say" again, say whatever you want.

Just make sure you mean it.

Retention: How To Keep Fuck Buddies in Uncommitted Relationships and Profiles of Guys

November 16, 2012 | by Good Looking Loser | Link | Original Link

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Retention: Fuck Buddies

Update March 2015

The discussion below is some of the VERY BEST I have to offer you.

I hope you are able to put it to good use.



We?ve discussed this on the forum and I have a Youtube video on it. But I?ve never formally wrote anything up on "retention" or maintaining fuck buddies.

Well, except for this- ?Trevor and His 17 Girlfriends: Retention By Any Means Necessary,? a slightly different subject.

I'm euphoric as hell and that's when I'm at my BEST... so here goessss-

This is some high[er] level stuff and pretty much unnecessary if you are just starting out, in fact- you might be better off **NOT** reading it and just staying focused on beating your AA or bringing that 1st fuck buddy.

This is one of my favorite subjects and something I am able to do really really well. This is the type of shit that you can ONLY learn from lots of experience with countless women and observation of others? success rates. There?s no goofball PUA that can even piece this stuff together, you really have to get intimate with a lot of girls to figure it out. I?m going to try to explain it as best as I can so you retain (or at least learn how to) ALL your fuck buddies.

If there was a ?skill? I did best, this would be it. Better than picking up girls, better than getting busy from dates, better than enlarging my dick. Excuse the self-promo, I don?t usually do that (people

already think I?m a douchebag), but I can honestly say? **what I suggest really works.** It?s powerful.

Video: ?Retention? (keep f-buddies in uncommitted relationships)

Additional Discussion in Video (NOT IN TEXT BELOW)

0:00 2015 Updated 2015 Introduction
1:45 Video Begins (New Tattoo!)
3:00 Why do girls "sign up" for an uncommitted relationship?
4:10 Don't be/look like "Boyfriend Material" (Safe Nice Guy), girls only do relationships with these guys
5:00 You want to have "Boyfriend Potential" (Good Guy/Player) however
5:45 Quick "Scumbag" discussion (Quick hits, little relationship potential)
7:40 What gives you "Boyfriend Potential" that helps retain fuckbuddies? (See list on GLL)
10:10 3 SPECIFIC techniques to help retain women as fuckbuddies
13:50 Leave them wanting more
14:20 Give some emotional progress so they don't walk (full list on GLL)
16:35 The dynamic of top-tier retention
17:45 6 month chase MANDATORY RULE (Committed Relationship)
19:15 Determine the Relationship Talk (DTR) and how to handle

***handling DTR discussions
1. let the chick talk
2. just repeat what she says, make her talk again and tire herself out
3. [if you need to] say ?damn.. well? I gotta say.. I?m umm.. Kinda disappointed with this. Stuff is going really good between us.. right? I think so. It?s moving along great. Right? Yeah I think so. I hate when it reaches a point when we need to put a title and expectations on stuff.. I?d rather it just reach that point naturally. I think it?s probably headed that way, right? I mean I?ve thought about it. It?s much more healthy to let things grow naturally, like we?ve been doing. This talk really upsets me cause things have been going so well.? (the girl will feel guilty and back down on the DTR shit)
you can also say, ?in past relationships, we put time limits, rules and titles on things.. it messed stuff up, I should have just let things evolve, thats what I?m worried about. Things are great between us and they are moving along naturally, trust me on this. I don?t want to mess stuff up.?

Lets start at the beginning I mean, the very beginning.

When you meet her. The first 10 seconds.

Nice Guy, Good Guy or Scumbag?

Within 10 seconds of meeting a girl, if she's sexually available and interested- she?ll profile you. Even though we screen, it's inevitable.

She will either see you as a ***Nice Guy, Good Guy or Scumbag,*** or a combination of 2 of 3.

A lot goes into this profile.

- What you are wearing: Super clean Nice Guy? More edgy player?

- How you approach her: Pussy opinion opener? Or ballsy direct stuff?
- What you look like: Do you Get Laid? Do you not Get Laid?
- Your lifestyle: Are you cool? Are you a loser? Do you do drugs (a lot/sometimes)? Are you 100% straight edge?

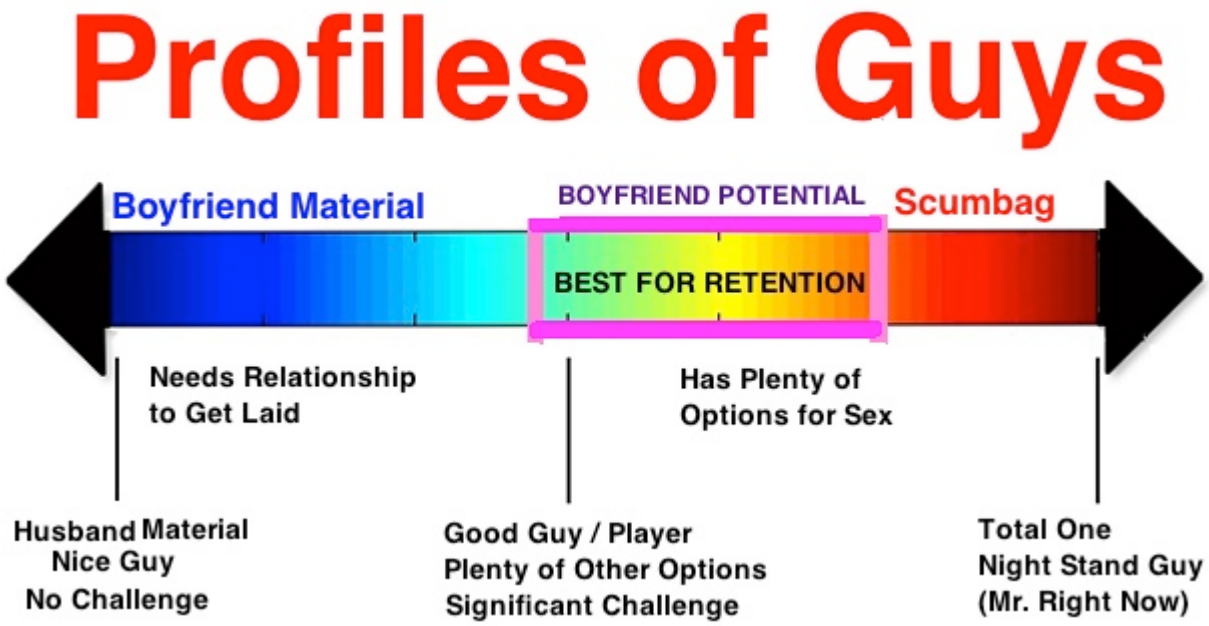
There?s more to this profile than I can possibly list, you?ll think of some. I think you get the point though.

There?s a dramatic difference between the 3 profiles.

Below are generalizations not EVERY profile will be 100% accurate. There?s some cross-over anyway.

I?m 66% good guy, 33% scumbag, so said my ex-girlfriend.

Let?s jump on the first one.





Nice Guy
(Boyfriend Material)

The Nice Guy dresses like most everyone else that isn?t sexually active. Plain. No accessories. He usually is a bit outdated since he feels a fashion sense is only for girls and gays. Even if he?s good looking, he usually doesn?t have anything more than an average sex-appeal since he?s usually scared to stand out.

In short, the Nice Guy is boyfriend material, at best.

He is a safe guy that probably doesn?t Get Laid too much. He?s not particularly cool. He's completely predictable. He?d make a wonderful boyfriend and probably a good husband if he?s financially secure. He?s probably very average in bed. He?s probably unexciting. He?s not a challenge. It takes him 5+ dates to Get Laid if he?s lucky. He doesn?t date or fuck multiple women. Not because he's against it- he can't.

He?s probably judgmental because he doesn?t Get Laid much and rationalizes it by telling society that he doesn?t want ?sluts? because they are dirty. He probably has plenty of friends that are exactly like him. He usually works for somebody else. He makes jokes, that?s usually his personally at his best. He might try to get girls into relationships in 2 weeks because he?s so insecure. In the near future, he can provide dinner and movie and perhaps a house, 2 cars, 2 children, a dog and a white-picket fence at a later date.

I DO NOT suggest you try to come off as a Nice Guy (boyfriend material) if you are trying to Get Laid. Frankly, I don?t recommend it even if you want to get a girlfriend. Nice Guys aren?t a challenge. Hot girls can Get Laid any night they want. The pussy is sexually available when they decide. Hot girls know that Nice Guys can?t Get Laid so they hold less leverage in the relationships.

Good Guy
(Boyfriend Potential/Player)



This is generally what I suggest that you shoot for.

It is the best profile for retention.

Good players (players) generally dress with a little more edge than Nice Guys. They go fora ?sexy? look more than ?I want to fit in, please don't notice me.? They aren?t necessarily loaded with accessories or tattoos, but they have a few which, if nothing else- show that they are fashionably sensible. They don?t wear outdated clothing or stuff that doesn?t fit them because they know it?s important to Get Laid. They do Get Laid and the women they approach generally know it.

In short, the Good Guy is a player but he seemingly has a ?good? (sweet) side that gives him boyfriend potential. Again, he has ***?boyfriend potential?*** but he is not strictly ?boyfriend material,? big difference.

The Good Guy is a challenge. He?s cool. He gets lots of ass so he?s not needy.

At the same time, he has relationship qualities that would probably make him a great boyfriend too.

It?s hard for girls to walk on the Good Guy because he won?t tolerate it and he can go fuck other girls. At the same time, he?s not a total scumbag that she can?t show her family and friends. In fact, she brags to her friends that she?s dating him. He usually dates multiple women and usually has fuck buddies on a continuous basis until he gets into a committed relationship where he's faithful. He?s probably non-judgmental and doesn?t call girls that get more ass than him ?sluts.? There?s no reason for him to be judgmental, he gets (or looks like) plenty of sex. He seems like he can Get Laid on the 1st date, but sometimes he ends up waiting if he sets off his ?boyfriend potential? alarm too much or the girl is just not DTF. He can be a good or better provider than the Nice Guy, but it will take a lot of time and effort to convince him to stop fucking other girls and to settle down.

A challenge that the VERY HOTTEST GIRLS love and totally obsess over. This could be the dream guy that has his shit together.

I recommend working toward being this fictitious character. I have spent 5 years, non-stop, working at it.

*Sometimes a Nice Guy that is super good looking is mistaken for a Good Guy (player), since girls assume he actually tags a lot of pussy. This is generally shorted lived because he?s not the least bit aggressive.

 Scotty is a Scumbag By Choice

Scumbag

(Scotty?s Current State)

This isn?t for everyone.

I do recommend that guys build some sort of ?scumbag? element into their persona. Scumbags literally don?t care what anyone thinks, after all- they are scumbags and they know it. They comes to rejoice in the persona.

Believe it or not, scumbags don?t all look like Scotty (tattoos, accessories. EDGE to the MAX). They come in various shapes and sizes. They are all very aggressive and usually pretty crude verbally. They are usually more comfortable with their profile than the Nice Guy and sometimes even the Good Guy.

The scumbag Gets Laid **A LOT**, even if sometimes he doesn?t look like he does.

His vibe, however, suggests that he does? **A LOT**.

He?s can come off very self-centered and confident, something that ALL girls like. Girls pick up on this vibe immediately. They know they have a scumbag in their presence and will decide in 20 seconds whether to fuck him because scumbags are generally really good in bed since they are experienced and masculine.

The flip side of it- the scumbag isn?t a safe guy and wouldn?t make a good boyfriend. In some cases, his vibe (and sometimes appearance) is something a girl would NEVER want to show her friends or family.

What do you see in THIS GUY???

The scumbag is the guy they fuck the SAME day/night and NEVER tell anyone about.

Because of this unfortunate situation, it?s hard to retain girls if you are a total Scumbag.

95% of girls are willing to become fuck buddies and risk getting heartbroken if the guy looks like he could be a good boyfriend one day.

The Scumbag won?t be, so he generally doesn?t tag that pussy more than 3 times.

The good news for the scum bag is- he ONLY/usually gets girls that are DTF.

The Scumbag Gets Laid VERY quickly, usually faster than the Good Guy. He?s a Scumbag. That?s what he does. The only reason girls talk to this seemingly wretched individual is to get fucked. For one reason or another he usually doesn?t get caught up in the emotional aspects of relationships too easily.

Sociopaths are a sub-set of scumbags, but they are different than the average scumbag. The Scumbag doesn't try to hurt anyone - he just puts himself first - ALWAYS.

As you can see, the first 10 seconds of your first interaction is critical to your retention. You might have to do some thinking. It?s okay, unlike most dating subjects, this one is worth some thought.

Of the three profiles, for strictly GETTING LAID, the Scumbag is the very best to be.

What Are the Fuck Buddies Looking For?

It?s important to understand this from the female?s POV on why they agree to become bed bunnies in the first place.

You might have noticed this in the scum bag profile-

- ***95% of girls are willing to become fuck buddies and risk getting heartbroken if the guy looks like he could be a good boyfriend one day.***

The vast majority of girls that become your fuck buddies, are ultimately looking for a relationship.

This is NOT to say that they were *only* looking for a relationship/boyfriend when you hit on them, they were very much sexually available (sometimes DTF), but their ultimate goal is to lock you down if it?s working out.

That is why the Good Guy (boyfriend potential/player) profile is best. He is sexy enough to pick up girls and has the *boyfriend potential* to keep them around.

The remaining ~5% are willing to become fuck buddies just because the sex is good. If you are well hung and good in bed, there?s a chance that you retain most, if not all of these girls.

Keeping Girls Around
(Retention, Uncommitted Relationships)

If you accept that ***the majority of your fuck buddies are ultimately looking for a relationship***, then you probably have an idea of how to keep them around.

Emotional progress.

Slow emotional progress.

The process usually begins when the girl emotionally attached (and in some cases, genuinely sharing the emotionally attachment). In a perfect dynamic, she ?chases? you and is sitting around waiting for your phone call. While this dynamic can?t always be created, there are definitely some rules and techniques that significantly help your retention success and your overall productivity/efficiency.

The biggest mistake guys, especially Nice Guys, make is trying to lock girls too quickly or pouring out their heart on the 1st date. It kills the chase. It doesn?t make girls work. It doesn?t allow you the moment after sex when the girl wondering if she?ll ever see you again. Remember- it should be the girl trying to lock you down, not the other way around.

You need give progress VERY SLOWLY. The girl needs to EARN progress. Got it?

This is where gets good.

I have very specific, totally applicable rules that you can apply your relationship that will exponentially increase your chances at retention and grip on the relationships.

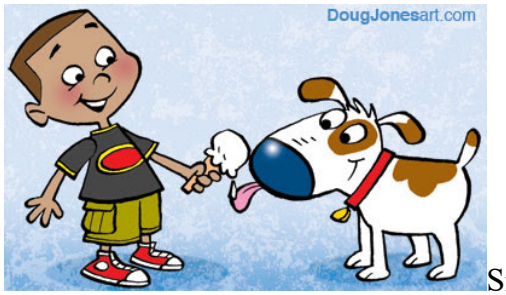
Slow Progress Technique/Rule I: Effective, Limited Communication

You need to keep the communication/contact to a minimum, but just enough to keep her waiting for your phone call.

1. Only meet up **1 time every 7 days** OR **2 times every 10 days**.
2. Only text or talk to her on the phone **2 times a week or 3 times every 10 days**, for no longer than 20 minutes.
3. Ideally, your texts/calls are ONLY to set up meet ups.
4. You will make PLENTY of emotional progress in person, there is no need to give her free progress on the phone or text.
5. Set up meet ups no longer than 72 hours in advance.
6. Text 2-3 hours before the meetup to confirm.
7. Since you have already had sex with her, you can set up the meet up via phone or text. I usually choose phone.
8. NO LONG TEXT THREADS.
9. NO LONG PHONE CALLS.
10. NO WHATS APP, AOL IM, BLACKBERRY MESSENGER, FACEBOOK CHAT*, EMAIL, EVER
11. Don?t answer her text if it breaks rule #2.
12. Don?t answer her phone call if it breaks rule #2.
13. Be busy, or pretend to be.
14. On weekends, DO NOT contact her unless you are setting up a meet up. She should be wondering who you are fucking on Friday and Saturday night.
15. Try to get off the phone first (thanks David DeAngelo!).
16. Every time you meet up with her, have sex. This is important.

* You can leave one short comment on her Facebook wall or picture every 10 days. That?s it.

Remember - the girl ALREADY likes you.



Small Gestures Goes A Long Way!

Nice Gestures, A Little Goes A Long Way!

Slow Progress Technique/Rule II: Effective, Limited Emotional Progress Gesture

Along with limiting the communication, you should limit the emotional progress to where she is always wanting more.

This is easy, so lets not overthink it.

It also happens naturally so you don?t exactly have to ?do it.?

Basically you need to make ?boyfriend-ish gestures? every once in a while, maybe 1 out of every 2 or 3 meet ups.

Here are some examples:

- Paying for a small meal (or big meal if you are rich)
- Giving her a single flower
- Making dinner for both of you
- Talking in-depth about your childhood
- Talking in-depth about your future
- A more traditional date, an activity that couple may do
- A random kiss on the cheek
- Draw her a picture
- Develop inside jokes
- By her dessert
- Open a car door
- A long walk
- Shop together
- Buy her a inexpensive gift
- Insist on lighting her cigarettes

- Sleepover and watch TV in bed
- Have her meet your friends
- Throw a party WITH her (not for her)
- Go to her party
- Have her meet your family (mid/late stage)
- A sweet text (mid-stages) ?hey i was just thinkin about u kidd?
- A longer phone call (mid-stages)
- A non-sex meet up (only mid/late stage)

There?s a ton of these.

With the exception of Scotty, nearly every guy knows how to play the boyfriend role. It?s the other part that we need to work on. If you have question about ?boyfriendish gestures?, just ask. Ask me, not Scotty though. haha.

Slow Progress Technique/Rule III: Expected Surprises

If you have less than 2 fuck buddies (or have the time) consider this technique, I call it ?expected surprises.?

I learned it my first year in Los Angeles all the way up to meeting my goal of 4 hot women as fuck buddies.

Basically leading up to EVERY ?date? you text the girl or tell her on the phone that you have surprise for her. Most girls get super excited and want to know what it is, don?t tell them. Do this over-and-over and girls will always be super excited to meet up with you. Don?t overkill it, remember- she ALREADY likes you and you still have to lean closer to SLOW progress.

The surprises can be anything, here are some that I have done-

- Mixers to make her favorite drink
- Inexpensive gift
- Protein shake
- Tickets to an event (inexpensive)
- Sex technique + video on the internet (I have this technique where I eat the girl while she lays on my face)
- Drugs
- Flower(s)
- Fun spot to go

- Movie
- Naked picture of you
- Massage
- New location to have sex
- New sex lube, sex toy
- Read her a children's book (I'm so dumb I can't read good)
- One piece of organic fruit
- Scented candle
- Blindfold
- Cigars
- Hung Dick (if you haven?t slept together yet)

It may seem like ?beta? behavior, it can be- but it can also be SUPER ALPHA EXCITING LEADERSHIP, remember actions/behaviors aren?t alpha/beta, the GUY is. It?s where the action/behavior comes from and the motivation behind it. Remember too, these are SUPER SMALL surprises, nothing that comes off as ?gift? ? it should be something you both enjoy most of the time and be very inexpensive.

When I started doing this, I was pretty insecure. But it turned out to be a super effective technique and let me retain 2 high-level fuck buddies for an entire summer in 2008 while I still had AA. Once I got more girls, I didn?t have time to do the surprises, but I?d use the technique every now and then because I genuine like my fuck buddies.

You just have to make sure these aren?t coming across as gifts. The best way to do it is to include yourself in the surprise. If it?s a cigar, smoke it together. If it?s a flavored sex lube, put it on your dick and fuck her mouth. You get the point.

Slow Progress Technique/Rule IV:

Mixed Messages (optional):

Since the beginning of time, sending ?mixed messages? has always been an effective intentional or unintentional to make pussy chase (so long as they like you).

I consider it optional since the limited communication combined with ***controlled progress gestures*** automatically sends a 24/7 mixed message. The girl is thinking, ?this guy likes me but why doesn?t he text or call me?? Non-verbal mixed messages are the best.

The most basic mixed message is to say something and have your actions reflect otherwise.

Natural players will often tell girls, ?I love you,? ?I really dig you kidd,? or "You are special, I love spending time with you," but then not call them for days.

The girl will be in a tailspin trying to analyze the situation with 4 of her little friends.

Basically after you make a nice verbal or non-verbal ***progress gesture*** you do something that shuts the progress down.

For example, after you have wonderful night of fun, emotional talks and sex with your girl, ignore her texts for 48-72 hours.

It could be even as subtle as repeating a question that she already answered, ?What?s your last name again??

But remember the mixed messages aren?t supposed to be MEAN. Don?t scream at the girl or fuck up her car. I don't do this too much unless a girl starts giving me problems, I don't suggest you compromise your ethics to retain irritating pussy.

Lets not harp on too many techniques, we aren?t dependent-delusional pick up artists, but this style fits a lot of guys pretty well.



High Quality, High Status Lifestyle (and "Swag Factor")

Despite the powerful techniques and deep understanding of retention, the reason I (and ultimately you) will be successful at it with top-shelf women, is your lifestyle.

Admittedly, you could argue that only(?) reason girls agree to fuck me for 6+ months (and still return after that) is because of my overall lifestyle. Some of them probably know they aren?t actually

getting anywhere with me.

A lot of my friends retain girls for "longer than they should have" because of their lifestyle. I took a long hard look at it.

It?s a huge factor, probably the most important.

Let me explain.

Through obsessive self-improvement, experience, social skills, my job as a personal trainer, access to elite Hollywood nightlife/drugs/semi-important/barely-important people, a respectable dick and shear luck- I?ve have built a pretty cool life.

Other than on my super sloppy drunk approaches, most girls (even the hottest ones) know that my life is probably cooler than theirs.

Maybe that sounds arrogant, sorry. I have spent tens of thousands of hours working on myself, I?ve come a long way because I was once undersexed, very depressed, anxious and negative. I encourage you to do the same, that?s why you are here.

Since chicks generally know that I?m cooler than they are, they want to be part of my lifestyle.

Some want to me try to get them an audition at some studio, some want my friend in the music biz. to listen to their demo tape, some want me to get them in great shape, some want me to get their friends into clubs and some just want to do whatever I want.

I?m happy to do stuff for the chicks ***AFTER*** I know they are loyal and have above-average integrity. It?s not ?beta,? they already like me and know that I?m cooler than they are. They are happy to be apart of my life.

It?s NOT a ?business? deal like when certain guys give girls (and their friends) cocaine to fuck, I extend opportunities to them AFTER I get to know/fuck them them a little bit.

The closer you are to the top 1% of guys and the cooler your lifestyle, the easier retention will be.

You should strive to reach your potential FOR YOU, not for pussy. But it sure won?t hurt you if you get there.

Here is another post (on a similar subject that ties together 'lifestyle' and 'social status') -

- **"Swag Factor: The Missing Piece for Hot Pussy"**

November 19-23: Thanksgiving Road Trip, 50 Day Agenda, Updates

November 19, 2012 | by Good Looking Loser | Link | Original Link

Just a Heads Up...

I'm actually in San Fran right now.

I'm on a road trip this week up to Oregon for Thanksgiving and to see 2 of my friends.

I'll be back on Friday night (flying back). My Sunday is completely busy though.

For some of the time a whole group of out are going to be out in the wilderness talking shit and having sex (yeah, girls too). Nature-like things. I don't know how much or how little Internet I'm going to have, that's only for a couple days though.

So please refer people to this message if they are looking for me this week. Keep each other motivated, you guys have never needed me to do that.

I'll try to answer all your questions when I get back this weekend and try to keep up with some of them during the week.



~1st Week of December

Going forward, the first week of December I'll be in NYC, we are going to try and get Scotty on camera. Unfortunately, I don't have the "mod" hidden camera to take there, but we'll do our best and in New York it's a little easier to play "tourist" and shoot stuff with the camera. If you thought I was quick or aggressive, you'll see it happen even faster, in board daylight. The people elsewhere that think I'm a pig... you'll think I'm Gandhi compared to Scotty.

~2nd Week of December

The next week I'll be in Florida, and when I get back we'll get the Good Looking Guinea Pig Project going and I should be able get the Kratom shop up in about the next 4-5 week period so you guys can try this top-shelf K. It's awesome, notice how I have a vitamin water bottle in all the pick up up

videos, it's the real deal.

~3rd Week of December - Going Forward

At the same time, Mid-December to February, we are going to really put time into developing the **Get Style** section which will be over at GLL-Lifestyle. I might ask certain people to help or contribute to that as well. It's super important, as you know. Certain non-controlled Rx Drugs will get some attention as well.

AA Program

Sometime soon, hopefully no later than 7 weeks, I'll have the AA program up. It's free, obviously.

It's not just a bunch of drills, but a program that should take all the guesswork out. There's even going to be a calendar/schedule for it. We try to make stuff as easy as possible to do and get you the FASTEST results possible. If you keep trying until you get up to level 7-8, you should be able to hit on 95% of women, in 95% of situations (day/night, group, single, mixed, street, whatever). The remaining levels are just to make you more of a creep (aggressive).

This has been a long time coming because I've had a lot of guys (with different experience levels) do these drills in certain orders, some guys are on the forum, some aren't. These need to be near-Perfect because over the next 2-3 years, thousands of guys are going to do them and are trusting us to kill their AA or figure out what's going on with them. I appreciate your patience in this process. It's largely only me building the programs. Word-by-word, piece-by-piece.

With that said, I'm going to take a good week to eliminate anything I consider "fluff" in the program. This isn't about create the "longest" program ever, it's about create one that works, the fastest. The standard is fairly low in the "community," since the experts don't talk to random girls, but we're obviously not holding ourselves to that toilet standard.

Other Stuff

During the same period, I'll introduce/review a couple of new products that people have been asking about. One of which is the New Bathmate Hydromax x30 (it's good) and the Penomet Dick Pump (haven't used it yet, it's back in LA in the box still...). I also hope to talk more about Yohimburn-ES which can pull FAT and water out of your face (if you are dieting/training correctly). A few of these should be up by Christmas, with their discounts attached. As always, i'll have videos on EXACTLY what you can expect and my own experience with using it.

There's somewhat of a method to the direction I'm steering this ship. Late Winter/Early Spring is going to largely about GETTING RIPPED. Summer is not the time to start. Over the Summer I hope to put together the college guide, so incoming freshman can get off on the right foot and those going back to school can start fucking a lot of girls. Along the way, we're obviously going to have a lot of just the regular GET LAID stuff.

Somewhere in this process, I'll find a way to get to the gym and have a sex life. And Eat.

Don't feel sorry for me. EVER. I love this project and I really love you guys too. Regardless that I've

unintentionally dedicated the past 10-12years to the topics you find in here or how much I "like" this stuff, or even how good the results have been from it, without your interest, none of this is remotely possible.

I want you to know that too.

I get tons of emails, comments, private messages, youtube comments, forum posts, etc. etc. I dont have time to get to them all unfortunately. But I can guarantee this- if you stick around here, we (not just me) will help you accelerate your life. That I can guarantee.

The final thing I want to mention is- most of you guys (I'm referring to the guys who are active on the forum) are right where to need to be right now. You probably don't know it. I can take a look back how long it took me to get good results and it took a long-long time. Even guys that have been here for 1 month are doing stuff that I couldn't (didn't have the balls to) do after my 1st year in the Pickup Community. The average guy who starts here, regardless of experience level, in 6 weeks will be ahead of where I was 6 months. It can work out, just see it through. (and make sure you look as good as possible, just above-average works... but shoot for top 10%)

Chris

- I can't guarantee the spelling or grammar in this post is worth a shit though... talk to you soon :)

What to Expect After You Order The Sizegenetics Penis Extender

November 26, 2012 | by Good Looking Loser | Link | Original Link

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What to Expect From Sizegenetics (& Ordering)

This explains what to expect if you order the Sizegenetics penis extender. Hopefully it answers a lot of the frequently asked questions.

Some of this information is an expanded version of what I discussed in my Sizegenetics Review.

For more information about Sizegenetics and penis enhancement in general, please see-

- "Good Looking Loser's Sizegenetics Review"
  (My Experience, Why It's Great, Clinical Study, Discount Codes, Before and After Pictures, etc.)
- "Keeping Perspective on Penis Enhancement"
- "How To Put On Sizegenetics Video" (Nudity, Non-Sexual)
- Index of Sizegenetics Discussions/Articles on Good Looking Loser

Disclaimer: The information about Sizegenetics is from my personal experience. The contents of this page, such as text, graphics, images and other material are intended for informational and educational purposes only and not for the purpose of rendering medical advice. Please view our Medical Disclaimer for further explanation.

Confirmation Emails

After you order Sizegenetics you will taken to a screen that confirms your order with a printer-friendly version of your receipt.

You will then receive an email titled **[Sizegenetics.com Invoice]**, it looks like this-



Click to Enlarge

After that, you will receive an email titled **[**Sizegenetics **Order Successful]**, it looks like this-



Click to Enlarge

This email gives you access to the 'Penis Health' website. It's actually pretty useful. It has high-quality videos of tons of manual exercises and penis enhancement programs that you can incorporate

with your extender. I haven't seen a better resource for male enhancement on the Internet. They can teach you more and quicker than I possibly could. It normally costs like $50(?) to join but you get free access if you buy a Sizegenetics system.

If somehow you don't get the email, check your spam box. Email providers such as Gmail, Yahoo, MSN, etc. generally filter ANY and ALL "male enhancement" emails to the spam box. Unfortunately, sometimes this one ends up in there. The good news is, the large majority of guys report that they get their Invoice and Confirmation within about 5 minutes of ordering.

note:**In January**, I ordered the *Sizegenetics starter system* (just the extender). In **mid-April**, I ordered the *16-way extra padding*. The extender alone is very comfortable, I could wear it for about 90minutes with no problems. With the additional padding, I can wear it for an seemingly infinite period of time.

My thoughts are this- if you have the money to get the entire system, go for it, it will only help. If not, wearing the extender will work just fine for most people. The extender alone is better than any and all of the older or noose-based penis extenders. You don't "have" to get the whole thing to get excellent results.

What Will My Sizegenetics Order Say On My Credit Card Statement?

Most guys order with a credit or debit card. It's definitely the fastest way.

The charge on your statement will read: **"PEN-HEALTH.C*UK"**

Very discrete.

It won't say "Dick Extender," or "Look at me, I'm trying to enlarge my penis," you don't have to worry about that.



Sizegenetics Order Inside

Who Will Be Delivering My Order? How Long Does It Take? (Shipping / Handling)

DHL will be delivering your order. They are the less familiar yellow and red trucks.

DHL has a minor partnership with the United States Postal Service (USPS) and in some areas of the country, your regular postman will be delivering your order. Don't worry, he doesn't know what's inside the box.

In most cases, **you will receive your order in about 5 days total**. Mine came in 3 days, that is extra fast though.

On a side note- I love DHL. They always know where my stuff is. I try to use them anytime I'm near a DHL shipping center. You'll get your tracking the same day it ships.

By the way, if you order via our link, you will automatically get free shipping.
Check the Sizegenetics review page for the coupon codes.

What Will My Sizegenetics Order Come In? (Packaging)

Like the charge on your credit card statement, the packaging is very discrete.

It will be in an unmarked white box.

The return address says: ***Lativio LLP*** and nothing that suggests it's a male enhancement device.

This is what it looks like-



Click to Enlarge

Inside the box are other brown unmarked boxes which contain your extender, the extra padding*, media (DVD) and spare parts.

There is no evidence that even suggests what is inside. Even the return address suggests NOTHING about the contents of the box.

Don't worry, your postman won't get the chance to tell your neighbors that you are trying to enlarge your dick.

** the extra padding is with the full system*

Okay I Opened the Box, What Should I Expect From Sizegenetics?

If you consistently use it on a regular basis, you can expect preferment length gains.

In my experience (and opinion) it is the best device available to lasting length gains.

But you NEED to wear it.

After the first month, wearing it **as much as possible** is a good idea.

I also want you to know that Sizegenetics isn't a "sexy" device.

It's not like the Bathmate or Penomet in that regard. If you've used the Bathmate with a full boner for several months, you know that your dick stays pumped and huge for the majority of the day. It's fun to and the instant gratification is wonderful, especially when you share your thick penis with a lucky female.

Sizegenetics is not that way however. There's less of a "wow" factor.

The reason I recommend it (and use it) is because Sizegenetics works REALLY well. It is the best

device for long-term length gains. It doesn't give the instant gratification of the Bathmate (or even jelqing) and doesn't have the "bells and whistles," but regular training adds up to excellent length gains. It's small-ish sleek device that works better and is more comfortable than ANY other extender I've used.

The only caveat is- you have to be committed. You HAVE TO wear it.



DVD Included

How Do I Assemble the Sizegenetics System?

It's easy. Most guys can just look at the picture and build it in 10 minutes, you never have to take it apart.

The DVD that it comes with shows how to do it. But if you have a Mac, you can't view the DVD.

I'll explain how to do it.

The video shows how to assemble the system in about 5 minutes.

The page you are looking is not published

View Media

How Do I Put the Sizegenetics Device On?

There is a bit of a learning curve when you are first using Sizegenetics. It took me 25 minutes to put on the first time I used it (and I had previously owned 2 other extenders). Don't worry about it, the first month is mainly for learning how to use it and getting your dick used to it. Within a couple weeks you'll be able to put it on and take it off in about 5 or 10 seconds, respectively.

Click the Video Screen to Play the Video

It Seems I'm Having Trouble Staying Strapped In, How Do I Fix This?

Sizegenetics should fit everyone.

It fit these guys in the flaccid state and they had some of the smallest penises in the world.

Video: How to Prevent Sizegenetics From Slipping Off

The page you are looking is not published

View Media

There's a couple things you can do if you aren't getting a snug fit, any of these should work-

1. **Use the Bathmate.** This will completely solve the problem. You get INSTANT girth from the Bathmate and you'll fill it up.
2. **Jelq for 10 minutes.** Jelqing actually gives you some temporary INSTANT girth too. Not much, but just adding .25" or .5" might do the job.
3. **Enter it with a semi-boner.** This is fine and it's what Sizegenetics recommends if you read the instructions. We are talking a semi though, maybe 65% at most. Strap yourself tight. When you lose the boner hopefully you are still in there, just give yourself a semi-boner again while in the extender. Each boner should be good for 15-20minutes, but use it as motivation to work on your girth.
4. **Flip the strap OVER.** Turn it over so the arrow and holding flaps are upside down.
5. **Add more padding.** If you have the full system, you can add more padding. That helps.
6. **Use the traction powder.** If you got the full system, it came with traction powder. That will help. If not, you can either buy some or use baby powder. That works too and is cheaper.

As a rule of thumb- you want the extender (strap) as tight as possible. The device is made well and even the tightest setting doesn't restrict blood flow significant. My girth is sometimes over 6" and it's fine for me without being too restrictive.

How Do I Adjust the Tension/Traction On the Device?

You can add/subtract the amount of bars you use to dictate the tension.

Also, you can spin the bars to vary the tension within whatever setting you use.

Most guys don't know this and get stuck- they are too big for one setting, but too small for a higher setting. That is easily fixed.

This video shows how to adjust the tension without adding bars.

The page you are looking is not published

View Media

How Do I Know the Correct Tension to Use? (Sweet Spot)

Keep in mind, the first month is for mainly about getting your penis used to be extended (moderately stretched) for hours at a time. It's also for learning how to use it and getting comfortable with doing your regular activities and going out into public with it. You learn along the way and by month 2 you will have the answer to this question.

What you are shooting for is a "moderate" tension. I call this the "sweet spot."

I define this as-

1. A tension that you can comfortably wear for 45 minutes without slipping out.
2. A tension that you can/will usually fatigue at after 2 hours of use.

Basically, whatever "moderate tension" is a setting you can wear for an hour or more. It shouldn't be uncomfortable but at the same time- you should feel something.

It takes practice to find your sweet spot(s). Don't worry, you'll figure it out quickly.

If you are wearing it during your sleep, use light tension, as Sizegenetics recommends.

What If I Get Too MUCH Tension From One Setting But Too LITTLE Tension From The Next Setting?

This is a common issue. If you haven't run into it- you will.

Sizegenetics works, so you'll gain length and might have this problem on your hands (or on your dick).

Basically, one setting doesn't stretch your dick enough. But adding bars makes it too much.

First- try to 'spin the bars' that regulates the tension. (see above: "How Do I Adjust the Tension/Traction On the Device?")

That should do it.

If for some reason it doesn't, or it's not quite enough, this is what I did-

In late April 2012, I ran into the problem where I was too big for 2 Bars (4 in total) and too small for 3 Bars (6 in total). With 2 Bars, I couldn't feel a moderate stretch and I could wear it for 5 hours if I wanted to. But with 3 Bars, I'd fall out before 45 minutes or the stretch would be too much. I decided to hyperfocus on length. Every morning I strictly did length stretching (manual exercises) on my dick for up to 60 minutes. I tugged and tugged on my penis while watching Sportscenter and ESPN First Take. After about 20 days, I could wear the 3 Bars setting with no problem. I gained just about .1" and that did the trick.

During this time I also lost weight, which cut down my "fat pad" a little bit. Sometimes just .05" or .1" separates one setting from the next. Every little bit counts. I've been able to wear the 3 Bar setting ever since. So if you run into this problem, do manual exercises and lose 5-10lbs.

I know a lot of you guys bought Sizegenetics so you wouldn't have to do the manual exercises, but this is surefire way to beat the problem. It will only be for a couple of weeks if you dedicate yourself. No jelqing necessary, just STRETCH!

- Here is a link to the *official Sizegenetics homepage*, shipping is free via our link.
  (check my Sizegenetics review for the coupon codes, they will save you a decent amount of money)

Disclaimer: This FAQ is based on my personal experience with the Sizegenetics system. The contents of this page, such as text, graphics, images and other material are intended for informational and educational purposes only and not for the purpose of rendering medical advice. Please view our Medical Disclaimer for further explanation.

I hope this "what to expect..." guide was helpful. You always welcome to post below.

If you want a much faster response, please ask in our Sizegenetics forum.

December Update: Agenda for Good Looking Loser (In New York)

December 4, 2012 | by Good Looking Loser | Link | Original Link

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December Update, What's Going Down

00:00 Going to NYC, Seeing Scotty going to shoot videos, 1st Week of December

04:00 Ross' Vlog (Good Idea).
Upcoming requirements for the forum: Looks/Style Pictures, Vibe Video, Vlog 7-10Days for Get Laid advice

06:50 Privacy concerns

08:00 Why most pick up/PUA forums never help anyone

- "Why Most PUA Forums Are Completely Worthless"

11:20 Rest of the Month what's coming

Douchebag - A Term of Endearment

December 15, 2012 | by Good Looking Loser | Link | Original Link

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Be A Douchebag

Hey guys, it's been way too long since I posted new material on GoodLookingLoser.com, I've been really busy and working other areas of GoodLookingLoser.com (AA Program). Things are settling down and I'll be back to posting one new discussion every ~10 days. I'm waiting until I get back home to post the other footage of Scotty since my laptop is an old Mac Book and the computer inside is even older, it doesn't support the software that I use to link to merge the videos, make the captions, watermark, etc.

This post is a long time in waiting. Perhaps it will pull together some things for some guys.

On the forum the other day, "Dickie" blessed us with one sentence of Sun-Tzu-esque prophetic insight-

> ***"For every guy who looks at your style and thinks you're a douchebag, there is a chick thinking that you are sexy."***

It's true.

The quote reaches far beyond style (the topic at hand) and can basically apply to every aspect of your looks, style, social freedom, character, lifestyle, vibe, etc. etc.

I'm telling you- **BE THAT DOUCHEBAG.**

It's worked fine for and EVERY single guy I know (in and out of Los Angeles) that bangs a lot of top-shelf chicks.

Nobody mistakes them for "nice guys," not their haters (average nice guys that don't get pussy) and more importantly- not the girls they wake up in their bed the following morning.

If you are being called a "douchebag," no matter how big of a loser the source is, you are on the right track.

If you aren't, work on that.

Chances are you aren't making enough of an impact yet. If average guys are mistaking you for one of them, chances are everyone else is. We've gotta work on that.



"Be That Douchebag"

When I first got started with this stuff back in 2008, some the best advice I got came from "Jake P". Jake told me- **"BE THAT DOUCHEBAG, YOU HAVE IT IN YOU."** when he saw that I was getting sidetracked by all the guys just silently staring at me while I was talking to some girls.

Though I was hardly much of a douchebag at time and my approach to stuff is probably 180 degrees different than the community stuff I used to do in 2008, I got the proverbial "green light" to **BE THAT DOUCHEBAG**. I needed to hear that, I respect Jake because he is one of the few guys (there's maybe 3 or 4) in the entire seduction community that actually gets pussy.

The amount of changes I've made since the "PUA" days is staggering, but that moment stands out.

It wasn't until early 2010 when it really sunk in and not surprisingly my results went way up.

Now I can't go 24 hours without someone reminding me that I'm a douchebag.

In all seriousness, in any single day-

I probably get called a "douchebag" either behind my back or on the Internet more than a hot girl gets called "Hot."

I've earned it though.



On the "Teen Girl" video that went semi-viral (one old youtube channel), there were at least 50 comments guys calling me a douchebag. Probably 150 if we count the Reddit page and the Bodybuilding.com thread.

It shows me how far I've come.

I never hear things like "he'd make the best boyfriend," "he's such a nice guy," or "he's a funny guy," anymore.

More importantly- I never hear things like, "he's a pussy."

So if you wondering what you are supposed to be, act like, look like and even SMELL like to the average person, think of one word- **DOUCHEBAG.**

If you need permission to or want to know if you are on the right track, here it is-

BE THAT DOUCHEBAG.

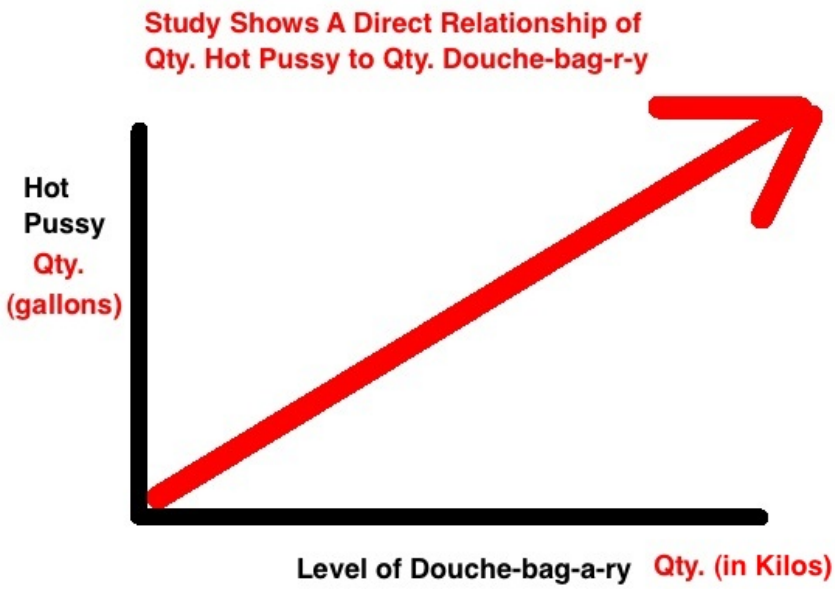
Scientific Proof

Despite my obvious "douchebag" appearance, I'm actually quite smart (telling you fits the character).

I explained this on my Law School application to the University of California-Davis, the University of Southern California and also to Fordham.

In an effort to consolidate the best sexually active douchebag minds on the Internet and gain credibly with lesser intelligent scumbags (that also enjoy a plethora of domestic and foreign pussy), I like to post excerpts from clinical studies.

This one is quite easy to understand-



"Douchebags Eat Hot Pussy"
Journal Experimental and Applied Douchebagary; 2011 GoodLookingLoser, et al.

These guys look ridiculous, but they probably get more cunt than the average guy.

What the Fuck is a Douchebag Anyway?

The word "douchebag" is used so often by Nice Guys it that now has so many definitions.

It's more overused by Nice Guys than the word "Slut."

What's more, it's used inappropriately most of the time.

~~Lets consult a respectable source, like Urban Dictionary, for a [concise] definition-~~

Since Urban Dictionary has 10,000 different definitions, lets take a look at OSD-

> ***"a derogatory term, used most often to describe males; a jerk, an asshole."***

While our definitions will vary, I feel this definition is probably the most accurate of what 'douchebag' is actually supposed to mean. It's certainly not a bad thing.

It's certainly better than "nice guy," "pussy," "insignificant" or "dork."

Again, it's been twisted all over the place by bitter, jealous, nice guys that use it to describe anyone that stands out, has more status and gets more pussy than they.

Characteristics and Behaviors of Douchebags

1. Isn't a complete loser.
2. Knows he isn't a complete loser.
3. Isn't a complete pushover.
4. Gets pussy.

5. Knows he gets pussy.
6. Has an intelligent side.
7. Has an unintelligent (bro) side.
8. Has any tattoos.
9. Has any piercings.
10. Wears any accessories.
11. Works out (superficial, narcissistic behavior).
12. Talks to people he doesn't know.
13. Dresses to stand out.
14. Speaks loudly.
15. Has a picture on Facebook where he isn't wearing a shirt.
16. Knows how to dance.
17. Looks in the mirror more than 0 times a day.
18. Doesn't know how to dance but at least tries to so he isn't standing on the side.
19. Has opinions and will share them.
20. Is in love with his dick.
21. Refers to girls as "chicks" in a non-demeaning way.
22. Laughs at feminists because they are girls and can't get pussy.
23. Visits GoodLookingLoser.com
24. etc. etc.

The term is so overused, anyone who has one or more of these characteristics/behaviors can be called a douchebag.

Your job to adopt and engage in as many of these non-Nice Guy characteristics and behaviors as possible.

fun fact: Before I bought the domain GoodLookingLoser.com I considered getting TotalDouchebag.com.

Top Douchebags

The term is definitely connected with status.

If you put ANY male celebrity's name in Google and add the word "douchebag," there will be countless numbers of average people giving their average opinion on why the individual is a douchebag. See the trend?

This website lets average people express themselves and rank their favorite douchebags.

An Organic Kardashian Butt Hair Would Go For Several Thousand Dollars on eBay.

Barack Obama, Douchebag
George W. Bush, Douchebag
Brad Pitt, Douchebag,
Bill Gates, Douchebag
Johnny Deep, Douchebag
Kayne West, Douchebag
Kim Kardashian, Douchebag
Donald Trump, Douchebag
Madonna, Douchebag/Whore

Mel Gibson, Douchebag
Justin Bieber, Douchebag
Jesus Christ, Douchebag
Tim Tebow, Douchebag
Cam Newton, Douchebag
Tom Brady, Douchebag
Tiger Woods, Douchebag
Chris Brown, Douchebag
Jay Cutler (Quarterback, Chicago Bears), Huge Douchebag

At the end of the day, each one of these people could sell one of their pubic hairs and make money than the average nice guy does in a week.

They also don't have much trouble getting pussy.


Meet Bob. Bob is smart. But Bob doesn't get why girls like jerks. There's a lot that Bob doesn't get.

The Douchebag Misnomer

The truth is, the hundreds of thousands of men (and handful of women) that have been called "douchebag," aren't actually douchebags (a jerk, an asshole), per definition. They aren't jerks or asshole.

They are just higher status than their accusers and usually **not neutered complete Nice Guy pussies.**

Since term is so overused, in my professional opinion, it means basically nothing other than that when heard socially.

The guys that are most often accused of being "douchebags" are generally just confident guys that get pussy and aren't scared to stand out. Some aren't even that confident and don't actually tag that much pussy, they just stand out (me 1982-2008).

Rarely is a douchebag actually a loser that gets no pussy and doesn't have friends. Socially, it's usually an endearing term.

- **The Douchebag** upsets the average guy because he knows/thinks that "the douchebag" is likely within the 10% of guys that can Get Laid without being in a relationship while he is part of the 90% of undersexed Nice Guys that can't Get Laid.
- **The Douchebag** upsets the average girl because she knows/thinks that "the douchebag" isn't interested in her because he doesn't have to settle for average pussy. He unattainable for a relationship and emotionally unavailable (she's tried on similar guy and gotten burned). What really upsets her is that he is usually one of the legit alpha dawgs, the type of exciting guy she can't keep.

Perception is reality.

You can use the perception to your advantage, even if you aren't actually a douche.

Don't fight it. Lets the nice guys call you that and play into it from time-to-time. It's not bad.

WE AREN'T HERE TO MAKE YOU ACT LIKE A DOUCHEBAG.

WE ARE HERE TO MAKE YOU A DOUCHEBAG.

Like "pick up" or "being a player," being a Douchebag is you ARE, not something to "DO".

One guy from the Reddit crowd actually contacted me after watching the "douchebag" video of me scooping up that cute teeny girl. He was blown away by the website and the stuff the guys talked about here. He told me it was a complete breakthrough that shattered his universe, this was his initial reaction-

[–] **Irrelevant_pelican** -2 points 1 month ago

A teen girl?!?! OH MY GOD, THAT DISGUSTING, PEDOPH---

....she's fucking 18? ...why bother pointing out that she's a teen, knowing that would be controversial, if she's legally an adult (and therefore her "teen" status doesn't matter)?

I'll admit, I cringed at specific parts. I don't think I'd be able to do this guy's particular method. I cringed at "I love you," and the repeated hand grabs. I thought the way he initiated it was awkward, I'd have to have a different approach. But then again, what the hell is the right approach when trying to talk to a random chick at a store??

In the context of this video, what he did worked. He chatted her up, I saw nothing wrong with that. He made her comfortable. I found nothing cringey about his conversation considering *it worked.* It wasn't the smoothest thing in the world, but hey, this is real life.

And she got in his car... I mean, I'm looking at it like, "HOW THE FUCK DID THAT WORK!?!?"... But if these vids are 100% not staged, then nothing I say really matters. He sealed the deal, he got the gold, he was successful, any discussion of him being "douchey" or "that asshole in high school who gets all the chicks" sounds really, really fucking pathetic.

If the chick had ran away in horror, left him hanging, or dissed him horribly, it'd be an awesome cringe. But... he got her. There's no embarassment for me to vicariously experience. Nothing to debate or discuss, imo.

permalink

As usual, you are welcome to comment on this and ask questions.

Later this week look out for the fresh footage of Scotty being a douchebag [aggressively picking up girls] in streets of NYC.

Until then:

~Screen that pussy

~Be that douchebag

you have our permission.

Claim That Pussy (Permission)

December 18, 2012 | by Good Looking Loser | Link | Original Link

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You Have Our Permission

One of the biggest issues I've seen with the "average" [non-community] guy is that he hasn't given himself permission to get pussy.

Maybe his looks are above-average, maybe his style is above-average and maybe he's actually pretty confident past the first 30 seconds, but the second he puts himself in a situation where there's chicks around- all that goes out the window.

He's waiting for something.

Maybe an IOI, maybe some sort of green light, maybe even a sign from God, "Claim that pussy!!"

Here's the deal- give yourself permission to hit on girls.

You have my permission.

Go claim that pussy.

Otherwise someone else will.

There's very few situations where it will be completely "normal" to hit on a girl.

Guess what?

THAT'S WHAT WE DO.

WE BARGE IN AND RUN SHIT.

(years ago it actually really helped me to hear that)

Sometimes it works (and it turns out she was DTF).

Sometimes it doesn't (and turns out she was not DTF).

THAT'S HOW THIS WORKS.

YOU BARGE IN AND SELFISHLY INTERRUPT EVERYTHING.

Video: Give Yourself Permission to Approach Women (Claim the Pussy!!!!)

Here's some examples from recent memory, there's probably more, notice that none of it is "normal" behavior.

1. Scotty sat right down next to a girl in the food court and told her to stop texting. He even took her phone away temporarily.
2. Scotty wrapped his arms around a girl that made eye contact with him, in order to stop her from getting past him.
3. I yelled at a girl to stop walking to her car and come back and talk to me.
4. A girl wouldn't stop walking quickly and didn't get the hint that I wanted to hit on her so I grabbed her arm and stopped her.

5. We barged in and interrupted three girls at their dinner table.
6. I told a girl to hang up on her friend because I wanted 3 minutes to hit on (screen) her.
7. A girl was on her 10 minute lunch break and I took her entire time up because I needed to see if she was cool.
8. Scotty "forced" a girl that was late to work to miss her train.
9. I didn't want to wait in line to talk to the girl at the cash register, so I just cut in front of everyone.

9 examples (some were from the videos) off the top of my head.

WE BARGED RIGHT-THE-FUCK IN and DID OUR THING.

Seems rude right?

In ALL 9 cases, we either took the girl's number or took her somewhere else.

None of it is "normal" behavior.

Remember, "normal" behavior is to stare at the ground in front of you and not look up or think of acknowledging the high-quality pussy that is on its way to more important things.



I might look like I live a super interesting life, but it's actually kinda boring.

Whether you know it or not, just trust me on this-

Most girls live pretty boring lives. So boring that the majority of them need to create drama just to feel significant and alive. When there's no drama to create, they'll go watch reality TV to find some. If nothing else, if you FULL ON approach and hit on a girl during the day, it will be the most interesting thing that has happened to her in a long time.

Give yourself permission, ENGAGE THAT PUSSY!!!!

Despite the popular notion in some PUA circles that "Hot girls get approached EVERYWHERE, 10-15 times a day, they are sick of it so you have to really make a HUGE impact," it doesn't actually happen. I hardly ever see guys talking to girls they don't know. I certainly don't see them confidently walk up and start an interaction.

Community guys that actually approach women make up less than .0001% of the population and "normal" guys hardly ever hit on girls during the day. Even at night, a lot of guys need 2+ drinks to even speak.

At most, hot girls hear guys yelling at them from a distance or see some guy making small talk with

them in a safe situation (cashier to customer), but no phone numbers are exchanged and it's fairly awkward. In most cities, it is RARE for a guy to do a FULL ON approach and even more RARE for a guy to touch them during the day.

Trust me, the stuff that we do is RARE.

Some of us, including myself, are in so deep that we forget how it takes a lot of BALLS to do what we do and it's not for the average guy. Give yourself some credit for that. Even if you've just hit on a handful of girls in your life, while sober, it's more than the average guy is doing.

But you aren't here to be average, so don't be.

Give yourself permission, CLAIM THAT PUSSY!!!!

If you want to run aggressive "game" and productively and efficiently get girls IN or OUT, you have to give yourself permission. That's the only way to play this 'numbers game' and put together a vibrant sex life, not limited to your 1 or 2 social circles.

You'll hardly ever have a **GREEN** light, but you just gotta dart through the intersection and do what you gotta do.

Half the time you won't even make eye-contact with the girl, just get her attention and do your thing.

Half the time she'll be typing drama / meaning talk on her cell phone, just do your thing.

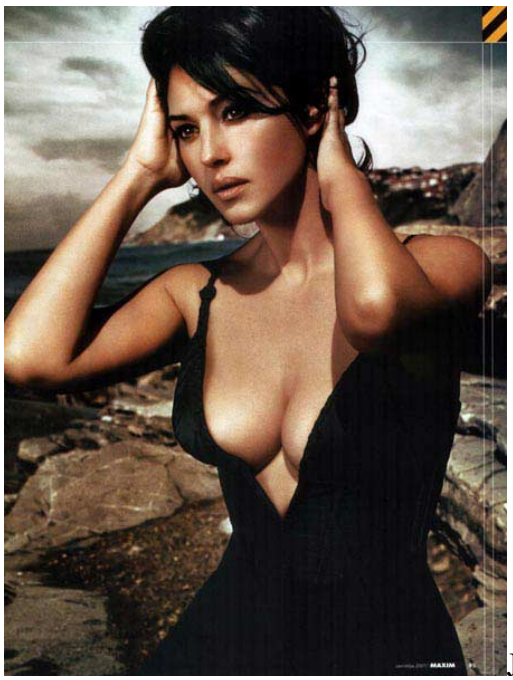
Half the time she'll be in a below average mood, which has nothing to do with you, just do your thing.

Half the time you won't even look your best, just do your thing.

Half the time you won't be in a great mood, just do your thing.

Half the time you might be thinking about another chick(s), just do your thing.

Half the time you won't be entirely sure if the girl is hot enough, just do your thing.



Just do your thing, if you've set out to hit on some girls- just pretend you are talking to a wall if you aren't in an engaging mood or if you are in a low state. It's better than being a pussy. If you made the plan of talking to a few girls, just accomplish that. Who knows, you might find some pussy that is ready and willing.

There's been days when I've been in the worst mood, but I just wanted to get out of the house so I went to go see what I could find. Sure enough, sometimes (admittedly- minority of times), I'd meet a

girl that brightened my day.

One time I met a girl at Ralph's (grocery store in LA) that was in an even worse mood than I (she was cool, just in a bad mood like I was). We had a "fuck the world" dialogue going on and 50 minutes later she was back at my place and I was slamming my hung fattie way further back in her than she might otherwise have wanted. "The pain felt better than the issue with her best friend," or something like that.

It's easy to hit on girls when you have a buzzed and loving life. It's not as easy when you feel below average. You could sit at home and be mad or maybe you could do something that don't feel you'd enjoy. Use that time to reach down, hit on a couple of girls, regardless of what happens you'll probably be proud of yourself, who knows, you might want to do more. You never know...

Either way, in whatever state [of mind] or scenario you find yourself in. No one is going to give you permission to talk to girls. The good news is- NO ONE HAS TO. You just have to give yourself permission.

BARGE IN. CLAIM THAT PUSSY.

Executive / CEO Frame

December 27, 2012 | by Good Looking Loser | Link | Original Link

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You Work For Me



A popular concept in surrounding this "pick up women" stuff is having and maintaining an alpha "frame". This so-called "frame" communicates your confidence (or lack thereof) and supposedly is the core behind your words and actions. In general, the idea is to have solid "frame" so you don't get sidetracked from your goal- GETTING LAID. There is a notion that an alpha frame can be taught - I don't quite agree but I feel it can be developed if you know what you are shooting for and have an example to follow. Frame, just like any sort of "game" shit, is simply a manifestation of social freedom.

The Executive (CEO) Frame

A wise man once saw one of the "faster/aggressive" videos and commented that I have an "executive frame."


PUA-Zone, Click to View

I had never heard the term "executive frame" before but it's definitely captures what I'm shooting for. Good thinking, Sgt. Gumbles. Basically, I'm the boss - the girl is the worker. Better yet, she's the secretary. I order her around (but not in a total asshole way). I interact with her within that dynamic AT LEAST until I screen her and she passes (e.g. grab hold of her hand and she doesn't stop me). It's an effective first impression on emotionally-healthy women that like to get fucked by an alpha male with more power than they. What's also good is that the "boss-worker" dynamic remains throughout the entire relationship whether that be 1 night or several months. She'll always look at you like you are the boss. Provided you met an above-average first impression, they never forget "how" you picked them up even if they don't remember what was said. It's actually kinda funny when I catch a girl in her office attire during the week.


General Tso's Chicken (On Friday's)

Here some things to keep in mind when carrying the "executive" frame-

- You are the boss, you give orders (but in a nice dominant way).
- She is the worker, she follows the orders (but in a willing feminine way).
- You set the agenda, there's not a lot of time to set sidetracked.
- You have to delegate to a lot of responsibilities so you don't have time to dilly-dally.
- Ultimately, we are the same team - we are paid to produce to results.
- You mean more to the team though. You are not expendable.
- You are paid more too.
- You have a bigger office and a nice view of the girls playing in park across the street.
- You reward your workers, sometimes.
- Every day at 11am she orders delivery for you, from one of 6 different restaurants.
- You generally get food the healthy places, you aren't the fat, slothful boss.
- Except on Friday, you get General Tzo's chicken from the Chinese place.
- The company pays for it.
- If she's serious about her work and looking for a future promotion she'll use the time to impress you.
- If she doesn't do a good job, you'll find someone that will.
- Even if she does a good job, she's up for evaluation at the end of the month just like every other worker.
- You mean business, that's why you are the executive.
- Lets get to the point. Shall we?
- You Get Laid because of your job, but don't rely on that by any means to get pussy.
- You aren't a heartless boss, but you are kinda sleazy sometimes.
- You have the discretion to remind her that you are the boss.
- I'm not here for your entertainment.
- There isn't' gonna be a "strike 3."
- Upper management (the CFO, President and Board of Directors) all sleep with the female employees.
- If she sleeps with you, she might get consideration for a promotion. But maybe not, there's lot of competition around here.
- Rumor has it that all of her co-workers sleep with you too.
- You've spent a while with the company but were promoted quickly, which created outrage among older employees that have been with the company since 1987.
- To work is an honor.
- Outside the office, I'm cooler than you too. And You know it.

Just based on my appearance (society tells me it's masculine), I go for a 'more-friendly but alpha' executive, not the total scumbag boss. Scotty is masculine too, but he goes for the total scumbag boss, he can't help himself. You can justify either. You might have play around with it to see which your employees respond to better. There's more to it but I'll let you think of which parts I left out. It's not because I'm lazy but because you have a better idea of what the executive frame will look like on you. Not that I owe you an explanation. I'm the boss.

Statements As Questions, Tell Don't Ask.

This a technique. Don't think for a second that any sole 'technique' (GoodLookingLoser or PUA) will result in 'creating attraction' to the point where a girl's pussy goes from dry like Las Vegas in July to hot like Mexico. Techniques, like frame, are simply a manifestation of social freedom which is arguably slightly less important than your looks. I'm discussing the technique so your gain better perspective on the "Executive Frame" more so than suggest 'do this' and you'll get pussy. **Tell Don't Ask, works like this-** Instead of asking questions like, "where are from?" or "what's your name?" You would say, "Tell me where you are from." or "Tell me your name." You **TELL** the girl to give you the answer instead of asking her. **Here are some more examples-**

- "What are you up to?" = "**Tell me** what your up to."
- "What are you doing tonight?" = "**Tell me** what you night looks like."
- "When are you available to hang out?" = "Take a look at your schedule real quick, **tell me** when you have time open."
- "How do you guys know each other?" = "**Tell me** how you know each other?"

You get the point. Keyword is **"Tell me."** Executives are used to bossing people around, their time is limited so a lot of them don't ask question, they simple demand answers. Now, I don't do "Tell Don't Ask," all the time. In fact, if you watch the videos - it's probably a minority of the time. From habit, I tend to do it on the hotter girls. But again, the actual technique doesn't get the pussy, the overall looks, style and in this case- overall social freedom does (assuming sexual availability).

Rude Executive

Keep in mind that the executive frame is not supposed to come off "rude" or arrogantly. You aren't supposed to be "talking down" to girls, even if they didn't score within 799 points of you on the SAT. That is conceited and arrogant.? If you often find you are getting responses (aka MORE THAN ONCE) such as "that's rude." "you're a douchebag!" or "don't tell me what to fucking do!" then you've probably taken it a little far. That's okay, there will be a learning curve with this, especially if you are trying to break a "nice guy" frame. Keep at it, but remember- she works for you but you have keep the workers happy so they remain productive - or in this case, turned on. ? - still better than



being a nice guy :)

Semi-Retarded: I'm the Prize! (Popular PUA Frame)

There's a popular concept/affirmation in the PUA community that states tell yourself that "I'm the prize!" in order to establish and hold a masculine frame. This is groundbreaking to a lot of nice guys that place so much value on whatever girl they are speaking too, especially if they are hot.

The problem with that, however, is- that's a far as the "affirmation" goes.

A guy can repeat, "I'm the prize! I'm the prize!" 5,630,210.5 times in the mirror and have it do jackshit for his frame.

Rather than talking to a mirror (you know what I think of affirmations) or pretending, try this instead-

BE THE FUCKING PRIZE.

- Do the AA Program so you can go out into public and not be nervous.
- Get your ass in the gym and develop a body that women and gay guys masturbate too.
- Get a cool hobby (goal) or two so you have other shit you enjoy in your life.
- Get a tan.
- Whiten your teeth (shit I gotta do that).
- Put on some clothes so that you stand out (in a good way).
- Lose the glasses Poindexter. (some exceptions)
- Stand up straight for Christ's sake.
- Get the Bathmate and pump up your dick so it rest warmly against your leg when you are talking to women.
- Be sexy.

A minority of guys will say, "that's superficial!" That's right. It's superficial. Women are superficial and so are we. It doesn't make us emotionally unhealthy. My goal is to GET YOU LAID not "give advice so long as it's not superficial." Besides, "superficial" or not. Women are attracted to sexy guys. That doesn't necessarily mean just the "good looking" guys, rather the guys that "look good." Like David DeAngelo said, "attraction isn't a choice!" He just didn't know what he was talking about.

Getting Paid to Improve Your Social Skills (Boy Toy)

January 2, 2013 | by Good Looking Loser | Link | Original Link

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Get Paid, Get Social Skills

Why sales is an awesome job, and all the ways it will benefit your social life!

By: Boy Toy (Good Looking Loser Authority) from www.boytoystory.com



Forward by Good Looking Loser

It's rare that I meet a guy, especially one that's younger than I am, that seems to understand "the game" as well or arguably better than I do. Especially not a teenager. In fact, it's never happened.

Meet Boy Toy.

What's even crazier is this guy (kid) is only 20. He's been with us from the start (he was 19) and possibly has more experience using our material than anyone in the past year. He lives to hit on women (and fuck them, of course). You can basically trust his advice as if it were coming from me. I've spoken to him for hours on end and he has a lot to share with you. I interviewed him and I'll post that soon. I'm honored to have him be part of our community.

*In the coming week, I'm going address an obvious issue that seems to be popping up with a few of our main members. They have above-average looks, they have above-average style and certainly have above-average social freedom. On paper, that's the key to getting pussy... and it is... provided you have **SOCIAL SKILLS**.*

I'll address that really soon and it will be an eye opener for some guys. I'm not going to say what you think...

If you think that you lack social skills or even social freedom, follow Boy Toy's advice below and you will almost assuredly improve your social skills. His suggestion may actually better translate into broad real-world success with women than the other "more popular" suggestion- be a bartender.

If you are really looking put yourself out there or just improve your social skills in 2013. This is a

damn good place to start.

Background

I used to be the loser.

You know, not the good looking loser, but the nerdy lonely loser with no social skills. I had no friends, no girls, and a lot of problems with my family. I was bullied in school, played computer all day and cried myself to sleep at night. Every time I changed to a new school, I was popular the first couple of weeks, until they got to know me. I even got a friend for a month or two, but that fucked up as well. Worst thing was? I DIDN?T KNOW WHAT THE HELL I WAS DOING WRONG!!! Thing is, I was clueless. I didn?t ?get? the social game. I didn?t understand it. I simply had no social skills, and my mom has actually confessed that she was worried if I would ever get a social life at all.

So I decided to try to fix it. And it wasn?t easy. But in the end, I succeeded, and I will never regret the time I spent to get this part of my life figured out.

The social skills I have acquired have been a huge part of my success in the past 2-3 years:

- Being the most popular/famous guy in school.
- Having a great relationship with my family.
- Getting a best friend.
- Performing great in my jobs.
- Sleeping with 1 or 2 new girls a week.
- Retaining long term fuck buddies and open relationships.

If I hadn?t handled this issue, I would still be the loser. Even though I am a tall, good looking guy. You will get nowhere in life without a basic social understanding and the ability to small talk and have conversations with people. Work, family, friends, girls, sports, whatever - there?s people everywhere. Social skills are simply essential in life.

One of the major things that has improved my social skills is being a salesman. I have worked in sales since I turned 17, and I have sold over phone, email, on the street, in stores, at expos, you name it. Besides earning a good amount of money, I have also learned a TON of social skills from it. Actually, I attribute a lot of my success in life, to sales. I HIGHLY RECOMMEND everyone with interest in self improvement / social dynamics / getting laid / getting a social circle / beating AA, to get a sales job.

Let me tell you why.

Money

First of all, being a salesman is a good way to make money. If you do well, you can easily earn 2-3 times as much as in an ordinary job. Sometimes more, sometimes less.

Main point is, you get what you are worth.

If you don?t sell anything ? you wont earn anything. Yes, sometimes its hard, and yes, after 10 rejections in a row you sometimes feel hopeless and want to give up. But if you fight and push

yourself and keep trying ? it pays off. Just like everything else in life.

Approach Anxiety

In most sales jobs, you have to take contact to people.

You either have to call people, stop them on the street or say something to open a conversation with them in a store. In other words, you have to COLD APPROACH. By doing sales, you will get used to opening people. This will highly reduce your AA. Stopping girls on the street is no big deal, if your work is stopping girls on the street from 9-5. Making contact with a stranger is no big deal, if you have done it hundreds of times before.

Verbal Conversation

Do you feel like you don?t know how to socialize or small talk?

Go into sales.

As a salesman, you will learn how to start conversations with people you have never met. You will learn tons of good ways to open and make people stop in their day to listen to you.

But even more important, you will learn the next step: small talk / banter / fluff.

Whether you want to sell something, want to build a social circle or want to fuck someone, you need to small talk. You want to talk to people and build a connection with them. You do this with basic small talk. This can be talking about the weather, talking about something situational, complimenting people, talking about the news, their dog, whatever.

You absolutely NEED to be able to keep a conversation flowing, if you want to sell something.

You absolutely also NEED to be able to keep a conversation flowing, if you want to make friends or have sex.

Sales is basically talking to people. The more you talk to people, the better you get. (Surprise!)

Body Language

One thing is the verbal dialogue. The other thing is the physical.

Body language, tonality and stuff like that, is a big part of sales as well.

You will learn how to use your own body language to communicate what you want, as well as you will learn how to read other people?s body language. You will also learn the importance of ?mirroring? people (adapting to their body language and voice).

Boy Toy says: For instance, if you talk to an old lady that sits on a chair and speaks very slowly and quietly, you DON?T want to: move your body a lot, swing your arms and speak very fast and loud with a lot of swear words. People like you, if you ?seem familiar?. Not if you are completely different.

In pick up artist NLP lingo, this is called ?rapport? This is very useful, and will benefit your social skills a lot.

Trust/Comfort

Would you ever buy anything from anyone, if you didn?t trust them or didn?t like them? I don?t think so?

That?s why, in sales, you really learn how to build trust/comfort, and how to make people like you.

I don?t think I have to explain, why this is important if you want to get laid / make friends.

Besides all these pretty obvious things, you will also benefit a lot from sales in your mentality and mindset.



Psychological/Mental Benefits

You will learn the importance of persistence. You will learn that in sales as well as seduction, you often get some resistance and obstacles, but that many of these can be overcome if you don?t give up and keep persisting.

You will learn how to CLOSE THE DEAL. Whether is closing a sale or getting your dick wet in some hot girl?s pussy, the most important thing is to CLOSE. When you do sales, and you get the window of opportunity, where the customer shows interest, you try to close the sale. There is a very common principle in sales. ABC ? Always Be Closing. Because often, in sales or with girls, if you don?t strike while the iron is hot, you might lose it.

So, when you always look for interest and try to close in your job? Do you think that you will be more conscious of opportunities with girls, and that you will ACT and TAKE ADVANTAGE of these opportunities more often? I bet you will!

In sales, you will also get used to making people happy / making their day / giving them a good experience. This is very useful, and is a habit that will affect your social life as well. When you usually smiling, have a good energy and make the customers feel good ? you will probably do the same when you are socializing.

Conclusion

The conclusion is very clear.

Whether you have decided to improve yourself, beat approach anxiety, improve your social skills, get more pussy, learn how to make friends or whatever goal you want to accomplish. GO INTO SALES. Seriously. Do it. Most people need a job to make some money anyways. Here is your chance to improve your social skills ? and get paid to do it!

Action plan / How to get a job

I would recommend you to start in telemarketing (working in a call center, where you call people over the phone and sell to them).

This is the easiest and most comfortable way to start and learn the basics of sales.

- You don?t have to face the customer. You can sit on a comfy chair in the safety behind your phone.
- Don?t have to worry about the body language of you or the customer (besides tonality and voice)
- You can have all sorts of ?cheat-sheets? in front of you, with openers, small talk lines, product information, closing lines, etc.

Heck, you can even have a paper with every single word you need to say, so you can read aloud from that in the beginning. This is a HUGE help, so you don?t have to worry about what to say.

- You have a lot of colleagues and supervisors around you, to help you all the time.
- If you fail, it?s not a big deal; you can call the next customer in 10 seconds and try again.

So, what can you do now?
(Plan for ACTION)

1. Find 3 call center companies in your area.
2. Call or email all of them right NOW and ask for a job.
3. Don?t worry about your resume and CV and all that shit. All that matters is results.
4. Tell them, that you want to work for them. Ask them, when it would be possible to have a meeting to hear more about the job. Agree on a time and date. Ask them, if there is anything they want you to bring. Go to the meeting, smile and act normal. Call centers always need employees.

Congratulations on your new job.

I hope that this article has been useful and worth your time. If you have any questions, comments or requests, don?t hesitate to contact me.

Have a wonderful day and make the most of it!

Boy Toy
www.boytoystory.com

How Amir Totally Beat Approach Anxiety and Got Laid a Ton

January 3, 2013 | by Good Looking Loser | Link | Original Link

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SSK vs. Approach Anxiety

By: Amir (SSK08)

Forward in italics from Good Looking Loser (Chris)

Welcome to 2013.

For a lot of guys 2013 represents a fresh start. A lot of guys have goals that they have promised themselves that they would see through this year. It's no surprise that the guys that hang around our creepy website and forum are pretty ambitious. Just like you. We have big dreams, big goals, big cocks- why else would be be here?

It's important to dream. But we need to keep in mind that "a dream without a plan is just a wish."

In determining your goals for 2013, I ask people the question-

> *If you could accomplish only ONE thing in 2013, but accomplish it with 100% certainly and completion, what goal would that be?*
>
> *What ONE goal could you accomplish in 2013 that- if NOTHING else went your way- you'd still be totally happy?*

Whatever that goal may be- deserves your undivided attention.

For a lot of guys that goal is to beat approach anxiety. To prevent their brains from shooting off chemicals that keep them on the sidelines in life. It can be done. While our beginning curriculum for our approach anxiety program is arriving at the end of month, I encourage you to start now and keep a log on the AA forum. We have a few drills for you to do to keep you occupied. You probably aren't going to beat AA in a few weeks, so why not just get started a little bit now?

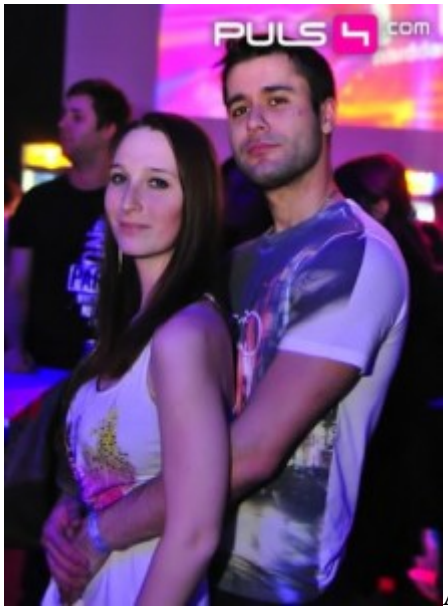
One guy that was successful at eliminating the VAST majority of his approach anxiety is SSK08. You've probably heard about him. With our less-than-organized material and the forum he beat it in about 4 months. It beat it into a pile of powdered shit and then sweeped it out into the streets of Manchester.

This time last year he'd experience shortness of breath and his heart would be beating out of his chest when he even thought of approaching ANYONE. He had social anxiety, a whole other monster. By Summertime, he was aggressively women and having sex with them.

I had him write up his 'Year in Review' and you can read it below.

It's some pretty deep shit! He's earned it.

SSK's 2012 Journey to Social Freedom



Alright guys, this is it.

No more peeking with fear at girls on the other side of the train for minutes. No more paralysis in bars and clubs. No more apologies for doing what I want. No more going home to my room, closing the door, crying in my pillow, with mom coming in asking what's wrong and no more asking mom why no girl wants me.

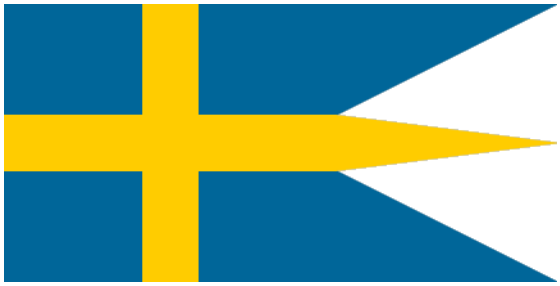
There was an easy way out, that I could've taken, ?thanks? to my father's culture. Simply going to Pakistan and pick a girl for arranged marriage. I'm not a quitter, I don't exit the sexual market that easily. Just as my dad never gave into that himself, he wanted total control of his sex life. That's why I'm here today, half-Finnish & half-Pakistani, that could be mistaken for anyone from the Middle East, Mediterranean to South America. Our family is lower middle-class at most by the way, currently situated in Sweden, split up. I have lived in four different countries, now in Ireland.

My father's brothers are not happy with their traditional eastern lifestyles, they are not happy with their fat fives, but they love their children. It's good, because they love their children, but sometimes too much, so it could've been even better if they broke free from the obligations.

Not sure if my father was exaggerating about he fucking 20 women in his lifetime all over the world. I wouldn't be surprised, he has top 5% social freedom. He screens women by just small talking to them, he brings them over to me to greet me. He bargains in electronic superstores where there are only white workers ?Hey brother come on, discount, this product actually sucks?. He is picky when he supervises the pizza he ordered. He even lost his arm in a traffic accident around when I was born in 1988. He has been suicidal too, he never lost his faith in God though. Faith can change a person a lot, I know that. My father always told me to man the fuck up, instead of crying. It was a bit difficult, because I grew up with my mother and sister.

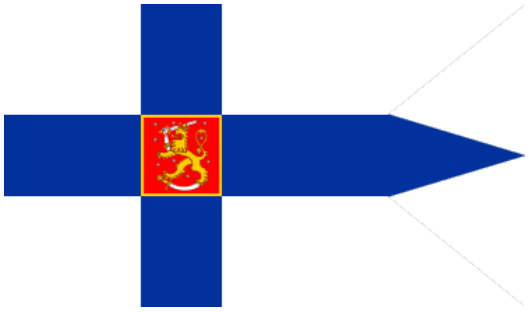
By the way, my mom's answer to my question, why no girl wants me?

?You have to find the right girl, the time will come, I promise, please don't kill yourself!? I was in the Army back then and could've ended it effortlessly. I also had a short-sword if I choose to do ?Seppuku? in case all hope is lost. I didn't believe her, I thought I had a curse from God. I was simply not on girls radars, but we both know that I was confident with pulling girls' hair and fighting boys until the age of 10 where I had to submit to society, teachers and parents. I have realized now, that is also the point in my life where I started getting depressed. Violence and girls where replaced with simulation in forms of PC games and porn.


The war is fought on the battlefield.

Through all this suffering, I used the negative energy to do what normal people would find insane. Such as serving 2 different nations' Armed Forces. There was going to be a third finalizing the chapter by killing and getting killed in Afghanistan, but I bumped into GoodLookingLoser.com and a way to beat lifelong extreme Approach Anxiety before that.

Life started to improve when I got exposed to a lot of social pressure in 2008, in the Army, even more when I went to my first alcoholic party in 2009, that's when I also started drinking, I was 21. I was glued to the bar for hours pretending to be cool. I was offered a drink, I refused at first because of my traditions, but then I took it. I slapped maybe 10 girls' asses that night, my social freedom was max because of my intolerance to intoxication, I made out with a lot of girls. No one slapped me or anything, it was an event where everything happens and stays there. Military cadets inviting civilian girls and some guests from the Political science course like me to this chateau party. The walls where occupied with Burlesque-dressed couples making out, I was too, because I was subconsciously screening girls by grinding and slapping every girl on the ass.


Win small battles to win the war.

Anyway, fast forward to 2011, I kept drinking less, started raving and loved it. Fell in love with a girl that actually rejected me at an earlier rave, she went with me to Netherlands, she probably fucked another guy in the toilet back then, but I was stupid believing what she said, the opposite and enjoyed the music. We were lying in the bed for hours everyday just staring and smiling at each other like no other drug in the world, high on life. It made us starved and lazy, like savoring the taste of the last fruits of a falling Rome. So two months in she told her female friend she kissed another guy and made fun of it in front of me. I hate-stared her ?What did you just say?? Same night she promised to kiss me but was just clinging to this guy who had a hot chick around him. She said ?He's like a pimp, he always has hot chicks around him!? I was like ?Mhmm? still struggling with the reality that cool guys get laid, I'm not cool at all. And that he doesn't need ?supplements? to get it up, like me. My ED was severe. She followed him to his door trying to get a threesome probably, and I was waiting at the subway station for her because she had her stuff at my place. Eventually she arrived, we ate some at my place, had sex, then I cried that she has betrayed me. She tried to console me.

I ended it a few days later over the phone, with my heart in my throat. I didn't pick up her calls, she was losing her emotional tampon, me. I cried for days. Over these two months of this obsessive relationship and after: I lost 5 kg in weight, achieved my fitness goals in half of the time planned for the British Paratroopers selection, and slept on average 2 hours per day, I used sleeping pills, I told

dad all my secrets, I cried on my little sisters lap, I cried on my mom's lap, I texted all my friends I'm hyperventilating, I approached tons of girls in clubs out of anger, I fucked one girl, I moved abroad with zero knowledge about that country, I quit social media and porn, I survived, studied loads of PUA-shit on how to deal with breakup, I found GoodLookingLoser.com.

If you are living slow, you're dying fast.

I started doing the Approach Anxiety drills. It was difficult, I couldn't ask a girl or guy for the time without stuttering, but luckily I eventually got through by spending all my awake hours in the city socializing with everything that breathes, including beggars. No matter how retarded I felt. I did it for a month or so, my confidence grew. I even grabbed an old lady's throat because she was verbally attacking a guy eating kebab, out of nowhere. She left with fear, the guys around me were completely paralyzed ?I would NEVER dare to do that!? I had the potential to become great, I'm saving my life, bit by bit, by becoming my true self.

I was inspired by Zuberi's journey, by Chris' struggle and last but not least, Scotty's war with himself. Chris told me ?It's totally possible,? I believed him 100%. I never looked back, once you are in, only death is the way out, if even that.



SSK would actually go into forest to cry and yell at the various trees.

I cried and yelled in the forest a couple of times per month from the beginning of 2012 to half-way through. I felt like I was losing my gains maybe couple of times per month, like my old self is trying to come back. It couldn't, I was taking daily action, first half year, usually 6 hours a day starting with 5 girls per day up to 100 girls in one day.

Now I can hit on at least 20 hot girls per hour aggressively in a country where they are pretty rare. That means, 100 girls within 5 hours, in the city centre. I got to this point because peeked at my fears bit by bit every day since beginning of 2012, a year has gone now. What remains to be conquered is hitting on girls with obvious boyfriends, I think this will take time, because it hurts me to see them just standing there in fear. I used to be that guy, I still have sympathy for these.

My friends feel more anxiety than I do, when they are simply just watching me hit on girls from a distance. I'm still a loner though, I'm still trying to find my purpose, I don't know if I want to go back to the Army. I want to travel the world and get more experience first. By the way, I have a cute

girlfriend now, I haven't fucked her yet. That's okay, because I don't fear anything, including loss. I'm battle-hardened.



Just me, SSK

Before I found Good Looking Loser in early 2012, I fucked 6 girls over 2 years, I started having sex when I was 20. I couldn't start earlier because of ED & Sexual anxiety. I also had sex with a condom successfully for the first time in December 2012 after all the 10 new lays within 5 months thanks to the Approach Anxiety-beating, she wasn't even attractive and I got it up. With supplements of course, but I will make a full examination in 2013. I have to win this war, once and for all. I don't get looks from girls anymore, probably because my standards have increased tenfold since beating my anxiety and because I lost the fire, the purpose of having a career to work towards. Girls feel when guys are just hunting girls without a greater purpose. I wanted to become a front-line soldier, but for some reason, I don't feel ready. I want try other stuff first, like DJ'ing.


Good Looking Loser - Long May Our Creepy Stories Continues to Inspire You!

I became one of the most free men on the planet, because I allowed myself to believe it is possible.

It's all in your head, don't let anyone tell you what's possible or not. Ever. Everything is possible in the universe. Just try and see. I have yet to see me old friends back in Sweden and shock them with my New Self. In my opinion, if you don't aim for the top, will never become the top. Heck, I thought it was going to take 10 years to beat my clinical severe Approach Anxiety. I didn't even use drugs. So after 14 years of suppression of my genetic script I'm almost completely back to following my instincts, doing what is ultimately natural in the world of animals, screening for mates, fighting for them. Dog of War for real. Survival of the fittest, whether you like it or not.

Do you have what it takes to become the best? Do you have stuff in the basement you need to sort out? If not, get out there and experience the shit of life, don't avoid suffering and pain, including love and it's fatal hangovers. You will need this fuel to become the man you want to be, you won't get this energy by sitting home isolating yourself from the sadness and happiness of the world.



Hi.

I want to thank:

God
Mom
Dad
Sister
Cousin
Maternal grandfather
People I've talked to when I was suicidal
The girls that stopped to talk to me
The girls that rejected me politely
The girls that complimented me
The girls that I kissed
The girls that forgave me
Goodlookingloser Chris
Goodlookingloser Scotty
Goodlookingloser Zuberi
The readers of my thread
Swedish Army
Finnish Navy
British Army
Irish Army
My superiors that died in Afghanistan and Sweden
My trainer
Lauri Tni for inspiration of the most masculine lifestyle on the planet
Dance class members
People who make rave parties possible
Creators of hardstyle music
The animals that have died for my appetite

And so many more...

Will you make a fiery scar on the planet or will you just be a heap of skin and fat, genetic waste?

The choice is yours.

Feel free to ask SSK anything on this thread.

Swag Factor (Coolness) Defined; The Missing Piece For Hot Pussy v1.0

January 13, 2013 | by Good Looking Loser | Link | Original Link

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Swag Factor (Social Status/Skills Examined)

updated: December 2016 (Restored)

*Why Some Guys with Good **Looks, Style, Social Freedom** are still Underachieving with Women...*

This is one of the main reasons that a lot of guys are unsuccessful at getting a lot of top-shelf women. Even guys with pretty good **Looks, Style and Social Freedom** that REALLY play the **numbers game.** This is the lesser and more complex 4th (and final) factor.

This is an interesting topic.
A complex one, even though I try to simplify it while covering it from head-to-toe.

This one has taken me over 6 days to write and mull over.
(I even tripped out on ACID to gain further insight. I'm just kidding. Don't believe every word I say.)

This is some of the very best stuff on this entire site. You won't find stuff like this anywhere else. If you feel you've been underachieving, you might want to take 7-10 days to go through this discussion. I don't usually say that, I just think that this subject is really worth understanding 100%.

Unlike most topics where I just yell at you, "~Screen that pussy!@#!, NEXT!! Okay she's DTF, take her to a private place!@!" this one was a challenge even though the conclusion is obvious.



My Background

Despite the name "Good Looking Loser," **Social Skills** (and something I call '**Swag Factor**') were not elements that I really lacked. I had above-average **Social Skills** in 2006 and now I have slighty-above-above-average **Social Skills**. I'm not that social butterfly guy and I never want to be.

If you are interested in my journey, this tucked-away discussion sheds light on it-

- "How Chris Went From Good Looking Loser to Good Looking Creeper"
  (Sarasota Justin and Social Situations, 2012)
  http://www.goodlookingloser.com/2012/01/08/beating-social-anxiety/

In my early/mid 20s- I was a pretty cool kid that was underachieving in my sex life because I was a total pussy, had a lot of nice guy issues and literally "didn't know" what I was doing in my early 20s. All fairly "fixable" things. I had body image issues as well (early 20s). So, the insights I've collected on this topic don't specifically come from direct experience but rather- HOURS and HOURS of evaluating and organizing personality types among students that succeed quickly, succeed slowly, fail slowly or fail quickly.

The most telling "subjects" were the students that were decent looking, had decent fashion sense and above-average social freedom but [AT BEST] could NEVER score anything above average girls on a consistent basis. Also telling were the guys that had a tremendous amount of social freedom but still could not get laid... ever. Unfortunately, countless numbers of guys in the PUA community had to fall on their face (and not get up) for me to gain insight on this.

I'm here to give an insightful, yet temporarily incomplete answer to "What's Wrong?"

Don't worry, despite the disclaimer, the concepts I talk about are going to be 1000x more relevant, productive and "insightful" than most any other PUA-monkey site where the guys are simply Internet marketers that don't get any hot, wet, oh my God Chris-she's-8.5-years-younger-than-you Venice Beach pussy.

If you are "stuck" and have made the legitimate effort to have above-average looks, style, social freedom AND play the numbers game- this post is for you.

This certainly won't be the last one on this topic either.

Off to theory land... and away we goooo....

Disclaimer

Despite the insane amount of information in this discussion, remember- You DON'T need to be much more than "above-average" with your SWAG FACTOR to succeed at a ridiculously high level. Do not get discouraged. I have devoted ~4 years of my life to sleeping with hot girls, of course- I know all this.

"Swag Factor: The Missing Piece to Getting Consistent Top-Shelf Pussy" (Video 1/3)

This is some of my very best stuff, I suggest you watch these videos.
Give yourself a whole week to read/watch this discussion.

The Plateau

Some guys, a minority of guys, achieve *above-average* **Looks, Style** and **Social Freedom** but it doesn't translate to an *above-average* sex life.

They are "stuck" getting average looking girls and only a slightly above-average quantity of them, at best.

I'm going to tell you what the problem is and which guys tend to encounter this.

Since the topic is extensive, in future articles we'll have a little discussion about how to fix it.

Fundamentals to Get Pussy

If you are familiar with our material (or just have a non-weirdo view) on how to Get Laid, you'll know that the majority of getting laid comes down to 3 things-

1. **Looks**
2. **Style**
3. **Social Freedom**

Looks and **Style** can be combined and be called **"Sex Appeal."**

We take an in-depth look at **Looks** and **Style** here-

- "Looks + Style = Sex Appeal, A Quick Look" (Good Looking vs. Looking Good)

So if you have *above-average* **"Sex Appeal"** and **"Social Freedom,"** and you are willing to play the **numbers game** (hit on 20+ girls a week), you will have the opportunity to have at least an *above-average* sex life in both quality and quantity. Generally if a guy with above-average **Sex Appeal** and **Social Freedom** hits on 20+ girls a week, he will be in the top 1 or 2% of all men on the face of the earth.

Remember- the average guy doesn't speak to humans he does not know. He just stares at his feet in silence.

SWAG FACTOR (Coolness)

With the fundamentals, there is a ***4th factor*** at work-

"Coolness"

It is a very general word.

You know it when you see it but it's not easy to define. I'll give you a 2-critera definition in a second.

- Remember- "The Hottest Girls Only Want to Fuck Coolest Guys."

Above-average **Looks, Style and Social Freedom** only translates into an *above-average* sex life **IF** you have an *above-average* level of **"Coolness."** If people do not perceive you as a cool guy, you will only be able to score with average girls, at best.

Your **"Coolness,"** plays a significant role the in QUALITY of the woman you get and your ability to retain HOT girls as fuckbuddies.

As of January 2013, we haven't totally focused on **Coolness** because the average guy just needs to get off his ass and work on his Looks, approach anxiety and put on some cooler clothes that communicates he isn't totally sexually-inactive to start getting results.

What is Swag Factor (Coolness)?

Swag Factor (Coolness) is

1. the level that the general population perceives you to fall within the social hierarchy; and
2. your ability to increase or reinforce your position.

The PUA Community calls this "Social Value".

While I actually I agree with the concept, it only tells half the story.

Social Freedom ? Swag Factor (Coolness)

This is an issue that I didn't have a complete understanding of... until a couple of days ago. I was a pretty cool kid. Once I got social freedom, the top girls could see it and I started to land them. I generally assumed that once a guy got **Social Freedom** then the HOT pussy would arrive on his doorstep. If it wasn't working, than he needed to put on some Cool clothes or get to the gym and that would finish the job. True for most, but not for some.

Swag Factor (Coolness) is related to **Social Freedom**, but it's not entirely the same thing.

A Cool guy has **Social Freedom**; but a Socially Free guy isn't always cool.



Since **"Coolness"** is vague, it's important to understand- we are talking about **Social Coolness**.

Elements to Swag Factor (Social Coolness)

There's two major elements to **Swag Factor**.

1. **Social Status (Social Presence or "Social Value")**
2. **Social Skills (Ability to communicate or raise your position)**

Element 1: Social Status (Social Presence)

Social Status is the perception of your relative position in the social hierarchy.

Like **Looks, Style and Social Freedom,** you will want to have *at least above-average* **Social Status** if you want to score top-shelf twat consistently.

- For non-celebrity girls, in general, their **Social Status** is determined by how hot they are.
- For non-celebrity guys, in general, our **Social Status** is determined by an extensive range of perspective criteria. (see below)

That perspective criteria, in addition to **Looks** and **Style (Sex Appeal/Sexual Presence)** will make a guy "stand out" and have positive **Social Presence.**

Social Status (Presence) *is SUPER IMPORTANT if you want to fuck and retain the hottest girls. After all, most of them dedicate their young adult years to MAX'ing out their social status. They want to be with a MAN on their level or above them. Superficial or not, if you want to fuck the hottest girls- you NEED to understand this. Just as we profile girls via "screening," and just looking at them- women are going to profile you too. It isn't changing no matter how upset you get about it. Understand it and learn how to use it to your advantage.*

Within seconds, based on your overall presentation (appearance, clothing, vibe, age, friends, etc.), women will have or guess the answers to numerous status questions and there will generally be a consensus among her peers.

Below is a very general list based on how **HOT sexually-available high status girls** think.
It is in no way a comprehensive list and level of importance among criteria will vary from girl to girl.

You certainly **DO NOT** have to get a definite "YES" to each question to fuck the girl.
But for elite women- you shouldn't get a definite "NO" on any more than about 3 or 4 of these questions, especially in socially competitive cities.

43 Social Status (Profile) Questions from Sexually-Available Hot Girls ^List complied by- Me and 2 Nothing-Short-of-Really-Hot girls (Blake & Adriana) in 21 minutes and 9 seconds

1. Is this guy on my level: Is this guy's coolness on the level with my hotness?
2. Is this guy cool?
3. Is this guy cooler than I am? Or at least equal?
4. Is this guy cooler than my friends?
5. Is this guy cooler than the other guys here?
6. Does this guy think he is cool?
7. Does this guy have good genetics?
8. Can I bring this guy around my friends?
9. Is this guy part of the "in-crowd" or is he an outsider?
10. Does he roll with cool guys or are his friends total losers?
11. Can I be seen with this guy?

12. Is this guy comfortable with his body?
13. Would this guy be comfortable seeing me naked?
14. Is this guy comfortable around girls like me?
15. Does this guy have Hot Girls as friends?
16. Is it cool to fuck this guy?
17. If I fucked this guy what would my friends say?
18. Does other hot girls find this guy attractive?
19. Is he tall?
20. Is this guy healthy?
21. Does this guy smell good?
22. Does this take guy care of his body?
23. Is this guy sexually active?
24. Is this guy physically active?
25. Is this guy good in bed?
26. Does this guy have sex with hot women? Or just he just jerk off to them?
27. Is this guy hung or have *at least* a above-average sized penis?
28. Is this guy connected? Does he have access to stuff that I don't have access to?
29. Is this guy wealthy? Or he can this guy *at least* support himself?
30. Is this guy fun to be around?
31. Is this guy a leader? Or a follower?
32. Does this guy have a cool lifestyle or is he a loser?
33. What kind of "job" does this have?
34. Does this guy have something cool going on in his life?
35. Is this guy comfortable with standing out?
36. Can this guy defend himself in a fight?
37. Do other guys look up to this guy?
38. Is this guy "stingy" in bed?
39. Do people take advantage of this guy?
40. Is sex "no big deal" to this guy?
41. Is this guy non-judgmental? Or does this guy refer to sexually active girls as 'sluts'?
42. Is this guy a good guy/scumbag and not a nice guy?
43. Is this guy physically active?

Again, you don't have to have a definite "YES" to all of these questions. You just shouldn't get a definite "NO" to a lot of them.

Chances are, if you if think the answer is "NO," then it's almost certain that the everyone thinks the same.

"Swag Factor: The Missing Piece to Getting Consistent Top-Shelf Pussy" (Video 2/3)

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When they are sexually available and not looking for a boyfriend-

Adriana's (22/f, Model, Super Cute, Sweetheart) 3 most important questions are-

- 1) Is this guy on my level: Is this guy's coolness on the level with my hotness?
- 2) Is this guy cool?
- 14) Is this guy comfortable around girls like me?

Adriana says: I literally took 40 minutes to decide on these. But questions 1 and 2 shed light on the whole picture. If he's cool, I hope he likes me too.

Blake's (25/f, Singer/Model, Super Hot, Bitchy/Annoying) 3 most important questions are-

- 1) Is this guy on my level: Is this guy's coolness on the level with my hotness?
- 32) Does this guy have a cool lifestyle or is he a loser?
- 38) Is this guy "stingy" in bed?

Blake says: A guy is either cool or he isn't. You can tell in the first 30 seconds. I don't get it wrong too often.

In future discussion, we'll talk about how to "be cooler," it is an extensive lifestyle topic.
As you know, techniques and routines (DHVs) do not have a significant effect on your social status/social presence.

Element 2: Social Skills (Swag Factor/Social Coolness)

Social Skills are your ability to increase or establish your position with the social hierarchy.

While you certainly don't need "elite" social skills, you should be *above-average* and be able to have and lead a normal conversation with a girl and her friends.

There are two major aspects of **Social Skills (Swag Factor/Coolness)-**

1. **Relating to Hot Women on Relative Socially High-Value Subjects**
2. **Small Talk (General Social Skills, Cool Vibe, Comfort Level)**

I. Relating to Hot Girls on Relative Socially High-Value Subjects

The measuring stick for **"Social Skills,"** especially how the socially-awkward "authorities" in the PUA community present it, once again- only tells half the story.

The part they focus on is what I call ***"general small talk,"*** it goes something like this-
after you "create attraction," ask this-

- What is your name? (give your name when she asks you)
- Where are you from? (give your place of birth when she asks you)
- What do you do? (give your occupation when she asks you)
- etc.

If you can ask those questions and give answers back - then you have **Social Skills!**

Not exactly.

At best, you have the ability to make the ***"very general small talk,"*** not bad... but no normal human being is going to confuse that with having great **Social Skills.**

More importantly- only making very general small talk usually won't suggest that you are a cool guy.

True **Social Skills** run MUCH deeper. But don't think that you have to have great **Social Skills**. Like **Looks, Style, Social Freedom-** *above-average* will suffice.

What is more important is that you can **relate to** THE GIRLS YOU WANT TO BANG on socially-valuable subjects.

Example 1: Aspiring Actresses/Models

I have a thing for actresses and models... or actually- just HOT girls. Turns out, so many HOT girls in Los Angeles consider themselves actresses or models. Many of them are FAR from it but their backgrounds/goals/lifestyle are almost always similar.

The story is usually the same-
scroll past this if you don't care, it's entertaining though :)

- They aren't usually from Los Angeles.
- They were the HOTTEST girls in their small town, high school, college.
- They were basically "local celebrities" because of it.
- They were told they do could anything they wanted to do in life.
- They moved to Los Angeles and they are scared to death of "not making it."
- They will question if moving to Los Angeles was the right decision.
- Even though they put on a front, they aren't where they want to be in their career.
- They agree that almost everyone in Los Angeles is nice, but they don't have many/any real friends.
- They have a "best friend" in Los Angeles but they don't actually like her that much.
- They miss their real friends.
- Their friends at home are super jealous and living vicariously through them.
- If they had a good relationship with their mother and father- they miss them so much.
- The pressures of looking good gets to them.
- They are living paycheck to paycheck, usually getting financial support of no more than $1500 from their parents.
- Their parents are stressed out because of this.
- They are stressed out because of it.
- They work a job as a waitress, bartender, mall girl, hostess so they can act/model/sing/party.
- They feel guilty for their lifestyle. (this is about 50/50)
- Like me, they don't have a schedule.
- They shop when they get depressed.
- They shop when they are super happy.
- They shop if they have nothing to do.
- They saw another girl earlier that day and thought, "She's so beautiful... She's probably an actress/model... I don't look like her."
- They are starting to consider plastic surgery because they no longer feel hot enough.

- They check to see if there is SPF in their mineral makeup.
- They order the "fat-free" version of everything, which has a ton of sugar in it which is worse for them.
- They don't lift weights at the gym because they think it will turn them into a muscle-bound freak.
- They aren't able to afford the prescription medicines that they need.
- They love to party (first 2.5 years in Los Angeles).
- They call partying "networking," but they know that they are partying and not taking their career as seriously as they should.
- They generally live in a cheap apartment/house room in North Hollywood/Gendale/Studio City aka "The Valley."
- They see the beautiful mansions in Beverly Hills, Bel Air and Agoura Hills and wonder if they'll live there one day or go back home.
- If they go home, they think that everyone will know that they failed.
- They think the guys in Los Angeles are too short.
- They think the guys in Los Angeles (especially the wanna-be actors) have small penises.
- They think "name dropping" is stupid, yet they do it and explain that "it's different" when they do it.
- They actually think social competition is stupid, but they are OBSESSED with it.
- They only smoke when they drink, or at least what they tell guys.
- They smoke light cigarettes because they think they are "better for you."
- They are seeing that Hollywood is a small town.
- They hate drama.
- They live for drama.
- They compare their relationship/hook ups with their friends.
- They have at least 2 gay friends.
- They know that cool people shop at Trader Joe's and not cool people shop at Ralph's/etc.
- They have considered medication for their psychological problems (even if they don't have one).
- They feel like a Hollywood actress in a movie at the club, the finale of being slammed with an endowed dick is storybook for them.
- The majority of the day is spent texting and editing pictures to put up on Facebook or Instagram.
- They love reality TV, E! and Bravo.
- They love Pop Culture.
- They eat Sushi and don't eat 1/2 the rice.
- They carry Splenda in their purse.
- Every 4-5 months they will go to Las Vegas to get away from the "stress" and drama in Los Angeles.
- Every 4-5 months they will go Palm Springs to get away from the "stress" and drama in Los Angeles.
- They just want a cool guy to keep it real with them.
- They are hot and they know it.

I made that list in about 30 minutes. There's a ton more specifics I could give you. That's not really

the point though.

The point is- I KNOW THESE GIRLS, I KNOW THEM BETTER THAN THEY KNOW THEMSELVES.

It extends so far beyond *"general small talk."*

Do you see what I mean?

They are my "target audience."

I can relate to them and understand them on a high level that other guys (and even girls) can't.

Just by understanding their reality it communicates I'm part of the **"IN CROWD"** and **I'm probably cooler than 99% of guys** because most guys are outsiders. I can easily talk about the stuff they dig, if I want. I'm not clueless if they say "Alexander McQueen," "Coachella," "Spencer Pratt from the Hills," "Retail Therapy," "Showing my Britney," I know exactly what they are talking about.

Some of these girls CLING ON to guys like me for stability and emotional support. They'll spend 6+ months as a fuckbuddy when they know it's not going anywhere (starting mid 2010- I would actually tell them "this isn't going anyway babe" at 2 months) but they would still come over to my place at regular times every week. I'm able to give them a tremendous amount of emotional support. I'm like a big brother... or even a father... who fucks them.

One super hot Greek actress girl, Alexa, literally had me pick the times that I wanted her to come over and fuck/blow me. She enjoyed it obviously, but she "cherished" the post-orgasm talks that we had. She was really cool. Lexy went back to Connecticut just before 2011.

Like actresses/models, I can relate really well with hot fitness girls and high-status rich girls (who wear those stupid sunglasses, aka ALL OF THEM). I've fucked a lot of those girls too.

In the Los Angeles club scene- You are either part of the In-Crowd (Cool guys, Hot girls) or you are NOT. If you aren't but still hit on lots of women, we call you a "pick up artist."

On the flip-side, I don't like hippie/granola girls. I just don't find them attractive, nor do they like obnoxious-looking clearly-unintelligent steroid-head douchebags like myself. I make absolutely no effort to learn about them or get to know them. I can't relate to them. The average hippie guy has a 1000x better chance at scoring with Miss No-Makeup-Out-Of-Shape-High-Sugar-Conspiracy-Theory-I-Don't-Play-The-Social-Competition-Game-Cause-I-Cant-Win-Granola Girl than I do. Sorry, just keeping it real.

Scotty digs Black and Latina girls. He has an excellent read on them and can get them even better than Black or Latino guys.

Even though they may have good **Social Freedom**, a lot of guys are stuck because they don't have any idea what HOT girls are all about in this stage of their life. For a lot of guys, their "target audience" (in general: HOT girls) are like an "alien" to them. They might as well be from another planet. Even with canned lines and staged routines, it's like they are speaking to an alien life form.

The point is- know your target audience. Know what makes them tick. Know them so well that you are literally a part of their crowd.

"What are you doing... Shopping for shoes or something?" (my line)
They get it. In 20 seconds they know that I'm one of them.

In the video below, I'm talking to this ex-model girl.

There are several points in the video where it's clear that I "understand" her life and communicate that

I can relate. It's not so much of a "DHV" thing, it just shows that I'm part of the "in crowd" among her type-

6:15 - I comment that NYU is a prestigious school.
7:10 - I talk about how the NYU (urban, NYC) non-campus college experience is totally different any most universities.
7:26 - I ask her if she was overwhelmed by New York City. (most new NYC girls call their parents every day and cry)
7:35 - I tell her about my experience in the dorms and most girls have no place to put all their clothing. (girls in NYC constantly complain about this)
7:45 - I ask her if some rich guy paid for her condo. (this happens a lot in LA/NY/Miami, rich guys give hot girls rent so they can fuck them)
8:00 - She says that I'm an "LA Guy," which I am. So she has caught my vibe and digs it, "...that's not a bad thing."
8:15 - I go back to the Jersey Shore pop-culture reference and call myself out on begin a douchebag.
10:50 - I tell her to cancel her ride and we'll buy her friend "appetizers." (In LA especially, girls meet up with their friends and only order appetizers because they are cheap and have less calories"

II. Small Talk (General Social Skills, Cool Vibe, Comfort Level)

While "relating to" your target audience on their favorite 'high-value' subjects runs pretty deep, the "small talk" (the part that PUA community calls **"Social Skills"**) is pretty basic.

You basically need to be able to lead an average conversation with a cool, confident vibe.

That shows that you are at least- not weird.

Cool guys can make (and lead) basic conversations with other guys on masculine subjects such as sports, money, girls, cars, etc.

Cool guys can make (and lead) basic conversations with hot girls on subjects that relate to the girls lives.

Remember-

Cool Is A Vibe, Not A Resume

Cool is a demeanor, often meaning laid-back but in control. Sometimes called "Chill."

This is communicated through your body language and your ability to BE YOURSELF, just as if you were in the comfort of your own home.

Some guys have heard that being "cool" means you're well-rounded, such as- you've traveled to different cities, you can speak different languages or your have neat hobbies.

It doesn't. Not exactly.

SWAGLIKEUS.
REMIXING FASHION

Mr. Above-Average Gets Mad Pussy

If you have above-average **Looks, Style, Social Freedom, Swag Factor** and can play the numbers game aggressively- you aren't just "above-average" you are probably top 1-2%. Very few guys can.

Remember- the average guy is overweight (USA), wears nice guy boring clothes, doesn't speak to women and has a 5.5" penis. It doesn't take much to beat him.

I saw something the other day that misrepresented/mistook our stuff, it read-

> **GLL Says-**

> **"To get the hottest girls, you have to be an elite guy across the board! Makes sense!"**

This is false.

You have to have *above-average-*

1. **Looks**
2. **Style**
3. **Social Freedom**
4. **Swag**

... and play the numbers game (hit on 20-30 hot girls a week).

That's the complete formula to get a consistent supply of hot, yummy, happy pussy.

You don't have be to the "total package," you don't have to be the "dream guy" or some sort of "super hero."

You'll have to have certain lifestyle factors together if you want to retain these girls for extended periods of time, but you definitely don't have to be much better than *above-average.*

With that said- you should strive to be elite. But try to do it for yourself, not for pussy.

Help! I Realize I Have No Swag! What Do I Do?

Just like you've developed your Looks, Style and Social-Freedom- Swag Factor can be developed.

Homie- Unfortunately, that will be a topic for another time. This article is already 4600+ words deep.

This one slightly gets into it from my experience-

- **"Hot Girls Only Want to Fuck the Coolest Guys"**

"Swag Factor: The Missing Piece to Getting Consistent Top-Shelf Pussy" (Video 3/3)

This is some of my very best stuff, I suggest you watch these videos.
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--- RELATED TOPICS ---

"That Girl": Night Game for Socially-Competitive Hot Club Girls (Related Topic)

At ALL nightclubs and almost all bars, the social competition game is in full-effect. The game is most often played by women. It's their "night game."

You know how people say, "She's just out for attention."? It's true. The vast majority of women go to clubs strictly for attention. Regardless if we think that is completely superficial, people have egos and they like to feel good about themselves.

The competition is individual but it can certainly be a team sport too.

Especially at night clubs, girls love being the "hottest girls" in the club. They want the most glances. They want the most free drinks. They want to be the best dressed. If a competing group is getting

more attention than their team, they will call the other girls "sluts" and talk about how they are "wearing too much makeup," and make fun of the guys that approach their rivals. They want to take hot pictures to post on Facebook, where they are just a "lil' bit" hotter than their friends. While they seemingly dislike it when undesirable guys approach them, they actually like it. They want stories to tell about "that creepy" guy that tried to dance with them. They love to get asked for their number. They cockblock for each other, until guys with equal or higher status join their group. They want to be invited to the VIP section. They want to drink alcohol from the various tables and leave the guys nothing but the bill. They go to the bathroom to look at themselves and get compliments from other girls on their hair, dress, shoes, etc. Even the least superficial girls get wrapped up in the competition; no girl likes it when another girl is getting all the guys.

The goal is to command the most attention with their sexual presence. The girl(s) that gets the most- wins.

What a brutal awful sport.

It is what it is though. Be glad you are a guy; they are ultimately playing their little game for you... if you have **Social Status**.

If you want to fuck them- it's important that you understand the behavior of hot club girls. I understand these girls inside-out. I'll even tell them that I use my **Social Status** to get the same shit that they're after (free drinks, attention, free cigarettes, VIP/table, guys trying to talk to me, etc.). On some nights it's true, on other nights I'm just fucking with them. While that seem likes a "DHV" technique, either way- they believe me and I look the part (douchebag) and they assume that I'm super high status... which ironically- **I am** if I'm having a good night.

As always, you are free to comment and ask questions.
Since I'm mad busy these days, I sometimes won't be able to answer your questions right away. I'll try my best.
If you have an elaborate or several questions, I suggest you ask in the forum, you'll get a much quicker response in there.

Kegels For Men (The Ultimate Guide to Kegel Exercises)

January 27, 2013 | by Good Looking Loser | Link | Original Link

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Kegels Exercises For Men
(The Underrated Natural Erectile Dysfunction Treatment)

The discussion is not medical advice or a replacement for such.
Please view our Medical Disclaimer and consult your physician if you have medical questions or feel you have a health problem.

You feel me?

Kegels for Men: Not Overrated. Works. Please Listen.

Though hardly consistent, I've done penis enhancement (PE) since about 2001.

I remember the first time I read about male enhancement. While normal high school Seniors were partying with pretty girls (growing their social skills), I was in my room on a Friday or Saturday night reading and thinking, "Wow! I can grow my dick!"

While I started at meek-but-supposedly-average ~5.25" x ~4.7", I eventually reached my current size of ~7.3" x ~6.1+" (post-Bathmate session). Although it took me over a decade (admittedly, I wasn't too serious about it), I'm still pleased with my results.

It probably should have taken me just 2 years though but the devices made the past 2-3 years super fun, easier and productive.

Despite my respectable gains and highly-active sex life (largely beginning late 2009) the muscles surrounding my larger-than-average penis weren't actually in great shape. In fact, the were very poor shape. This was bought to my attention in one of the most unlikely places- an random adult film scene- that I agreed to be in, discussed here- "How Chris Found LAXXX, 2nd Craziest Story Ever."

While I didn't have erectile dysfunction (PE has made my erections stronger), I also didn't have much control over my fairly weak orgasm. I also couldn't SHOOT my cum. While that's not the worst thing in the world, it was pretty crazy/intimidating to see equal to and larger penises absolutely spray like sprinkler systems, hosing down any unfortunate members of the opposite sex that were at the wrong place at the wrong time.

We have all seen it online (and been somewhat skeptical), but it was crazy in person. Regardless of the other "stuff" that my "co-workers" might have been on, the orgasm display was impressive and very real. My meager effort was done in a condom, much to the relief of myself and my pretty-classy-for-this-trashy-stuff partner who was getting sore as the lubricant was fading away.

Talking to some of the other guys afterward, there wasn't a huge secret behind their controlled, yet body and bed shaking climaxes. Kegels, Kegels and more Kegels. Kegels with a capital K. Some of them used the Fleshlight to encourage near climax.

I previously thought "Kegels" were overrated but I was in no position to speak, I was lucky my under-developed PC muscle could even support my over-developed dick.

Long story short-

I started doing Kegels. Lots of them. I needed a lot of work. After about 10 weeks, I got my first signs of "life," little consistent spurts every 1 out of 2-3 times I would cum. My orgasms also seemed stronger, especially a hands-free climax with an attractive partner. I kept up the Kegel training for another 2.5 months and I was shooting nearly every time and had much better control over significantly more powerful orgasms. I've kept it up to this very day.

The longer version of the story is discussed in "My Experience with Fleshlight," you can build your PC Muscle just fine without the Fleshlight though. But it makes it a little more fun.

I didn't know what I was missing and how much simply squeezing your pelvic muscles daily on a basis could have your orgasm and mind-penis connection. Like anything that worth-a-shit, it doesn't happen overnight.

"Kegels - The Pornstar Necessity"

What Are the Benefits of Kegels?

The November 2004 "British Journal of General Practice" detailed a randomized controlled trial assessing the effectiveness of pelvic floor exercises (Kegels) on adult males. Divided into two groups, the subjects who were instructed to perform Kegels showed promising results. Some of the benefits recorded were: Improved quality of erections, delayed ejaculation (specifically for men suffering from premature ejaculation) and a bigger ejaculate volume. Other than the direct sexual benefits, Kegel exercises were linked to a healthier prostate.

Researchers at the Somerset Nuffield Hospital concluded-

> *"Pelvic floor muscle exercises and biofeedback are an effective treatment for men with erectile dysfunction."*

In layman terms- Kegels make your dick, orgasms and climax control STRONGER (and possibly LONGER).

More clinical studies that document the effectiveness of kegels can be found here-

- Kegel Studies

YOU WILL NEED ENHANCED BLOOD FLOW IF YOUR COCK IS GROWING!!!

Here's a little audio of me in action, insanely euphoric orgasms (for all involved) are the norm- (both of us squirt all over the place, you can hear it too)

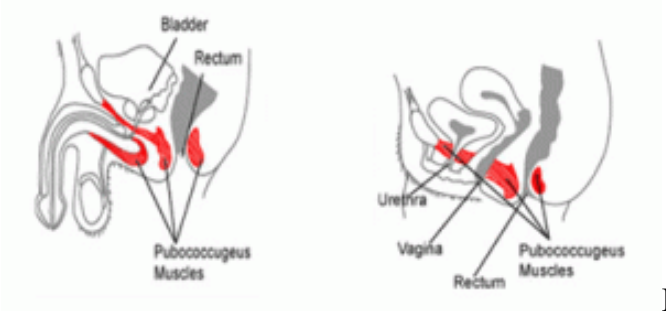
Are You Sure These Are Worth My Time?

Absolutely. These are REALLY underrated, I wish someone told me in my mid-20's.

I neglected my PC Muscle for YEARS and didn't know what I was missing. Seriously, do them consistently for a few months and you'll be more than convinced.

Unlike bench press or doing squats, there's nothing dynamic about "Kegels" but they are so effective for improving your sexual health. You will need the extra blood flow if you are increasing the size of

your cock. I was barely getting by.



PC Muscles in RED

How Do I Correctly Perform Kegel Exercises?

These aren't hard. You just have to locate your PC Muscle, both with your body and your brain. It might take a little practice though.

Just like any other exercise, maintaining good form is essential while doing Kegels.

First you need to identify the right muscle. Pubococcygeus muscle (PC) is found between the pubic bone and the coccyx, responsible for the contraction during the orgasm among many other things. The easiest method to locate the PC muscle is by stopping the flow of urine mid-urination. That muscle that you squeezed to stop your piss the PC muscle.

It's also the same muscle you will squeeze when you are holding in a huge fart... but coincidentally the same muscle you'll squeeze when you are dropping off a load of shit to the bowl (or victim) below.

Now that you located the muscle, there are two methods or approaches to perform the exercise-

A) Imagine the process of cutting the flow of urine and perform it while keeping your back, abdominal and leg muscles relaxed.

B) You may also try squeezing the area of the rectum to tighten your anus just like when you?re trying not to pass gas.

Both of these methods will help you target your PC muscle. It is crucial to keep your other surrounding muscles relaxed (back, abdominals and legs). You shouldn't be doing these "squeezes" while you are using the toilet, those are just ways to locate your PC Muscle.

When and Where Can Do My Kegel Exercises?

Kegels can be performed anywhere. YES ANYWHERE. They don?t even need any equipment or setup. If you?re really short on time to allocate some free time during the day or at night, you can do perform them while sitting at the desk at work, stopping at traffic lights or waiting in line at the grocery store.

Do them when you are inside the Bathmate and if you are wearing Sizegenetics.

It's funny, the majority of women that know that know [non-compulsive] masturbation is healthy and are sexually active do Kegels all the time. I tell that I'm doing "some Kegels" if I don't hear something they say.

Two of the guys from that "movie" reiterated just GETTING IN THE HABIT of doing Kegels so you

just start doing them and don't even think about it.

I've been doing them now, have you?

This can take a awhile because chances are- your PC Muscle isn't too well developed and you will fatigue quickly.

I?ve Never Done Kegels Before, How Often Should I Do Them?

Your PC muscle is a skeletal muscle, just like your pectorals, quads or biceps. You will need to exercise and rest your PC muscle in order to achieve control and strength. There?s no need to perform Kegels daily, remember that more is not always better, especially in the initial stages.

If you've never done Kegels try this Newbie Routine-

Week I (7 or 6 Days)

When you have 15 minutes free- Quickly SQUEEZE your PC muscle and quickly release 10 times. Rest for a minute or two. Repeat this an additional 9 times, for a total of 100 squeezes.

Feel free to do them throughout the day thereafter.

Week II (7 or 6 Days)

When you have 20-30 minutes free- Quickly SQUEEZE your PC muscle 10 times but hold it for 4 or 5 seconds between repetitions. Rest for a minutes or two. Repeat this an additional 9 times, for a total of 100, 4-5 second squeezes.

Feel free to do them through the day thereafter.

Week III (7 or 6 Days)

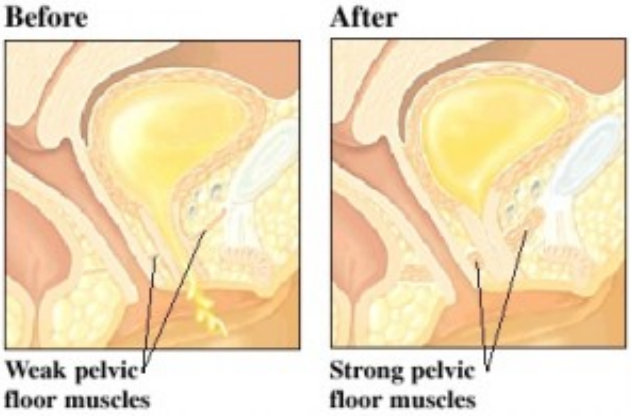
When you have 25-35 minutes free- Quickly SQUEEZE your PC muscle 10 times but hold it for 4 or 5 seconds between repetitions. After you set SQUEEZE and HOLD your PC Muscle for 60 seconds. This will get pretty hard actually. Just try your best. Repeat this an additional 9 times, for a total of 100, 4-5 second squeezes, with a 60-second post set squeeze.

Feel free to do them through the day thereafter.

We'll have a few more Kegel routines up later. I'm going to ask one of the guys (Boomer) I stayed in contact with if he suggests anything specific. It's not actually rocket science though. SQUEEZE, HOLD and SQUEEZE some more. :)

When the routine becomes easy, try gradually upping the intensity (speed or hold) or either performing more sets or reducing the break time between them.

- Check this out to see a printer-friendly version and 8 weeks of "Kegel Exercises For Men."



How Long Until I See/Feel Results?

It took me about 10 weeks. It will probably be less for you though.

Unlike my past efforts, I stayed consistent and continued to do them (something about watching a human hose soak a girl, makes you pay attention) and eventually I saw changes in ***orgasm strength (7st), climax control (7nd) and cum shot volume and distance (7rd)***. Again my penis was over-developed but the supporting muscles were quite weak, I had a long way to go.

Most guys will see subtle differences in a month and more obvious differences at 8 weeks.

Consistency is essential with Kegels.

Just like any other muscle- if you use it, it will get stronger- if you don't, it won't.

I Hear Kegels Can Help Controlling Orgasms/Premature Ejaculation in Bed, Is This True? How Do I Do This?

Yes it's true, it's discussed above.

For better controlled orgasms- by developing a stronger PC muscle, you will literally have more STRENGTH to PULL BACK your load cum that ready to shoot out of your body. As you get better at it, it won't feel like you have to make a huge effort to pull back and control the load. It's pretty hard at first.

For premature ejaculation control- by developing a stronger PC muscle, you will simply have more CONTROL. While regular pre-cum and premature ejaculation is a result of hyper-stimulation (you're super turned on) it's also usually evidence that you likely don't have a lot of control of your voluntary (and involuntary) pelvic muscles. But developing this control, you won't have leakage or hit the "point of no return" as quickly.

Orgasm Control

Bring yourself near orgasm (during masturbation) and **SQUEEZE YOUR PC MUSCLE AS HARD AS YOU CAN** and bring back your load. Try to do it another time. Don't be surprised if your load is bigger than usual or shoots a little more.

Every week, try to add one more "NEAR ORGASM," just get used to developing a mind-dick connection and building your PC Muscle.

This was pretty helpful for me but I was never a "1-minute man," who couldn't control his load or

couldn't just back off. By strengthening my PC muscle, I just felt like I had an "extra-gear" (or 2). I could slowly approach my "point of no return," and not worry about getting their too quickly.

Still, every once in a while (7 out of 40?)- I'll get off quicker than want. But that's usually because a cutie has been teasing or turning me on for hours rather than a PC muscle deficiency.

Can I do Kegels While Jelqing, Using the Bathmate or Sizegenetics?

Please do.

If you are completely new to PE, wait a month before building kegels into your routines.

Kegels and Jelqing

Kegeling while jelqing shoots blood toward the head of your dick. If you time it with your stroke pattern, you will put more tension on your penile tissue, especially the tissue at mid-shaft extending to the head. Experienced guys claim that this builds girth. It also a good idea to Kegel while jelqing because it encourages blood flow.

Once you get some experience under your belt, I suggest longer, slower jelqing strokes accompanied with a 3-5 seconds Kegel, rather than quick, short strokes.

- For more information on jelqing, see here- "The Ultimate Guide to Jelqing"

Kegels and Bathmate

Like jelqing, it's a good idea to use the first month or so to get your penis used to training before you incorporate any further tension.

The idea behind this one is simple. While you are in the Bathmate (ideally with a full erection after 1 month) do Kegels and it can help maintain the erection but slightly increasing the blood flow. Eventually, like all Bathmate sessions, you'll lose the boner than 3 or 4 minutes - and this is no big deal. Just keep Kegeling and picture yourself "shooting" through the Bathmate.

Following a routine of 1 minute on (70-60 squeezes), 1 minute off, 1 minutes on (70-60 squeezes)... is a good way to start. It's hard!

I've gotten to the point where I can Kegel in the Bathmate Hercules (the smaller one) with a FULL erection and water will shoot out of the front. This is only in the first 1 or 2 minutes of the session though.

Kegels and Sizegenetics

If you are using Sizegenetics correctly and wearing it for hours on end, when you take it off your dick may be 'cool'. That's normal. You should restore the blood flow before putting it back on though. Get a boner and Kegel 30-40 times. Watch your penis PULSATE and expand, let your dick fall to a semi-boner and put Sizegenetics back on.

You can also Kegel while your have your Sizegenetics extender on. This can encourage blood flow and keep that "cool" feeling away for a longer period of time. Just do 30 of them every 5 or 10

minutes, you'll be able to wear it longer while improving your pelvic muscles as well.

Are There Any ?Side Effects? from Doing Kegel Exercises? Will My Penis Fall Off?

If performed correctly and with proper rest, Kegels are perfectly safe. It's just like exercising any other muscle, you have to do it with proper form, fatigue it and let it recover so it becomes stronger.

Remember, we are just squeezing our PC Muscle/Buttholes, this isn't brain surgery.

There's 3 signs of fatigue, if you get these - take at least 48 hours off of all PE-

1. Weak Climax / Dribble Cum (even less powerful than usual); Moderate fatigue, 24+ hours off
2. Can't seem to SQUEEZE PC Muscle for more than 20 seconds; Moderate fatigue, 24+ hours off
3. Can't get a solid erection (might be related to jelqing, other PE); High-Moderate fatigue, 48+ hours off

None of these are serious. They are all part of building up your PC Muscle, in fact- more often than not, it's a sign that you have exercise the muscle quite thoroughly. If these problems persist beyond 72 hours, talk to your doctor.

An indication would be for people who had recent prostate surgery, to wait at least 4 weeks before performing a Kegel exercise or routine. If that pertains to you or if you have ANY reproductive or cardiovascular condition - speak to your doctor.

Do Men and Women In the Adult-Film Industry Do Kegel Exercises?

Yes and yes.

A lot of them.

Kegels for men and women who are active in the industry is just like stretching/jogging for athletes or smoking weed for potheads. It's part of the lifestyle.

Besides "drugs," it's a big part of how they build up and release of voluminous loads.

It also plays a role in allowing over-sized genitals to receive timely and adequate blood flow.

Notable also- both also masturbate on a fairly regular basis.

Do Kegels Prevent Prostate Cancer?

Although Kegels can help keep your prostate healthy, cancer itself affected by many genetic or environmental factors that Kegels cannot offer protection from.

On the other hand, training your Kegel exercises before a prostate therapy or surgery can help shorten the recovery phase.

Are Kegels a Legit Alternative to PDE-5 Medications such as Viagra, Cialis or Levitra?

For people without severe neurological or tissue damage, Kegels can certain improve the quality of erections and sexual performance.

It will vary though- some might see major improvement with Kegels alone, and others won?t. It doesn't hurt to try.

Speak to your doctor if you are interested in erectile dysfunction medications.

Do not buy them from an online pharmacy.

For more information, please see-

- **"Are There Any Legitimate Penis Pills (Supplements)?"**

I Don?t Do Anything Unless There?s a Clinical Study or Academic Research to Verify it, Are Kegels Clinically Proven?

Yes.

In the 2009 "Journal of Physiotherapy," a team of researchers developed a plan for pelvic muscle training to improve urinary inconsistence and sexual dysfunction. The consensus is that such exercises are safe and clinically proven to work.

Furthermore, "British Journal of Urology" compared surgery vs Kegels for the treatment of impotence, and the results showed that-

> *?Surgery was not [necessarily] superior to the pelvic floor training program either subjectively or objectively. Moreover, a significant improvement was found following the training program; 42% were satisfied with the outcome and refused surgery.? and "Pelvic floor exercise is a realistic alternative to surgery in patients with mild degrees of venous leakage."*

Penomet Official User's Guide

February 7, 2013 | by Good Looking Loser | Link | Original Link

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Penomet User Guide

Warning: Adult Content (Nudity, Non-Sexual) In Video Below

This is the official user guide that is included with your Penomet pump. It's written by PENOMED LLC.

I decided to put it on here because some guys accidentally discard their Penomet instruction manual when they are "hiding" evidence that they are using a penis pump. Others don't find the guide since it's pretty small and the Penomet comes in a big box.

As with the other content on GoodLookingLoser.com, this guide is subject to our Medical Disclaimer is not a substitute for advice or instruction from a physician.

Keep in mind, these are the official directions. A lot of guys do "their own thing" such as using the device with a full erection after they get used to the tissue expansion or modify the device in some way. PENOMED LLC., nor I, are liable if the device is used in an unsafe or reckless manner.

Be safe! This device works great. Have patience.

- For my official review of the Penomet Penis Pump, please click here.

Official Penomet Video

Device Description

Penomet Penis Pump is a hand held device which can be used for pumping a flaccid penis either in shower or while sitting in a comfortable position. The device should be used before any intercourse to maintain the rigidity of penis or for prevention and cure of erectile dysfunction or impotence.

Penomet has a clear polycarbonate vacuum tube inside in which the flaccid penis is placed. When the rubber part of the device, lined with a medical grade silicone, touches the base of the penis; the act of pumping causes blood to enter the penis which results in an erection and rigidity of the penis. The floating safety valve and the safety release pin, both of which control the amount of pressure held within the vacuum tube, prevents the pressure from exceeding the safety limits.

Penomet Pump does not come with a Soft Pad. In our survey of more than 500 penis pump users, very few liked to use a soft base due to the difficulties found in the attachment. Moreover, the Penomet Gaiter is made from a Medical Grade Silicone that is much softer as well as being completely safe for humans and therefore a Soft Pad is not required. You may however create your own Soft Pad if you wish or contact our customer care department to check if we have any third party pads in stock.

Purpose of this Device

Penomet Pump is a hand held ?Over the Counter? (OTC) medical device to be used in obtaining a penile erection/rigidity prior to intercourse or to treat erectile dysfunction or impotency in men. This device is not intended to treat, cure or prevent any disease.

Intended Use

During the first week of use of Penomet Pump; it is advisable to use the pump for not more than 10 minutes a day. The pumping time can be gradually increased to 15 to 20 minutes in subsequent weeks.

Penomet Treatment Schedule

Week	Duration
Week 1	10 minutes
Week 2	10 minutes
Week 3	15 minutes
Week 4	20 minutes

Steps for Usage

In the Shower:

1) Shower with warm water for a minute to relax.

2) Fill the polycarbonate vacuum tube.

3) Place flaccid penis inside the polycarbonate vacuum tube.

4) Begin pumping slowly and allow excess water to escape through the floating valve.

5) After pumping the device for a few times perfect suction will be achieved.

6) Now repeat the pumping action every 2-5 minutes. As you become more expert in using the device you can increase the duration of pumping.

7) If the pressure is too great, simply swipe your finger over the safety-releasing pin to lower the pressure.

8) After using the device it should be cleaned by rinsing first with a non-alcohol sterilizing spray and then with water and finally pat dry.

Note that you can change the gaiter by gently pulling or squeezing the gaiter and replace it with either a softer (Force60 [PURPLE], Force65 [BLUE]) or stronger (Force75 [GRAY], Force80 [ORANGE]) gaiter to achieve the desirable differential pressure.

In the Bathtub:

While using Penomet Penis Pump in the bathtub follow the same steps of usage as above but fill the unit with water by submerging it in the bathtub and insert the flaccid penis into the device while

submerged.

While sitting in a comfortable position:

Since their is no water leakage or extra pumping needed- the Penomet Penis Pump is used as an air or water pump when used while sitting in a comfortable position on sofa, desk, bed or in the shower/bathtub.

1. To use Penomet as an Air Pump, you will need to apply a non-silicone based lubricant to the base of the device and around your pelvis area. This helps in creating long lasting suction.
2. Place flaccid penis inside the polycarbonate vacuum tube.
3. Begin pumping slowly.
4. After pumping the device for a few times perfect suction will be achieved.
5. Now repeat the pumping action every 2-5 minutes.

Important Warnings

1. When using the Penomet, make sure that your scrotum and ball-sack have loosened up by showering or bathing for 5 minutes prior to use.
2. While pumping remember: Do not exceed your pain threshold and remember to apply sufficient pressure to obtain a penile erection.
3. Common side effects include permanently larger penis girth and length. If you do not wish to enlarge your penis, discontinue use after 2 weeks.
4. Misuse of the Penomet pump can injure the penis.
5. Do not use the Penomet Penis Pump if you have had any kind of penile surgery or surgery around your pelvis area. Consult a doctor before any use if you are unsure.
6. Do not use Penomet Penis Pump if you are suffering from any ailment or are taking large quantities of aspirin or other blood thinners, as these conditions increase the risk of bruising.

5. Troubleshooting

Problem	Likely Cause	Remedy	Comments
No erection OR Rapid loss of erection in less than five minutes.	Absence of vacuum in the device; there could be soap scum or foreign particles in the device; air leak due to poor contact between polycarbonate vacuum tube and rubber part	Apply more lubricant if not using the device in shower; apply firm pressure; check device for any leak; trim pubic hair to promote adherence of the rubber part, use glue to stick these parts together.	Such a problem is associated with lack of experience. It will improve as you become expert at using the device
Pulling of the skin of scrotum	Too rapid pumping; application of excessive force; pulling of the scrotal tissues; lubricant on scrotum; improper pumping technique	Do not use lubrication on scrotum; angle device downward while pumping; you can talk to your physician about the pumping technique	Problem should be gone as you become expert at using the device

Discomfort or pain during intercourse	Insufficient lubrication; pressure exertion on sensitive regions	Use more lubrication; try changing positions during intercourse	Problem should be gone by using the suggested remedies
Discomfort or pain during ejaculation	Long duration of abstinence; infection of the prostate gland; inflammation of the prostate gland	Continue the use of the device	The problem will be gone as you become expert at using the device
Discomfort or pain during pumping	Rapid pumping; application of excessive force; pulling of scrotal tissues	Slower pumping	Problem should be gone by using the suggested remedies
Redness, irritation or bruising of penis	Too rapid pumping; excessive pumping	Slower pumping; reduce the time duration of pumping	Consult your physician if the problem persists after some more pumping sessions

CE Declaration of Conformity

Penomet is compliant with the essential requirements and other relevant provisions of Directive 89/336/EC. More information can be obtained by contacting Customer Care.

DISCLAIMER

This unit is covered by the Manufacturers Limited Warranty and does not include any damages caused by miss-use: only manufacturing flaws that can be directly linked to a faulty unit. Penomed LLC does not cover cracks in the plastic, holes in the silicone, rubber part of the pump, unless it has been sent back to the company for inspection. Transportation charges for returning the unit under Warranty are determined after the unit has been examined. If a flaw or manufacturing defect is found, reimbursement of any monies paid for postage or other transport methods shall take place only when the fixed unit is returned to the customer.

PATENT PENDING IN THE UNITED STATES AND EUROPEAN UNION PENOMET IS A REGISTERED TRADEMARK OF PENOMED LLC, USA

Gaiter Colors

The Penomet has 4 different gaiters which can help you vary the pressure. The premium package comes with all 5 gaiters.

Pressure Gaiters- From Lowest to Highest

Purple: 60

Blue: 65

Black: 70

Grey: 75 (for some reason I get the most pressure with this one, it's strong)

Orange: 80

Rooster's Guide to Plenty of Fish v1.0

February 18, 2013 | by Good Looking Loser | Link | Original Link

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Getting Laid on Plenty of Fish If Have Anxiety In Real Life

Forward by Good Looking Loser

Most of you guys are familiar with my guide "Good Looking Loser's Basic Guide to Get Laid on Plenty of Fish," it's a very "aggressive" approach for guys that want to Get Laid as QUICKLY as possible (within a day or 2).

It's all about looking your very best and finding the girls that find you sexy and want to sleep with you (exactly what it takes in real life). It's mainly to avoid going on dates and scoring as quickly as possible.

Not everyone can start there. In fact, most guys (including me, years ago) couldn't.

It's mainly for guys with high sex-appeal that would be comfortable having "random girls" over to their place without knowing much about them. For the average guy, especially the average guy with approach and social anxiety- this guide moves too fast. Even if you are able to have a hot girl come over in 90 minutes, it's unlikely that you'll be comfortable enough in-person to finish the job. Maybe. Maybe not.

That's why I suggest that most guys, especially guys that are a part of our approach anxiety program, **start with *Rooster's Guide*.**

It moves a little slower and you'll be more comfortable. The girl will be probably be more comfortable too.

You'll go out on a couple dates, go a little further with the girl each time and eventually have sex with her. Who knows, maybe you'll get excited about some of the girls. This is actually what I did in 2008-2009 while I was still trying to beat approach anxiety. No matter how good or bad my approaches went, I'd begin the week with 4 or 5 girls trying to meet up with me. I always had options and that carried me through the initial stages of approach anxiety. I also slept with a lot of these girls which also did wonders for my confidence and self esteem. To this day, I still chill with some of the girls.

- For more information of where my head was in 2008-2009 check this out- "Sunday Conversation/Mentality"

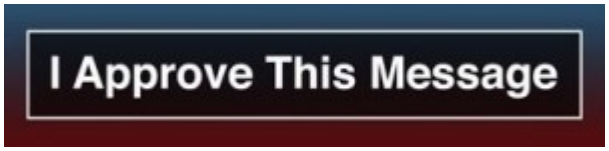
Rooster's Guide is a REQUIRED part of our approach anxiety program.

The majority of guys that "quit" approaching women do so because they feel they are not getting results and keep getting their egos hurt. I can't make you do anything- but **going out on a few dates and having some women in your life during this process WILL DO WONDERS for your confidence.** A lot of undersexed guys take pride in not doing online dating. Don't be that fucking guy. Get Laid instead.

Getting Laid one or two times from the Internet can be the difference from seeing our AA program through or getting discouraged and quitting like a pussy.

Rooster is very successful with online dating and he took quite a bit of time to make this guide. I've made a few changes, but it's pretty much exactly how he made it.

This is EXACTLY the guide I'd follow if just starting out with this "lets go fuck a lot of girls" stuff and still had a bunch of anxiety to get rid of.



You are feel to ask him questions and tell him "Thank You" here- "GoodLookingLoser Forum: Online Dating"

Chris Talks About Rooster's Guide to Plenty of Fish and Why it's Good.

I just talk about why I think the guide is good, I don't go through the process (most important).

Rooster's Guide to Plenty of Fish for Guys With Anxiety from Good Looking Loser on Vimeo.

Rooster?s Online Dating Guide for Newbies (Ross aka Rooster)

w/ Good Looking Loser (Chris)

Who is this guide for?

This online dating guide is aimed at the young or average man who?s looking to start getting dates.

If you have any:

1. **Anxiety or a bit Nervous on Dates**
2. **Sexual Anxiety**
3. **Outcome Dependency (needy and easily become emotionally invested)**
4. **Inexperience (low confidence, not sure how to act)**

Then this guide is made for you.

I also encourage you to use this guide concurrently with Good Looking Loser's Approach Anxiety Program that will be released fairly soon.

First Main Goal: Getting Dates on Plenty of Fish

Once your profile is set up correctly, you send messages correctly, and you set up dates correctly ? can you then focus on what to do on the actual dates, how and where to escalate, screening boyfriend hunters, etc.

If all you were to do is just go on date after date you would fix a lot and eventually all of these problem areas. I know a lot of guys that rarely go on dates, if ever. I was a bit of a nervous wreck when I started and the only thing that got me past that was experience and exposure.

The good news is- the girl is usually nervous too. If you are "just a little less nervous" than she,

usually things will go pretty well. Girls only go out with guys they interested in. So remember- the girl you are sitting next to on the day is ALREADY interested in you to some degree. Try to relax.



Rooster?s Background (About Rooster, By Rooster)

If you don't know me (or even if you do) it's important to give you an idea of who I am and where I'm coming from.

Awhile back I had over a year and a half off from work due to continual surgeries from a football injury. During this time, I made the commitment to create a consistent source of women to get laid from; while investing the least amount of time/energy/money as I can. I didn?t want to spend countless hours and dollars at the clubs or hangout with people I didn?t really care for just to get laid. When I started getting good I was usually having between 3-5 dates per week every week for about 6 months straight (until I got my first fuckbuddies.)

Through a consistent quantity of dates I made huge progress.

This past month I?ve been teaching my friend Steve (aka **numerounostg** on GLL.com) all I know about online dating to help him gets some dates. Steve was having trouble with online dating, he tried a couple different PUA online dating books/methods in the past but nothing worked well for him. If you ever go on those sites, it?s really the blind leading the blind. The advice he was given steered him in the wrong direction and with all he learned he managed to get just one date that ended to prove unsuccessful. Now he's on his way to fucking the majority of girls he's meeting up with.

This current week (first week of January 2013) that I?m writing this guide, Steve has scheduled 13 different dates with 13 different women being each at least a 7 on the looks scale?. Yeah, 13 in one single week. He even has a lot of girls driving over an hour to see him for a single date.

Throughout this guide his profile will be highlighted.

Profile Theme & Pictures

For a beginner?s profile, it should stand out from all the usual boring, lame, nice guy profiles out there.

At the same time though, you don?t want it to stand out too much and start screening out too many

girls. Remember, this is a guide to go on meetup and not a "quick hit" guide like Good Looking Loser's Guide.

Your profile should convey
(To be ATTRACTIVE, you should look...)

- **Cool -** Relaxed, Chill, and Popular. This highly reflects on your clothing style in your pictures, as well as your text in your profile.
- **Fun -** No dull or boring pictures. You fun side is necessary in this type of profile. This can be done a lot of different ways in your pictures of you with your friends, at a party, at a concert, etc.
- **Sexy -** You need to LOOK GOOD. Even if you aren't "good looking" you can look good. If girls don?t find you attractive they won?t want to meet you. You should look like you ALREADY get laid. Don't worry, if you are decent looking and appear cool, girls will AUTOMATICALLY assume you have options... because - you do.
  ~~If you can?t tell if your photo is sexy. Go to HotorNot.com to get it rated. Try and get at least an 8. We can help you in the forum too. Just don't yell at us.
- **Power/Success (optional) -** If you don?t feel like you can pull off a sexy theme, a good alternative is *power/success,* or as Chris calls it *"status."* It can be tricky to do but it could be you in your business suit or driving your fancy car (if you have one).

You want to convey all 3 (or 4) of these characteristics. If you are able to convey just 2, you'll be more attractive than ~90% of the guys on the site.

Your Pictures are the Most Important Part

I can?t stress this enough..

A general rule that I found to be true for a lot of people for online dating: Your potential in the quality of women from online dating is often at par with your looks, or a bit below. For instance if you're a 7 in looks, you will pull some 7's and a lot of 6's. That's usually how it goes. It is possible to get girls in a higher ?league? than you, but it doesn?t happen too often and you shouldn?t expect it to, at least in the beginning.

Here's the good part though.

Guys online are constantly screening themselves out for girls. They do this by having lengthy bad profiles, lengthy messages, bad pictures, needy frame with messages, etc. Even the really good looking guys have really no idea how to actually pull a decent amount of pussy from online dating.





This is the guy I mentioned earlier. His profile shows exactly what Sexy, Fun and Cool pictures look like. As I mentioned- this week he has scheduled 13 dates. He could start screening more but he?s gaining a lot of experience every week.

Main Picture

This needs to be your best picture (ideally the sexy one). Your thumbnail of this picture pops up all over the website?s top bar on POF and side bar on OKC. If you ever want to get opened, this picture needs to stand out a bit from the usual boring pictures from other guys.

A lot of the time girls won?t even bother viewing your profile and just decide whether to reply to you or not on the quality of this thumbnail. Make sure it?s your best and that it also looks good as a thumbnail (some pictures just don?t look good small for whatever reason).

If you have a lousy thumbnail, your profile won't be viewed too often.

Supporting Pictures

2-3 is ideal. You don?t want to look like you?re trying too hard. Shirtless shots are good only if you?re shredded - otherwise keep that as a surprise until she?s in your bed.

Good Looking Loser says: Yes shirtless pictures are good, just 1. The girls that "reject" guys with shirtless pictures are generally not looking for players, they are looking for safe boyfriends. You are free to go out with these girls, just understand that you may be waiting over a month to have sex with her.

Your Written Profile

Your profile needs to be simple and short with a bit of an asshole/jerk edge to it. The asshole/jerk part is to help separate you from the 90% boring nice guys on there. Women read through this to generally screen you out! Remember - were trying to apply to as many different types of women and not screen hard. If your profile?s long and dull you will seem boring and the more you put down the

more different reasons a girl has to screen you out. 3-4 lines are ideal.

Here?s an example of a solid profile text that?s short and has a bit of asshole to it-



Click for Better Resolution

For OKCupid, paste the same message you have in your ?About Me? on POF in the ?My self-summary.? The rest of the profile leave blank.

Other Parts of Profile

Plenty of Fish

Intent - Wants to date but nothing serious

For - Dating or Hangout

Interests - (funny and sexual is good) - Warm smiles, massages, sandwiches, naked skydiving, pleasure, etc.

First Date - Leave blank

Drinks - Socially (if you do drink)

Smokes - It's generally better to say you don't, but if you say you "Smoke Often," non-smokers that message you back are definitely interested.

OKCupid

I?m Looking For - long term dating, short term dating

Drinks - Socially

Best to leave the religion and astrology sign part blank.

Another small tip is to word things like your profession better. Instead of ?retail? put ?sales? (or 'business').

Overall the idea is the have a profile that stands out yet doesn?t screen too much.

How To Message Girls Efficient and Productively

Once you have your profile set up you will then start hitting up the numbers hard.

This is a numbers game. The more girls you hit up, the better your chances. Just like in real life.

When efficiently done, you can send of 40 messages in a day (POF max) in around 10-15minutes.

Potential Warning: if you send 41 messages or send 3 identical messages in a day, POF will freeze all of your future messages for 48 hours.

As of now, I?m not exactly sure of OKCupid limits but it?s a good idea to follow the same guidelines just in case.

First: Don?t ever bother reading a chicks profile when sending out a bunch of messages, that would take forever. I might read it if I have a date scheduled already with a girl, even then not always.

I have literally sent messages to nearly everyone on the site in my somewhat small town. So once a week when I go on POF, I'll just hit up the **New Users** section. I?ll scroll through the pages and click my scroll wheel on my mouse (or right click and select new tab if you don?t have a wheel) on any hot chick and it opens a tab without changing windows. I?ll go through about 40 pages (that?s about how many new girls there are here in a week) in about 10 minutes with probably about 65+ tabs open at times.

I'll look at the pictures and make sure that-

1. They?re actually hot.

2. They live close enough by.

3. I haven?t messaged them before. (optional)

Here?s my trick for #3.

You don?t have to do this, but I use to feel like a dick at times sending the same message to the same chick like 3 or 4 times. First you need to use the chrome browser. Next, you make a bookmark folder named **?Girls I?ve Messaged?** now when you go through the tabs and you?re about to send a pasted message to a chick. Click the star on the top right of the screen. Make sure the **Girls I?ve Messaged** is selected, and you?re good to go. Now whenever you?re about to send a message in the future, the little star will be all bright yellow if you have already sent it to her. You don?t have to choose that folder every single time but it?s really easy and takes no time at all once you get the hang of it.

Even if you don?t care about being a dick, the main reason is because to don?t want to waste your 40 max messages in a day on girls you have already messaged.

For OkCupid, it tells you straight up if you have already messaged them therefore you don?t have to worry about it.

Another part of this tool is that every once in awhile you can re-open an old chick you?ve messaged before. I have actually gotten laid from a girl not responding to my first message but months later replying to the second time I opened her. This doesn?t happen often, but since you have a bunch of hot chicks saved in a folder, it doesn?t take much time at all to do.

Good Looking Loser says: Ross is right here. I've actually hooked up with several girls that ignored my first message. Yep, SEVERAL chicks. I didn't ask them "why" they did that, but two girls said something along the lines of, "you looked hot, but sort of like a douchebag." Eventually they gave in. Cool. That's what I go for. Douchebag > Nice Guy.

Messaging

The idea of the opener, follow ups, and closes is having a set routine of messages for quick use. A lot of time guys will spend forever trying to think of the perfect response to a girl who is probably just online for attention. This way you can spend more time hitting the numbers hard and less time on a specific girl.

I have a separate word document that contains all of my phrases for quick pasting. I also use some great phone apps for pasting messages that are listed on my other tools page linked at the end of this

guide.

Every conversation won't always go the way as planned. Regardless of what you say, make sure you follow these 4 rules:

1. Responses are fairly short.

2. You're in control of the conversation.*(Often if you don?t end a message with a question, she'll stop talking.)*

3. Don?t act too serious.

4. Pitch the meet up around the 3rd or 4th exchange of messages.

"Fucking Phrases" (WHAT TO SAY)

Here?s something I call the ***Fucking Phrases.***
(If you really want to use these exact phrases that's fine. But they are mainly meant to just give you an idea of what to say)

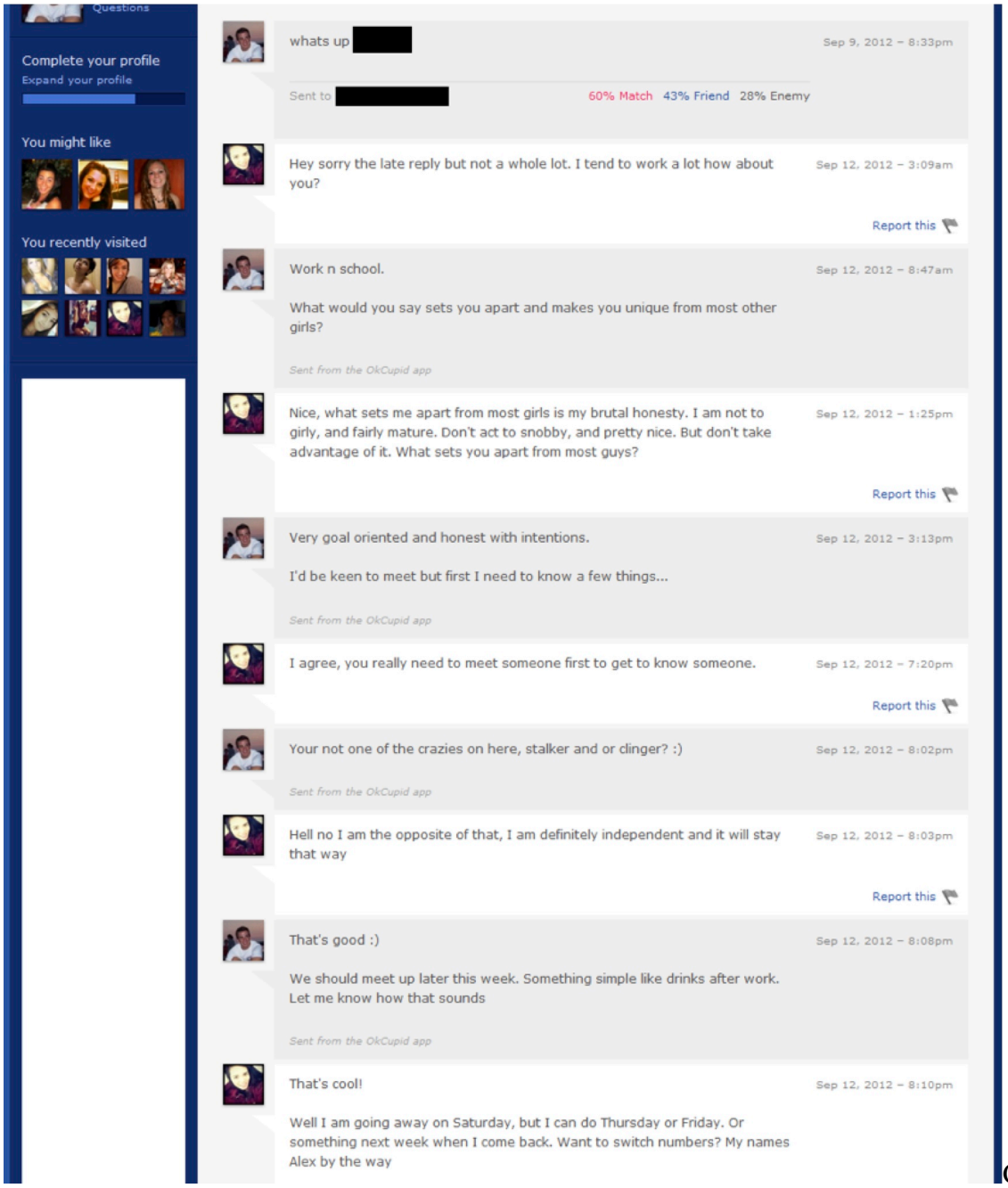
1. ***You seem cool. What are you up to?*** *(Can also add name at end - What are you up to, Kayla?)*
2. ***What would you say makes you different from other girls?***
3. **** I'd be keen/up to meet but first I need to know a few things...***
4. **** You're not one of the crazies on here, stalker and or clinger? :)***
5. ***Lets chill later this week. Something easy like- coffee. Let me know if you're down.*** ***555-5555*** *(I?ll then put down my # at the bottom of the message)*
6. After that they usually either put down their number or text me. If not then I?ll say: ***Tell me/Drop me your number and we can chat a bit more :)***

**** #3 & 4 is used to act like you're qualifying her***

Good Looking Loser says: A quick note on this "qualifying" thing. If you are a noticeably better looking than she is- don't do any qualifying stuff, or VERY LITTLE.
Why? BECAUSE SHE IS ALREADY INTERESTED (she's writing you back) and you'll look like a dickhead by "qualifying" her since she assumes you already get pussy since you are good looking. The same applies in real life.

These are the exact phrases I've used a lot of time times and got laid a lot from this year.

Here's a sample conversation from what basically goes down every time I use The Fucking Phrases. This example differs a tiny bit with the opener.



Click to Enlarge

Notes

They are no "rules," don't look for rules and don't invent them.
Obviously when you two are talking things won?t always go as planned. Girls can sometimes lead the conversation a bit or have a lot of questions of their own. Never ignore their questions. If you feel like taking the conversation a different direction than these phrases that?s completely fine. Just remember to follow the 4 rules posted above. These phrases are meant as a guide to give you an understanding and have a good starting point. They are a source of questions to rely on to save time and be efficient.

Don't be afraid to ask girls for their numbers.
They are on a dating site to exchange numbers with guys. They aren't just "hanging out" on Plenty of Fish or OKCupid for online buddies. In fact, with the exception of the lesser desirable girls and don't have too many guys messaging then, most girls just want to trade a few messages and exchange contact info.

Set up your meetups as soon as possible.
I always try and set up the date within a few days away. If you take too long, girls are more likely to flake, change their mind, or even find someone else by then. The sooner you meet the better.

Good Looking Loser suggests texting them RIGHT AWAY-

> ***"hey this is Rooster, just saved your ##, nice meeting you! Ill give u a call soon"***

... and then follow up with a phone call within the next ~36 hours. Use our phone blueprint or just call them.

Notice that the punctuation is NOT grammatically correct. That's just what Good Looking Loser recommends. It won't make or break you, but don't pretend you are some fucking egghead scholar via text. So not sexy.

Remember- THEY WANT YOU TO CALL.

Why? How Do I Know?

Because they gave you their fucking number. That's what normal healthy people do. Insightful huh? ;)

Ignore the PUA crap and don't start playing hard to get. Go try and Get Laid.



The Phone Call

As mentioned, you can use our phone blueprint to make this call.

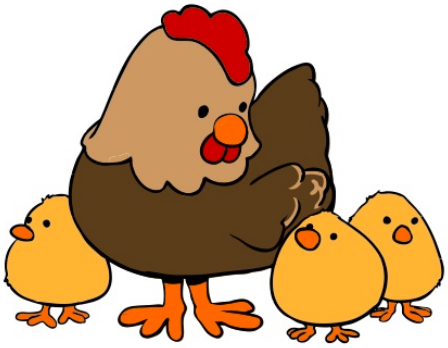
Have a place/time in mind BEFORE you call.

This is basically how it goes-

1. Text them "hey whats up"
2. When they text you back, call them right then.*
3. Enthusiastically say "hi" and ask them how their week/weekend is going like it's super important to you.**
4. Make small talk.
5. Break the small talk and say "so whats your week look like?" (she'll tell you her plans).
6. Suggest a time to meet up (within 3days), "hey I have a busy week too, but what are you doing Tuesday at 5pm?"
7. If that falls through, suggest another time "yeah actually that day is busy for me too, how's Thursday at 5pm?"
8. If that falls through, tell her to suggest a time.
9. After you decide a time, tell her you have to go but you are looking forward to meeting her.

* Again, calling them RIGHT AFTER they text you, IS NOT NEEDY. **THEY ALREADY ARE INTERESTED** and **THEY WANT YOU TO CALL**. Stop with the little boy techniques. Once you have a girl's phone number, stop worrying about "looking needy" or "am I playing 'hard to get' enough?" if they give you their number to you on an online dating site- **THEY ARE INTERESTED**.

** I suggest that you are a little more enthusiastic than you might be on a normal phone call with a girl. For the girl, the initial phone call is usually the "weirdest" part. You need to show that you are in control and you are fun person (not the creepy internet serial killer/rapist that most girls are trying to avoid). "Hey Lauren, it's Chris... how are you????" "fine." "Yeah? How's your week going? I'm having a great week (tell her something cool that happened)."



Numbers Game

The Dates (or Meet Ups)

After you secure a meet up via phone, you'll be meeting up with the girl. Rooster describes REPEATABLE dates below.

First Date

You?ve now got date. The date is simple and fairly quick. Since I usually go for coffee the date will last around 20-30 minutes. The fact is that within the first 5 minutes the girl will most likely know if she will meet up with you again or not - depending on your frame, how you act and if your pictures resemble you. You'll be evaluating her as well. Some guys will have a very long stretched out date that wastes time and money. This way if she doesn?t like you or vice-versa, you don?t have much invested. It?s important to be a bit sexual. Do this by talking about sex in a mature way and touch each other a bit.

How to Act

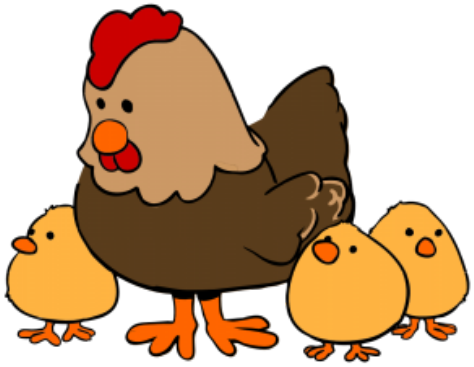
Starting out with your first dates, you?re most likely going to be pretty nervous. It really depends on your experience and how good you are with women.

One night to keep in mind is- **SHE ALREADY LIKES YOU** (to some degree).

The most important thing is for you to be comfortable and confident - just focus on that if it?s your first few dates in awhile.

When you have experience and get confident enough, there?s a certain frame to hold if you?re expecting to get laid from this girl soon. She has to believe that you?re an experienced, sexual guy that has options. If she can?t picture you being the type that can really fuck her brains out, you might not get to - or at least not for awhile.

This is more of a topic in itself but let?s just focus on getting you dates first.



Still a Numbers Game

Second Date

This is where I invite her to my house to watch a movie. A lot of the time I?ll set it up by sending her a text like:

> ***"drinks, cuddle, movie?"***

You don?t have to have the drinks, but a good idea is to say ?a movie? in the text regardless if you actually want to watch a whole movie. If you were to instead just say ?come hangout at my house? it could be a little too direct for her and trigger her ASD(anti slut defense) girls aren?t stupid, they often know your intent.

When she gets to your place make her feel comfortable and get her a drink if you want. Talk, cuddle on the couch, and watch the movie. After the movie, you start escalating.

If you?re more experienced you could hangout somewhere else and chill, then bring her to your house afterwards - or even start escalating during the movie. It?s important to follow a game plan and always have solid logistics (a place to fuck)

- If you don?t know how to escalate, Boytoy wrote a solid guide: "Boy Toy's Escalation Escalation Guide."
- You can also check out: "Chris and Scotty Talk Last Minute Resistance."

Third Date

Basically the third date is a repeat of the second if you didn?t get any or didn't seal the deal.

You can watch another movie, make dinner for each other or something else but **make sure 100% that you will end up being at a place where you can escalate.** Preferably- your place. Handle the logistics.

The sooner you escalate on a girl, the better. If you?re starting out and you escalate on a girl on the second date, she might have sex with you then (depending on your frame) or hold off sex until the 3rd or 4th date. But it you escalate on the 3rd or 4th date, she might make you wait until the 5th or 6th which by now you have invested a lot of time and might become dependent on getting it.

Eventually once you get good, most lays will be on the 2nd or 3rd date. If the chance it goes past that, she?s most likely a big boyfriend hunter and won?t give you any until you significantly invest in her emotionally. When you get good you will end up screening those types out anyway.

Frequently Asked Questions

What if I?m fat and gross, what should I do?

GET IN SHAPE.

You don't want to hook up with a overweight girl. Girls don't want to hook up with an overweight guy if they can help it.

In the meantime- there might be some things like **fitness** and **style** that need attention first.

Now, if you are already progressing with increasing your looks/style, there are ways to increase what you already have.

Guys that fall into this category need to have a bit of a *theme* to their profile. This is done by going for instance an image of power/success/business or an adventurous/edgy/fun.

CEO/Business Theme- yourself in a suit or driving a nice car.

I'm Super Cool/Fun Theme- action shots of you playing a sport or a good shot with a bunch of your buddies.

Always to make sure still to have at least one solid face shot though and that the pictures are recent. You don?t want to start the first date by deceiving them.

Is there a certain way to text?

Yes- quickly and then STOP.

Take a look at our phone/text blueprint.

Chris only uses text to get girls on the phone.

You are no "closer" to banging a girl by texting her for hours instead of calling her quickly. If she texts with you, **SHE IS ALREADY INTERESTED**- so call her and stop "working on" her.

Can I just copy your profile and messages, word-for-word?

Yes.

It's better to eventually have material that fits your personality though. Work toward that once you have a basic understanding of what you are doing.

Should I ever send a personalized opener?

Not often.

This is a numbers game and it would take way too much time to send a personalize message relating to every girl's profile. Like I mentioned earlier, you can definitely add something small at the end of your basic opener like **her name** or something else small which generally helps a bit with response rates.

If you want though, you can have a small category of girls that you want to send something a bit personalized.

For instance, I live in a bit of a small town so I?m sending messages to girls in a total of 4 to 5 different surrounding cities. When I see a girl that is #1 in my city and #2 is my exact type, I will skim through her profile for something to bring up in the opener. Just remember though, your pictures will determine your responses, not your openers.



Just like in real life.

Thank you for reading Rooster's Guide to Plenty of Fish.

You can find this entire method organized into a program here -

- "How to Get Laid in 5 Weeks (Even If You Are a Virgin)"

How to Use the Bathmate (Official Instruction Books)

February 19, 2013 | by Good Looking Loser | Link | Original Link

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Official User's Guide for the Bathmate Hercules, Goliath & Hydromax x30

There's an instruction book that comes with your Bathmate, this is what's in it.

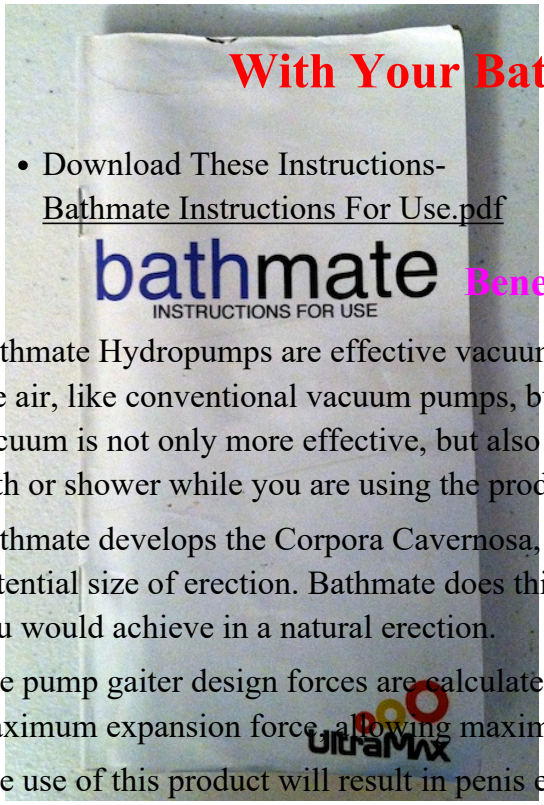
This was written by Bathmate. I have posted this to help guys that want to know how this thing works and for guys that may have lost their instruction book.

Please visit our Bathmate Forum if you need further assistance.

For more specific issues and questions, please check out-

- **Good Looking Loser's Bathmate Review**
- **What to Expect After You Order the Bathmate Hydropump**

The Official Directions That Come With Your Bathmate Hercules/Goalith



- Download These Instructions- Bathmate Instructions For Use.pdf

Benefits of Bathmate

Bathmate Hydropumps are effective vacuum pumps that are unique in the fact that they do not only use air, like conventional vacuum pumps, but water to create a vacuum force. Using water to create a vacuum is not only more effective, but also gives you the opportunity to relax in the comfort of the bath or shower while you are using the product.

Bathmate develops the Corpora Cavernosa, making it larger and stronger, therefore increasing the potential size of erection. Bathmate does this by drawing blood into these chambers, similar to what you would achieve in a natural erection.

The pump gaiter design forces are calculated to allow a minimal compression force while achieving maximum expansion force, allowing maximum growth with minimum discomfort.

The use of this product will result in penis enlargement, which will vary with each individual.

The duration of the size increase in length and girth will also increase with repeated usage. If used daily there should be a noticeable size increase within 30 days. Please use this product sensibly and do not expect to do in one day what has not been achieved in a lifetime.

Cleaning Instructions

Remove excess water from the device and put in a sink of hot water (40C max) pre-filled with cleaning solution.

While submerged, depress the pressure release valve several times to allow the cleaning solution to

clean the internal parts. Cover the end of the pump sealing ring (while submerged) and compress to force cleaning water through the chamber and valve (repeat several times.)

Apply the Bathmate cleaning sponge brush to the inner chamber to remove any contamination and discoloration inside. Move the sponge up and down in the chamber while rotating.

Remove the Bathmate sponge brush and rinse in Bathmate solution. Re-apply the sponge to the lower inner pump area, rotating as the sponge is applied.

Fully rinse the Bathmate in clean, cold water. Remove excess water and dry with a clean towel, also allow to air dry.

PLEASE NOTE THAT BATHMATE SHOULD BE CLEANED REGULARLY TO PROLONG ITS LIFE AND TO PREVENT MALFUNCTIONS.

Troubleshooting Guide

The Bathmate design is robust and engineered to last, made from the highest quality materials available. Regular cleaning will ensure a prolonged working life. In the unlikely event that you experience any problems with your Bathmate please follow the advice given in the following trouble shooting guide.

First you should test your Bathmate to ensure that it is functioning properly. This can be done in the following way:

Fill a sink with clean water and fully submerge Bathmate. While keeping the rubber pump in the water, raise the valve end and then stick the pump to the bottom of the sink, or to the curve of the sink where the chamfered edge of the pump best fits. Fully compress the pump to expel the water inside Bathmate. Your Bathmate should hold its position for a 2 to 3 minute period.

If this does not occur perform the following checks:

- **Check that Bathmate is clean by following the cleaning instructions written in this handbook and re test.**

- **IF ONE WAY VALVE LEAKS:**
  Remove the valve cap by inserting a screwdriver into the release cap and twist. Clean out the internal parts and replace. Ensure that the valve body and seal are close together by pushing down the valve onto the valve body housing. Insert the foam spring into the valve cap and place onto the valve housing. Twist the valve housing to get rid of any blockages. Retest Bathmate.

- **WATER LEAKS FROM THE VALVE BODY AT THE O RING SEAL POINT:**
  Press down the valve body and ensure that the O Ring is evenly positioned around the sealing area. This can be viewed by looking inside the chamber from the pump end. Press down the release valve and twist to rotate the housing to allow the O Ring seal to find its best seal position. Retest Bathmate.

- **RUBBER COMFORT SEALING RING ON GAITER IS DAMAGED OR LEAKS:**
  There is a replacement comfort ring supplied with Bathmate and this will need to be replaced in the following way:

a) Tear the original comfort ring firmly away from the gaiter pump.

b) Clear away any remaining glue using a hard rubbing action with a cloth.

c) Place both the gaiter pump and the comfort ring with glue side down onto an electrical cooking ring. If there is only a gas ring available place both onto a suitable metal surface on the gas hob ring. Rotate the gaiter pump to ensure that the heat reaches all areas of the surface.

d) Once both the comfort ring and the gaiter pump are warm to touch, peel away the backing paper from the comfort ring and immediately attach the comfort ring to the gaiter pump. Press down firmly and rub. Hold together for 20 seconds to allow the glue to adhere properly. Retest Bathmate.

- **IF BATHMATE IS USED AS A CONVENTIONAL AIR VACUUM AND LOSS OF SUCTION IS NOTED:**
  Submerge Bathmate in water to wet the base seal, provide lubrication inside the chamber and wet the sealing valve area.
  Apply a water based soluble gel to the sponge ring area of the base.Apply the Bathmate to the penis base, position evenly around the base and force down the chamber to compress the pump and expel the air. Vacuum suction should now be maintained. If this is not the case, trim excessive pubic hair to allow the pump to create an air tight seal.

IF, AFTER WORKING THROUGH THE TROUBLESHOOTING GUIDE, BATHMATE IS STILL NOT FUNCTIONING PROPERLY, CONTACT CUSTOMER SERVICE IF YOUR BATHMATE IS STILL WITHIN THE WARRANTY PERIOD.

WARNINGS

Please read the instructions carefully before using the product. It is advisable to consult your doctor before using this product. This is especially true for those with a pre-existing medical conditions such as (but not limited to):

- Heart and Lung Disease
- High Blood Pressure
- Stroke
- Epilepsy or Convulsant Disorder
- Genitor-Urinary Disorder e.g. kidney, bladder, testicular or penile problems
- Uncontrolled diabetes

Any person who experiences an adverse reaction to this product should stop use and consult their doctor.

Bathmate is intended for single person use. It is recommended that you do not share Bathmate with anybody else.

All penis developers draw blood into the penis area, however Bathmate works more effectively and efficiently using the hydro force of water. If the suction is created too quickly there may be redness, speckles and signs of bruising. This is common with developers and may be avoided or reduced by creating a slower suction force pressure when in use.

Remember relax, take your time and enjoy the benefits of Bathmate

Instructions for Use

In a Bath Tub

1. Fill up the bath or Jacuzzi with hot water sufficient to cover the waist when in seated position. Bathe for 5 minutes to ensure the testicle area becomes loose. It is important that you do not use Bathmate within this relaxation period, to allow the testicles to relax. This will ensure maximum comfort during your Bathmate session.
2. Loosen the penis by slight foreplay as growth occurs quickly. Apply the Bathmate after 5 minute relaxation period by completely submerging the unit and allowing it to completely fill with water. Then while keeping the Bathmate submerged insert your flaccid penis into it.
3. Ensure that the chambered area of the sealing ring is positioned against the testicle area, this reduces the pressure applied to the testicles and allows Bathmate to fully seal. Position evenly around the penis and hold back the testicles to ensure comfort before compressing down the bathmate.
4. Push the Bathmate down towards the pelvic area several times until you create a vacuum. You should start to feel the pressure building up. Surplus water will start to be released from the pressure release valve at the top of Bathmate. You may have to pump it down 4 or 5 times until no more water is expelled.
5. Once you cannot pump down any further just relax for 5 minutes. Whenever you cannot pump the Bathmate any more this indicates that you have achieved the optimum vacuum at that particular time.
6. Pump the Bathmate back to optimum vacuum whenever you feel it necessary. This is the stage when no more water is expelled from the device.
7. If at any time you feel the pressure is too much just lightly press the pressure release valve. This will release pressure.
8. After 15 to 20 minutes release the pressure completely by depressing the pressure release valve, and remove the unit. We advise doing this standing up in the bath so you can see the results immediately. You won?t be disappointed.

In the Shower

1. Run the shower and get inside, allowing yourself 5 minutes to bathe. This will allow the testicle area to loosen before applying Bathmate.
2. Loosen the penis by slight foreplay as growth occurs quickly.
3. Hold Bathmate with the release valve pointing downwards and place the palm of your hand under the release valve to stop water running from the chamber. Hold to the shower head and fill with water.
4. When the chamber is completely full of water, lower down towards your groin still cupping the end with your palm.
5. Insert your penis into the device, positioning the chamfered area correctly with the gauge sticker facing upwards.
6. Pump the Bathmate towards the pelvic area several times until you create a vacuum. You should start to feel the pressure building up. Surplus water will start to be released from the pressure release valve at the top of Bathmate. You may have to pump it down 4 or 5 times until

no more water is expelled.

7. Hold onto Bathmate for a few moments as your penis expands to ensure maximum vacuum is achieved. You can now relax and shower as normal.
8. Pump the Bathmate back to optimum bacuum whenever you feel it necessary. This is the stage when no more water is expelled from the device.
9. After 15 minutes press the release valve at the end of the Bathmate to release. Remove the device and continue to shower enjoying your new larger penis!

In Air

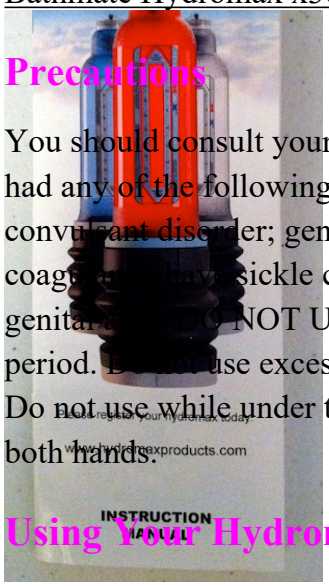
Bathmate can be used as a conventional air vacuum developer but is not as affective and efficient as when used in conjunction with water. Apply water based lubricating gel to the base of the pump gaiter and the whole penis length to allow frictionless growth. Apply and use as normal.

NOTE: We recommend using the unit as often as once a day, and no less than 3 times a week for the best results. You should only use Bathmate for a maximum of 15 to 20 minutes per session. When maximum girth growth is reached, ring mards may appear at the base of the penis, indicating a model size increase. Please use this product sensibly.

The Official Directions that Come With Your Bathmate x30



Download These Instructions-
Bathmate Hydromax x30 Directions.pdf



Precautions

You should consult your doctor before using the Hydromax Hydropump if you suffer from or have had any of the following conditions: heart or lung disease; high blood pressure; stroke epilepsy or convulsant disorder; genital-urinary disorders; uncontrolled diabetes; if you are taking anti-coag[illegible] sickle cell anemia; a bleeding disorder; leukemia; or you lack pain sensation in the genital[illegible] DO NOT USE for more than 20 minutes continuously. Do not repeat within a 4-hour period. [illegible] use excessively as this can cause bruising. Do not fall asleep while using the product. Do not use while under the influence of alcohol or drugs. Do not use if you do not have full use of both hands.

Using Your Hydromax Hydropump

You can use the Bathmate x30 in the shower, bath and in air (not particularly effective).

In the Shower

This section follow the diagram to the right which is included in the Bathmate x30 Instructions book.

Fig 01- Make sure the insert comfort pad is tightly in position inside the Gaiter bellows pump and then swivel the gaiter bellows to show the gauge in the above or below position as to your choice.



Fig 02- Push the latch valve (gray pip) into the locked position (either side of central) with your finger then hold the Hydropump under the shower head until full of water.

Fig 03- In the shower, relax and place the Hydropump over your penis tight up to your pelvic seat while the latch valve is still locked, making sure your testicles are well clear. With the Hydromax

pointing upwards, unlock the latch valve by pushing the gray pip to the central position and start pumping. Pump slowly and evenly until the bellows remain depressed which means you are at maximum pressure. For best results release the pressure after a few minutes by pushing in the release valve and repeat the exercise two or three times over a ten to fifteen minute period.

Fig 04- If you have a shower strap, once you have achieved full pressure slide the shower strap onto the Hydropump and wash while you exercise your penis.

In the Bath

Fig 05- To use in the bathtub, fill the Hydropump and then follow the instructions as per in the shower.

To remove the Hydropump, press the release valve in the cap (Fig 02) and slide off.

Cleaning and Maintenance

After use, put the gray pip into the central unlocked position, remove the insert and wash out your Hydropump with warm soapy water and rinse thoroughly. Allow your Hydropump to dry and store in a dry place away from direct sunlight. If you have purchased the Bathmate cleaning kit, please follow the instructions provided.

Warranty

Your Hydromax Hydropump is designed to give you many years of trouble free use. It is covered by a two year warranty against defective parts or poor workmanship. Hydromax Products reserve the right to request evidence of damage if required.

Bathmate Technical Features

Bathmate requires NO assembly.

This is just how it's put together.

This is the "Technical Features" diagram that is included inside the Bathmate x30 Instructions Book.

Kegel Routines for Men

March 9, 2013 | by Good Looking Loser | Link | Original Link

Kegels Routines for Men

Printer-friendly.pdf: Kegels Routines for Men_GLL.pdf

If you on this page, we've probably convinced you that "Kegels Are Not Overrated," if not, have a look at that page and my personal story. You seriously don't know what you are missing if you don't have strong pelvic muscles you can control.



Even if you aren't particularly sexually active- you'd be surprised.

The fact of the matter was- despite a nice sized cock, ample sexual experience- my sexual health was very average. Probably below average actually. I was made aware of it in just about the strangest of all scenarios- I was shopping at Nordstrom Rack at the Howard Hughes Promenade and this guy who looked like Lebron James convinced/challenged me to be an adult scene.

Long story short- at the beginning of 2012, I made a commitment to do kegels, everyday, all the time and before every orgasm. Slowly, I began having stronger orgasms and shooting further. This was significant since I'd only 'shoot' maybe 2 or 3 times in an entire year.

Below are some kegel routines. Like everything else on this website, the key is that you- DO THEM.

Kegels, just like male enhancement, going to the gym or meeting women doesn't have to be an ALL or NOTHING thing. You can get good results by just doing 100 or so a day and doing more on the days where you are more motivated. You don't have to set aside weeks/months at a time where are can "focus" on it.

What we want to avoid is- you feeling like you need to do either 1,000 kegels or NONE AT ALL. We want to avoid this mindset because- on MOST DAYS, you are way more likely to do NONE AT ALL.

- For a healthy perspective of male enhancement, what to expect and how to get/not get the results you want, check this out- "Keeping Perspective on Penis Enhancement: It All Adds Up."



As I always mention for male enhancement or any sort of resistance training- you get BIGGER and STRONGER during your REST periods and not your during your training periods. During the REST periods are when the muscle and tissue recover and rebuilds itself. Don't be afraid to take days off to recover, even several in a row- so long as you are putting in the HARD WORK and not using rest days to be lazy.

Try to enjoy the process. Watch TV or distract yourself enough without losing concentration. You don't need 100% focus and quiet to do these, although some prefer this environment.

Your PC muscle probably won't "hurt" the day after a workout like if you did bench press or squats at the gym. You may feel that your PC muscle just feels "weaker" and the workout seems harder than the preceding day. If this is the case, especially if you find it pretty hard make QUALITY squeezes and make it through the workout - consider taking that day off and possibly the following day if you still aren't recovered.

Remember- for many of us, including myself in pre-2012, we BARELY even use our PC muscles on a daily basis, they are often more untrained than ANY muscle in your body, even if you don't workout. Just keep perspective and don't think that you can go from having average boners and cumshots to a porn star in 1 week.

Week I (Train 5-6 Days, Rest 1-2 Days)

? Approximate time: 15min/day (total)

Sets	Reps	Notes
10	10	SQUEEZE as quickly as possible, Release. If needed, take short breaks between sets.

Squeeze your PC muscle **10 times, as quickly as possible.**

Week 1 is mainly about waking your PC muscle up, learning to contract it and fatiguing it a little bit. Chances are- other than a daily business trip to the toilet and a few times where you push out the remaining urine in your bladder, you probably don't use your PC muscles at all.

1. Quickly SQUEEZE your PC muscle and quickly release. Repeat.
2. If you are fatigued, take a break between sets (no longer than 60minutes).
3. Do 10 sets of 10 reps a day.
   Total: 100 Squeezes/day!
   Total: 500squeezes/week!

Notes

- Feel free to do them throughout the day thereafter.
- If you can't get a solid boner, take off the remainder of the day and possibly the following day from PE. Chances are, though, if you fatigue your pelvic (PC) muscles, you'll still be able to get a strong boner but the orgasm might be weaker than usual.
- Week 1's routine should be fairly easy, although it might get difficult toward the 8th or 9th set. The main goal is to just get into the routine of doing them and learning to control your PC muscle.

Week II (Train 5-6 Days, Rest 1-2 Days)

? Approximate time: 20-30min/day (total)

Sets	Reps	Notes
10	10	SQUEEZE&HOLD for 5 seconds, Release. If needed, take short breaks between sets. (1-2 minutes)

This is the same thing as last week only you are HOLDING the muscle contraction for 5 seconds instead of doing them as quickly as possible.

1. While laying down (so your muscles don?t have to fight gravity) Quickly SQUEEZE your PC muscle and HOLD it for 5 seconds. Repeat.
2. If you are fatigued, take a break between sets (no longer than 1-2 minutes).
3. Do 10 sets of 10 reps a day.
   Total: 100 Squeezes & Holds/day!
   Total: 500 squeezes & Holds/week!

Notes

- Feel free to do them throughout the day thereafter.
- If you can't get a solid boner, take off the remainder of the day and possibly the following day from PE. Chances are, though, if you fatigue your pelvic (PC) muscles, you'll still be able to get a strong boner but the orgasm might be weaker than usual.
- Week 2's routine will be more difficult. Don't be surprised if toward the 8th or 9th set you feel like its hard to locate your PC muscle. It's okay, just do the best you can.
- If week 2 ends and you weren't able to make it through 10 sets of 10 reps (w/ 5 second holds), do this week again. Don't get all down on yourself- doing QUALITY squeezes and fatiguing your PC muscles are WAY more important than just "getting through" a routine. Your muscles will catch up quickly.

Week III (Train 5-6 Days, Rest 1-2 Days)

? Approximate time: 20-30min/day

Sets	Reps	Notes
10	10	SQUEEZE&HOLD for 8 seconds, Release. If needed, take short breaks between sets.

This is the same as last week but you are going to hold the contraction for **8 seconds** instead of 5 seconds. Like I mentioned, if you found it really difficult to hold for 5 seconds, redo week 2.

1. Slowly SQUEEZE your PC muscle and HOLD it for 8 seconds. Slowly Release. Repeat.
2. If you are fatigued, take a break between sets (no longer than 5 minutes).
3. Do 10 sets of 10 reps a day.
   Total: 100 Squeezes & Holds/day!
   Total: 500 Squeezes & Holds/week!

Notes

- Feel free to do them throughout the day thereafter.
- If you can't get a solid boner, take off the remainder of the day and possibly the following day from PE. Chances are, though, if you fatigue your pelvic (PC) muscles, you'll still be able to get a strong boner but the orgasm might be weaker than usual.
- By this point you've probably got the hang of it.
- By this point also- you might be noticing harder erections, stronger erections and more cum volume/distance and orgasm control. Even though I had a very undeveloped PC, it was around this point that a partner and I noticed an increase in orgasm power and erection strength.

Week IV (Train 5-6 Days, Rest 1-2 Days)

? Approximate time: 25-35min/day

Sets	Reps	Notes
10	10	SQUEEZE & HOLD for 12 seconds, Release. If needed, take short breaks between sets.

This routine is just like last weeks only you HOLD the contraction for **12 seconds**. Since counting to 12 seconds is a little weird, just shoot for ***over 10 seconds.***

If you couldn't make it through the last week's workout. Repeat Week 3. Seriously, just make you are making LEGIT progress and not "making it through" the workouts.

1. While standing up (It puts more pressure on the PC muscle) Slowly SQUEEZE your PC muscle and HOLD it for 12 seconds. Slowly Release. Repeat.
2. If you are fatigued, take a break between sets (no longer than 5-10 minutes).
3. Do 10 sets of 10 reps a day.
   Total: 100 Squeezes & Holds/day!
   Total: 500 Squeezes & Holds/week!

Notes

- Feel free to do them throughout the day thereafter.
- If you can't get a solid boner, take off the remainder of the day and possibly the following day from PE. Chances are, though, if you fatigue your pelvic (PC) muscles, you'll still be able to get a strong boner but the orgasm might be weaker than usual.
- SQUEEZING & HOLDING for 12 seconds takes a little more focus, you might not to preoccupy or distract yourself too much while you are doing these for the first few days.

Week V (Train 5-6 Days, Rest 1-2 Days)

Sets	Reps	Notes
10	10	SQUEEZE & HOLD for 7 seconds, Release for 7 seconds. If needed, take short breaks between sets.

? Approximate time: 20-30min/day

This will be the most demanding exercise yet. You will hold both the positive and negative phases of the contraction. This is similar to lifting weights slowly (time-under-tension). **SLOWLY SQUEEZE & HOLD for 7 seconds and take 7 seconds to unSQUEEZE.**

1. While standing up (It puts more pressure on the PC muscle) Slowly SQUEEZE your PC muscle for 7 seconds, HOLD for 7 seconds, Slowly RELEASE for 7 seconds.
2. If you are fatigued, take a break between sets (no longer than 10 minutes).
3. Do 10 sets of 10 reps a day.
   Total: 100 Squeezes & Holds/day!
   Total: 500 Squeezes & Holds/week!

Notes

- Feel free to do them throughout the day thereafter.
  If you able to do more than 10sets or throughout the day, clearly your PC muscle is getting strong. You are also developing the strength for significant orgasm control Imagine doing this exercise on day 1 - you couldn't have.
- If you can't get a solid boner, take off the remainder of the day and possibly the following day

from PE. Chances are, though, if you fatigue your pelvic (PC) muscles, you'll still be able to get a strong boner but the orgasm might be weaker than usual.
- Toward the end of Week 5 you will probably notice more pronounced changes of what you may have seen week 3 - week 4 (harder erections, more distance to ejaculations and more powerful orgasms). It's not a coincidence - it's really happening.
- This isn't an easy exercise- keep repeating the exercise until you can make it through the entire workout for 4-5 days.

Week VI (Train 5-6 Days, Rest 1-2 Days)

? Approximate time: 25-35min/day

Sets	Reps	Notes
10	10	SQUEEZE & HOLD for 5 seconds, Release. SQUEEZE, HOLD for 30 seconds on FINAL Rep. If needed, take short breaks between sets.

Week 6's exercise is basically Week 2's exercise **(SQUEEZE & HOLD for 5 seconds) with a 30 second HOLD** on the final rep.

1. Quickly SQUEEZE your PC muscle and HOLD it for 5 seconds, Release. Repeat. After 10th rep SQUEEZE and HOLD your PC muscle for 30 seconds.
2. If you are fatigued, take a break between sets (no longer than 15 minutes).
3. Do 10 sets of 10 reps a day.
   Total: 100 Squeezes & 110 Holds/day!
   Total: 500 Squeezes & 50 Holds/week!

Notes

- Feel free to do them throughout the day thereafter.
- If you can't get a solid boner, take off the remainder of the day and possibly the following day from PE. Chances are, though, if you fatigue your pelvic (PC) muscles, you'll still be able to get a strong boner but the orgasm might be weaker than usual.
- It was around Week 6 that I could see changes, even when I wasn't messing around with a girl or playing with myself. My flaccid size was over 6" for the majority of the day and I was getting boners more often and faster.
  One "disadvantage" to penis enhancement and adding size is- it can take you longer to get fully hard, simply because your penis is bigger and requires more blood. I only later found that this can be easily offset/improved by doing kegels. I estimate- I was filling up my 7.2-incher in about 15 seconds, whereas it previously took me 30 seconds to get my 7.0-incher ready for action. Originally, I just thought I was "hornier" but it was actually improved blood flow.

Week VII (Train 5-6 Days, Rest 1-2 Days)

? Approximate time: 35-45min/day

Sets	Reps	Notes
10	10	SQUEEZE, HOLD for 5 seconds, Release. SQUEEZE, HOLD for 60 seconds on FINAL Rep. If needed, take short breaks between sets.

This week's exercise is the same as Week 6. The only difference is that you will be **SQUEEZING 10 times, HOLDING each for 5 seconds** and **HOLDING for 60 seconds** instead of 30 seconds on the final rep of your set.

1. Quickly SQUEEZE your PC muscle and HOLD it for 5 seconds, Release. Repeat. After 10th rep SQUEEZE and HOLD your PC muscle for 60 seconds.
2. If you are fatigued, take a break between sets (no longer than 15 minutes).
3. Do 10 sets of 10 reps a day.
   Total: 100 Squeezes & 110 Holds/day!
   Total: 500 Squeezes & 50 Holds/week!

Notes

- Feel free to do them throughout the day thereafter.
- If you can't get a solid boner, take off the remainder of the day and possibly the following day from PE. Chances are, though, if you fatigue your pelvic (PC) muscles, you'll still be able to get a strong boner but the orgasm might be weaker than usual.
- Some people actually find that holding for 30seconds, 60seconds or longer is actually easier than Week 5's exercise where you slowly squeeze and slowly release. This isn't because squeeze for 30-60+ seconds is "harder," it's because it is difficult to physically (and psychologically) gain control of your PC muscles if you've never slowly squeezed them. It takes time to build this control.

Week VIII (Train 5-6 Days, Rest 1-2 Days)

? Approximate time: 30min-1hr/day

Sets	Reps	Notes
10	10	While Erect SQUEEZE, Release.If needed, take short breaks between sets.

Now we're getting more advanced. According to guys in the industry, this type of kegel drills is critical to establishing orgasm control (thereby increased volume) and sexual endurance. You will

want to get a **FULL boner and do each kegel as HARD as you can.** You should see blood rush to the head. If you are lying on your back, your dick should jerk toward your body as you rush blood into the head.

1. Whlle Erect Slowly SQUEEZE your PC muscle and slowly release. Repeat.
2. If you are fatigued, take a break between sets (no longer than 10 minutes).
3. Do 10 sets of 10 reps a day.
   Total: 100 Squeezes/day!
   Total: 500 Squeezes/week!

Notes

- Feel free to do them throughout the day thereafter.
- If you can't get a solid boner, take off the remainder of the day and possibly the following day from PE. Chances are, though, if you fatigue your pelvic (PC) muscles, you'll still be able to get a strong boner but the orgasm might be weaker than usual.
- As mentioned- the point is to GET RESULTS and not just "do the exercises" if it takes you 16 weeks to thoroughly complete all the exercises correctly, then it's totally worth it. If you take these exercises seriously and you are consistent, you are get 10x more results than the guys that "does" them to "do" them. Such is the case with anything in life. Have fun! Shoot far!



We?ll have the "Week 9 and beyond Kegel routines" up later.

I?m going to ask one of the guys (Boomer) I stayed in contact with if he suggests any more specifics.

It?s not exactly rocket science though. **SQUEEZE, HOLD and SQUEEZE some more.**

Try to SQUEEZE in your head as down below, developing that mind-dick relationship is critical to performing better and frankly- critical to having those "next level" orgasms for yourself.

Remember

Do a little bit everyday, if you get ambitious- do more. Don't think it's "ALL or NOTHING" and you need have marathon sessions or NOTHING at all. Your pelvic muscles are, after all, MUSCLES. You wouldn't go to the gym 1 time a week and do curls for 10 hours, so lets not take that approach to strengthening our pelvic muscles either. A little each day- you'll be way more likely to stick with it and succeed.

She's Probably Already Fucked a Guy Uglier than You...

March 10, 2013 | by Good Looking Loser | Link | Original Link

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You *Might* Not Be a Huge Ugly Loser

This post is an expanded version of these two discussions-

- Getting Laid: The Numbers Game Explained
- PUA Zone: You aren't being rejected for your looks, she's probably banged a guy uglier than you (re: "rejection")

Sometime in 2008, I arrived/half-heard at a concept that planted the seeds for "screening game."

That concept was-

> ***"She's Probably Already Fucked a Guy Uglier than You."***

I thought about it (remember in 2008, I didn't have a TON of experience yet) and it made sense. In fact, I simply could look at Facebook/Twitter of the girls in my social circles that I had slept with and my 2 fuckbuddies (Summer '08) in Los Angeles and basically among ALL OF THEM I could find *at least* 2+ guys that they appeared to be dating/hanging out with/fucking that were less attractive than I was.

It would be about 3 years later before I actually understood what this meant.



Rejection

To my knowledge, GoodLookingLoser is the ONLY place in the world that actually talks about **"sexual availability,"** at every other place it's usually lumped into one generic concept "rejection."

For NORMAL people, rejection is the result of "not being hot enough."

For socially-retarded pick up artists, rejection is the results of "messing up" your techniques/lines/jokes. She's not rejecting you, just your "approach" or game.

Although the first one can be definitely true, and the second one- basically never, neither quite account for the fact that **most girls have already fucked a guy that uglier than you are.**

So why have uglier/less cool had the green light to plow pussy that seemingly won't give you the time of day?



The concept is *sexual availability.*

To start, lets focus on unavailability.

Not all girls are available.

Not all single girls are available.

In fact, most girls are unavailable.

In fact, in fact- only a single digit percentage of girls are available at that EXACT moment to do anything more than exchange numbers. We call this "DTF" (down to fuck) and the vast majority of girls ARE NOT DTF, regardless of what you look like.

You should still make an UNYIELDING effort to maximize your looks because a larger percentage of sexually available girls will be open to you.

When you have done so- chances are, you aren't getting rejected for your looks that often.

... And Chances are, she's already fucked a guy uglier than you are.

If you are above-average looking, these will be some of the more common reasons that you get "rejected"

If you are below-average looking, do something about it or you'll keep getting rejected for your looks as well as these reasons-



Click to Enlarge

Their are literally 100's more reasons, all of which have nothing to do with how good looking you are or aren't.

It has more to do with the "condition" or "state" the girl is in.

And Remember, as much of a little bitch that you might be- female emotional states are much more erratic, even in the emotional healthy girls.

It mainly has to do with hormones. Often they can't explain their behavior.

Sexually Unavailable Girls = Why Good Looking Guys Get Rejected



Good Looking Loser

From 1999-2006, when my sex life was very average, I put SO MUCH stock into my looks. It was the reason I got girls.

I also decided- it was the reason I didn't when "something didn't happen."

When I wouldn't "get the girl" my interpretation was- **I wasn't good looking enough.** It had nothing to do with her state- I needed to get my arms to be a little bigger, my shoulders wider or maybe it was because my rear-deltoids needed work. Whatever the case my be, I needed to hit the gym.

It wasn't that I didn't talk to ANY humans I didn't know, it was because I needed to become better looking. The opposite was true, in my case.

Despite my body image issues that ironically encouraged me to walk around as a bloated steroid-head for the majority of the year, for at least 3-4 months (summer), I looked good enough and beyond to pass the "looks" test of 99.9% of girls, even the hottest ones. Terribly insecure, but good looking [loser] none the less.

I had no idea that EVERY girl wasn't actually available, even if nearly every girl thought I was really attractive.

I figured that if they were single, they are DTF. No matter what.

At silly as that sounds, that what a lot of guys think and what the entire PUA community literally thinks.

It's actually quite common among NORMAL attractive guys that have girls calling them "hot" on a regular basis. Their egos are inflated, they are told they can get "every girl" but when they don't get every girl- they don't understand why and get very frustrated and often down on themselves.

As I've mentioned time and time again- I have friends out here that are on the covers of magazines. Their looks are as close to perfect as can be.

THEY ARE NOT GETTING REJECTED BECAUSE OF THEIR LOOKS.

Any sort of "rejection" they experience is because the girl **IS NOT AVAILABLE**, for whatever reason.

Yes, this is true in their case- 100% of the time.

She might actually have a boyfriend, maybe she hates men that day, maybe it's just "not today" and they are the type that needs to "plan" to give their number out, for them or maybe they are in psycho-I-don't-know-what-I-want mode.

In nearly all cases, if you are attractive- girls will think you are attractive. But they just are not exchanging numbers or having sex with them on that particular day.

Whatever the case may be, you'll never know. In fact, half the time, the girl doesn't need know.

Sexual Availablity (DTF)

If you are still wondering why a girl fucked a less attractive guy and not you, the answer is- **SHE WAS SEXUALLY AVAILABLE**, at that particular time.

Not that you should be thinking about them, a lot of things outside your control have to have to come together in order Get Laid. It doesn't mean it's "hard," there's just a host of things that need to fall into place.

- She is open to having sex with someone at that time.
- **You like her at that time.**
- **You talk to her at that time.**

- She likes you at that time.
- She talks to you at that time.
- **You directly/indirectly are able to make it clear that you like her at that time.**
- She directly/indirectly is able to make it clear that she likes you at that time.
- **You indirectly are able to make it clear that you want to have sex with her at that time.**
- She indirectly is able to makes it clear that she wants to have sex with you at that time.
- **You have managed the logistics and assume total control of the situations of arranging and escalating sex.**
- She has a window of time open, transportation arranged and she is psychologically comfortable and hygienically prepared to be naked and have sex.
- She doesn't feel that she is under social scrutiny from you or her friends.

I don't like checklists or getting too analytical but- in order to take a girl home, these things have to have to be established.The majority of these are outside of your control.

They can be established VERY QUICKLY but they have to be established. If any of these factors are missing such as transportation, free time or the openness to having sex - the girls are usually not DTF, regardless of your looks, style or social freedom.

Seemingly less attractive guys may have been able to score because the girl was available- and all of these factors were accounted for on that particular day. The girl might feel "up to it" and have sex with a guy that isn't her ideal, but passes the looks-threshold.

This is all the more reason to constantly hit up the girls you want to fuck. Just keep them in your phone book and send out a mass-text, you never know who will bite. If you've made an impression, they'll remember you, even if they weren't actually available when they met you.

Scotty went several months plowing girls on an ~every-3-day basis just from numbers that he held on to. My ex-girlfriend Samantha, a Versace model in her teenage years, texted me back for the first time in 8 months a day after she broke up with her boyfriend "Rad" and we got together that day and for the next 4 months.This technique is particularly effective if you have high social status.



Looks Threshold

If you can meet or exceed the "looks threshold" you won't be getting rejected for your looks, most often- it will be 1 of other infinite factors that determine availability.

The looks threshold will vary from girl-to-girl. It will be highest among the younger girls and start decline as they get more sexual experience starting at age 19-20 years old.

You basically need to be "above-average." That's it. If you are above-average, you won't be getting rejected for your looks.

If, hypothetically, you could be an 8+ on every girls scale, you'd never be getting rejected for your looks. It would because the girl isn't available to you or anyone else at that particular moment.

Keep in mind that there is no "consensus 10." For some girls, since I'm a mixed race- I'm their perfect 10. For other girls, I'm definitely not, but I'm still probably passing the looks threshold.

If you pass and exceed the looks threshold, The game comes strictly come down to sexual available and managing logistics.

That is the position we want EVERYONE in. You can truly screen for availability at that point.

What Do Women Want? They Have No Idea (Sexually Unavailable for Unexplained Reasons)

March 11, 2013 | by Good Looking Loser | Link | Original Link

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Sexually Unavailable Girls

... don't even know why they are/aren't sometimes.

We just discussed "sexual availability" in a recent post, "She's Probably Already Fucked a Guy Uglier than You," to explain why a seemingly less attractive guy can sleep with a girl that a more attractive guy didn't score with.

In both cases, it's important to remember- both guys met or exceeded the 'looks threshold'.

One night/period of time the girl was available, the other time she wasn't. The guy that Gets Laid is the guy who is in the ***right place at the right time.***



Hot blonde California girls with skin slightly more tan than their pussy hair know him as, "Mr. Right Now."

It's up to you to be that guy, if your goal is to Get Laid.

While there's a degree of "luck" to it, it's not luck when you know how to make your own luck.

With all the reasons in the universe for a girl to be unavailable to you or anyone else, sometimes the reasons for unavailable make no sense whatsoever.

Not even to the women. Even the emotionally stable ones.

Many of whom later "regret" their behavior and admit they can't trust their emotions.

If you grew up in the 90's, you'll remember this absolutely horrifying Television show where nothing seemed to happen.

Here are very recent examples of 2 single girls that are seemingly looking to meet guys but randomly become unavailable, leaving all parties confused, including themselves.
(it helps to live with hot girls ~8+ months out of the year)

"I Didn't Plan to Give My Number Out Today..."



Just the other day, Chelsea and my roommate Adriana got back from Trader Joe's (it's a grocery store). Chelsea is really cute, totally single and is basically encouraged by all of us to go "get some," because it's been a while for her. While at the store, according to Adriana, a really good looking guy was talking to them. Adriana, playing matchmaker like always, told the guy straight out "I'm taken, you are totally my friend's type... talk to her." Turns out, Chelsea and this random guy had a lot in common- they are both trying to make it in Hollywood, both from Texas and they even lived near off Melrose Ave. they even had a common friend from the gym that the guy works at. The conversation went really well. But when the guy asked Chelsea for her number, she apparently said "No, I can't do that..."

On the way home and leading into the living room when the girls got home, the discussion continued and Adriana couldn't figure out why in the world Chelsea turned this guy down. It didn't make sense to any of us. They were attracted to each other, had way more in common than the average strangers and lived nearby each other as well. At the very least, the two probably should have met up and had coffee.

Chelsea's explanation made even less sense (I'm paraphrasing)-

> "yeah he was cute, but I just couldn't today, not today." "Yeah I liked him, but just not today." "I don't know why I said no, just not today, please..." "I know it's just a phone number, not today, I can't today. I didn't plan on giving my number out today. I don't know why."

Adriana refused to accept this explanation and the two of them got in a fight and Chelsea locked herself in her room. Later, the two girls made up and Chelsea said that she "didn't know why she didn't exchange numbers," and that she was "dumb sometimes."

Ironically, Adriana has given the same excuse "I didn't plan to give out my number," when she's met a guy that she liked and couldn't explain why that "happened."

I-Don't-Know-What-I-Want Mode.

The second example is even more ridiculous. A group of 7 of us went to dinner on Friday night. Two of the girls developed a crush on our server, a good-looking guy that looked like Matt Mcconaughey in his younger days. For whatever reason, even though both girls were single, it was decided that it was Allison that was going to get his number. The two flirted back and forth the entire time. When we were set to leave, the server put his number and a message on a napkin for Alli.

The note said (and this is very close to what it said)-

> *Nice meeting you, Im in trouble for flirting w/ you :) so I can't let boss see me trade*

> *numbers.*
> *so here is mine, text me- 776-xxx-xxx* and ill call you later
> *-xo Ryan*

Pretty smooth, he's telling her exactly what to do and he'll handle it. (maybe he reads this blog)

On the way out of the place we actually pass by Ryan, we all say "nice meeting you, thank you..." as we head out the door.

Not Alli though. For some reason she isn't speaking to him anymore.

None of us knew why; we actually were going to invite him to meet up with us later that night since he seemed like a cool guy. But Alli wasn't interested anymore; she had crumbled up the napkin with his info and tossed it in the trash. Everyone began asking her why she got all cold toward the server and why she threw his number in the trash.

This was her explanation (I'm slightly paraphrasing)-

> *"Who does that? Like who gives their number on a napkin and tells someone to call them or something. That's just weird. I'm not taking his number... but I don't know, maybe I shouldn't have done that."*

35 minutes later, we arrive at a party and Allison is in the process of calling a taxi, because as she explains, "she's [now] willing to go back to the restaurant and dig through the trash" since she apparently liked Ryan so much and realized that she shouldn't have been an "idiot" and tossed his number.

Psycho.

Claire, sitting right here, says the rest of the story went like this-

> "We got back to "[Il] Pastaio" and Alli, who's drunk, runs to the trash can and begins digging through it. She literally takes all the trash out of it but still can't find his number. We then went into the restaurant and I had her wash her hands and put herself back together and stop crying. After about 10 minutes, she settles down and gets a phone call from [another girl]. While she is talking to the [other girl], I walk into the restaurant and find Ryan. He is happy to see me and gives me his number to give Allison. He also says, "I hope I see her again." and he evens ask if "she would go for him" because "he didn't think he was good looking enough to get a girl like her..."?
>
> Then I went back into the bathroom to tell Alli the good news. She was happy and we leave. The rest of the night Alli is on cloud 9 and even telling everyone that she met a "special guy" at dinner. Later that night, she deletes his number from her and my cell phone and explains "he probably thinks I'm a freak since I somehow lost his number and you had to ask again."

Later that week, Alli was texting Claire to see if she somehow still had Ryan's number and that she was "so dumb" for losing (aka getting rid of it) it 2 times."



To our knowledge- they never spoke again and never will.

? To the pick up artist world, this type of "beta" behavior/language might seem like it would "kill attraction." It doesn't. **Not if you are better looking than the girl is.** When you are better looking and/or cooler than the girl is- you can say whatever you want. Alli already liked him, if anything- it makes him seem like a more down-to-earth guy since he is so good looking. Even to Claire, the hottest girl in the group, hearing this made Ryan seem really humble and hotter.

Since you don't know Allison you might think that she **IS A FREAK and a psychopath** based on her behavior. I don't blame you and actually I suggest that you hold that assumption, since after all- you can absolutely go by first impressions, they are correct 99% of the time when trying to make sense of human behavior. I can tell you, based on my experience of knowing Alli for 4 years and sleeping with her for about 3 months in 2010, she is one of the most drama-free girls I've met in Los Angeles to this day. Alli would fall into the 1% of girls that isn't a depressed oddball, despite the incident.

We don't know how Ryan "interpreted" the situation, but something tells me that he felt like he "wasn't good looking enough," based on his interaction with Claire and somewhat based on how he interacted with our group.

Women Know they Are Psychos and Don't Trust Themselves



Most women, for at least 7 days during every month during PMS and their period turn into really emotional beings. Even emotionally stable ones.

The big difference is- the emotionally stable ones take better control of their mind and have more respect for the people that are around them. They also know that they can't trust how they feel about certain issues (especially men) and refrain from making any rash decisions until the feelings pass.

Many of them bury themselves in work or lock themselves in their rooms during the worst parts of it.

If you are a steroid user, during the first 2 weeks of post-cycle therapy, especially if you use Clomid - you can relate. Or if you, like me this past month, tkae way too much of an anti-estrogen compound end up on the floor a depressed, painful mess for a week.

The less emotionally-healthy chicks freak out, swear they know what they want, get into fights with their friends/more-than-friends and sometimes want to take it all back after the week is over. They repeat the same exact process every month, it seems. Sometimes a post-Mortem explanation "i'm sorry.. it was my time of the month..." is offered, but usually not.

It's actually surprising that more suicides don't occur.

When emotions/mood are affected, so too is the decision-making process. Women, not boldly decisive creatures to begin with, are left in a thorough state of confusion and indecision since their emotions are constantly changing but always seem real. Most literally have no idea what they want for the first 20-25 years of their lives. They use society's blueprint to guide them to success or a mid-life (usually age 27, oh-my-God-I-should-be-married-already) crisis.

To see that Chelsea and Alli "rejected" and regretted "rejecting" guys that they should be getting fucked by right now is not entirely surprising. It happens all the time.

Sometimes I see it happening right before my eye and I literally tell the girl, "No, you are putting your number in my phone. You like me." "Don't fight it. Don't fight it." It works out more than you might think, especially on the girls that are shy and/or that only "kinda" like me.

This type of erratic behavior and fleeting emotions can also occur outside of the PMS-bleeding pussy window, simply because women have a more emotional response to stimuli than men do. There's an infinite amount of external stimuli that can affect these emotions.

-  Girls can watch a sad movie and be depressed for a week.
- They can also watch a romantic-comedy and want to fall in love the following week.
- They can see their friend's new baby and start hating "players" because they want a serious relationship all of sudden.
- They can hear that one of their friends had a good experience with a big dick and want that for the following week.

They usually have no idea what triggers it. Only a small percentage do in hindsight. Whatever the case may be, we aren't dealing with logical creatures here. Not always.

The main point is- since women rarely know and can rarely explain why they are feeling a certain way, it **SURE AS HELL** is not your job to guess, analyze or play therapist. You'll end up in the crazy house.

Unfortunately/Fortunately, there isn't a database in Washington that has a record of "why you got rejected"; you'll never know what the real reason is.

I can guarantee you though- if you can somehow make yourself 'above-average' looking, you won't be getting rejected for that, not too often anyway. There will largely only be **available** and **not available** girls; or at least you will convince yourself. You find out by touching them early and often and seeing if they play along or don't leave.

Bathmate or Penomet: A Critical Comparison

March 13, 2013 | by Good Looking Loser | Link | Original Link

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Bathmate vs. Penomet

A Critical Comparison of 2 Great Devices
(Updated: July 22, 2014)

Update (2014): The Penomet is a solid pump, but IF you have the money and want the pump that will give you the most/fastest gains - The Bathmate Xtreme is by far the best one right now.

If that is outside of your price range (don't buy anything you can't afford, certainly not a penis pump) - you will want to consider the Penomet vs. the regular Bathmate models.

You will be happy with any of them but there are a few differences that you should be aware of.

A comprehensive comparison of the Bathmate Hydropump and the Penomet penis pump from REAL experience.

Unlike the majority of Internet marketers "reviewing" these male enhancement devices, I actually **own and use** both water-based penis pumps and I can give you specific suggestions and insight on each.

If you have a question that I didn't cover, write it in the form below. We'll be happy to answer it.

In this comparison we'll cover-

- Which device you should consider ordering given 2 significant criteria (cost, starting size)
- Similarities between the devices
- Which one is easier to use? (filling it up, initial pumping, keeping it on).
- Water retention (turkey-neck, putting on a condom)
- Comfort ring?
- Miscellaneous concerns
- What if I already own the Bathmate or Penomet?
- Conclusion

Video: Bathmate vs. Penomet: Which One Is Better? How Are They Different?

Is Bathmate or Penomet better?

Which pump should I consider purchasing?

As explained in the next session, these devices are very similar and ultimately you will get the SAME results if you use your device on a regular basis.

The key is ***using it on a regular basis*** and not missing or postponing training sessions.

Both devices require only 10-12 minutes and are quite fun to use.

Given the similarity of these devices-

The 2 main factors in your decision should be:

1. **How much money you can reasonably spend.**



2. **Your starting erect size.**

We will discuss the subtle differences between the pumps that you should be aware of.

(1) The Cost

This should be the primary factor in your decision.

DO NOT BUY EITHER IF YOU CANNOT AFFORD IT.

I mean that. You can make gains just doing manual stretching and jelqing. Gains just happen faster with the pumps and it's more fun.

Even though I make small commissions (at no expense to you)- I still don't want people running up a bunch of debt on their credit cards if they can't afford it. It's a penis pump, it's not completely necessary.

Best Value

The ***Bathmate Hercules*** is the best option if you don't have a lot of money to invest.

The ***Bathmate Hydromax x30*** is slightly easier to use and a few bucks more. It depends on your price range though. They are similar. I have owned my Bathmate for going on 4+ years. Even with years of prior manual PE experience, I've have gained over an 1" in girth and over a .5" in length from JUST the Bathmate during 2010. The Bathmate was the FIRST device I ever recommended to the Good Looking Loser community. I did so because it is excellent, I was certain that it would reflect positively upon myself. The only downside to getting a Bathmate Hercules or x30 is- you might have to get another pump if you outgrow your pump.

Best Package (for regular models)

If you have the money- the **Penomet Premium** package with the 5 gaiters is the best overall package.

The package also comes with some goodies (3 bottles of pump cleaner) that I actually use. It's also big enough that you'll never have to buy another pump again. Since it has different has 5 removable gaiters, you won't ever accidentally break the thing to the point where you can't use it anymore. Like I said- you won't have to invest in another pump ever again unless you somehow grow a 12+" penis, in which case you should finding other things to do with your time.

The best OVERALL option is the new Bathmate Xtreme.



(2) Your Starting Size

You should definitely consider your starting before making the investment in either pump.

Newbies, especially, should consider their starting size since they will grow the most.

If you are new to male enhancement (or new to pumping) and your penis is equal to or more than 7" (length) or 5.75" (girth)- you should only consider the Bathmate Goliath or the Penomet Premium Package.

While you will probably fit in the Bathmate Herules or the Bathmate x30, it won't be long until the pump is too small for you.

I'm serious about that, newbies gain quickly. By contrast, if you are less than 7" (length) and 5.75" (girth)- you can consider any pump. I wouldn't get the Goliath until you are very close to 7" however.

Starting Size	Consider	Don?t Consider
Big Cock *7? or more Length*	Bathmate Goliath Penomet Premium Bathmate x40	Bathmate Hercules Bathmate x30
Almost Big Cock *6.5-6.75? Length*	Any of the pumps	n/a
Average Cock *5.25 ? 6.5? Length*	Bathmate Hercules Bathmate x30 Penomet Premium	Bathmate Goliath
Smaller Cock *5.25? or less*	Bathmate Hercules Bathmate x30 Penomet Premium*	Bathmate Goliath Bathmate x40

** For smaller guys (5.25" or less), the Penomet pump MIGHT be too heavy. I would stick with either the Bathmate Hercules or the x30.*

Similarities Between the Devices

The Bathmate and Penomet pumps are very similar. Both will work great for you. Both are fun.

A lot of guys want to want to know "which is better?" or more specifically- "which pump gets more pressure?" since the pressure determines how intense your workouts are and ultimately- your progress.

In my experience, after using Bathmate pumps for 4+ years and the Penomet for 5+ months- they are

almost identical.

The Bathmate MAX pressure is literally EQUAL to the Penomet MAX pressure.

It's probable that- both companies have to adhere to specific safety standards and neither company can actually create a pump that is "much better" than the competitor even if they wanted to.

They would be sacrificing safety and encouraging lawsuits. Neither are desirable. The good news is- both pumps give a very good deal of pressure and they are several things you can do to increase this pressure.

These techniques include (but are not limited to)-

- removing all pubic hair
- using a full boner
- filling the cylinder with as much water as possible
- pumping in a specific cadence (in my experience- Bathmate is best pumped as fast as possible. Penomet should be pumped slower)
- re-pumping to maintain tight suction as possible (not necessary with Penomet)
- initially pumping while doing kegels (especially for big guys)
- jelqing before your workout (not for newbies)

> "*If you had the opportunity to use both pumps, you will probably find that the pressure (and therefore, quality of your session) depends more on the quality of your erection, how quickly you got suction, how much water was in the pump, etc. rather than which pump you use."*
>
> "... and that is why I conclude they are equal or the actual difference in pressure is insignificant. The other factors are more important."

I HAVE seen the video that claims the Bathmate has "much more" pressure than the Penomet. I'm not saying it's fake, but in my experience- when the pump is ON MY DICK, the pressure is equal and other factors (listed above) affect the pressure significantly more. What is more significant is the slight differences between the pumps that will determine ease-of-use and how often you can achieve MAX pressure. We will explore these slight differences now.



Which is Easier to Use?

This will vary too.

This important because the easier you can use the device, the more likely you will be able to get MAX pressure consistently. It's a pain to put on a pump and realize the pressure isn't great and have to redo it I wish I could give you a one word answer but the fact of the matter is- both devices have their advantages.

Filling Up Device

Advantage: Bathmate x30 and Penomet

The newer pumps, Bathmate x30 and Penomet, have a pump head that prevents water from leaking out when you are filling it up.

This is significant because the more water that you have in the cylinder, the greater pressure you can generate. The older models of Bathmate will slightly leak water (this is normal) and you will have to put them on as quickly as possible. Which isn't hard. It's not as big of a deal as some guys make it however.

Putting It On (Initial Pumping)

Preference: Bathmate Hercules/Goliath

This is simply my preference.

I like the older Bathmate models because in one violent motion that takes about 8 seconds, I can slam the Bathmate into my body and get IMMEDIATE suction. You don't have to put the original Bathmate models on this way though. The Penomet and Bathmate x30 take a little more time to put on. We are talking about 10 seconds more.

Keeping It On (In Session)

Advantage: N/A

All the devices are hands-free. You just put them on and you don't have to touch them unless you are tightening the suction.

With the Penomet, you don't have to re-pump it or tighten the suction. You can even wear it outside of the shower because you don't have to discharge any of the water- which is nice for some guys. I personally like re-pumping and keeping the pump super tight, so it doesn't matter to me. The only

issue with the Penomet is- it's a bigger/heavier pump and if your penis isn't big enough (or if you don't have a solid erection/suction) it may begin to hang downward slightly toward the end of your session. Bathmate makes a shower strap to counter this, Penomet doesn't yet. If you are 6.25" when erect this probably won't be a problem. The differences listed here are honestly minute (insignificant) to most guys. I just though I'd let you know so you know what to expect.



Water Retention (Turkey Neck)

Advantage: Bathmate x30 and Penomet

Using the original Bathmate models for 12+ minutes can cause a temporarily undesirable, yet completely harmless condition referred to as "water retention," as explained here.

The Bathmate x30 and Penomet pumps don't really have this issue. The advantage to this is you can easily put on a condom and there will be minimal sensitivity issues. Using a pump before having sex is one of the best experiences you (and your lucky partner) can have. I personally don't care about getting "turkey neck" or "tennis ball dick," if I'm not sleeping with a girl later that day.

Comfort Ring

Advantage: N/A

The Bathmate x30 and x40 comes with a "comfort ring," the Bathmate Hercules, Goliath and Penomet do not. It doesn't matter.

Most guys feel that this ring is not helpful and actually inhibits suction. My suggestion is to ditch the comfort ring, it's useless. Once you take it off the Bathmate x30/x40 the pump is awesome.

According to Penomet-

> *"Penomet Pump does not come with a Soft Pad (comfort ring). In our survey of more than 500 penis pump users, very few liked to use a soft base due to the difficulties found in the attachment."*

I concur. The comfort ring, or lack thereof, should have NO IMPACT on which device you buy.

Miscellaneous Concerns

There are a few other difference between the Bathmate and Penomet.

Vacuum Stretching

Advantage: All Bathmate pumps

There is a specific way you can use Bathmate to increase the length of your penis.

You can doing these stretches in the Bathmate because it is all one piece. These aren't done as easily in the Penomet since the Penomet has attachable gaiters. While this may seem significant, I don't do "Bathmate Stretches," they are a pain in the ass and I never found they did much. Other guys like them though. Either way, not doing these stretches hasn't stopped me from gaining over 2" in length.



Cleaning

Advantage: Penomet

The Penomet is easier to clean because it is 2 separate pieces. The gaiters easily detach from the vacuum tube and you can simply clean it. The Penomet package comes with a high-end cleaning foam called 'Gun Oil Shine'.

Traveling

Advantage: All Bathmate pumps

I always take my pump when I visit other cities.

The Bathmate travels easier because it's all one piece and all of the models (with the exception of the Goalith) are smaller than the Penomet. I travel with my Bathmate in the original box it came in. One time leaving for San Francisco, a TSA agent opened my bag and opened the Bathmate box. The agent asked, "Does it work?" The girl I was with said, "Yeah, it works." :D If you want to avoid this, just pack it in your suitcase. Baggage fees are so ridiculous that I sometimes carry it on the plane.

What If I Already Own a Bathmate?

If you already own a Bathmate - stick with that. You don't need another pump. It is highly unlikely that you will significantly prefer one to the other. Please save your money.

The exception is if you are about to outgrow your Bathmate. In that case, you should be looking at

the **Bathmate x40, Bathmate Xtreme** or **Penomet Premium Package**.

In Conclusion

So there you have it. Two great pumps.

Equal suction (with the other factors listed affecting your experience more).

- **If you have the money- the Bathmate Xtreme (updated) is great and you'll never have to buy another pump.**
- **If not- Consider the Full Penomet package or Bathmate x30/x40 for value.**

It all depends on how much you are able to spend. They all are great - there's no huge difference between the regular models. Only the Xtreme gives significantly more pressure than any other pump.

The fact of the matter is- if you are new to male enhancement or even if you haven't "pumped" before- you will gain size if you are consistent with your workouts. Often very quickly. Enjoy.





The Zero Hour Rule, Comfort is Overrated

March 18, 2013 | by Good Looking Loser | Link | Original Link

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Excitement > Comfort

One of the very first models of seduction, 'Mystery Method', insisted that you need to "build" both attraction and comfort to "seduce" a women.

The entire process will take an average of 7 hours.

Suggests the "7 hour rule"-

> "If you go out at 10pm, meet a girl at 1am - it will be at 8am, after 420 minutes (7 hours) of building attraction, comfort, thumb wrestling, story telling and back turning, that your penis will penetrate her vagina."

You don't even have to be sexually experienced or even socially competent to know that no such "rule" exists.

Giving Mystery the benefit of the doubt that he is actually drawing this from his experience and has slept with some girls, perhaps he wasn't suggesting that it HAD to be 7 hours but rather that was how long it would usually take him.

In that case, it shows that PUA/seduction actually moves SLOWER than normal guys do. Normal (non-PUA geek) guys in the top 10% generally take girls home from bars in 2 or 3 hours every night of the week.

What in the world could you talking about for 7 hours anyway?

One key thing I learned from Scotty was (assuming the girl was sexually available and not JUST looking for a boyfriend)-

- If I banged her in 2 months, I probably could have done it in 1 month.
- If I banged her after 5 dates, I probably could have done it in 4 dates.
- If I banged her after 4 dates, I probably could have done it in 3 dates.
- If I banged her after 3 dates, I probably could have done it in 2 dates.
- If I banged her after 2 dates, I probably could have done it in 1 date.
- If I banged her after 1 date, I probably could have done it in 0 dates.
- You get the point...

More significantly-

- If I banged her in 4 hours, I probably could have done it in 3 hours.

- If I banged her in 3 hours, I probably could have done it in 2 hours.
- If I banged her in 2 hours, I probably could have done it in 1 hours.
- If I banged her in 1 hour, I probably could have done it in 20 minutes.

When he told me this back in the Summer of 2008, it basically went in one ear and out the other- the concept seemed to oppose the necessity of "attraction, comfort, text game, dates, timed escalation, etc."

Certainly I needed a period of time to "work on" the girl, even if she liked me and wanted to have sex with me.

7 hours seemed to closer to realistic, even though I had tagged some attractive girls within about 3 hours.

I obviously had been listening to too much PUA bullshit.

Rules Are Meant to Broken

 With experience and some sanity, less of a reliance on canned lines and "structure" to my interactions, I progressively got better with women. I started getting more girls, hotter girls and getting them quicker.

When I realized that screening girls by touching them quickly could separate the girls that were DTF and the ones there were not- there was basically no need to "work on" girls or any need to analyze anything anymore.

The only thing to possibly work on was "getting quicker".

I basically just wanted to know that I could go out 2 nights a week and probably Get Laid one or both nights.

When I lived at N. Kings Rd. in Los Angeles in early 2009 - walking distance from 2 super popular places, including my favorite place ever- Skybar; I had the chance to pull this off, over and over and over. After living there for about 8.5 months, I moved to Santa Monica Beach where I would do the exact same thing during the day. By that time, late Hollywood nights weren't my thing.

As I started moving faster with girls my approach didn't actually change.

The goal/game plan was the exact same.

Stop an attractive girl, touch her and if she stayed around- I was going to try and take her back to my place under the pretense of "Hey I have to be somewhere at __o'clock, but lets chill for an hour or so. Tell you what- I'll make you a sugar-free drink that's amazing." (or something like that).

If they said anything other than "No." I would grab their hand and start walking to my place which was never more than about 6-7 minutes away ON FOOT.

The only thing that changed was how fast I was EXECUTING the game plan.

Although "trying to move fast" helped my mindset somewhat, it was the experience of seeing the **same predictable responses** for the past 2-3 years that made me more secure with the interactions- and able to move faster.

To me- all I was doing was profiling DTF chicks quicker and speeding up the process that was

probably going to happen anyway, so long as they remained sexually available. In fact, arguably, I "lost" less girls that might have flaked had I just taken their number. A lot of girls are into the moment but get "wet feet" when deciding whether or not to call back a guy that clearly wants them for sex.

Moving Fast is Exciting but Not Always Comfortable for Girls

It wasn't until the end of 2012 that I realized something.

There have been several comments on the Youtube videos pointing out that some of the girls I aggressively approached (and successfully left with) weren't totally "comfortable"-

 Click to Enlarge

 Click to Enlarge

-

 Click to Enlarge

It turns out that the Youtube PUAs were right, these girls aren't super comfortable.

To tell you the truth, it didn't even occur to me that girls weren't comfortable.

Nor did it matter or stop them from leaving to chill with me.

I'm looking for girls that are DTF, not looking for girls that require "comfort".

The moral of the story is-

Women don't have to completely comfortable to have sex with you very quickly.

They just need to be excited.

If they are shy, chances are, they won't express this excitement too much.

Besides- there only so much "comfort" you can build in 5 minutes anyway.

The good news is-

You don't need that much.

I don't have 7 hours to "seduce" a girl, I literally don't have enough material to last 7 hours. Chances are, if you nail them in 7 hours you probably could have done it faster.

Next time you are wondering if the girl is "comfortable" enough, try and put her in your car or make out with her. Don't assume that she "needs comfort," like some sort of abused puppy, don't assume anything.

Don't ask for or wait for obvious signs saying, "Okay, now it's time to put me in your car, I'm comfortable and attracted enough to you. I'm willing to have your insert your penis in my vagina."

You will be waiting for weeks.

Or in my case, pre-2005, for months.

These days, the simple fact that a girl speaks to me after I've touched her is the green light to start making preparations to take that pussy home. Sometimes- it's exactly what she wanted too.

The Goal is to Get Laid not Build Attraction/Comfort/Jokes/etc.

Remember- the goal is **Get Laid.**

It took me a while to realize what this meant and behave based on the goal.

You might have to think about it a little bit.

The is goal not to "build comfort" "tell stories" "make her laugh" "make her like you" "be seductive" etc.

All the stuff may or may not happen the process, but it shouldn't be your focus.

For more information on this specific topic check out- "Mr. Pussy Inspector vs. Mr. Funny Man"

Approach Anxiety Program - Week 4

March 24, 2013 | by Good Looking Loser | Link | Original Link

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Libertad (Get Liberated) - Week 4

Welcome to Week 4. (10 Days)

Funny Man Week.
Annihilate This Week Because Things Are Gonna Get Real Soon...

How are you?

If you've REALLY followed the program, day-by-day, drill-by-drill, rep-by-rep and repeated however many days that you felt you could have done better- there is NO WAY IN HELL that you don't have LESS APPROACH ANXIETY than you when you started.



Like our weight loss stuff, it is physiologically (more specifically, cognitive and psychologically) impossible that you don't have less approach than 3+ weeks ago.

The amount of CONSISTENT exposure therapy you have gotten to the beginning processes of meeting women is probably more than you've gotten in your life.

If not, I don't want you taking days off, unless you are going out on a date or someone dies.

Sometimes that nighttime "squeeze" drill brings a lot of happy campers back to earth. Simply out alone will do that. If you didn't complete that drill (legitimately squeeze 10 girls on the arm and walk off), you need to be back on Day 21. Seriously, go back, you are going to see this type of thing again and it will be way too hard if you don't get at least the safety of knowing you went out alone and EXECUTED our drill.

This week is going to fun, fast-paced and you'll probably have some good stories. These are still considered 'Level 3' drills by myself, the guinea pigs and other losers that have contributed to the project. You did Level 3 drills last week, so I want you to kill it this week. Some are lower-level 4 drills, but they are basically like level 3's.

There will be some interesting challenges.

One thing that want you to see from this week is- you are COOLER than nearly all of these people you approach. Seriously. Them getting the chance to see you do some funny/wacky/creepy shit is the highlight of their week. They are an afterthought to you.

You are getting stronger.

The dominant attitude I want you to have this week is-

> ***"I'm just gonna fuck with her."***



Online Dating

It's been at least 3 weeks since you got your POF or OkCupid account.

How many girls have you been out with?

If the answer is NONE, there are 2 reasons-

1. You have ignored my advice to boast up your confidence, gain experience and possibly Get Laid from hitting on girls online; OR
2. You need to talk to more girls online AND fix your pictures. (both take just 1 day to do if you put your mind to it)

For some guys- **JUST ONE ONLINE DATE** that goes well will be the difference between him hanging in there with a positive attitude and beating approach anxiety OR quitting an settling for a boring, sexless life of jerking off to videos other more confident, better-endowed guys enjoying pussy.

Yep, that's a scare tactic. But I have nothing to sell you.

Just please do yourself a favor and hit on 50+ girls online this week-

- "Rooster's Guide to Plenty of Fish"

If you aren't getting many responses, show your profile in the Online Dating forum and we'll look at it.

Audios for Day 23-31. mp3/iPod compatible (.zip file)- Approach Anxiety Audios - Week 4.zip

Approach Anxiety Day 22 (Suspenders)



Suspenders are cool, right?

Hey Mr. Funny Man.

How you doing.

Today and for a lot of this week, you are going to get the chance to be a Mr. Funny Man.

You will get decent reactions because the majority of 18-30 yr. old girls have an okay sense of humor.

Remember, there's nothing "wrong" with being funny.

I'm super funny.

Funny. ha.ha.

Not funny. queer.

But seriously- being funny is okay. We just don't want you trying to be a fucking comedian.

Girls laugh at comedians, but they select sexy players to destroy their vaginas.

If you had to pick, I think you are more interested in being the #2 option.

The desire to "make her laugh a lot" is what I call "I hope she likes me" game where guys are encouraged and feel the need to entertain the girl.

It's all called Pick-Up-Artist-Never-Get-Any-Pussy-But-Make-Lots-Of-Girls-Laugh-Game.

So you are going to get the funny man out of your system this week, the purpose isn't to Get Laid, make the girl laugh, get any specific reaction- it is to **EXECUTE the drill and gain exposure**

therapy in the process.

Don't have a shift in mindset just because it's Funny Man time. A lot of guys naturally will because their real "game" might have been Mr. Funny Man stuff.

These drills are only a test to see if you can EXECUTE.

Remember, the goal isn't "I want to make her laugh," it's -

> ***"I'm just gonna fuck with her."***

Day 22 Drill (Level 3)

- **Hey, Leave.**
- **Hey, Do you know where I purchase suspenders?, Leave.**
- **Hey, Do you know where I purchase suspenders?, My mom says I look good in suspenders, Leave.**
- **Hey, Do you know where I purchase suspenders?, My mom says I look good in suspenders, Suspenders are good idea because I've lost so much weight my pants won't even stay up, Leave.**
- *** Challenge 5th Girl: Hey, Do you know where I purchase suspenders?, My mom says I look good in suspenders, Suspenders are good idea because I've lost so much weight my pants won't even stay up, You can see my asscrack, Leave.**
- **Repeat this 3 times, you will speak to 15 girls.**

The "Hey," part is just how it looks. Say "Hey," and that's it.

If you noticed, by the 4th girl- you will say the word "suspenders" 3 times. It's a funny word.

Word-for-word this probably the longest drill thus far. You might want to write it down, put it in your phone, print it out. I'm going to say it on the audio too.

It's okay if you fuck it up a little bit.

Just remember- where do I get them, my mom says I look good, I lost weight and my pants fall down.

Audio Day 22 (31:05)

- Week 4 quick talk.
- Drill explained.
- Mr. Funny Man lives. Mr. Funny Man dies.
- Being funny is a mindset, not a technique. Just as screening is a mindset, not a technique.

Here's me doing the drill-

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 23 (Sesame Street)



Can you tell me how to get to Sesame Street?

This one reminds me of the PUA community stuff.

Material that is playful, happy, harmless and nothing that a masculine guy would ever say.

It's funny none-the-less and if you backed up it with looking good and something physically aggressive stuff- it might work.

It's never the line that "works" though. It's your looks, style and social freedom.

The whole concept of "treat her like you little sister!" and she'll think that your an alpha guy was always a little puzzling to me. Girls don't usually suck their older brother's cock. No matter how hung he is. At least not in most states in the USA. Maybe it's different across the pond.

In my experience, those "playful" lines/personalities only appealed on cute, nice girls who were looking for a playful, safe boyfriends. Hot, sexy girls thought it was childish. I must have really looked out of my mind in 2008, when I was asking girls, "Who would make a better boyfriend? Donald Duck or Scrooge McDuck?!" (true story). Jesus Christ.

Be that as it may, you're going to act like a little boy today or at least ask little boy questions.

So enjoy it.

This drill is best done with the attitude of "okay.. now I'm gonna fuck with this girl."

Truth is- the emotionally healthy girls will response positively, even if they find it non-masculine. The basket case, depressed, boring, dumb girls won't, just like always.

Remember, we aren't looking for a good/bad/neutral reaction we only want to see that you can EXECUTE.

Now go find your way to Sesame Street you big, masculine, cool, hung, funny guy you!

... and remember- you are "just fucking with her."



Day 23 Drill (Level 3)

- **Ask 10 girls, "Do you know how I can get to Sesame Street?"**
- *** Challenge: After you say that and she responds, the challenge is to say- "I'm not a rapist."**
- **Repeat this 3 times, you will speak to 30 girls.**

You should have a good time today.

Audio Day 23 (20:00)

- Drill explained
- I really would talk like a 5-year old to girls, trying to be "cute"
- Treat her like your little sister: A frame for "teasing" girls
- Playful is not your goal; GETTING LAID IS YOUR GOAL
- Masturbating before approaching: Does it matter?

If you have a problem with compulsive masturbation check out: YourBrainRebalacned.com (chances are if you've made it this far in the program- you don't have issues with it)

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 24 (Birthday)



Happy Birthday! What do you want, I'll ask you 3 times if I have to.

Be prepared for one of the more random days of the entire program. I've done this drill both at night and during the day.

Like all the other drills and interactions you'll have- the emotionally healthy girls will respond well and the psychos will respond poorly.

The boring ones usually say, "I don't know..."

The protective/loser ones usually say, "Have we met?"

The cool ones will say what they want. One day a super hot girl said "a big black dildo," no joke.

Some just won't get what's going on, which is understandable.

As much as you are tempted to try and fuck the girls that give the positive response or spit on the girls that give the negative responses and lecture the slow girls on what's going on- just LEAVE and move on to the next.

But you need to ask 3 times.

If after have 3 times, they still don't tell you what they want, leave.

For example-

> **What do you want for your birthday?**
> - Huh?
> **What do you want for your birthday?**
> - What do you mean?
> **What do you want for your birthday?**
> - What is this for?
> [LEAVE]

Again- if you don't get an answer on the third try, walk away - your job is done.

This one can be fun. So have fun. Things get harder next week.

Keep in mind though- You are "just fucking with her."

Day 24 Drill (Level 3)

I'd like you to approach girls that are rolling solo (by themselves), but since you are approaching 30 girls (in total) you might have to approach groups of girls. If you aren't scared, do that. It only counts as one approach however.

You're trying to pull an answer out of them. Insist on getting an answer to your question.

- **Ask 15 girls, "What do you want for your birthday?"**
- **If they give you an answer, you can leave.**
- **If not, ask them again, "What do you want for your birthday?"**
- **If they give you an answer, you can leave.**
- **If not ask them again, "What do you want for your birthday?"**
- **If they still don't answer- you can leave.**
- *** Challenge: "I'll give you a- whatever she said she wanted" (see audio)**
- **Repeat this 2 times, you will speak to 30 girls.**

This is fun, over 30 girls you really see the numbers game in play.

Some are cool, some are not.

Audio Day 24 (21:32)

- Drill explained
- Challenge explained
- "Just fucking with people" easier to do on low status people; harder on high status fashionable people
- Numbers game, obviously; Cool girls respond well, Losers responded accordingly. Who flips out?

Here's me doing the drill-

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 25 (Lunchtime)



Avoid doin

Avoid doing the drill on heavy girls.

What's for lunch?

Doesn't matter the time of day you do this one. Morning, noon or night, it's all good.

You are going to ask the girl, "What's for lunch?" if she doesn't answer with a food, you need to ask her, "No seriously, what's for lunch?" if she doesn't answer with a food, you need to ask her, "No, for real, what's for lunch?"

If on the third time she doesn't answer, your reply should be- "Hey, I really need to know, what's for lunch?"

If you don't get an answer by the fourth time say- "I'm just messing with you." or "I'm just fuckin with you."

It's similar to the birthday drill but you should be a little more persistent about getting an answer. You really need to know, "What's for lunch." and you are going to ask 4 times with needbe.

Maybe you'll get your fucking answer, maybe not.

In the end, you are probably cooler than the girl you are talking to, so just remember- ***your "just fucking with her."***

Day 25 Drill (Level 3)

Until the girl answers your question with a food (or other acceptable answer) you should ask the following questions-

You're trying to pull an answer out of them. Insist on getting an answer to your question.

- **Hey, What's for lunch?**
- **No seriously, What's for lunch?**
- **No for real, What's for lunch?**
- **Hey, I really need to know, What's for lunch?**
- *** Challenge: I am going to ask you a 5th and final time, What.is.for.lunch?**
- **Repeat this 3 times, you will speak to 15 girls.**

You'll get a lot of different responses to this question.

Rarely do people answer confidently after being asked just 1 time.

Sometimes people think they are being quizzed and want to get the 'right' answer.

Often you'll get a question in return, "You mean today?" "Oh where am I going?" "What do you mean?"

Any sort of question is an unacceptable answer. The answer to a question is not a question. Ask your question again. Perhaps they didn't hear you the first time.

Audio Day 25 (21:24)

- Drill explained
- Responses will vary, this is less predictable than other drills and approaching.
- Chris' AA Dilemma: Only wanted to talk to the hottest girls, scared of the hottest girls
- Several years later- solution to getting attrached to less attractive girls- "Her Best Feature"

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 26 (Arnold)

We are going to play a game.

Who's your daddy...

and what does he do...

If you don't find this funny or aren't familiar with this reference, this drill might be hard for you.

The lines are from the movie Kindergarten Cop, where Arnold Schwarzenegger plays Detective John Kimball, but also has to teach preschool too.

Watch this scene-

So that's what you are doing to do.

You're Detective John Kimball and you don't like getting interrupted. Make sure you go through the entire sequence, if she rudely interrupts start over from the beginning. You need to do it 3 times or until you get an answer that's not "what?" "huh?" "who is my daddy?" "what are you talking about?"

It's not a long sequence, so that shouldn't happen very often.

> **"Okay, we are going to play a game."**
>
> **"It is called- WHO IS YOUR DADDY and WHAT DOES HE DO?"**
>
> **"READY?"**
>
> [She can speak here]
>
> **"WHO IS YOUR DADDY and WHAT DOES HE DO?"**

... you don't have to use the Arnold voice if you don't want. You can though. Whatever you want to do.

It's your world.

These squares are just living in it.

Remember- ***your "just fucking with her."***

Day 26 Drill (Level 4)

Go up to a girl and go through the following sequence, up to 3 times or until you get an answer, if she interrupts you, start over-

- **We are going to play a game.**
- **It's called- WHO IS YOUR DADDY AND WHAT DOES HE DO?**
- **READY?**
- **[SHE CAN TALK]**
- **WHO IS YOUR DADDY AN WHAT DOES HE DO?**
- *** Challenge: If they interupt you, yell at them- "I'M DETECTIVE JOHN KIMBALL" and restart the drill.**
- **Repeat this 10 times, you will speak to 10 girls.**

In a lot of cases you will go through the sequence 3 times because the girl will respond with a question, "huh?" "what?" "what is this?" etc.

All I'll say is- some love it, some are mortified and some don't get it. Just like usual. I guess I just told you.

Audio Day 26 (17:38)

- Kindergarten Cop
- Drill Explained
- Look at the girl like she is a total idiot if she can't follow this.
- Look at the girl like she is a total waste if she interrupts you.
- Don't ever apologize or example "oh it's from a movie!"
- Approaching in the future don't be too "ironic" girls are dumb as shit.

Here's me doing the drill-

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 27 (Where's the Beach?)



Bro... Where's the beach?

This drill was inspired by one of the higher-end Los Angeles nightclub promoters I know.

He was once an introverted kid too.

When he started as a low-level street promoter at age 22, he literally was told that he had get 30+ girls to a certain nightclub on a certain night or he wouldn't be paid.

Pretty tough for a kid that had a fair amount of social anxiety to do with his approach anxiety.

There were definitely some nights when he didn't get paid because he didn't hit his quota. But rather than quitting or reporting the productions company to the Better Business Bureau, he stuck with it.

Eventually, through no special means other than exposure therapy, he overcame his anxiety and is currently consider one of the top promoters in Hollywood. Not bad for 26 years old. Needless to say, he has no trouble getting top-shelf pussy- every night.

The amount of women we've funneled each others way is ridiculous.

This is a drill that he would force himself and his buddy to do when was just getting started.

While the "I'm just fuckin with her," mentality isn't quite applicable here- this is a legit funny scenario. How often does this happen? If the person you do the drill on doesn't laugh or respond positively- chances are, they may suffer from a mental illness.

I remember one time at Venice Beach (ironic, right?) a girl yelled at my promo friend, "I hate you arrogant Hollywood douchebags!! Cocky asshole!! You don't impress me!" She thought he was being serious.

Day 27 Drill (Level 4)

When you tap a girl on the shoulder, it doesn't matter if its from behind or she completely sees you when you do it.

For this drill- You may also approach groups of girls or guys and girls that are together. There should be plenty of people for you to interact with.

- **Tap on shoulder, Hey/Bro - I have a question... Leave**
- **Tap on shoulder, Hey/Bro - I have a question... Where's the beach?, Leave**
- **Tap on shoulder, Hey/Bro - I have a question... Where's the beach?, (Start Flexing your**

muscles in all directions for 5 seconds), Leave

- **Tap on shoulder, Hey /Bro - I have a question... Where's the beach?, (Start Flexing your muscles in all directions for 10 seconds), Leave**
- *** Challenge: Approach an additional 5th girl and flex your muscles for 30 seconds**
- **Repeat this 4 times, you will speak to 16 girls.**

In some cases, while you are flexing the girl will leave. That doesn't give you permission to stop flexing. Keep flexing for the amount of time that you are supposed to.

Most people (including myself) found that this drill is hard ONE time, if at all. You just have to get past the first round of flexing.

It's particularly funny if you look like a bodybuilder/athlete, since those guys usually take themselves/life so seriously. Even if you have no muscle it's pretty funny.

Have fun.

Audio Day 27 (32:17)

- Drill explained
- Promoter friend did this drill
- Funny story
- How I benefit from Promos ('10-'11, going to clubs every night, just about)
- LA Promoter lifestyle

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 28 (Nerd Glasses)



Hipsters.

Hopefully it's just a temporary thing (it is, don't worry)- but "nerd glasses" are considered cool right now. (2013)

Regardless of how "in" or "cool" they are (they aren't), nerd glasses aren't masculine and the vast

majority of glasses think they "do nothing" for a guy.

The nerdy look never had sex appeal and still doesn't.

If you hear a girl talking about how hot a certain guys who was wearing nerd glasses was- chances are, he's good looking and even better looking without them. It had nothing to do with the glasses.

Be that as it may, we are sending you looking for nerd glasses today.

Day 28 Drill (Level 4)

When you tap a girl on the shoulder, it doesn't matter if its from behind or she completely sees you when you do it.

For this drill- You may also approach groups of girls or guys and girls that are together. There should be plenty of people for you to interact with.

- **Tap on shoulder, Hey - I have a question, Leave.**
- **Tap on shoulder, Hey - I have a question, Do you know where I can get nerd glasses?, Leave**
- **Tap on shoulder, Hey - I have a question, Do you know where I can get nerd glasses?, How cool are nerd glasses?, Leave**
- **Tap on shoulder, Hey - I have a question, Do you know where I can get nerd glasses?, How cool are nerd glasses?, Pretty fuckin cool huh?, Leave**
- *** Challenge: Approach an additional 5th girl and ask "would you fuck me if I had nerd glasses?"**
- **Repeat this 4 times, you will speak to 16 girls.**

Since we are slowing taking the training wheels off, I won't tell you what you can expect.

You probably have a good idea of how its going to go based on similar drills.

Audio Day 28 (27:09)

- Drill explained
- Hipsters, Hipsters Everywhere.
- Hottest girls I've been with dislike the Hipster shit- it's not because they think hipsters are "douchebag players" its because it looks feminine.
- Look MASCULINE above everything else.
- Good Looking vs. Looking Good; Ideally you are both

Here's me doing the drill-

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 29 (x2 High-Five)



Super High Five.

You should be pretty familiar with how to get a girl to give you a high-five.

The easiest way is to hold up your hand and just say "High-five."

When they put up their hand you smack it.

This approach is much more proactive, faster and effective than asking a girl, "Would you mind giving me a high-five?"

Lead by example. Lead physically. You'll be doing the same thing in the bedroom.

Today your going to go get more high-fives- but use two hands. A double-high five.

This is harder and requires you to "Get In There" a little more so that the girl doesn't just give you a single high five.

There is a little bit of dialogue with it.

Day 29 Drill (Level 4)

When you see a girl, to get her attention say or shout, "Super!" and then say "Super High-Five!" put up your hands for a DOUBLE HIGH-FIVE.

If you get the double-high five, say or shout, "Super!" once again.

You can do this in a gay voice or however you like.

- **Super!**
- **Super High-Five!**
- **[Get Double High-Five]**
- **Super!**
- **Repeat this 10 times, you will do this on 10 girls.**

You'll probably have a few that avoid you, no matter how "IN THERE" you get, that's fine- that's how all this stuff works. That never changes, if you look good- they are simply not available.

Remember- what is annoying to one person is persistent to another, it's just a manner of who is available and who is not.

Just continue until you grab 10 Super high-fives.

Audio Day 29 (32:53)

- Drill explained
- Drill teaches you to force yourself upon people under quick exposure therapy

- When you pick up girls, oftentimes- you are [seemingly] going to be FORCING yourself on her, but not in a rude or intrusive way.
- You'll develop the 'finesse' to do so.
- But remember- looks, style, social freedom > game; and smoothness is not required.
- As I always say, smoothness doesn't matter. When they like you and they're available- your in.
- I'm not always smooth in the pick up videos, neither is the girl. Lesson: Doesn't matter.

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 30 (Hit & Run)

To be done at a bar or club. Alone.



Be even more awesome tonight.

You've been out alone at least once time before.

About a week ago or more you went out, squeezed 10+ girls on the arm and dealt with the anxiety associated with being in a bar or nightclub alone.

I'm not expecting you to be used to it by any means, you are probably way more comfortable during the day.

Baby steps though. Right?

Tonight you are going to do the exact same thing that you did last week but with one slight add on.

After you squeeze the girl on the arm you are going to say, "nice" or "cute" and keep walking.

I don't even need to you to look at her and say it. But you still just gotta say it. It doesn't matter if she doesn't hear it that well.

This marks the beginning of the 'giving compliments' baby steps.

Today it's only one word in a loud environment, next week it will be more.

While being funny, fucking with people and making an ass out of yourself is good exposure therapy, there's a lot more to an interaction and other anxieties related to being more serious/down to earth that we'll have to slowly address.

Day 30 Drill (Level 4)
*** Bar/Club**

- **Walk past 10 girls, squeeze their arm lightly, but enough so they notice it.**
- **After you squeeze their arm, say "nice." and continue walking.**
- **After you do the drill on the first 10 girls, do it on 10 more girls but say "cute." instead of "nice."**
- *** Major Challenge: Squeeze every girl in the place on the arm.**
- **Repeat this 2 times, you will do this on 20 girls total.**
- **Do whatever you want for the rest of the night.**

Remember you have UNLIMITED TRIES. No one is keeping score. Just making sure you do the drill.

Audio Day 30 (23:04)

- Overwhelmed? Shouldn't be... but if you are...
- Drill explained
- Just get yourself through it, for some guys it will take 20 minutes. Others it will take 4 hours. Just do it.
- What to do when a girl approaches you or likes you.

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 31 (Reflect)

No Drills Today.



Reflect today.

You have done about a month of drills.

Ideally, you've done several of the days over and been here about 45 days (not counting off days).

I remind you- the guys that get the most from this program are the guys that actually FINISH THE DRILLS and not the guys that just move along as quick as they can. If you feel that you could have

done certain days better, you should do them a few more times before you move on to week 5- there's no "falling behind" but there is such thing as getting in too deep. We want you to have positive experiences, over-and-over and not negative ones.

- **Which single drill was the hardest for you? (note that in the forum)**
  Later today or tomorrow- I recommend doing that drill and KILLING IT. Try to leave a good taste in your mouth by smashing your enemy in the face.
- **How are things going so far?**
  Compare yourself on Day 0 to right now.
- **How does the future look?**
  Take into account your progress and multiply it by 2. That's how you'll feel next time we check in. Remember though, progress with this stuff is often exponential, 30 days from now you might be 5-10x better and not just 2x as good.

Audio Day 31 (35:24)

- Have you noticed- in hard times- You either home OR you do the drill.
- Irony? Guys that skip "ahead" fall behind; Guys that repeat drills get ahead.
- Killing Approach Anxiety 2 parts: (1) Exposure Therapy - Fight/Flight; (2) Experience knowing you've done it before
- Doing the drills on drugs and alcohol, does it kill your development?
- Online dating - if you've had none, try to have at least 2 dates lined up before you start Day 32.
- Are we there yet?
- Every little bit count, it all adds up.

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Program - Week 1

March 25, 2013 | by Good Looking Loser | Link | Original Link

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Libertad (Get Liberated) - Week 1

Welcome to Week 1.

Introduction



As much as I'd like to throw you into the fire, that's not how we do things.

We are going to talk about some things. You are going to listen to some audios. The specific steps are given day-by-day, literally step-by-step below. There shouldn't be any confusion on what to do.

I'm going to pound into your fucking head why you will (or will not) be successful at this. I'm also going to remind you that changes occur on a daily basis but usually aren't necessarily "seen" for a couple of weeks.

At the same time, I'm going to remind you to relax.

After all, by starting this program you agreed to-

FORGET ABOUT GETTING LAID (for now)

if you need reminders about what you agreed to, go here- Approach Anxiety Introduction

Your only responsibility (goal) is to DO THE DRILL and LEAVE.

You are on this page because you have approach anxiety (and possibly undiagnosed social anxiety). It is a fragile time.

Toward the middle of the week, you'll being doing some easy drills.

If you are unable to do them, it will be clear to both you and I that- we have to address your *social anxiety* first.

Keep in mind though, you aren't necessarily part of some socially-handicap-reject group. The AVERAGE guy doesn't talk to women he doesn't know, especially not the hot ones and especially NOT FULL-ON approaches where he really goes after that pussy. The AVERAGE guy has approach

anxiety and will be somewhat nervous to do try most our immediate drills.

Obviously you aren't here to be the AVERAGE guy, but I wanted to put in perspective that you aren't all fucked up if the idea of approach hot pussy is scary for you. You are probably just normal.

The program is listed Day-by-Day, since you'll probably take some days off (I suggest no more than 2 in any 10 day period)- just pick up where you left off. If you are on Day 3 and take the following day off, you will be on Day 4.

Important: Days When You Can't Finish All the Drills

As you will see, most of the days have 2 or more sets to them, in total you usually aren't talking to more than 20 girls.

Sometimes, for whatever reason, you won't be able to do all your drills.

What I want you to do is just pick up where you left off the following day.

For example, if the drill on Day 26 calls for-

- **Walk a circle around 10 girls saying "tick tick tick tick" (like you are a clock)**
- **Repeat this 2 times, you will talk to 20 girls in total.**

If you only do half of the drills, indicate that in your log.

> **Day 26a**
> *- Walked circles around ten girls, went just fine.*
> *Had to take a Math test, so I'm doing the other half tomorrow.*
>
> **Day26b**
> *- Finished the Day 26 drill that I started yesterday.*
> *Even easier today.*

Just do it like that.

There's no reason to feel you have to do ALL or NOTHING because on most days you will end up doing nothing.

At the same time, I don't EVER want you skipping drills.

The harder drills are the ones you should repeat the most. The guys that are serious will do this.

This is not a race.

The guys that repeat drills until they achieve comfort will be the same guys that will be thrusting their penis in and out of multiple vaginas in the near future. Simply "getting it over with" doesn't get you better. Just "saying you did it" certainly doesn't either.

Audios for Day 1-7. mp3/iPod compatible- Approach Anxiety Program Audios Week 1.zip

Approach Anxiety Day 1 (Come Say Hi)



Today you are going to introduce yourself to us.

Today, this is what you need to do-

1. Make an account on the forum.
2. then read this: "Read This, Before You Introduce Yourself"
3. and then introduce yourself here: "Introduce Yourself to the Good Looking Loser Community"

Audio Day 1 (14:20)

- Am I really committed to this?
- #1 Goal = #1 Priority
- This isn't the hardest thing ever.
- It starts off easy, gets progressively harder than it will seem easy again.

The drills start on Day 4.

Approach Anxiety Day 2 (Begin AA Log)

Today you are going to sign the Approach Anxiety Petition and start a thread in the Approach Anxiety section.



This will be your ongoing journal.

Today, this is what you need to do-

First- "SIGN THE APPROACH ANXIETY PETITION"

Second- start your ongoing journal-

- **if you are doing a Vlog, start here-** "I'M DOING A VLOG FOR MY JOURNAL"

Remember- if you want extra help DO A YOUTUBE vlog. It's not for us, it's for you.
GoodLookingLoser.com is going to be the most engaged community in the entire "industry," we'd like to get to know you.
So don't be a stranger.

- **if you are not doing a Vlog, start here-** "I'M JUST WRITING UP MY JOURNAL, NO VLOG"

The format is pretty simple-

- Make up whatever title you want.
- Every day begin the thread indicating what day you are on.
- WRITE WHAT YOU DID.
- Repeat

Today's post could read:

"I'm going to flush AA down the shitter"
Day 2
What I did:
- Signed the petition
- Started my journal (here)
** whatever else you want to say*

You are free to share whatever you want. If something funny or strange happened, document that.

Remember though- what is MOST IMPORTANT is that you EXECUTE. You have got to learn to EXECUTE. Any "skill" or "smoothness" involved in picking up women is simply a guy EXECUTING his game plan. I sometimes look "smooth" because I am simply EXECUTING a repeatable plan with confidence. You can learn to freestyle or whatever later. You have got to get used to just walking up to girls and saying a few things. We'll build on that.

Got it?

Audio Day 2 (6:00)

- Sign Petition
- Open your AA Journal
- Learning to execute

Approach Anxiety Day 3 (POF/OkCupid)



Today you will be setting up your online dating profile.

This will get you some dates, emotional support and possible pussy while you are beating your AA. Online dating was HUGE for me when I beating AA. Every week would begin and I'd have 5-10 girls trying to meet up with me. It made things MUCH easier.

Don't be the guy who isn't getting laid but is "too cool" for online dating.

Did you sign the Approach Anxiety Petition?

Did you start your ongoing journal or Vlog in the Approach Anxiety forum?

If not, go back to Day 2.

We don't need you falling behind or skipping over steps. NOT NOW and NOT over the next few months.

Today this is what you need to do-

- Go to www.PlentyofFish.com or www.OKCupid.com and start an online dating profile.
- If you need help, follow this EXACT blueprint- "Rooster's Guide to Plenty of Fish"
- Don't worry, you don't need to have the "perfect" profile today, you'll make changes over time.
- When you are done, post a link to your profile in AA journal. Ask specific questions if you need to.
- Okay cool, now go message girls for 30+ minutes.
  Follow Rooster's process and collect as many numbers as you can in 30+ minutes.
  Repeat this EVERYDAY do don't do Approach Anxiety drills. Or more.
- Go write the [Day 3] entry in your AA journal.

Audio Day 3 (14:55)

- Online dating was huge for me in 2008. It was one of the reasons I didn't quit.
- My friends that do a lot of online dating vs. the average guy who doesn't.

Approach Anxiety Day 4 (Drills Begin)



Today you are going to do a fairly easy drill.

It might take a little bit to get started but you should find that it gets either no harder or easier as you gain 'social momentum' and start feeling good about EXECUTING your plan.

Today is suppose to be easy, remember- we build SUCCESS upon SUCCESS, rather than trying to re-frame failure over-and-over like approach can do.

Do the drill, GET IN and GET OUT.

Day 4 Drill (Level 1)

- **Walk up to 5 women and ask them for the time. LEAVE.**

You can say whatever you want, just LEAVE after

If in doubt- listen to my 10 second of asking a girl for the time. Just do that 5 times and call it a day.

You'll notice that at 99% of the women (if they speak your language), will try to help you and tell you what time it is or apologize for not knowing. That a general theme you'll see with any women you approach, if they are emotionally healthy- they'll politely comply with your requests. Any women that won't give you "what time it is" has problems far worse than you do.

Write the [Day 4] entry in your journal.

Audio Day 4 (11:00)

- First day of drills!
- Very basic drill (Me doing it on a pretty brunette)
- Ah! I'm all alone!

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 5 (Easy & Faster)



Today you are going to do yesterday- faster.

Welcome to Day 5.

If you were unable to do the Day 4 drill, go back to Day 4. The drill isn't particularly difficult, it's something that everyone has done before, you may have just psyched yourself out some for reason. Try again.

If you were able to do it, regardless if you felt anxious (you should have a little bit, that's the point)- you did it. You EXECUTED.

Believe it or not- ***that's social freedom.*** It's just small dose because your outcome-independent interaction was just ~10 seconds -- but ***that's what social freedom is. That's what social freedom feels like.*** Eventually you'll be able to do full-on approaches with the same level of comfort.

You might have felt the asking the 4th girl for the time was easier than asking the 1st girl. That's social momentum (your 'state' improved). You'll come to see this more-and-more. Roll with it- it's like when Super Mario gets that "power star" thing and he runs around killing all the monsters and music is all fast.

Now just do that until you beat AA and that will be it.

Day 5 Drill (Level 1)

- **Walk up to 5 women and ask them for the time. LEAVE.**
- **Walk up to 5 women again an ask them for the time, but do the drill faster. LEAVE.**

Same deal guys.

After you talk to the first 5 women, chill out for a while.

Then go do it again and try to do it slightly faster.

You might find that doing it faster is easier.

Write the [Day 5] entry in your journal.

A guy from the forum 'JoeKnowsPussy' took about 90 minutes to do this drill the first time, 5 girls - 90 minutes.
In just a matter of weeks he was able to do the drill in under 2 minutes. Yep, 5 girls - less than 2 minutes.

How did he do it?

He just did it.

Audio Day 5 (26:00)

- Lets talk about the Day 4 drill again. One baby step forward.
- That is social freedom (no really, that what it feels like). Cherish social freedom.
- Don't need to be a Zen Master to nail hot girls. You can even be a little nervous.
- Levels don't exists: Chris picked up an A-List celebrity (and got concert tickets) in 2006 when he had AA. Nothing like that has happened since.
- Baby steps forward; if you feel a little nervous - that's what is supposed to happen. It's not exposure therapy if you aren't somewhat nervous.
- Learn to fight for every inch.

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 6 (Basic Drill)



Good job so far.

Although it sounds silly (you've only asked 15+ women for the time), I want to give you a "congrats" and give you some perspective.

Think back- how many of those women were "mean" to you?

The majority of them responded in the exact same manner- **by giving you the answer to your question.**

Also- you've talked to 15+ women in the past few days, the average interaction was probably about 15 seconds. Guess what?

That's 15+ women more than the average guy has interacted with. That's 15+ seconds more outside your comfort zone than the average guy is willing to step.

Although you aren't here to be "above average," the average guy doesn't get laid or speak to women he doesn't know during the day. Just know that you are on the path to social freedom which will ultimately land you so far ahead of the average guy.

It's going to happen one day at a time.

Today is Day 6.

We are going to start having slightly longer interactions today.

We are going to follow the time-directions-etc. format that are may be familiar with if you've read our stuff.

Go up to a girl and ask her for the **time. Leave after.**
Then go up another girl and ask her for the **time and directions to a nearby location. Leave after.**
Then go up to a third girl and ask her for the **time and directions to a nearby locations and ask her if she's been there. Leave After.**

This is the format that we write the drills in so easy explanation-

Day 6 Drill (Level 1)

- **Time, Leave**
- **Time, Directions, Leave**
- **Time, Directions, Have you been there?, Leave**
- ***Repeat this 5 times today, you will speak to 15 girls in total.***

Pretty simple, right? In the audio below I'll explain it briefly if you are confused.

Audio Day 6 (21:30)

- 'Time-Directions-Have You Been There?" Explanation
- What you should realize from asking 15 girls for the time over the past 2 days.
- Honeymoon period will be over soon, the "What the fuck am I doing?" period will set in. Embrace it, if you are here- you are different. So stop thinking about being normal.

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 7 (Get in There!)



Get in there!

The theme of the day is- **GET IN THERE.**

When doing the first drill, you need to jump/throw yourself into an interaction with the first girl you see and ask her for the time.

Do not let her go by.

How did the our basic drill (time-directions-have you been there?) go?

It probably went okay.

But even if it didn't go that well, it probably occurred to you that- "this is doable," "I can see this becoming pretty easy."

It probably got slightly easier as you did it.

The 4th and 5th set were probably easier than the 1st. This will probably never change.

Even for me, to this very day, when I go out and hit on girls- the first girl is sometimes harder to talk to.

That might sound odd that I still feel this way. After all, I've hit on 1000s of girls.

Let me explain-

"I can't get started," is actually not completely a matter of anxiety but rather just how I'm feeling or my 'state'.

Regardless of your experience at this stuff (or your "level" if you still believe in that), you are still subject to a concept that I call *social momentum.* Social momentum is what happens when you get loosened up and you actually want to socialize and interact with other people. These drills build social momentum and you'll often hit a high point where your social freedom is much higher than it usually is.

When you feel social momentum, it's important to run with it and talk to people. Later, you can reflect on how you got there.

I suggest you figure out both natural ways (music, talking to people) and artificial ways (drinking, kratom, etc.) that can get you there too.

Sometimes when I meet my friends out at clubs in Hollywood, when I get there, they are already 3-4 drinks in and have been talking to a lot of people. Even though they don't have half the experience with women that I do- they are in a way better state and probably more socially free at that point in time and more extroverted. That's social momentum, don't underrate it.

The key to getting the "social momentum" ball rolling is to **GET IN THERE**. I have a video called, "Give Yourself Permission to Approach Women - Badge Right in and Claim the Pussy," you literally just need to MOVE YOUR FEET and MOVE YOUR MOUTH and ask for the time. Don't worry, you can leave in 10 seconds. After it goes well, remind yourself that you **"GOT IN THERE."**

In the future, having AA will be choice. You will have the theory and EXPERIENCE that tells you that if you **"GET IN THERE"** your AA will stop (or be decreased significantly) . We to get you used to making that choice. Don't give AA change to explode in your stomach like a time bomb. **GET IN THERE** and diffuse the bomb.

GETTING IN THERE is a test of your determination and courage rather than your overall anxiety, don't be surprised if **GET IN THERE** like your life depends on it and wonder "why can't I always do this?" Don't worry about it though, determination and courage will take you a long way, even if you are anxious.

Day 7 Drill (Level 1)

- **Time, Leave (talk to very first girl you see; DONT let her slip by)**
- **Time, Directions, Leave**
- **Time, Directions, Have you been there?, Leave**
- ***Repeat this 5 times today, you will speak to 15 girls in total.***
  Key = GET IN THERE, DO NOT WAIT to do the 1st rep (time, leave). Do it right away.

Audio Day 7 (24:04)

- Get in There!!!!!!!!!!!!!!!!!!!!
- Social Momentum

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Program - Week 2

March 25, 2013 | by Good Looking Loser | Link | Original Link

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Libertad (Get Liberated) - Week 2

Welcome to Week 2.

... and Away We Go!

Week 2 is usually a good week for guys.

At the end of the week nearly all guys can honestly say, "I have less anxiety than I did on Day 1."

There are 2 obstacles that I need to warn you about however.

FIRST

Sometime this week, you will face some adversity. Probably more adversity than you faced in Week 1.

Ultimately, you will make one of two decisions-

- Work less hard- Skip the drill, pretend you did it and reason why that is okay.
- Work more hard- Try to plow right through it, redoing it the following day if you have to.

The guys that take the first approach are just planting the seeds for eventually quitting altogether. These drills are still easier than approaching a woman aggressively. They have to be done, even if it take several days. I'd rather have you spend an entire month on this week rather than "skipping" drills that you feel you "won't need".

The guys that take the second approach will not only feel good about themselves but they will begin to suppress the fight-or-flight syndrome that has created the anxiety in the first place.

You biggest gains are in moments of adversity. Use those moments to change your brain.

This is not a race.

You'll gain more exposure therapy by redoing some of the days. I highly encourage it.

For most things in life, being a perfectionist will ultimately slow you down and waste your time. When dealing with approach anxiety, it's not a bad thing. Do it as many times as you need to until it meets your standard. Do can never have "too little" anxiety. Furthermore, once you become more relaxed during a certain drill it can become more fun and a nice boost in social momentum.

SECOND

Although you signed the petition and agreed-

> ***"I WILL FORGET ABOUT GETTING LAID (FOR NOW)"***

Your mind might not totally cooperate since it's so used to interpreting results based the old goal of

"getting" the girl.

At times, you might feel- "oh damn maybe I shouldn't have bothered her," "ugh, she didn't like that..." or similar outcome-dependent thoughts.

When that happens-
I want you to call timeout and realize that your mind has wandered to the wrong place.

You only goal is to DO THE DRILL.

Remind yourself of that goal. The goal is not to get a certain reaction.

You should not be trying to "get" the girl. You should be trying to do the drill and leaving on cue.

The reality of the situation is, whether you are doing AA Drills or full-on aggressive approaches- you will almost always get a predictable response. With some experience, you will not fear this predictable response.

Going forward we will have some more "hilarious" drills, but lets not lose focus on having REAL, NORMAL interactions with women. Sometimes it's easier to do something ridiculous than to keep it real.

Online Dating



I hope you've hit up 50-100 girls last week and attempted to schedule dates with the girls that gave you their number because they wanted to meet up with you.

Begin this week by hitting up 50+ girls on Plenty of Fish, OkCupid or Tinder.

Give yourself a break for day or two this week and go on some dates. Have fun with the girl.

While you are on the date tell yourself, "this girl likes me and there's probably other girls that do too."

It's true.

If you mess around with a girl, don't be surprised if this week's drill seem easier than usual.

New Studio Microphone!

Good news! I just got a new microphone to do the audio. You will hear NO background noise whatsoever.

It should make your listening experience that much better as I encourage you to do creepy things!

Audios for Day 8-14. mp3/iPod compatible (.zip file)- Approach Anxiety Week 2 Audios.zip

Approach Anxiety Day 8 (Do You Like?)



Slightly more engaged interactions.

Today we will take another baby step forward.

Using the same drill that you have been doing the past 2 days, we are going introduce a slightly more interpersonal dialogue.

Like on Day 7, I want you to get off to a good start by talking to the VERY FIRST girl you see. Don't let her slip by.

If on the rep of the set the girl states "No [I've haven't been there]," you need to find another girl who has been to whatever location you are asking for directions for. Just use an easy location where most people have been, such as a major grocery store.

Day 8 Drill (Level 1)

- **Time, Leave (talk to very first girl you see; DONT let her slip by)**
- **Time, Directions, Leave**
- **Time, Directions, Have you been there?, Leave**
- **Time, Directions, Have you been there?, Do you like it?, Leave**
  If the girl says "No, I haven't been there" repeat the drill on another girl who has and ask her "Do you like it?"
- **Repeat this 4 times today, you will speak to 16 girls in total.**

Audio Day 8 (27:45)

- Quick Week 2 Preview
- Drill explained.
- SSK08's Success: How Amir Beat Approach Anxiety Quickly. Not Easily, but Quickly.

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 9 (Yum Yum)



Stick to your guns.

Today, you will be faced with the possibly that your interaction doesn't make any sense. Don't worry, it will be funny to you if it doesn't.

You are going to ask a girl if she's eaten at a nearby restaurant, she'll say "yes/no," regardless of her answer you need to ask her "Did you like it?"

This is only micro-exposure to social tension via confusion but it will happen all the time, especially when you are start being forceful, fast and aggressive in your interactions.

One day you'll get to the point that you'll feel the girl is lame if she screws up the interaction- rather than blaming yourself.

This type of thing is actually a big step since it's likely that you have spent the majority of your life thinking, "I hope she likes me..." and trying to please the people you speak to. I know it was for me.

What I want you to do, whether it goes good or bad, whether the interaction makes sense or not, whether the drills seems smooth or not, is-

STICK TO YOUR GUNS.

Do the drill just as it says. Don't pay any attention to "how it looks" to the girls or others in the surrounding area. Say what you are gonna say with the possibility that it comes off funny, not funny, weird, not weird or doesn't even get heard.

In the end, "what you say" doesn't even matter compared to how you look and how you say it.

Day 9 Drill (Level 1)

- **Time, Leave** **(talk to very first girl you see; DONT let her slip by)**
- **Time, Have you ever eaten at [nearby restaurant]?, Leave**
- **Time, Have you ever eaten at [nearby restaurant]?, Did you like it?, Leave**
  If the girl answers "No, I haven't eaten there," you need to still ask her "Did you like it?"
- ***Repeat this 5 times today, you will speak to 15 girls in total.***

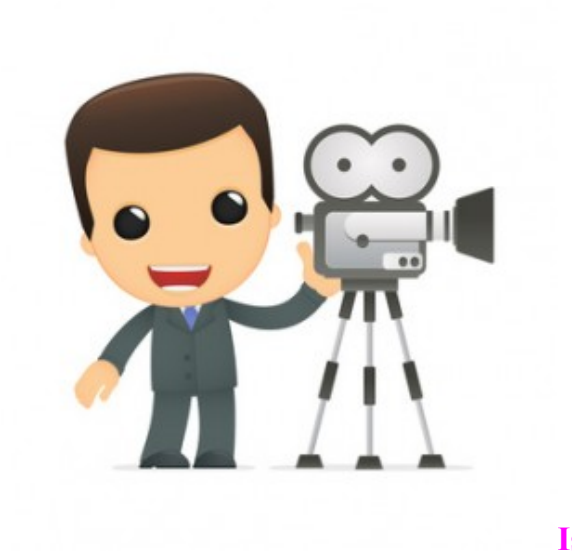
Audio Day 9 (22:10)

- Drill explained.
- If the person you are talking to is unavailable, shy, weird or a total loser- your interaction won't make sense.
  It's not your fault.
- Girl I fucked last Thursday afternoon, the interaction didn't make much sense.

This is me doing the drill, the interaction doesn't make sense but I finish the drill since that is my goal-

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 10 (Movies)



Is he going to ask me out? (No, he's just doing AA Drills)

It's Day 10.

Day 8 and 9 is actually difficult for some guys because asking, "Do you like it?" is something that gets said when they are trying to "get" something. But it's completely normal conversation that the PUA community labels "seeking rapport".

Between you and I, if you look good (looks, style)- you can seek as much fucking rapport as you want. It won't "work" every time because not all girls are available, but odds are- at least 1 of 10 girls will be totally happy to answer your questions and try to get to know you. Probably more than 1 of 10.

If you struggled through Day 8 or 9, or didn't quite "nail it," go back and do the job right.

Listen to the audio again too. It important that you hear how Amir (SSK08) muscled through approach anxiety after 20+ years of social isolation.

By now, if you have been following directions, you should be pretty used to "getting in there" and starting the drills ASAP. Hopefully that first girl is not passing you by! Whether that is happening or not is completely under your control.

Day 10 Drill (Level 2)

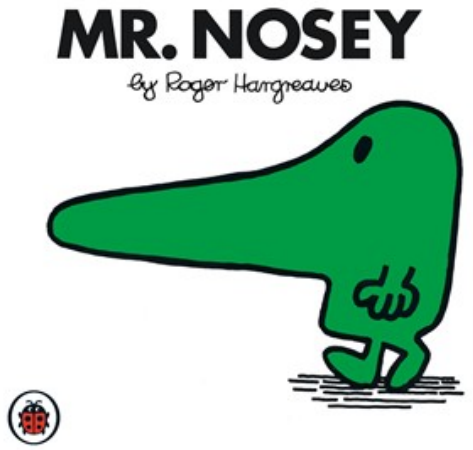
- **Time, Leave (talk to very first girl you see; DONT let her slip by)**
- **Time, Do you know if there is a movie theater near here?, Leave**
- **Time, Do you know if there is a movie theater near here?, Have you seen any good movies lately?, Leave**
- ***Repeat this 5 times today, you will speak to 15 girls in total.***

Audio Day 10

- Drill explained.
- Still getting in there? I hope so.
- Rapport seeking bullshit. You can't get girls by pretending your aren't interested. Trust me, I know. I tried that for 27 years. :)

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 11 (Mr. Nosy)



Being nosy > Being a pussy

Day 11.

There are going to be times where you run into a shy or boring girl that likes you but she isn't comfortable enough to contribute much to the interaction.

She lets you touch her, but just give one word answers when you ask them something.

In these cases, you just need to talk.

Ask questions, talk about random stuff, whatever- JUST KEEP TALKING.

Here are 2 good examples:

- "Outside the Book Store"
- "Outside the Book Store Again" (haha)

In fact, most girls, especially sober girls during the day are subject to the 88:11 rule.

As you ask questions to try and get them in the interaction, you might feel like you are being ***"nosy,"***

and might be tempted to bail on the interaction.

Until you get experience that will tell you which quiet girls are DTF and which are not, I don't suggest you bail on introverted or quiet girls.

Instead, I suggest you ***be nosy*** and hold the mindset of "okay... this girl is quiet, she probably only is used to talking to people she knows, she has a pussy and needs to get it stretched though."

With more experience and continuous self-improvement you'll eventually feel cooler than 98% of the girls you talk to and come across that way. So long as you are cool, being nosy tends to come across as flattering.

Day 11 Drill (Level 2)

- **Time, Leave (talk to very first girl you see; DONT let her slip by)**
- **Time, Is there a place that sells cell phones around here?, Leave**
- **Time, Is there a place that sells cell phones around here?, What phone do you have?, Leave**
- **Time, Is there a place that sells cell phones around here?, What phone do you have?, Do you like it? Leave**
- ***Repeat this 5 times today, you will speak to 20 girls in total.***

This is a particularly significant day so I encourage you to redo it (several times, if needed) until you feel good about it.

Audio Day 11 (20:40)

- Drill explained.
- Just talk. If you look good and the girl is available, she'll want to try and talk to you.
- Chris nails Rosie, shy girl that scares guys off.
- Work on yourself to be cooler than 98% of the universe. Top 2%.
- "Executive / CEO Frame"

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 12 (Romantic)



Boyfriend Material.

Day 12 it is.

Today's drill is pretty random, but not entirely weird.

While it starts out pretty random, the majority of girls think this stuff is pretty sweet and romantic.

This drill should be easy for the majority of guys, our guinea pigs that did this drill all got good responses.

I still want you LEAVE when you are supposed to. After all, you have a girlfriend.

Day 12 Drill (Level 2)

- **Time, Leave (talk to very first girl you see; DONT let her slip by)**
- **Time, Random question-Do you know anywhere that sells nice candles?, Leave**
- **Time, Random question-Do you know anywhere that sells nice candles?, I'm planning a candlelit dinner for my girlfriend, Leave**
- **Time, Random question-Do you know anywhere that sells nice candles?, I'm planning a candlelit dinner for my girlfriend, I'm the sweetest guy ever, Leave**
- ***Repeat this 4 times today, you will speak to 16 girls in total.***

You can do this drill however you like, but I generally tell guys to not be "sarcastic," you should come across as sweet and harmless for now.

Audio Day 12; 2 parts (13:20) & (4:30)

- Drill explained.
- PUA students/some guys are too bent on being "not nice," just don't worry about it.
  Anxiety is the cause of a lot of "Nice Guy" behavior.
  Further: "Some Perspective on Nice Guy Syndrome, You Don't Have to Be a Total Asshole"

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 13 (Wine)



Stick to your guns. Again.

Welcome to Day 13.

Not that you haven't heard this but- Just execute and do the drill.

It's all under your control.

Don't let the response you get dictate where the conversation goes.

Like Day 11, there's a chance that interaction doesn't make sense.

There's a chance that you'll run into some loser girl that has a problem with people that drink alcohol. I don't drink much but these are the types of girls that I suggest you screen out.

Uptight, boring super conservative, aren't anywhere close to cool and would suck in bed if they actually slept with anyone.

Day 13 Drill (Level 2)

- **Time, Leave (talk to very first girl you see; DONT let her slip by)**
- **Time, Random question- Do you know anywhere that sells good wine?, Leave**
- **Time, Random question- Do you know anywhere that sells good wine?, I got a promotion at work/Passed my test at school and I want to celebrate, Leave**
- **Time, Random question- Do you know anywhere that sells good wine?, I got a promotion at work/Passed my test at school and I want to celebrate, What type do you recommend?, Leave**
- ***Repeat this 4 times today, you will speak to 16 girls in total.***

Hang in there, the 4th girl may or may not know where to get wine. You should still tell her your good news and ask her what type of wine she recommends.

Audio Day 13 (27:45)

- Drill explained.
- Girls that don't drink vs. Girls that "hate" alcohol.
- Sticking to a game plan; frame control as they say.
- People have problems, don't take it personally.
- Homeless guy vs. Hot Blonde girl yells at you on the street...
- Someone who is 280lbs overweight and hasn't seen their penis in 18 months might be mean to

you for no reason.
- Story: White trash obese females yell at Yummy Bikini Model who's driving my car.

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 14 (High Fives)



Change of pace.

Day 14.

We are changing things up today and this drill may come as a surprise.

If you aren't able to do this drill successfully, I don't want you moving on to Week 3.

Stay here and successfully complete this drill, even if it takes a week.

Today, the drill is to- **give 10 girls a high five.**

No verbal necessary. You can verbally stop them if you want. Just say, "Hey, high-five."

The cool part about this drill is- it's easy to gain social momentum. Scotty does it to this day.

I was once able to do it on 10 different girls in 62 seconds on a Saturday afternoon at Century City Mall.

Day 14 Drill (Level 2)

- **Give 10 girls a high-five.**
- **Guesstimate how long it took you and record it in your AA Log.**
- ***Repeat this 2 times today, you will high-five 20 girls in total.***

This drill is fairly easy for most guys, it can happen pretty naturally when 2 parties are walking.

For the guys that find it the hardest, just as always- I remind you that the FIRST rep is the hardest, so GET IN THERE and you'll be more relaxed.

Audio Day 14 (18:19)

- Drill explained.

- One day you'll grab their hand and not let go. Like in this video.
- "All or Nothing" principle.

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Program - Week 3

March 25, 2013 | by Good Looking Loser | Link | Original Link

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Libertad (Get Liberated) - Week 3

Welcome to Week 3.



Bring it.

Things are going to speed up this week.

Toward the end of the week you are going to go out alone at night too.

There might be points where you feel like you can start approaching women or want to turn your AA reps into indirect approaches.

I obviously advise again this. Not yet.

There's a huge difference in social courage between a guy who can aggressive approach women and a guy that can "hang in there" while doing a harmless indirect approach.

It is a sign of progress and a positive mindset. Lets not mess up your progress.

Please trust me.

It won't be long.

Stick with the program.

This program works, nobody that sees it through can't approach women afterwards.

You and I have two goals-

- **Make sure you do the program.**
- **Make sure you don't change the program**.

The rest will sort itself out.

By this point, especially if you were able to relax while doing the the Day 14 (High-Five Drill), you

are settling in and probably having a little bit of fun in the process. Hopefully you also see a "light at the end of the tunnel," just because it's week 3 it's not a bad idea to visualize what life will be like with social freedom. In fact, you have already experienced it during certain moments.

When you finished giving the 20th girl a high-five with ease, how did that feel?

When you were able to GET IN THERE right away for the first time, how did that feel?

Believe it or not, that's social freedom. That's the state and feeling we are trying to live 24/7.

It's almost the best feeling in the world too.
(leaving the bar with a super hot girl knowing that a you will be holding her feet in 20 minutes with her vulnerable pussy exposed to your overgrown cock-- takes the cake)

Experimental Days- This Week or Next



Now you've settled in a bit, I'd like you to consider taking a few additional days simply to "experiment" with different state enhancers and just having fun.

Maybe have a few drinks, maybe "burn" some Kratom, maybe smoke some weed, maybe drop some Phenibut. Just pick one though. :)

No one is keeping score.

Just **have a little bit of fun**.

While this may strike some purists as unnecessary or even counter-productive- the idea is to simply **have fun** on the 'experimental' days. You know what to expect from the prior day, just have fun with it the next day. Although this advice may reflect poorly on me, I know that these compounds are LIFESAVERS for some guys. Although I can pick up chicks completely sober, they take my "game" to the next level. If nothing else, it can be fun and a new experiment.

Now or later, if you aren't **having fun** with meeting women, you aren't going to be doing this for too long.

If you haven't have any of the mentioned compounds, you might have to order them for next week.

Online Dating

How's is Plenty of Fish or OkCupid going?

You should have gone out 1 or 2 girls already. Ideally, the ONLY days you should "take off" from doing drills are the days that you are meeting up with girls from the Internet.

I know I'm sounding like a broken record but I can't tell you how much having dates every week helped my confidence while was beating approach anxiety. I don't remember for certain, but over a period of about 5 months beating approach anxiety, I slept with 6 girls from the Internet (5 from POF, 1 from OkCupid).

Guess what?

That was 6 more girls than most guys slept with.

If the thought of "quitting" has crossed your mind, I almost guarantee that either you haven't been following the program (and chilling with some girls online) or beating approach anxiety isn't really your #1 goal.

I'm not trying to be a dick, I just know the psyche of someone who has approach anxiety and expectations. I beat it and you will beat it faster than I did if you follow this program.

Please do yourself a favor and hit on at least 75 girls online this week-

- "Rooster's Guide to Plenty of Fish"

Audios for Day 15-21. mp3/iPod compatible (.zip file)- Week 3 Approach Anxiety Audios.zip

Approach Anxiety Day 15 (Rapid Fire)

Rapid fire. Or semi-automatic.

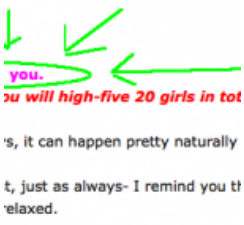
It's the first day of Week 3! You've been at it for over 2 weeks.

Today we are going to do a drill that will cause some guys to "hit a wall," if that happens- it's okay, repeat the drill tomorrow.

My advice while doing this drill is GET IN THERE ASAP. The faster you do this drill, the easier it is.

As long as you are doing the drill, as it is written, I have no problem with you making things easier on yourself.

On Day 14, you guesstimated how long it took you to complete your 10 "High-Five's," it should be in your AA Log.



Click to Enlarge

Today you are going to do the drill 50% faster.

If it took you 30 minutes, you need to do it in 15 minutes.

Again, if you simply GET IN THERE on your first 4-5 reps- you'll find yourself in a good state and easily making your time.

Day 15 Drill (Level 3)

- **Give 10 girls a high-five, in half the time it took you on Day 14.**
- **Try to do it even faster or equally as fast.**
- ***Repeat this 2 times today, you will high-five 20 girls in total.***

It might take you a few days to nail this drill. Go to a place where there a plenty of women around. If there aren't any women 18-35 years old, do the drills on women younger than 70.

Audio Day 15 (25:16)

- Week 3 quick talk.
- Drill explained.
- Just try and do it quickly, you don't need to set a world record. Get out of your head though.
- You know you could probably do this in about 5 minutes if there's enough girls around.
- This is probably easier than jerking in public bathroom stall / in the backseat of your car.

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 16 (+High Fives)



Making it harder. But you are prepared.

We are going to step it up but you're not going to face anything that you aren't prepared to handle.

Like Day 14 and 15, you are going to- **give 10 girls a high five.**

There's one caveat though.

The girls have to be STANDING STILL.

No moving "targets" today.

On most occasions, you are going to have full-on walk-ups and ask/tell the girls to give you a high five.

While it's "weird" if you do it with confidence, you'll find it's no different than Day 14.

Go in strong. Execute. Leave. Repeat.

Day 16 Drill (Level 3)

- **Give 10 girls that aren't walking a high-five. They must be fairly stationary and not on their way somewhere.**
  Hint: try a book store.
- *** Challenge: On the final girl (or 11th girl) find a girl who is smoking a cigarette and give her a high-five.**
  (if you are able to do this, you are ahead of schedule)
- ***Repeat this 2 times today, you will high-five 20 or 22 girls in total.***

This drill is fairly easy for most guys, it can happen pretty naturally when 2 parties are walking.

For the guys that find it the hardest, just as always- I remind you that the FIRST rep is the hardest, so GET IN THERE and you'll be more relaxed.

Audio Day 16 (14:55)

- Recapping Day 15, decide to go back? thoughts on progress...
- Goal is to **execute** not be smooth. This will NEVER change.

- Super smooth approaches or great vibe don't necessarily means are you getting laid.
- Sloppy approaches get me laid just as often.
- Drill explained.
- People will notice what you're doing- start to embrace ***ALL EYES ON ME.***
- Scary smoking girls!#!#$!
- Girls in general will be shy during the day, especially girls at the gym- chicks worry that they don't look their best during the day.

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 17 (ABC's)



Prepare to look retarded today. You'll have fun though.

What I hoped you learned/felt in the past couple days was that physical dialogue is not only MORE IMPACTFUL but it can be EASIER than thinking/speaking.

With our stuff you will be learning to express your intentions physically while being cool, calm and collected verbally because you will be making normal conversation.

How's that for "Natural Game"?

Today you are going to do a drill that you'll NEVER use (I realize that). Kinda like everything you 'learned' in school. Unlike school, however, the lesson isn't totally worthless.

In fact, the lead up in this interaction is going to push you a little bit. You can't bail right away.

The good news is, after you do this- you'll have stretched your comfort zone from about 0-20 seconds to about 35 or 40 seconds.

Not bad.

Like with the other drills, repeat it until you "get it" done correctly.

Day 17 Drill (Level 3)

Sing/Say a 4-part ABC stack to 4 girls

- **1st Girl: ABCDEFG**
- **2nd Girl: ABCDEFG, HIJKLMNOP**
- **3rd Girl: ABCDEFG, HIJKLMNOP, QRSTUV**
- **4th Girl: ABCDEFG, HIJKLMNOP, QRSTUV, WXY & Z!**
- *** Challenge: Sing the ABC's over and over until the girl walks away.**
- ***Repeat this 3 times today, you will sing to 12 girls***

This drill is fairly easy for most guys, it can happen pretty naturally when 2 parties are walking.

For the guys that find it the hardest, just as always- I remind you that the FIRST rep is the hardest, so GET IN THERE and you'll be more relaxed.

How do you do this drill?

You just DO IT.

You can say/sing that super fast, A to Z is about 8 seconds. That can help.

Audio Day 17 (12:20)

- Physical dialogue becomes easier and easier when you do it.
- Drill explained.
- This is a day that STONEWALLS some guys. Do it over if you have you.
- If you can't do it and you aren't getting better (iso.reps protocol)
- Truthfully this should be easier than high-five stationary girls. It's harmless.

This is one of the harder ones you've had, so here's me doing the drill-

... see it's not too bad.

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 18 (My Shirt)



Evaluate me. Judge me.

Day 17 isn't easy for a lot of guys.

Please go do it again if it didn't go smoothly, listen to the audio where I talk about "iso drills" if you are really having issues. Most guys will need only one run of isolation drills to do the stack.

Today, you might feel a little vulnerable - that's good - that's the point.

Rather than asking a girl an opinion about wine or a restaurant, we are going to go closer to home- YOUR SHIRT.... uh oh.

I don't want you wearing anything stupid looking though. When doing these drills you should be rocking the same clothing that you'd other be wearing if you were trying to fuck girls on the same day.

Don't do the drills in scrubby clothes, you won't get as good reactions- simply because if won't look as good.

Day 18 Drill (Level 3) (17:56)

- **Time, Leave**
- **Time, Random Question - Do you like my shirt?, Leave**
- **Time, Random Question - Do you like my shirt?, I just got it and I can't decide, Leave**
- **Time, Random Question - Do you like my shirt?, I just got it and I can't decide, I'm going to wear it and keep the tag on so I can return it, Leave**
- *** Challenge: Time, Random Question - Do you like my shirts, My boyfriend bought it for me, I think it's gay**
- ***Repeat this 5 times today, you will talk to a total of 20 girls (most girls so far)***

Audio Day 18

- You and your shirt are vulnerable today...
- Drill explained.
- How Scotty does wild shit: Scotty- JUST DO IT.
- You are better today than you were 2 weeks ago.

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you

got) - feel free to repeat this day.

Approach Anxiety Day 19 (Bieber)



Justin Beaver.

Welcome. Day 19.

Time to pretend your gay.

This isn't hard for a lot of guys.

It wasn't for me.

But not because I suck dicks at gas stations, but because- it's not actually very hard.

The hardest part about this drill is because you are doing it alone.

If it gets tough and you wonder why you are doing it-

1. That's approach anxiety talking.
2. You aren't normal and you don't want a normal virtually invisible sex life, like most guys.

Every single drill you do

Every single rep you do

Every single walk up

Every single word you utter

You are getting slightly better.

Keep at it.

Day 19 Drill (Level 3) (14:01)

- **Hi, How's it going? (Listen), Leave**
- **Hi, How's it going? (Listen), Do you know if there's a hair salon around here?, Leave**
- **Hi, How's it going? (Listen), Do you know if there's a hair salon around here?, I'm getting the Justin Bieber haircut, Leave**

- **Hi, How's it going? (Listen), Do you know if there's a hair salon around here?, I'm getting the Justin Bieber haircut, What's your favorite hairstyle for guys?, Leave**
- *** Challenge: Hi, How's it HANGIN'? (Listen), Do you know if there's a hair salon around here?, I'm getting the Justin Bieber haircut, What's your favorite hairstyle for guys?, Leave**
- ***Repeat this 4 times today, you will talk to a total of 16 girls;***
  Do it once talking gay, Do it once being COMPLETELY SERIOUS, Do it twice just being "yourself"

Audio Day 19

- Acting gay isn't hard. Doing it alone makes it harder.
- Drill explained.
- You are making history/memories! You'll remember these days more than days approaching in the future.
- You make everyone's lives more interesting too... not that- that matters :)
- Tell us about the funny reactions in the forum.

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Here's me doing the drill (funny outcome)-

Here's me doing the drill (usual outcome)-

Approach Anxiety Day 20 (Bathroom?)



Potty.

Day 20.

Don't let the bathroom title scare you off. This isn't going to be disgustingly vulgar and filthy.

Maybe in the future.

Although the relationship is imperfect, a lot of guys that have problems or get uptight when talking about normal bodily functions in a reasonably-polite way also have problems with girls.

They are "shy" to say the least.

Don't me how I totally reached this conclusion but there was this one kid that was literally "scared" to tell our friends/travel group that he going to the bathroom when we went to Chicago. Our plane sat on the runway in Denver for 2 hours and he kept his seat belt on because he didn't want to tell/ask the flight attendant that he had to pee. He has turning red and shaking because he had to piss so bad. Later on the trip- he got ditched at places and we didn't know where he was. On more than one occasion he had to take a taxi back to the house we were staying at because he "got left" different places. He was actually a decent looking kid but he was afraid shake girl's hands when we went out both night too.

I can't imagine his sex life was too good. Clearly a fair amount of social and sexual anxiety.

My friends, guys and girls, that have good sex lives aren't all uptight about telling others they have to pee. Beside Angelique (pretty sexy girl), they don't announce every time they need to hit the bathroom and what will be coming out.

But they aren't scared to ask someone they don't know where a bathroom is.

Ultimately, it's one of these things where if YOU feel okay with it- then everyone else will too. There's nothing totally inappropriate about it for normal people.

Cool guys can talk about sex, they aren't ashamed or feel the need to use code words such as "HB8" or "kiss close" to communicate with similar geeks.

Day 20 Drill (Level 3)
* Don't Ask Employees or Girls that are Working

- **Time, Thanks, Leave**
- **Time, Do you know where the nearest restroom is?, Thanks, Leave**
- **Time, Do you know where the nearest restroom is?, I mean the mens room, Thanks, Leave**
- **Time, Do you know where the nearest restroom is?, I mean the mens room, I hope it's clean, Thanks, Leave**
- **Time, Do you know where the nearest restroom is?, I mean the mens room, I hope it's clean, The mens room is usually gross, Thanks, Leave**
- *** Challenge: Instead of saying restroom- say "bathroom" (it's slightly less appropriate)**
- ***Repeat this 4 times today, you will talk to a total of 20 girls;***

Audio Day 20

- Drill explained.
- Normal people comfortable with asking where a bathroom is, even to the opposite sex.
- Kid in Chicago, would never tell people he needed to use the bathroom and suffered.
- Your interaction may not make sense, "stick to your guns" -- if the girl doesn't know where a bathroom is, continue as though she said "Yes, there's one other there."
- Why we don't accept No for an answer and get sidetracked.
- The first time I took a girl into the Bathroom Winter 2009, Barnes and Noble, South FL.

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 21 (Squeezzze)

To be done at a bar or club. Alone. (ideally Friday Night)



Be awesome tonight.

Day 21.

Tonight you are going out.

All alone! (keep reading, I'll make sure you are okay) :)

This might be your first time going out alone during the night, we won't act too much of you, expect- **GO OUT ALONE.**

This isn't going to be super hard and you can come right back home afterwards.

The majority of your anxiety on this drill is going to be just because you are out by yourself, so you gain a tremendous of exposure therapy- just being out.

I'd suggest doing this one on a Friday night because if you want to redo it then you can go on Saturday night. But truthfully, you could go out on Sunday night just the same.

Day 21 Drill (Level 3)
* Bar/Club

- **Walk past 10 girls and squeeze their arm lightly, enough so they notice it.**
- **Leave the place, if you want.**
- *** Challenge: Go to another place and go the drill again**
- ***You will sqeeze 10 girls on the arm, 20 girls if you do the challenge.***

Audio Day 21 (33:46)

- Hello- from the Hollywood Hills.
- Drill explained.
- It's very fast, you could do it in 2 minutes if you had to.

- Whatever it takes!!! I don't care if you have to get drunk!!!!
- The first time I went out alone at night. (Southern Florida, 2007)
- The second time I went out alone at night. (San Diego, 2007)
- If you want to Get Laid a lot, live near a hot spot and go out alone.
- The fears I know you are gonna feel and why I think you can beat them.

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Program - Week 5

April 2, 2013 | by Good Looking Loser | Link | Original Link

Libertad (Get Liberated) - Week 5

Welcome to Week 5.

Getting real this week.



Hopefully you enjoyed (and successfully/satisfactorily completed) Week 4.

It was more of a "goofy" week.

Believe it or not, there are some programs out there that have these type of drills for combating anxiety. The problem is- developing a tolerance so you can act crazy or be willing to embarrass yourself in front of strangers is only one small element of meeting women and taking them home. In fact, the majority of your interactions will require you to "keep it real" and have genuine, sincere, socially-normal, lower-energy communication with the girl.

I have some friends that absolutely act crazy in public. Their lives are like a 24/7 Jackass skit. It's hilarious, they seemingly have more social freedom than myself or Scotty. But when it comes to 'seriously' trying to get women, they rather just watch than do.

This type of stuff, for example- giving a compliment, leaves some guys feeling pretty vulnerable; whereas they had no trouble with the Jackass, absurd stuff that is largely a total joke. I actually had a lot of trouble with stuff like this because I felt I was really putting myself on the line and I feared rejection. With no/very little outcome dependence (from agreeing to just DO THE DRILL), these drills should seriously help you if you find this type of communication difficult.

If the mentality last week was, "I'm just going to fuck with her," this is week it is, "I'm going to put a smile on her face." or "I'm gonna keep it real." Almost the complete opposite.

Now, this is type of thing is considered "wrong" in the pick up artist community because it is misapplied by nice guys who want to "put a smile" on a girl's face in order to "get some" down the line.

As I remind you, over and over, when doing these drills you are not trying to "get some" and

hopefully that shows during the drills.

You are going to have sincere interactions (do drills that encourage sincere behavior) for the sole purpose of brightening some girl's day. Not brightening her day, so you can fuck her. Just brightening her day.

You are being "nice" because you are a decent person, not because you want something in return. Your life is going pretty well, in fact- you have 50% less anxiety than you had 5 weeks ago.

This will actually be a new thing for a lot of guys. Once you REALLY drop the "getting laid" goal, giving compliments and being sincere becomes super easy- it's natural and unless you have issues with hatred, you probably like making people smile.



The other day at Chic-Fil-a (amazing food) I complimented a really pretty French girl on her teeth, with no intention of wanting anything more because I already had sex 4 of the previous 6 days. She kept asking me questions and wouldn't let me leave the interaction, finally she said, "well maybe you can show me how to search for teeth whitening on Groupon sometime..." (obviously she wanted to sleep with me). I said I would and took her number. That type of thing probably doesn't happen if I'm not genuinely being nice to her. Granted her interested in me is physical, but "keeping it real" with her give her the green light to pursue me. We'll probably be having sex on Saturday night. She has a sexy "Cindy Crawford" beauty mark above her lip and I have a ton of girth that she may not be expecting.

The dominant attitude I want you to have this week is-

> ***"I'm going to put a smile on her face."***
> ***"I'm going to keep it real."***

Remember I asked you the question, "In the past year, how many days do you actually remember?"

Apparently, remembering about 20 of them means you either have a really good memory or you are living an exciting life.

Chances are, as part of this program- you've had 15-20+ days ALREADY that you can remember vividly.

Who knows if you'll remember them a year from now. All that matter is that you feel alive.

Keep living.

Online Dating

I have to check in with you- how's stuff on Plenty of Fish or OkCupid going?

After a month, I'd would assume you've been out with at least 3 or 4 girls.

Don't be surprised if your "dates" start going better and better.

Dates make your quest to beat approach anxiety easier. Progress in beating approach anxiety makes your dates go better. That's how it works. At the end of the day, it's all exposure therapy to pussy.

In some cases, I would take girls that I met online to the exact locations that I approached women earlier that day. Sunset Boulevard, Westwood Plaza, the Grove- all those places became my day spots for exposure therapy to meet and greeting pussy in 2008-2009. It literally felt like home after a while.

Hit on 50+ girls online this week-

- "Rooster's Guide to Plenty of Fish"

We usually do the pre-Week talk in the 1st audio of the week, but we are going to do them separately from now on.

Audio Week 5: Quick Talk (29:18)

- Getting real this week.
- Other drills/programs "act stupid" = beat AA; not quite true
- Friends with insane social freedom (insane dancing at club, Jackass stuff) can't hit on hot girls
- New mentality for the week "I'm going to put a smile on her face," "I'm going to keep it real."
- Soft pussy-shit?
- This was actually pretty hard for me; validation issues, want positive energy/good responses even today.
- If you truly aren't trying to Get Laid, get validation these drills will be super easy. It's nice and natural to make others happy.

Audios for Day 32-37. mp3/iPod compatible (.zip file)- Approach Anxiety Drills Week 5 Audio Files.zip

Approach Anxiety Day 32 (Mr. Sunshine)



I'm Mr. Sunshine! (Non-Sexual Compliment Drill)

If you been around here for a little while or seen any of my videos, you know that I pretty much say the same thing every time.

It is effective and repeatable- with looks, style and social freedom, as always, being far more important than what is said.

We refer to it as the "basic screening dialogue," for more specifics about this dialogue and screening on approach, have a look here-

- "What is Screening?"
- "Basic Screening Dialogue"
- "Screening vs. Escalation: What's the Difference?"

Remember, despite the "... and I wanted to see what you were like...," screening is done largely via physical dialogue.

Girls that are flattered or entertained may stand their talking to you, but if you start touching them- they will only stay if they are sexually available.

A lot of guys like my "intro" line, it's easy to learn, easy to say and communicates the right things. By no means do you have to use it however.

Either way, we are going to work you up to something like that or at least increase you ability to give compliments. Compliments, especially if you look good, are meaningful and go along way.

I push everyone to communicate the "player" image. Hot girls value compliments from sexy players because they know that sexually-active players have a lot of options. Girl dress up all sexy to largely impress these types of guys.

Even if she thinks the "player" guy is lying or exaggerating, hot girls often still find themselves trying to impress and fishing for another genuine compliment- even if they don't like the guy.

Seem far-fetched? It's not.

People do things they don't want to do, to impress good looking/higher-status people that they don't like -- every single day. I lifted weights for hundreds and hundreds of hours beyond what I wanted- simply to get validation. I even had the goal of being a lawyer- for money and status.

Anyone that does anything for validation is usually seeking approval from those with more status.

Remember, this week you are simply trying to spread love.

The bearer of Good News.

We aren't getting into telling the girl that she's attractive just yet, we are going to give some 'non-sexual' compliments, they are easier to start with.

Here are some examples of non-sexual compliments-

- I like your shoes.
- I like your shirt.
- Those are cool shoes.
- That hairstyle is fly.
- I dig your style, it's cool.

Generally you just want to stick to things like clothing that you can say "I like," or call "cool," stay away from bringing any sort of "hot," "sexy," or "attractive," in there just yet.

Non-sexual compliments.

If you are talking to a hot girl, it's easy to give her a compliment. Do so and LEAVE.

If you are talking to a not-so-hot girl, think to yourself- this girl isn't too pretty, she's probably only told given non-genuine compliments by some drunk guy that wants to fuck her and forget what she looks like. Make her feel good about herself and LEAVE. She'll remember it all week. (trust me)

If you absolutely can't give a certain unattractive girl a compliment, then don't- find another one and mean it.

I'm the light of the world!

Day 32 Drill (Level 4)

- **Time, Leave.**
- **Time, Directions, Leave.**
- **Time, Directions, Non-Sexual Compliment (I like your shoes/shirt), Leave.**
- *** Challenge 4th Girl: Time, Non-Sexual Compliment, Directions, Non-Sexual Compliment (I like your shoes/shirt), Leave.**
- **Repeat this 6 times, you will speak to 18 girls.**

Audio Day 32 (22:38)

- Day 32 Quick Talk.
- Drill explained.
- We are starting with developing the non-sexual compliment.
- Mentality: Ray of Sunshine!
- To give or not give: Give all the compliments you want if you are hotter and/or cooler than the girl.

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 33 (Clumsy)



Whoops I fell down. (Non-Sexual Compliment Drill)

As you know- you are encouraged to repeat days if you don't quite nail it or you feel you have social freedom and tolerance to gain. It's pretty important that you get the most basic Non-Sexual Compliment (NSC) Drill down before you move on. Sexual compliments are harder so we want you to have a good foundation before we hit those up.

Before you drop a NSC today, you are going to poke fun at yourself for doing something stupid. This sometimes makes delivering the NSC somewhat harder. It's your job to collect yourself and EXECUTE.

Do this drill however it feels natural for you.

As always, you'll get a variety of predictable responses.

Day 33 Drill (Level 4)

- **Directions, Leave.**
- **Directions, Hopefully I can get there I just fell down a few minutes ago, Leave**
- **Directions, Hopefully I can get there I just fell down a few minutes ago, Non-Sexual Compliment, Leave**
- **Directions, Hopefully I can get there I just fell down a few minutes ago, Non-Sexual Compliment, I need to be a little more careful, Leave**
- *** Challenge (5th rep): ... I hope you don't fall down and break your neck, Leave.**
- **Repeat this 4 times, you will speak to 20 girls.**

Audio Day 33 (17:35)

- Drill explained
- Variety of predictable responses
- Quickest way to Get Laid? Day time, good logistics, no groups of friends as obstacles

Here's me doing the drill-

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 34 (Banana Phone)



Ring... ring... ring... Banana Phone!

If you thought you came off strange yesterday, you are going to be even more bizarre today.

Bizarre dynamic, but sincere with your compliment.

This is a nice little exercise in "frame control," stick to you guns and swear that you hear a phone ringing.

Ring... ring... ring... Banana Phone!

Keep in mind- you're a sincere weirdo.

The concept of "Banana Phone" was from a ridiculously popular YouTube video from ~2007.

Day 34 Drill (Level 4)

The drill is meant for girls that are by themselves, if you have to talk to groups- it might be harder but try to do so.

Try to say, **"Ring... ring... ring... Banana Phone!"** to get the girl's attention then go right into "Hey there..."

- **Ring... ring... ring... Banana Phone!, Hey there, do you hear a phone ringing?, Leave**
- **Ring... ring... ring... Banana Phone!, Hey there, do you hear a phone ringing?, Non-Sexual Compliment, Leave**
- **Ring... ring... ring... Banana Phone!, Hey there, do you hear a phone ringing?, Non-Sexual**

Compliment, I think it's your banana phone, Leave

- **Ring... ring... ring... Banana Phone!, Hey there, do you hear a phone ringing?, Non-Sexual Compliment, I think it's your banana phone, Hey- I think your banana phone is ringing, Leave**
- **Repeat this 3 times, you will speak to 12 girls.**

If you are convincing enough/girl is stupid enough- the girl will check her phone, even though she knows it's obviously not ringing.

Audio Day 34 (18:27)

- Drill explained
- Banana phone popularity.
- Be convincing, be sincere and make the person feel stupid if you can.
- A word on eye-contact before your approaches. Scotty's success and what Blake (girl) says.
- Some guys use eye-contact to help avoid rejection, some guys use eye-contact screen for sexually available girls. You want to do the 2nd one.

Here's me doing the drill-

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 35 (U Mad Bro?)



Everyone just chill...

Sometime around 2010 I started calling girls - "Bro."

I don't know how it started, but it seems like every guy (everywhere?) calls one another "Bro."

The hottest, most feminine girls particularly thought it was funny that I was calling them "Bro."

You obviously don't need to be reminded that "what you say" isn't that important, saying funny shit is more about making it fun for yourself and sometimes screening the other person for a sense of humor

and a brain.

It's a good word because the cool girls get it and respond well and the feminist psychos don't. It's a win-win.

We're delving back into "just fucking with her" territory, so try to still be sincere.

This drill was among the most favorites of the guys that have done a lot of these drills. So have fun!

Day 35 Drill (Level 4)

Feel free to say it however you like. You can pretend your an uneducated meathead like myself, or a sophisticated intellectual as I'm sure you are. It's your world, we're just living in it.

- **Hey Bro, Time, U Mad Bro?, Leave**
- **Hey Bro, Time, U Mad Bro?, Non-Sexual Compliment, Leave**
- **Hey Bro, Time, U Mad Bro?, Non-Sexual Compliment, U Mad Bro?, Leave**
- **Hey Bro, Time, U Mad Bro?, Non-Sexual Compliment, U Mad Bro?, You really helped a Bro out, Leave**
- **Challenge: Say "U Mad Bro?" after every thing you say AND after the girl says anything- Hey Bro, U Mad Bro?, Time, U Mad Bro?, Non-Sexual Compliment, U Mad Bro?, You really helped a Bro out, U Mad Bro? Leave**
- **Repeat this 4 times, you will speak to 16 girls.**

It's fun. Trust me.

Audio Day 35 (27:51)

Do the drill as it's described above, the audio presents a slightly different version. You can do either, but the drill above is the one I'd rather you do.

- Drill explained
- Funny times.
- I'm partial to "Bro-speak," with hot girls, even though I haven't mentioned it that much, here's why. Beach story 2010.
- It's called 'flirting'.
- "Play against type," acting the opposite of 'what you look like' can be sexy and intriguing. Edgy guy with a few nerdy hobbies = attractive lifestyle, good retention.

Here's me doing the drill-

If you smile-

If you smile and the person has issues to begin with-

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 36 (Nicest Guy Ever)

 **Nice non-sexual guy on steroids.**

Sometimes you gotta try REALLY HARD.

Today you are going to be the nicest guy ever.

Today will be the pinnacle of these sort of drills.

It's impossible to keep giving compliments and be 100% sincere but I don't want you to be sarcastic or a dickhead.

Just have fun with it and give compliment like your life depended on it.

You are free to change the non-sexual compliments into whatever you like, or just follow what I have below.

Day 36 Drill (Level 4)

Wait for the "thank you's" after your compliment.

- **Time, Leave**
- **Time, That's a nice shirt, Leave**
- **Time, That's a nice shirt, Those are cool shoes, Leave**
- **Time, That's a nice shirt, Those are cool shoes, That's a cool haircut, Leave**
- **Time, That's a nice shirt, Those are cool shoes, That's a cool haircut, That's an awesome purse (even if she isn't holding one), Leave**
- *** Challenge: Give as many non-sexual compliments as you possibly can. Try to reach 7 or 8 before the girl leaves.**
- **Repeat this 3 times, you will speak to 15 girls.**

Here's me doing the [challenge] drill (at a hair salon, legit creeper status if you saw it)

Audio Day 36 (12:20)

- Drill Explained
- Try your best to be sincere.
- Urge to be sarcastic is natural, try to fight it- you'll get more out of this if you do.
- For some: Extreme, absurd mimicking of behavior can help you kill that behavior (and have fun)

- This is ridiculous if you step back and think about it.
- Keep perspective on the "Nice Guy Thing," you don't have to be a total dickhead.
- Am I saying sorry too much?

Here's me doing the drill-

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 37
(I Like Your Style)
To be done at a bar or club. Alone.



Hit & Run Non-Sexual Compliments at Night.

Alright- back to the bar/club for some more night time creeping.

Believe it or not, this drill is a step up from the other guys and the 'average' would really have to force himself to do it.

You, however, have been smashing your approach anxiety for well over a month and this should go fairly smoothly once you get started.

The main thing is - **DON'T LOSE FOCUS.**

By that, I mean- your goal is to still **DO THE DRILL.**

Some guys tend to lose focus of their goal to **EXECUTE** when they are at a bar/club because it so often is a place where they feel anxiety if they aren't talking to someone or aren't in a big group.

You still **ARE NOT** picking up women, you are still doing drills.

If you can remind yourself of that, this should go smoothly.

Level 5's begin today.

Day 37 Drill (Level 5)

*Bar/Club

You are still IN-and-OUT, like the previous night-time drills, but you are doing to pause and look at the girl for a brief after you "I dig your style."

To do these- you'll definitely have to walk up to girls who are talking to their friends.

- **Walk past 10 girls, squeeze their arm lightly, but enough so they notice it.**
- **After you squeeze their arm, say "I dig your style."**
- **Look at them for a second or two and continue walking.**
- *** Major Challenge: Do the drill on every single girl in the place. (Good Job)**
- **Repeat this 2 times, you will do this on 20 girls total.**
- **Do whatever you want for the rest of the night.**

Audio Day 37 (22:22)

- Remember- you are making more progress by focusing on AA than trying to get laid and having weak interactions.
- Keeping focused.
- Drill explained.
- This is way ballsier than what most guys can do.
- Girls that are available will shoot you eye contact & smile or find you later on.
- 0-100 is valuable, you'll have nights of low state.
- Sexual compliments next week.
- It won't be long now.

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Looks Actually Matter More to DTF Women than DTF Men

April 7, 2013 | by Good Looking Loser | Link | Original Link

Women Have a Higher "Looks Threshold"

It is from my experience, both personal and social, that women, *when sexually available* will fuck most guys that even slightly exceed their **'looks threshold'** so long as the guy is also cool (in dress and vibe) and speaks to them.

It is also my understanding and experience that "rejection" is usually not a matter of looks but rather- a lack of sexual availability on the vagina's behalf.

NOT EVERY GIRL IS AVAILABLE. IN FACT, MOST ARE NOT.

Unless you are below average, you should be able to get average girls - assuming you don't have an extreme lack of style or social freedom. I explain this here, "You aren't being rejected for your looks, she's probably banged a guy uglier than you (re: "rejection")"; it's too comprehensive to discuss in full as part of this topic.

We're going to keep this short anyway.

Even among socially retarded "conversational theorists" it is generally accepted that "Looks DO matter to women".

Other than among a handful of sexually-inexperienced scammers that write eBooks about stuff they have never done, the general consensus is -

> ***"Looks matter to women, but looks matter more to guys."***

Even I accepted this for awhile that without thinking about it too much.

It turns out to only be half true.

And In the context it's presented to people- it's actually a total lie.

Looks matter less to women then men-

when the girl is considering or looking for a relationship.

A wide-range of criteria is involved including (not certainly not limited to)- if the guy is a "safe" choice, what his career is, if their personalities are congruent, if she can introduce him to her friends/family and his overall potential as a man. His looks are not are "minimized," they are just are among several important criteria.

If a girl is horny and looking to Get Laid, the OPPOSITE is true-

looks actually matter slightly more to women than most men.

Okay, I'll explain.

Most guys will fuck average girls if they want to Get Laid,
Women will not fuck average guys if they want to Get Laid.



Most guys, even most good looking/high status guys, are willing to fuck average-looking girls if they just want to have sex.

In fact, a lot of guys actually prefer to go after less attractive girls because they know they won't get emotionally attached and these girls are simply easier to get. Most guys don't care about seen with an "average-girl" for the night and they don't care that much if their friends approve of a girl they are going to fuck and not talk to again.

This is DEFINITELY NOT TRUE for women, especially really attractive women.

Hot girls will NOT fuck average-looking guys "just to Get Laid."

If that were true- there would be no purpose to have this blog and 90% of the guys on the planet wouldn't go their entire life without tasting top-shelf pussy juice. Average guys would getting a lot of hot pussy if that were true. Women, especially the hottest ones with social status in their peer-group, are EXTREMELY selective about who they fuck and some don't even want to be in picture standing next to average guy that they aren't friends with. They care about what EVERY ONE of their friends thinks, especially on the topic of casual sex.

It's being presented as- "Women don't care as much about looks when they want to have sex." It is absolutely untrue, they care more and are way more selective about who they sleep with since they have so many options and the social ramifications are many.

Guys will fuck much less attractive girls. Women will not fuck much less attractive guys.

There might a greater number of criteria in evaluating men (looks, style, confidence, coolness, etc.), but women actually have a higher **'looks-threshold'** for their short-term sexual partners as made evident by the fact **most guys will fuck anything that walks whereas girls WILL NOT.**

WOMEN SIMPLY TEND TO CARE MORE ABOUT EVERYTHING. LOOKS INCLUDED.

When girls say they go for "personality" they are talking about relationships.

Whenever a skeptic wants to "prove" that looks don't matter that much to women, they ask girls, "what makes you attracted to a guy?"

Most girls will say they "go for personality," or that "sense of humor," makes them attracted a guy.

They are talking about RELATIONSHIPS. Not Getting Laid.

They are not talking about the ~1 time a month they are going exchange bodily fluids with a stranger.

It's cliche- but true that girls fantasize about a random encounter with a "tall, dark, stranger," who makes love to them for a single night. When women masturbate in-lieu of getting laid, they are fantasizing about some passionate, emotional journey with a handsome guy. The guy is always good looking (or at least looks good).

How do I know?

At least 6 girls have told me when I've asked them who or what they masturbate to. They describe their fantasy guy, in detail by how he looks and then by what he's wearing. Sometimes, after, they describe the personality traits- but usually not.

If I asked these same girls "what they are attracted to" in *relationships*, they would give very different answers.

Any time one of my attractive roommates fucks (or even meets) a new guy and her friends ask, "what is he like?"

She will describe what he looks like.

Very very very little emphasis is put on anything other than overall sex appeal (looks, style, confidence) of the guys for their one-night stands or short-term relationships.

It's AFTER sex (generally way after) that personality comes into play.

Getting Laid Has a Different Criteria

 If you see or hear some clown saying that "personality" or "game" is the main thing you need to get girls, you can safely assume one thing- HE DOESN'T GET LAID TOO OFTEN.

At best, he is talking about relationships. Usually committed relationships.

The reason that humans are attracted to each other in the first place is by appearance.

Literally, there isn't a chance to evaluate someone's personality.

This is never more true than at a high-energy, loud nightclub where the sexually available guys and girls are seeking to meet the attractive person they possibly can because it's assumed that person will give them the best orgasm and the most validation.

Arguably, but not always, looks are more important to women than men if they are looking to have sex.

This is particularly true among younger girls who want to the fuck the hottest guys. Slightly older girls want to fuck coolest and hottest guys.

Since GoodLookingLoser.com is the Get Laid website and not the "meet women" site, I figured I'd point this out.

If you aren't good looking, you can at least make a relentless attempt to LOOK GOOD.

It starts with low body fat for enhanced facial features, a decent amount of muscle, cool/current clothing, accessories with edge and good grooming. A general disgust of being average helps too. Obviously, there are other factors in play- style, social freedom, general coolness (swag factor), but any attempt to minimize how important looks, especially for getting laid, are is almost never justified.

If your main goal to be liked for your personality and not be superficial - you might want to find a new hobby. If you goal is to find hot girls that "don't care" how their guys look- you might want to move to another planet. Just because a guy doesn't put an emphasis on his sex appeal doesn't mean society will look the other way too.

As of 2013, horny girls want to get fucked by the most masculine, good looking guys. When the day comes when women are automatically attracted to the "smartest" guy, the "least-superficial" guy or the guy who has "spent the most time reading dating advice on the Internet," I'll have a different

approach for you.

Until then- look your best.

Approach Anxiety Program - Week 6

April 8, 2013 | by Good Looking Loser | Link | Original Link

Libertad (Get Liberated) - Week 6

Welcome to Week 6.

Biggest Week Yet. A Turning Point.

If you've given a legitimate effort and reached Week 6 (in HOWEVER MANY days) you are doing quite well.

Let me tell you about this week-



You are going to make big strides this week.

The good news is- this week often isn't a "make or break" week. You are fully prepared to handle this week if you can remind yourself "I've done this before."

That's good because you'll take some significant steps forward this week to not only beating approach anxiety but also having REAL interpersonal, sexually/emotional driven interactions and not just acting like a fucking idiot.

It's usually after the drills that make up Week 6 when guys say, ***"I'm come pretty far,"*** and more significantly- really believe it.

It's for real. By the end of this week, you have really have made significant progress on smashing your approach anxiety. There won't be too much will left that keeps you from having decent (not necessarily aggressive) interactions.

Since our goal is to really demolish, demoralize and nearly erase approach anxiety - I suggest you continue forward and resist the urge to start doing "real" approaches at least until after Day 46. We still need to build some physicality in there and a few other things.

Don't worry, I got it all covered.

Just keep doing your part.

The other good news is- guys that FINISH this week and can do these drills are usually able to finish the job and kill most of their approach anxiety for good.

Congrats- the likelihood that you succeed is higher than not. You just have to beat this week. You have unlimited tries.

Some of our VERY BEST students found [the drills from] this week to be a turning point in their lives. I don't like throwing around the generic term "confidence" too much but- you will build real confidence this week. Across the board.

The 2 dominant attitudes I want you to have this week is-

> ***"When I give a girl a compliment- it fucking matters because I MATTER."***
> ***"I wonder if this girl can even give herself an orgasm."***

Last week I spoke briefly about how "you can give a girl a compliment it is counts for something" if you are cooler and/or better looking than her. It's true.

Now, not all the girls that you run drills on will you currently better looking/cooler than.

Remember- 19-23 year old girls are in their PRIME and dedicate their lives to looking hot, so don't get upset if you aren't where you want to be yet. That's what we are working on.

Just so you know- guys aren't usually in their prime until 28-33, when they look like men, are financially stable and hopefully act like men. If you are there or past those ages, not to worry- we just have to make you aren't carrying excess bodyfat or facial hair that will make you look older. More on "prime time" later.

More on the 2nd attitude soon.

This week, specifically **Day 46, is a MILESTONE day**. It's important to thoroughly complete it and you'll be encouraged to take on new challenges.

Online Dating



You've probably been hitting on girls online for about ~8-10 weeks now.

If you run out of a supply of seafood on Plenty of Fish -- hit up OkCupid, or vice-versa. I'm preferable to Plenty of Fish because I've slept with so many girls from there, but I've actually put together some pretty kinky sexual scenarios via OkCupid since they have a chat platform.

I used/still somewhat have a thing for really hot girls that smoke cigarettes- I told several that I'd take them out to eat (at an open-air restaurant since that's the only option) they'd turn me on by smoking and I'd take them home and make love to them (it was a detailed, graphic cut-and-paste story, that I would go through line-by-line to keep the drama/make her feel sexy thing going). Some were really intrigued and thought it was funny, totally willing to participate (others thought it was weird, numbers game).

I reenacted that with 6 girls total in about 1 month. 6 girls in a month, that's a lot of sex and more than I usually tag unless I'm looking for more. I even didn't mind paying for dinner because I knew I was getting laid, it was part of the foreplay anyway. One of the girls, Kaitlyn, I still hang out with today when she's in LA. She's dope.

It's harder to put together more erotic fetishes/scenarios though, you might want to try Adult Friend Finder for that. In smaller cities other than New York, Los Angeles, Chicago, Houston and Miami- you'll probably have to settle for average girls at best for the erotic/fetish stuff. The good news is- if you look REALLY good, an average girl would love to go out/meet up with a hot guy and play out his fantasy. It makes them feel sexy and their "fantasy" is to just be seen, adored and fucked by a hot guy. Of the 6 girls I tagged in my first month of doing "kinky" online screening, only 3 were above-average girls. Still a lot of fun though.

I encourage you to do one or two things-

(1) If you've been on a bunch of dates and feeling good about your approach anxiety progress, give yourself the green light to be more aggressive on your "dates," it will probably come naturally.

Toward the later stages of my approach anxiety, I got sick of losing girls or having to meet up 3-4 times to sleep with a girl. I was more confident and I got more aggressive and I was tagging girls in about 2-3 dates. That was actually a big step for me, it made me **PLAY TO WIN** and not just playing "not to lose". A few months later, after my approach anxiety was under control, I started doing the same in real life and start getting some quicker results.

(2) Also, consider hitting on hitting on girls online in a more aggressive/crude fashion.

If you are going to more aggressive online, you might want to take a look at my guide-

- "Good Looking Loser's Basic Guide to Get Laid on Plenty of Fish"

Hit on 50+ girls online this week.

I still suggest 50+ because if you are going to be more aggressive to get quicker results, you'll probably have to hit as many girls or more.

Audio Week 6: Quick Talk (46:00)
One of the best audios, I had gotten laid an hour before.

- Big strides, at time- not super hard this week.
- Closer to "real" interactions.
- Guys that make it past these drills will almost always finish the job.
- Mindset- When I give a girl a compliment, it fucking matters- because I MATTER.
- Basketball analogy: If Kobe, Jordan or Lebron told me I was good at basketball.
- Looks Theshold discussion
- Prime time and stuff to look forward to.
- Aggressive & Kinky Online Dating in Week 6
- Good Looking Loser's turn-on fetish (2009-2010)

Audios for Day 38-47. mp3/iPod compatible (.zip file)- Week 6 Approach Anxiety Audios.zip

Approach Anxiety Day 38
(Genuine but Skeptical)

Getting Direct.

This week we are throwing more direct, more sexual comments at girls.

During the week we are going to work on the 'vulnerability' that comes with being direct.

You will also start to develop a "style" to giving these compliments.

I recommend something that incorporates-

> ***"Genuine but a little skeptical."***

That might not be something you are familiar with, let me explain.



When I walk I to girls, especially the hotter girls- I don't have problem with giving them a legitimate genuine compliment.

In fact, if I'm in a particularly good mood, I like to remind them (obviously in totally different words) that other girls wish they looked like them and other guys wouldn't mind sticking their tongues in their vagina even if they received nothing in return. I remind them that they are powerful.

At the same time, I come across as ***somewhat skeptical*** that they are as powerful or cool as I am. I come across ***slightly skeptical*** that I think spending a night with them would be worth my time or. I come across ***slightly skeptical*** that they even know how to give themselves an orgasm. I even think- strip away the makeup and I bet they are scared of me.

I usually do so with a little smirk on my face and unless I'm having a lousy day- I really believe this shit.

Most of the time- they pick up on this, even if I'm pretty polite and friendly. They are aware that they are talking to someone who is as cool or cooler than they are. If they don't, they are blind.

- I talk more about this here- "... What goes through my mind when I'm hitting on a girl."

Now, obviously, it didn't always used to be this way.

It took me what seemed like forever to really believe this inside. The first step was trying though.

On the girls that get "screened out" for being "unavailable," I honestly believe just that 99% of the time.

They weren't actually available at that moment.

It wasn't because my looks, style, social freedom was lacking or that I "did something" wrong. This was made possible by fucking hotter girls for long periods of time. You tend to get a complex. You'll develop one too, it takes a while and getting there is fun. You can legitimately screen girls (or even "qualify" them because you legitimately selective, rather than as a technique).

***Remember- IT MATTERS* when YOU give a girl a compliment.**
Or at least slowly try to feel that way, you might have to talk to some below-average girls to reinforce it.

Day 32 Drill (Level 5)

- **Walk up to/pass by 10 girls and say "You're cute." and Leave.**

- **Walk up to and stop 10 girls and say "Hey, wait a second- you're cute." and Leave.**
- **Repeat this 2 times, you will speak to 40 girls.**

Audio Day 38 (22:27)

- Drill explained.
- Genuine but skeptical mindset. Real powerful.
- Getting to that mindset... it'll be slow, but I'll tell you what to think about.
- This is NOT a negative mindset, it comes from experience of talking to a lot of attractive girls and doing a bunch of them. I know that the "average" hot girl is going to be "average" to hang out with, to talk to, to have sex with. On any given day- there's not that many girls that are sexually available, hot, cool, sexy, feminine and all of the above.

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 39
(No More Mr. Nice Guy)



Do What You Want.

Yesterday we spoke about "Genuine but Skeptical," it's pretty easy to understand, somewhat harder to implement and certainly a work in progress to fully internalize.

Don't worry, it will come- you'll have your own version of it someday.

Today, however, I want to talk about another mentality that is easier to understand, easier to implement and certainly easier to fully internalize.

It's called-

> ***"DO WHAT YOU WANT."***

In general, in order to achieve an prosperous life full of 5-star meals, classy women, adoring fans, chocolate and gold coins- you need to make a habit of **DOING WHAT YOU WANT.**

If you always do that- you won't have mANY regrets even if the outcome isn't what you were shooting for.

It's the situations when you DON'T do what you want that you'll come to regret. It's also those situations that will remind you that you a pussy, unworthy of the life you desire (even if it's not true).

99% of the time it will be the RIGHT decision, simply because **YOU picked it** and it truly **what you want to do.**

1% of the time it will be the wrong decision, but you probably won't regret it since **YOU picked it,** it was **what you wanted to do** and it just didn't work out. This is infinitely better than than being influenced by others, not doing what you wanted and achieving the same result. That's regret. That's being a pussy.

<.1% of the time it will be the wrong decision and the worst-case scenario. While this is undesirable- planning or fearing a <.1% scenario or living in fear is more undesirable.

***Remember- IT MATTERS* when YOU give a girl a compliment.**
Or at least slowly try to feel that way, you might have to talk to some below-average girls to reinforce it.

Day 39 Drill (Level 5)

- **Walk up to and stop 10 girls and say "Hey, wait a second- you're cute." and Leave.**
- **Walk up to and stop 10 girls and say "Hey, wait a second- you're cute." say your name and leave.**
- **? Refer to "Do What You Want Principle" below (IMPORTANT)**
- **Repeat this 2 times, you will speak to 40 girls.**

? Do What You Want Principle

You probably know that I consider "Doing What You Want," to be the key to living a highly rewarding life with no regrets. I want that to start now as well. Your only goal is to DO THE DRILL and LEAVE.

Beginning on these drills, however, if a girl is rude to you and you want to put them in their place- DO IT. Say whatever the fuck you want.

There is such an effort to teach guys to "not be reactive," that they end up becoming even bigger pussies. I'm not going to tell you "Don't be reactive," I'm going to tell you- DO WHAT YOU WANT.

If you get a bad response and you want to say nothing at all, do it.

If you want to say, "God Bless You," do it.

If you want to say, "My bad, didn't mean to talk to you, your tits are smaller than some 8th graders, how many guys have you lost to better-endowed girls?"

or

"Nevermind, probably nothing you can do about it but you're overweight, especially in your hips." do it.

Short of physical assault, I suggest doing what you want and certainly saying what you want. You'll feel better that you did and be able to move on faster.

What you DO NOT do is- wish you did/said something but backed out because you are a pussy.

If you do that, anytime this week, I encourage you to start the week over again.

You will finish the week and you *not* finish as a pussy.

Experience makes you build a thick skin, results make you indifferent- now and until forever, DO WHAT YOU WANT. SAY WHAT YOU WANT. Empower yourself and then use discretion.

It's your world, we're just living in it.

Women deserve to be treated with respect, until they give you, other guys or other girls reason to deny them that respect.

There are "experts" that will disagree with this. Some have even written entire eBooks about not being reactive. The reality is basically ZERO of those "experts" actually fuck hot women. They can eat our shit and it's high content of undigested kratom and amino acids.

With all that said- it's rare that you'll get a bad response. If you do- Handle it, don't fear it. :)

Audio Day 39 (23:30)

- Drill explained
- Do What You Want > Don't Be Reactive RANT
- August 2007, University of San Diego Law School was the last time I didn't do what I wanted on an approach, I felt like a total pussy by getting bitched out by this girl and I swore I'd never let it happen again.
- DO WHAT YOU WANT

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 40 (Combining Drills)



1 Step Foward.

Today's 1st drill is the exact same as yesterday's 2nd drill.

Today's 2nd drill will bring in a brief 1-second physical dialogue, the first we've had on the more "real" interactions.

You've told a girl, "Hey, wait a second- you're cute."

You've also given a girl a high five.

Now- do them together.

***Remember- IT MATTERS* when YOU give a girl a compliment.**
Or at least slowly try to feel that way, you might have to talk to some below-average girls to reinforce it.

Day 40 Drill (Level 5)

Do the drill, forget the responses.

- **Walk up to and stop 10 girls and say "Hey, wait a second- you're cute." say your name and leave.**
  (just like yesterday's 2nd drill)
- **Walk up to and stop 10 girls and say "Hey, wait a second- you're cute." say your name and put your hand up for a high five. Leave after you get a high-five.**
- **? Refer to "Do What You Want Principle" (explained on Day 39)**
- **Repeat this 2 times, you will speak to 40 girls.**

Audio Day 40 (21:30)

- Drill explained
- Combining drills, you've done these both individually before, now do them together.
- This requires good "presence" walk around with an "S" on your chest. (superman reference)
- Remember- "Be Aggressive, Don't Worry About Being Smooth"

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 41
(One Step Forward)



If you take today seriously, you will be a little better than yesterday.

You are used to either leaving or acting stupid after giving a compliment- you've got that down.

Today, you are going get used to the pressure of staying the interaction after dropping a compliment. It's actually a big step forward.

***Remember- IT MATTERS* when YOU give a girl a compliment.**

Or at least slowly try to feel that way, you might have to talk to below-average girls to reinforce it.

Day 41 Drill (Level 5)

- **Hey- you're cute, (wait a second), Leave**
- **Hey- you're cute, Time, Leave**
- **Hey- you're cute, Time, Directions, Leave**
- **Hey- you're cute, Time, Directions, High-five, Leave**
- **Hey- you're cute, Time, Directions, High-five, High-five again, Leave**
- **Repeat this 4 times, you will speak to 20 girls.**

Audio Day 41 (16:33)

- Drill Explained
- The "decision" period- it doesn't matter it will regardless.
- Likely the decision had been made earlier in the day and has nothing to do with you.
- Princess Kate Middleton

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 42 (Real Stuff)



Closer to the real thing.

Day 42 marks the beginning of level 6.

Just a quick glance at the drill below will suggest that you are not far from having IMPACT interactions.

In fact, the first 10-15 seconds and the social tension thereafter is pretty much the thing, you are just leaving early.

A drill like this is the beginning of building the intermediate fundamentals to approach just like I do (if you are trying to mirror that style).

Congrats. This is one that 98% of guys cannot do.

You've come this far. Keep fucking going.

***Remember- IT MATTERS* when YOU give a girl a compliment.**
Or at least slowly try to feel that way, you might have to talk to some below-average girls to reinforce it.

Day 42 Drill (Level 6)

Just remember- this is like any other day.

Do the drill.

No thinking.

That's it.

- **Hey- you're cute, I'm [Name], Leave**
- **Hey- you're cute, I'm [Name], Handshake, Leave**
- **Hey- you're cute, I'm [Name], Handshake, Time, Leave**
- **Hey- you're cute, I'm [Name], Handshake, Time, Directions, Leave**
- **Repeat this 5 times, you will speak to 20 girls.**

Audio Day 42 (18:11)

- Real day... warning
- Building intermediate fundamentals. Level 6 begins.
- Important day.
- Drill explained.
- The "hardest" parts are up front, get through it.
- On Day 1 you couldn't do this, but even if you did...
- Think about who's at home and who's not.
- I've had sex while you were doing those about ___ times... that may be you.

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 43 (Putting it Together)



Even closer to the real thing.

Do Day 43 over if you didn't finish really well. You'll need too.

Day 44 is like Day 43- it's just harder.

The nice part is- while the drill is "harder," or has more steps, for most guys- it will go as smoothly as the first few drills of the week.

Why?

Because you are making progress.

You are gaining exposure therapy.

You are gaining experience. (I've done this before...)

It's real, it's not a mirage, welcome to the beginning stages of social freedom.

Soon you'll be getting blown at a pool party while a crowd gathers and the guys think "damn, there goes my chance to hook up with her... that's a big dick getting sucked..."

Until then- carry on.

***Remember- IT MATTERS* when YOU give a girl a compliment.**
Or at least slowly try to feel that way, you might have to talk to some below-average girls to reinforce it.

Day 43 Drill (Level 6)

Just remember- this is like any other day.

Do the drill.

No thinking.

That's it.

- **High Five, Hey- you're cute, Leave**
- **High Five, Hey- you're cute, I'm [Name], Leave**
- **High Five, Hey- you're cute, I'm [Name], Handshake, Leave**
- **Repeat this 7 times, you will speak to 21 girls.**

Audio Day 43 (18:37)

? I say welcome to Day 44-- but it's Day 43. My Bad.

- There is no unimportant day.
- Drill explained.
- First time blown at a pool party, quite a rush.
- Why didn't the girl run off or want to go inside? (Cooler, Better Looking, Return the Favor Gesture)
- Feel the rush, regardless of what you are doing.
- The "rush" = excitement and anxiety, one day it might be all/mostly EXCITEMENT

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 44 (Eye Contact)

Test your might.

This is the first day that we've brought eye contact into the equation.

My thoughts on eye contact are this-

> ***"If you see a chick you are interested in, use 5 seconds to try and establish eye contact with her and smile- if that doesn't happen, walk up to her and talk to her."***



Try for eye-contact and a smile but if it doesn't happen- walk up and hit on her.

Although your approaches may "go better" when you make eye-contact- the last thing I want you to do is WAIT for eye contact.

You don't need to be waiting for eye-contact anymore than you would wait for a girl to say, "okay it's cool if you remove my pants," or "okay, I'm ready for you to insert your penis in my anus," or "Would you like a blowjob? I saw your dick throbbing and felt you would appreciate a cocksucker for a release."

You'll be waiting around and missing opportunities.

With all that said, it helps to get comfortable with establishing eye-contact. If you are in a big city and seemingly have an unlimited amount of girls to hit on (especially in street where girls are usually going places and not sexually available), it is obviously beneficial to find out which girls like you.

***Remember- IT MATTERS* when YOU give a girl a compliment.**
Or at least slowly try to feel that way, you might have to talk to some below-average girls to reinforce it.

Day 44 Drill (Level 6)

Unlike when you are approaching (and contrary to what I what said above), for the purposes of this drill- we only want you doing the drill on girls that return eye contact.

- **Make eye-contact with a girl for 3-5 seconds, smile and say "cute", Leave**
- **Make eye-contact with a girl for 3-5 seconds, smile and say "cute, high-five" (and give her a high-five), Leave**
- **Make eye-contact with a girl for 3-5 seconds, smile and say "cute, high-five" (and give her a high-five), Introduce yourself "I'm [Name]", Leave**
- **Make eye-contact with a girl for 3-5 seconds, smile and say "cute, high-five" (and give her a high-five), Introduce yourself "I'm [Name]", Shake Her Hand, Leave**
- **Challenge: Make eye-contact with a girl for 3-5 seconds, wink and say "cute, high-five" (and give her a high-five), Introduce yourself "I'm [Name]", Shake Her Hand, Leave (Danny method)**
- **Repeat this 4 times, you will speak to 16 girls.**

This drill might take you a while since you need to make eye-contact to do it.

Audio Day 44 (22:37)

- Drill explained.
- This tends to be hard simply because most guys haven't done this stuff very much and certainly not over and over.
- The purpose of eye-contact is to see who's potentially available rather than "warm" the approach.
- Scotty does a lap around the club making eye-contact (sometimes squeezing girls).
- How do I approach a girl that made eye-contact + smiled at me?
- What if they don't smile at me?
- Eye-contact, no eye-contact -- you still don't know for sure what the deal is.

Here's me doing the drill-

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 45
(Quick Compliments on Groups)



Do these drills on groups of 2+ girls.

We're going to pull groups into the mix today. The actual drill is stuff that you have already done.

It's not that it's literally "harder" to go talk to 2+ girls instead of just 1, it that you feel more vulnerable in doing so. Most guys feel that the girl you are talking to has a friend(s) to laugh with afterward.

This is my take on approaching "groups" of girls-

There's only 2 scenarios in which I [usually] do it-

1. If my game plan is only to *take a girl's number* during the day.
2. At night.

I don't usually hit on groups of girls during the day if I'm *looking to Get Laid*.

Girls usually won't ditch their friends to go have sex with you without knowing that the friend(s) 100% approve AND won't judge them. My time is better spent screening girls that have way better logistics. With that said, in certain situations (like when I lived at Santa Monica Beach) I've taken girls right off the beach while their friends waited patiently.

For the most part, however- you should be hitting on girls that are ALONE if you goal is get some action THAT DAY.

In today's audio, I'll discuss how to separate girls from their friends and how to win them over pretty easily.

***Remember- IT MATTERS* when YOU give a girl a compliment.**
Or at least slowly try to feel that way, you might have to talk to some below-average girls to reinforce it.

Day 45 Drill (pre-Level 7)

- **Walk up to a group of girls and give BOTH/ALL of them a high-five, Leave.**
- **Walk up to a group of girls and give BOTH/ALL of them a high-five, say "You guys are cute,", Leave.**
- **Walk up to a group of girls and give BOTH/ALL of them a high-five, say "You guys are cute,", I'm [Name], Leave.**
- **Walk up to a group of girls and give BOTH/ALL of them a high-five, say "You guys are cute,", I'm [Name], Shake hands with at least 1 girl, Leave.**

- **Repeat this 3 times, you will speak to 12 groups of girls.**

Audio Day 45 (40:36)

- Drill explained.
- Like yesterday, this may be hard simply because it's not something you've done.
- When does Chris NOT talk to groups of girls?
- Lowest odds possible- separating a girl from group DURING THE DAY if she doesn't live nearby.
- Winning the friends over.
- Technique: Dream guy. (Amazing!)
- Technique: Johnny Hollywood, Mr. Big Shot.
- You are a TOTAL NICE GUY, harmless to the friends. Do not act tough to the friends. You can flirt with them in a NICE GUY way.
- General rule: Don't talk shit about the friends, not until you've fucked the girl.
- Scotty's Technique: Cum join us.

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 46 (Milestone)



Today is the day.

All that you have done this week- will make today go well.

It should- if you've truly dedicated yourself to doing and completing the drills to a high-standard.

That's because yesterday's drill was noticeably harder.

For most guys- today will mark ~3 months in the program.

3 months is a about the time where guys "may be ready" to approach girls, I don't suggest you stop the program if you complete today successfully, but I suggest you start approaching girls for real (when you are NOT doing the drills).

Today's drill mirrors nearly EXACTLY what I do when I walk up to a girl, during the day, with the game plan of taking her number.

You should be able to approach girls in a reasonable confident manner if you are able to complete

today fairly easily.

It's IN and OUT, with the same components that you'll be testing below.

Good luck to you.

***Remember- IT MATTERS* when YOU give a girl a compliment.**
Or at least slowly try to feel that way, you might have to talk to some below-average girls to reinforce it.

Day 46 Drill (Level 6 ~Milestone~)

Walk up to a girl and say-

- **"I know this random but I thought you were cute and wanted to say hi", Leave.**
- **"I know this random but I thought you were cute and wanted to say hi", I'm [Name], Leave.**
- **"I know this random but I thought you were cute and wanted to say hi", I'm [Name], Handshake, Leave.**
- **"I know this random but I thought you were cute and wanted to say hi", I'm [Name], Handshake, So.. tell me what your up to today, Leave.**
- **Challenge: On the handshake- hold it until she noticeably takes her hand back.**
- **Repeat this 6 times, you will speak to 24 girls.**

Audio Day 46 (15:03)

- Milestone day.
- Drill explained.
- You can approach girls now. Just don't combine drills and approaching. Do one or the other.
- Different mindset, remember when you are DOING THE DRILLS --- you are DOING THE DRILLS.
- You can approach girls but your social freedom is NOT quite established, you're just likely tough enough to do some approaches now.
- The mindset of "doing drills" instead of "getting girls" makes these easier, don't be discouraged if you start doing the EXACT same thing for approach but you find you are somewhat nervous again.
- It won't be for another 2-4 weeks until you will truly be/feel good about it.
- If you start approaching girls, make sure you have a game plan in mind. There is no purpose to approaching simply to approach/practice at this point- that is what the drills are for. You either DO DRILLS or trying get numbers/take girls home. I generally- suggest your game plan be to screen her and take her number if she passes.

Here's me doing the drill-

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

DO NOT CONTINUE UNTIL YOU CAN *REALLY* DO THIS DRILL.

Approach Anxiety Day 47 (Sundown)

To be done at a bar or club. Alone.



Day or Night, It Shouldn't Matter.

If you think about it, there's way too much of a big deal made about "how to approach girls during the day" and "how to approach girls during the night."

Some people make it sound like you need two completely different languages.

It's true that you should get more physical with girls during the night. To command attention and simply BECAUSE YOU CAN.

But your actual approach and game plan (to take her number or take her home) should always be the same.

Guys psyche themselves out and literally forget they are talking to other humans. The exact same humans that they have spoke to the previous 46 days.

Don't forget. You've done this before.

Just because the sun was out and not the moon- doesn't make it much different.

Get the job done tonight, just like you did on Day 46.

Canada's own Gordon Lightfoot

***Remember- IT MATTERS* when YOU give a girl a compliment.**
Or at least slowly try to feel that way, you might have to talk to some below-average girls to reinforce it.

Day 47 Drill (Level 6)
*Bar/Club

Same shit. Nearly.

Ball so hard.

- **Squeeze a girl on the arm and say "you're cute.", Leave**
- **Squeeze a girl on the arm and say "you're cute.", I'm [Chris], Leave**
- **Squeeze a girl on the arm and say "you're cute.", I'm [Chris], Handshake, Leave**
- **Squeeze a girl on the arm and say "you're cute.", I'm [Chris], Handshake, So tell me how your night is going., Leave**
- **Challenge: On the handshake- hold it until she noticeaby takes her hand back.**
- **Repeat this 5 times, you will speak to 20 girls.**
- **Go do real approaches on girls after if you want.**

20 girls is a lot of girls, so it might take you 2 hours to finish.

Audio Day 47 (20:30)

- Drill explained.
- Day or Night- don't psyche yourself out.
- It's still a drill.
- A variety of predictable responses.
- Used to take a flask of tequila around with me 2008. Dog days.

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Ultimate Guide to Penis Stretching (How to Increase Your Penis Length)

April 10, 2013 | by Good Looking Loser | Link | Original Link

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All About Penis Stretching to Make Your Dick Longer

(Includes Demo Videos, Not Safe For Work)
Everything You Need to Know and Slightly More

If you have arrived Google and just getting started with penis enhancement (PE), I highly encourage you to check out-

- **A NO BULLSHIT section on Penis Enhancement (experience, pictures, videos, FAQ)**
- **Several Specific Male Enhancement Topics That You Won't Find Elsewhere**
- **"Keeping Perspective on Male Enhancement - What to Expect and How Long It May Take"**



Introduction

If you are going to MAXIMIZE the size of penis and the speed at which you grow it, it is absolutely mandatory that you do *at least some* form of penis stretching.

The guys that only use the devices will get good gains, but never hit their genetic potential without manual stretching.

It will also take them longer to grow.

Penis stretching, sometimes called "manual stretching," is an exercise largely meant to improve the length of your penis, but stretching can encourage some girth development as well.

Penis stretching is exactly how it sounds-

> ***"Basically - you just pull on your dick and it gets longer if you do it on a daily basis."***

Pretty simple.

There are three popular ways that this can be done -

1. Generating significant controlled tension, carefully **manually pulling on your penis** while following a specific routine.
2. Generating low/moderate tension, using a "penis extender" to automatically keep your penis stretched for hours at a time.
3. Generating significant controlled tension, carefully using a **"hanger"** device to hang specific increments of weights from your penis.

Beginning in the year 2000 and over the course of a decade, I have personally tried all of these methods. **I recommend MANUAL STRETCHING and using a HIGH-QUALITY penis extender.**

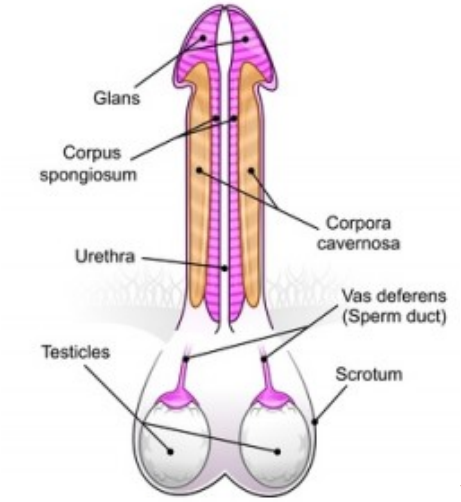
Both are easy, safe and productive.

Hanging, however, was the least productive of the three. While it was "hands-free," adding/remove weights and constantly adjusting the "hanger" was a hassle for me and didn't make it convenient to use. Hanging was seemingly unnecessary because I've grown over 1.75" in length without committing to hanging for any significant amount of time.

Jelqing and penis pumping will also promote length gains, but both methods are largely considered

"girth" exercises. If you are new to male enhancement, however, both methods will add length to your penis.

Whichever methods that you use - the key is to be consistent and it takes some commitment.



How Does Penis Stretching Work?

Penis stretching devices or exercises function in 2 ways -

1. Expanding and rebuilding the spongy bodies of the penis which are known as the corpus spongiosum and the corpora cavernosa.
2. Lengthening the ligaments in the penis, the prominent one is the suspensory ligament.

An example of ligament stretching may be seen in the females who are part of the Padaung tribe of Myanmar. Called "Giraffe Women," they are commonly known for having extremely elongated necks. From childhood, these females wrap metal coils about their necks. Over a long time, as ever more coils are included, their necks are stretched to 10 inches or even more in length.

Theories About Penile Stretching

There are 2 commonly accepted theories which try to explain the mechanism of stretching of the penis that eventually lead to increased girth and length of the penis.

The basic principal in both theories is the same -

> ***"If you apply an action toward any living tissue; those tissues will respond, changing automatically to accept the challenge."***

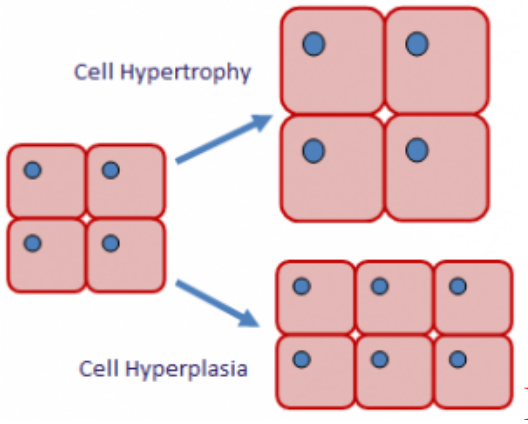
This is not unlike how muscle tissue responds to resistance training. Penile (spongy) tissue is not identical to muscle tissue - but IT IS SIMILAR. If you stretch the penis at an intensity strong enough to safety stretch (and fatigue) the tissue, your penile tissue will go through these three processes -

1. Hypertrophy, a process by which you existing cells will get larger and stronger.
2. Hyperplasia, a process by which your body will generate new cells, increasing the amount of penile tissue you have.
3. Ligament extension, a process by which your tendons/ligaments become more pliable and

flexible.

Hypertrophy From Penis Stretching

The gains you get, similar to natural bodybuilding, will be a product of *hypertrophy*. When you stretch your penile tissue with adequate resistance to near fatigue- the tissue will breakdown and sustain a significant amount of painless "micro-tears". This is the exact same thing that happens to skeletal muscle tissue when you lift weights. With proper nutrition and rest, these micro-tears heal (usually within 24-hours) and the tissue becomes both STRONGER and BIGGER. Consistently repeat this process will lead to a noticeably longer penis. This is the exact same way that you penis grows from jelqing as well.



Hyperplasia From Penis Stretching

Though most of your natural gains will be made via hypertrophy, there will be also be some degree of hyperplasia when your penile tissue regenerates after a workout. When the tissue is stretched, your body will also generate new cells to aid in repair. You can visualize this by imaging new cells literally attaching or filling in the micro-tear gaps. Like hypertrophy, the new cellular growth will result in a STRONGER and BIGGER penis. There is some debate of whether a significant amount of hyperplasia occurs when subjecting a tissue to resistance (penis stretching, lifting weights, etc.). I know from over a decade of experience that some does occur. My penis literally weighs more than it did when I started PE. A girl that I have had sex with over a decade even asked me if I "put something in my penis," since it is heavier and significantly fuller than had been. Again, the majority of your gains with be from hypertrophy and existing cells getting bigger, but you should experience some degree of natural hyperplasia.

*Scroll to the bottom for an extended discussion on hyperplasia, genetic ceilings and performance enhancing drugs.

 Thai Giraffe Woman, result is similar in principle to penis stretching

Ligament Extension From Penis Stretching

This is the most obvious and easiest to understand.

If you properly warm up and stretch your penile tissue, the ligaments surrounding the tissue and supporting your penis will also be stretched. Over time, like a rubber-band, they become more flexible and longer. These tendons and ligaments tend to be untrained and stubborn- most people can gain *an inch* or more just from extending the ligaments. You can put a significant amount of tension on your ligaments, it takes A LOT to tear or strain a ligament. As a rule of thumb- there shouldn't be any pain when you are stretching. Unlike jelqing which mainly works your penile tissue, manual stretching puts resistance on your penile ligaments.

How Do I Do These Exercises to Lengthen My Penis?

Before you do these exercises, you need to warm up. Warming up significantly reduces the chance of injury and also makes your penis ligaments looser and easier to stretch further. You would be certain to warmup before significantly stretching your legs- so don't treat this any different. It's just as important to warm up for penis stretching as it is for jelqing. Getting in the shower and letting the hot water run on your penis while you massage the area for 5 minutes gets the job done. Putting hot water on a towel and holding it on your penis for 30 seconds at a time, for about 2-3 minutes can work too. You penis should be elastic with a reasonable "hang" before you start. Make sure there's NO water or oil (from jelqing) on your penis, you want to have a nice solid grip and no slippage. Some people like

using baby powder to enhance their grip.  Remember, penis stretching is done in the FLACCID state but it's not a bad idea to have a ~10% erection so that you are stretching warm tissue. Every 4 or 5 minutes, restore some blood flow to your penis.

Basic Stretching Videos

These videos are Not Safe For Work

There's a few different grips you can use and several different angles you to stretch toward. Each stretch is quite similar (this is not brain surgery - you are just pulling on your dick) but the variations will target different tendons. You are encouraged to stretch in all different directions to ensure the maximum gains.

Basic Double-Hand Grip Stretch

The most basic drill is to pull your penis outward/wherever and hold it for 30 seconds. Grab your penis with your dominant hand, with your thumb and index finger just below the head. Put your other hand on top. Now stretch your penis in the desired direction. Add pressure as feel you comfortable. You can pull it upwards, downward and sideways just the same.

Click white video screen to start the video.

Single Overhand-Grip Stretch

This is simply an alternative to the basic stretch above. It puts resistance on the same ligaments. I do this stretch sometimes but I prefer the one above.

You can stretch in all different directions.

Click white video screen to start the video.

Sideways Stretch (Usually Very Effective)

Pulling it sideways is valuable for working the side and lower ligaments. These ligaments are usually the most stubborn and untrained. Even if you own a penis extender or have been "hanging" weights, it is unlikely that you are putting much resistance on these ligaments. Arguably, this makes the

sideways stretches the most beneficial and important.

Click white video screen to start the video.

Behind the Legs Stretch

This stretch targets the upper and side ligaments. Giving flexibility (and additional length) to these ligaments will help your flaccid size and your overall hang.

Click white video screen to start the video.

The Overhand V-Stretch

This stretch puts resistance on the upper ligaments. Some guys consider this an advanced stretch. I don't and think you can do it so long as you are careful about it.

Click white video screen to start the video.

Rotating "Windmill" Stretch & Restoring Blood Flow

After every 4-5 minutes, you'll want to restore a little bit of blood flow to your penis. You can do this technique as a stretch or simply to restore blood flow. This is what "cranking" your penis means.

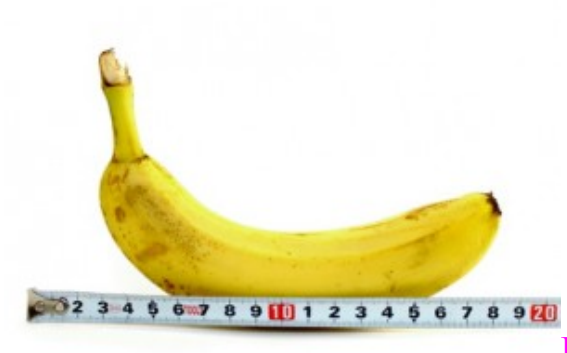
Click white video screen to start the video.

Frequently Asked Questions

How hard should I be stretching my dick? I'm afraid I'm going to hurt myself...

First off- you NEVER WANT ANY PAIN.

If you feel any acute pain then you are either NOT WARMED UP or PULLING TOO HARD. Or both. Think of how you stretch your arms or legs- you don't stretch it to the point where it is painful. If you are just starting out, it's a good idea to start with a moderate stretch, just to get the "hang" of it. You can slowly incorporate some resistance you where you feel the tissue and ligament pulling a little bit. As you get more familiar with it, you'll want to stretch to the just before there is any pain. Again- you DON'T WANT PAIN, but you'll be stretching to the point just before it.



How quickly will my penis tissue recover?

Most veterans, including myself, feel that penile tissue recovers faster than skeletal muscle tissue. The time frame is 24-48 hours, but it also depends on what other training (jelqing, pumping, extender, etc.) that you are doing. As a rule of thumb- if you can't get a good boner, take the day OFF. I have always followed that rule and I have had NO injuries and my erections are as powerful as ever. Also remember- like weightlifting, growth happens during your REST periods, not during your training periods. Taking days off, so long as you consistently training - will only help you. Unlike skeletal muscle tissue, however, don't expect your dick to be "sore" the following day. So long as you did a good workout at a tension that was both STRONG ENOUGH to feel a stretch but SAFE ENOUGH to produce pain- you did just fine. If you follow this beginner's routine- you will be fine.



Should I stretch my penis before or after jelqing?

This is up to you. I personally like jelqing before stretching because my tissue seems more flexible and my "hang" is already established. I make sure I get all the oil off from jelqing first.

What if I like one grip/stretch but not another?

In my opinion, it doesn't matter that much if you stick to one grip/stretch over another. The main thing is to do ALL the different angles.

How long will it take to see gains? **This is my guess-**

- If you are a newbie- 6 to 8 weeks.
- If you are a newbie and you are also jelqing- 4 to 6 weeks.
- If you are a newbie and you are jelqing, using Bathmate and Sizegenetics- 2 to 4 weeks.

Regardless, you will get gains. And You will continue to get gains if you remain motivated, patient and dedicated. I encourage you to check out "Keep Perspective on Penis Enhancement: How Much

Will I Gain?" before you start.


Some of us are lucky enough to have other people stretch our dicks for us... or something like that.

Additional Penis Stretching Tips

- Find which stretches/grips/angles work best for you. Whatever is comfortable is best.
- You can stretch your penis while standing, seated, on your knees or even laying on your back.
- So long as you are gripping below the penis glans- it didn't really matter where you grip your penis. Whatever is comfortable is best.
- Visualization is valuable, imaging your dick literally GROWING OUT OF YOUR BODY.
- Since you don't have to maintain an erection, I suggest you watch TV or distract yourself with something HANDS-FREE to pass the time.
- One way to add resistance to side stretches is to twist your torso OPPOSITE of the stretch.
- Another way to add resistance is to do kegels (and hold them) during your stretches.
- Consider experimenting with different grips aides- baby power, rubber gloves or a thin rag are helpful to some guys.
- Stretching is done in a flaccid (0-30% erection) state. If you are sensitive and keep getting an erection, jerk off and then do your exercises. You'll find that you get a very deep stretch.

Please don't overthink this!

This is not rocket science (or brain surgery).

When you pull on your dick - it grows. Slowly.

The guys that are most successful are the guys that JUST DO IT.

It is also important that you have realistic expectations (1-2" over 12-24 months) and not think that you are going to increase your size 3" in 3 months.

** Hyperplasia (Quick Advanced Discussion)*

The amount of hyperplasia (new penile tissue) you can generate will largely depend on your genetics. This is mainly relevant to experienced guys who have seemingly MAX'ed out their gains and would likely need hyperplasia-induced compounds such as insulin growth factor-1.

- "Contribution of satellite cells to IGF-I induced hypertrophy of skeletal muscle." (Clinical Study)

The interesting thing is- the amount hyperplasia you can experience isn't necessarily related to your starting size. Sometimes naturally smaller guys have penile tissue that responds extraordinarily well to growth compounds such as IGF-1 and actually have a greater growth potential *Disclaimer: The contents of this page, such as text, graphics, images and other material are intended for informational and educational purposes only and not for the purpose of rendering medical advice. Please view our Medical Disclaimer that you agreed to upon clicking [x] I agree, when entering this site.*

Average Penis Size

April 22, 2013 | by Good Looking Loser | Link | Original Link

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Average Penis Size Discussion

(Updated: June 7, 2014)

Good Looking Loser's review of several penis size studies and surveys.

In this article, drawing from some research and my own experience with women we are going to discuss-

- Does Size Matter?
- Average Penis Size in the USA (results, medians of several studies)
- How Uncommon is A 7" Penis?
- Defining Hung (You're Hung if People Think You Are)
- Recent Hook Up that Motivated Me To Write About This
- Studies and Research Used
- Penis Size Resources

I reviewed all the studies I could.

Unfortunately, very few of these studies are actually published in academic journals so I put a higher emphasis on the [seemingly] more legit studies and took the other with a grain of salt.

Does Size Matter?



Lets wrap this up quickly.

In my opinion- **SIZE MATTERS IF IT MATTERS TO YOU**. I discuss this here- "Does Size Matter?"

It mattered to me, so I made it bigger.

I'm completely happy I did.

If it matters to you, stop searching for information to try to convince yourself otherwise and just enlarge your dick with methods that work.

For most women- it matters too.

But not enough for you to care if you don't or if you aren't small.

For women it's on lower on their list for relationships and among a host of criteria (masculinity, looks, confidence, attentiveness, quality of foreplay) of what produces a good experience for a random hookup/fuckbuddy. Several girls have told me that penis size (especially thickness) matters more for an enjoyable one-night-stand than in relationship.

On strictly physical terms, penis size only significantly matters for the quality of vaginal orgasms you can generate. Basically your mid-shift girth causes vaginal orgasms by stimulating the receptors 2 to 4 inches inside the vagina. Most guys have a penis over 4" inches in length, so it's a matter of girth at that point. Although you may be able to give vaginal orgasms by hand (G-Spot, for example) the sensations are significantly stronger when the girl feels "full" and her entire body is spasming from your girth touching her vaginal receptors from top-to-bottom. Arguably a 5" penis with 6" girth (unlikely to exist) would stimulate vaginal receptor significantly more than a 7" penis with 4" girth.

- A similar conclusion is reached here- "Sorry Boys, Size DOES Matter" and here- "Penis Size Study Shows Women Find Men With Big Genitals More Attractive"
- A 2013 Australian/USA clinical study from the Proceedings of the National Academy of Sciences entitled "Penis size interacts with body shape and height to influence male attractiveness," concluded that hung males were considered more attractive and their counterparts.

It is my opinion that most guys can get to 6.5-7.0" in length and at/over 5.5" in girth. From the statistics below and my experience that size is in or above the top 10%. Almost all guys can gain 1.5-2" inches if they commit to male enhancement as their number 1 goal.

Average Penis Size in the USA

From the studies (see below) that cumulatively measured thousands of Americans, the average penis size for adult men in the United States seems to be ***5.5-5.7"***.

Let's call it **5.625".**

Certainly smaller than the 6-6.5" range that gets thrown around so often.

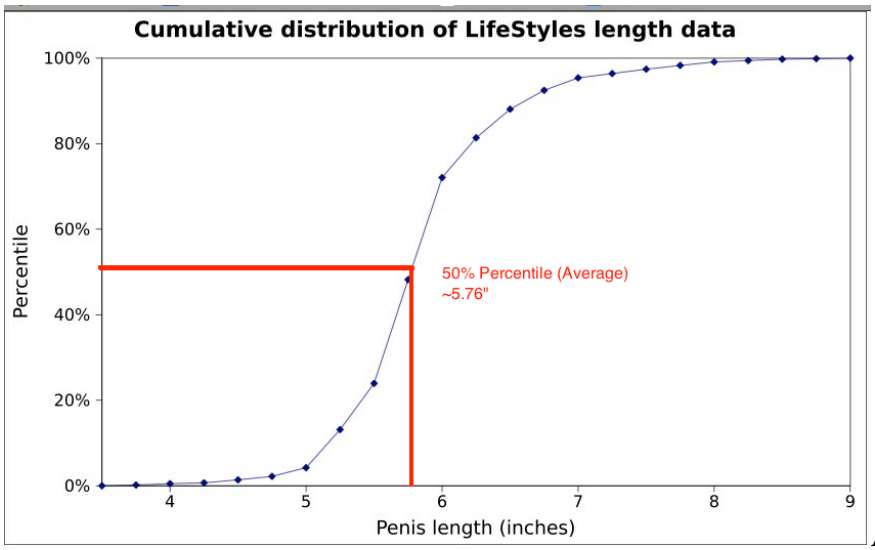
As explained below, only self-report survey report that the average penis size is over 6".

Average Penis Size among Americans

Non-Bone Pressed Measurement (with the rule on the top of the penis, not on the size)

Askmen.com USA/France (from the National Academy of Surgery): **5.8"**
*Durex Condoms (Online Survey): ***6.2" Self Reported***
Lifestyle Condoms (Cancun Study): **5.7635"** [(5.65+5.87)/2]
McIlney Institute of California (1998): **5.1"**
Wesseells H., Lue T., McAicnich J.: **5"**
Kinsey Institute of of Sex Research (1948):* ***6.21" Self Reported*

* Self-Reported = Probably bullshit.



According to Lifestyle Condoms, the average penis size is ~5.76"

Studies Discussed

In reaching this **5.625"** figure, I threw out the the 1948 Kinsey study where guys measured themselves and reported their penis size. Penis size in America has probably gone up since 1948. People are just bigger and taller. Even though penis size isn't entirely related to body size, there is some correlation.

It makes no sense to reference this study simply because it was the "biggest" study when guys got to

decide what their penis size was. I'm surprised this 50+ year old self-report survey is even discussed today. According to Ansell Research (the manufactures of Lifestyle Condoms), every self-report penis survey concluded that the average penis size was over 6" while every controlled (supervised) survey had an average under 6".

Of the studies, the Lifestyle Condoms study seems the most legitimate. A trained medical staff measured and record the results from 300 guys in a private tent in Cancun, Mexico. There are further details at the end of article.

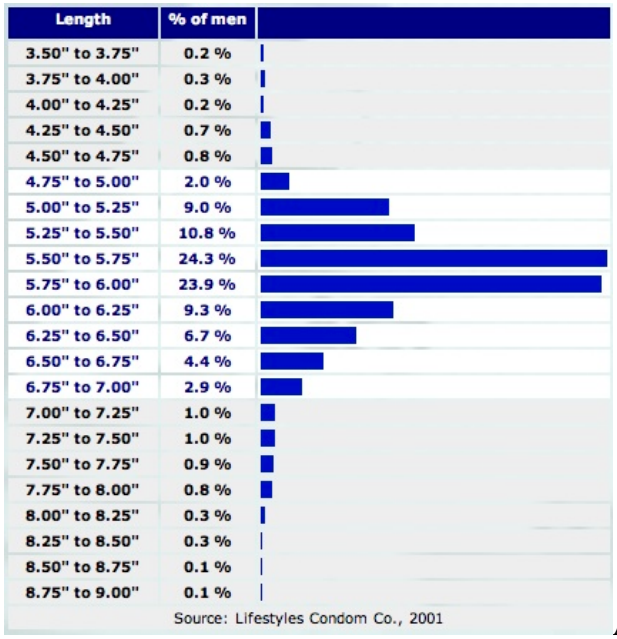
It's also be notable to point out that- it's impossible to know if any of the guys surveyed had done penis enhancement. Even if just 5-10% of the guys did, the ACTUAL "natural" averages would be even lower than the documented.

My Experience

I also believe the average penis size in the United States is smaller than 6".

Once my penis reached 6.5" I started to get known for having a "big" penis in my social circles. Even some guys would indirectly ask me which girls I slept with and how often so they could avoid future comparison. If the 6-6.5" "average" range was fact, my dick should have been perceived as average or above-average, at best. What's more, most of the girls I sleep (to this very day) volunteer the information that I was "the biggest" they have been with. Remember, although my girth is significant (6"+ post-bathmate) I'm just slightly over 7.0". Big, not hardly "huge" by any means.

How Uncommon is A 7" Penis?



A 7" penis falls in the top 4.5%

A recent hook up with a "I'm so experienced" sexy girl in Portland might be curious of this subject. (see below)

According to the Lifestyles Condom study and my experience (with women that have compared my 7-incher to their previous partner) it's quite uncommon.

A 7" penis falls in the **top 4.5%**.

That means, if you are packing 7"-

only *4 or 5 guys in 100* will be equal or longer than you are.

Even a 6.5" penis falls with in the top 10% in the United States.

As I mentioned before, if they take male enhancement seriously-

I feel nearly all guys can get to 6.5-7".

In fact- most guys can probably top 7" if they have average starting size (~5.6-5.7). They will only need about 1.5", a significant increase, but definitely not impossible. I started at 5.25 (below average) and I'm over 7" now.

Not surprisingly, guys have a tremendously skewed perspective of penis size from pornography, general self doubt and women who have no idea what are they talking about. The average penis size, **5.7635"** according to Lifestyle Condoms and **5.625"** via my own statistics is about 1/2 inch LESS than what most guys think it is.



Inside the Penomet Pump

Definition of Hung

Although people want to throw numbers around to pinpoint the cutoff line for this endearing status, the reality is- so long as you are above-average in length and your cock "hangs" about 1-1.5" below your balls, you will probably be seen has 'hung' by most women. Flaccid size is more important than erect size for creating this "hung" look. Literally they will see your equipment hanging down, make judgements about erect size and compare it to previous partners.

In terms of erect length, anything above 6.75" (sometimes 6.5" if you have good flaccid size) will probably get you labelled as hung, simply because you are bigger than 90% of guys.

However you may see your penis between your legs or in the mirror, chances are women see you as bigger given their small stature. The same is true for muscle size. In males, penis dysmorphia is even more common as body dysmorphia.

Given the statistics I read over, it's unlikely that the average 18-24 year old girl has been with a hung guy.

In fact, according the Kinsey Institute via the National Survey of Sexual Health and Behavior at Indiana University, 50.8% of women between the age of 18-24 reported not having sex within the past year. The 24-29 age group of females was more sexually active (only 43% hadn't fucked in the past year).

Now isn't that interesting?

The dating "authorities" would have you believe that every girl is out being naughty and it's only you that's missing out. It's not true. The majority of women you speak to ARE NOT sexually available and even fewer are DTF and even fewer are DTF with good logistics (0-9% GLL estimate).

Percentage of Women Reporting Frequency of Vaginal Sex, N=2393							
Age Group	**18-24**	**25-29**	**30-39**	**40-49**	**50-59**	**60-69**	**70+**
Single							
Not in past year	50.8	43.0	72.3	71.1	85.4	84.5	100.0
A few times per year to monthly	16.4	21.5	10.7	16.9	5.4	6.5	0.0
A few times per month to weekly	19.7	24.1	12.5	9.9	7.0	6.5	0.0
2-3 times per week	8.2	1.3	4.5	2.1	2.2	2.6	0.0
4 or more times per week	4.9	10.1	0.0	0.0	0.0	0.0	0.0
Partnered							
Not in past year	12.9	10.6	14.8	20.6	21.1	14.8	30.8
A few times per year to monthly	16.1	11.7	13.6	13.7	18.3	11.1	15.4
A few times per month to weekly	31.2	36.2	43.2	24.5	36.6	48.1	23.1
2-3 times per week	32.3	28.7	18.2	31.4	18.3	18.5	7.7
4 or more times per week	7.5	12.8	10.2	9.8	5.6	7.4	23.1
Married							
Not in past year	11.8	3.5	6.5	8.1	22.0	37.9	53.5
A few times per year to monthly	14.7	11.6	16.3	21.7	23.7	20.0	25.4
A few times per month to weekly	14.7	47.7	50.2	46.6	36.2	35.9	18.3
2-3 times per week	35.3	35.2	21.9	20.8	16.9	6.2	1.4
4 or more times per week	23.5	2.0	5.1	2.7	1.1	0.0	1.4

From my social circles that date back to high school, to the 6 different colleges I went to, to my social circles in Florida and Los Angeles- Among the girls- the idea of hooking up with an endowed man is actually quite taboo and exciting- even if it proves to be an average experience. Often women form their opinions of big-cock sex based on a single experience with a large guy, often that experience is painful if she isn't very sexually active or the guy doesn't know to lube her up. Girls I know admit that they would call a hung guy back after an underwhelming experience, whereas they might be less interested in calling a smaller guy back after an underwhelming experience.

Recent Experience

Exactly 8 days ago- a nice little experience motivated me to do some research into this topic.

On Saturday, I dragged a girl pretty hot (and cool) girl back to the hotel from Pioneer Square. Unlike most girls, especially girls that I JUST met, before we had sex- she got into talking about how experienced she was. She had apparently had 19 partners, 5 of which were boyfriends. That's pretty sexually active for a girl who just turned 22 last month. She also mentioned that she's had "all different shapes and sizes."

Years ago, I would have felt some anxiety after hearing this.

These days, I'm almost to the point where I think "bullshit," and I'm pretty certain the girl is just trying to prove herself to me or something like that. I know, and you should know that after 6-8 months of using the Bathmate with a full boner, you can walk around your city with top 5% penis girth and you're thicker than 95% of guys out there. You have nothing to worry about, even if you aren't that long.

That's brings me to the next part of the story-

Upon having her removing my pants, Ms. I'm-Super-Experienced, said she had never even seen a penis so big. I asked her specifically what she meant and she clarified "both long and thick".

Now remember, I'm a little bit over 7" in length (above-average) and over 6" in girth (post Bathmate). On the larger size, but certainly not huge (updated pictures here). She wasn't just trying to 'stroke' my ego either- she insisted on taking pictures of my equipment with her cell phone, compared it various things in the hotel room and estimated that I was 10". While this was certainly a hot experience and an ego boost (I only lasted about 2 minutes actually, haha), it definitely confirmed what I've seen and heard when it comes to women's perspective of penis size-

- Women always think a penis is bigger than it is.
- Women can overestimate men's penis sizes by up to 3".
- Women have no idea what they are talking about.
- If you are above-average (or even average) and just inflate your girth with a pump, you'll be considered to have a big penis.

Assuming she's not lying, I was her 20th partner.

After reviewing the statistics, it's not too surprising that my dick was the largest that she ever had. The average in the United States is ~5.6-5.7" and a 7" penis falls in the top 4.5%. I apparently was her first partner in 20 with a 7+" cock, which is confirms what the Lifestyle Condom study says.

Studies/Surveys Consulted

Here's some brief commentary on of the studies I looked at.

British Journal of Urology (Review)
The British Journal of Urology, the same journal that published the Sizegenetics Penis Extender study, reviewed 12 different penis size studies and concluded the average length to be 5.5-6.2".

Durex Condom Research (Self-Reported)
The average penis size was reported to be 6.2".

Gebhard and Johnson (1979)
The average penis size was reported to be 5-7"
The average penis girth was reported to be 4-6"

(stupid obvious wide-range conclusions)

Kinsey Institute Study (1948) (Self-Reported)
The average penis size was reported to be 6.21".

Kinsey Institute Study; (1989-1993) Dr. Erick Jannsen
A unpublished study of 300 men concluded the average penis size to be 4.8".

Lifestyles Condom Study
From March 11-17, 2001 401 males over the 18 years old were measured by a medical staff in Cancun, Mexico. Cancun is a popular Spring Break spot for high school and college students from the United States. It is safe to assume that the majority (if not all) participants were from the United States. In fact, some of my graduating high school claas of 2001 went to Cancun that year. I went to the Bahamas (and fucked Danielle!).
Of the 401 males surveyed, only 300 (75%) of them got a full erection to be measured.
The average penis size was 5.877 (14.92cm) with below average sitting at 5.5" (14cm) and above-average at 6.3" (16cm).
The average penis girth was 4.972 inches (12.63), with most guys ranging from 4.7" (12cm) and 5.1" (13cm).

National Academy of Surgery Study
Although this study was a controlled medical study, I don't put much into this because there is no information on how many participants there were, under what conditions were they measured and how they were measured. Any other study like this would immediately be thrown out.
Here are the numbers though-
Average erect length- 5.0-5.7"
Average flaccid length- 3.5-3.7"
Average erect girth- 3.9-4.1"
Average flaccid girth- 3.3-3.5"

World-Wide Penis Survey Map (Various Sources)

- Click here to see a map that supposedly collected the average penis sizes in nearly every country in the world.

Penis Size and One-Night Stands

- Women prefer thick penises for one-night stands

Penis Size Resources

"The Visualizer.net" is a neat little resource to compare your penis to various averages. I don't suggest you make much of the "self-report" studies however.

Although Kinsey self-report size study is hardly legitimate, the Kinsey Institute FAQ has some amazing information organized off of academic resources.

Ultimate Newbie Bathmate Routine

April 23, 2013 | by Good Looking Loser | Link | Original Link

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The Ultimate 30-Day Newbie Bathmate Routine

The ***Ultimate Newbie Bathmate Routine*** is for guys with no male enhancement experience.

Like the majority of the rest of the stuff on GoodLookingLoser.com, we take out the guesswork.

This is how it goes-

Do this = You Get Results

This routine incorporates a small amount jelqing and penis stretching so you get the max gains in your first 30-days of using your Bathmate Hydropump.

Since you are new to male enhancement, you will tremendously benefit from combining a *small amount* of manual exercise and Bathmate pumping.

Like the Beginner's Bathmate Only Routine, the goal is to get your penis used to the Bathmate but **ALSO** to maximize your gains over the first 30 days.

This Bathmate Routine should accomplish 3 things-

1. Safely train the spongy tissue in your penis and prepare it for more rigorous training the coming months.
2. Increase the size of your penis, possibly .5-1" in length and .25 to .75" in girth if you have no previous PE experience.
3. Teach you how to stretch, jelqing and use the Bathmate Hydropump.

I would like to consider this Bathmate routine to be the safest, but most productive way to increase the size of your penis and learn how to in your first month.

Do I Need to Jelq and Stretch?

No, not necessarily, we have a routine if you want to use only the Bathmate.

A lot guys purchase the Bathmate (and similar devices such as Sizegenetics) because they hate doing the manual exercises. It's understandable.

I just want to suggest one thing however-

> ***EVERY LITTLE BIT COUNTS*** *and* ***EVERY LITTLE BIT ADDS UP.***

Even if you do just 5 minutes of jelqing or stretching a day, you can have significantly more gains over an extended period of time.

Male enhancement IS NOT an "all or nothing" thing.

Don't feel like you need to do 45 minutes of jelqing, 30 minutes of stretching in addition to 15

minutes of Bathmate to get gains.

In fact, if you are new to male enhancement- that type of obsessive training is completely counterproductive and unnecessary.

I encourage you to check out- "Keeping Perspective on Male Enhancement" before you start and anytime you need a kick in the ass.

Good Looking Loser's Ultimate Newbie Bathmate Routine

It's a good idea to get familiar with jelqing and penis stretching before you begin this routine. Those links include demo videos for all of the exercises.

Remember- if you are new to male enhancement, you should gain VERY easily. Most guys tend to overtrain rather than undertrain in their first month.

The main goal of the first month is to safely prepare your penis for harder training, learn the exercises and get gains in the process.

You can jelq and stretch in whichever order you like. I prefer jelqing before stretching, but that is simply my preference. You should NEVER feel any pain.

Penis enhancement injuries only occur because either-

- The guy wasn't warmed up enough.
- The guy overtrains himself.

As a general rule of thumb- if you can't get a good erection, it's a sign that your penile tissue has not recovered. Take that day off. The next day reevaluate the situation.

Remember- your gains come when you **REST and RECOVER**, not while you are training. Do not become overzealous and begin training on the rest days. For the first month, do not jelq/stretch and use the Bathmate on the same day. That is FAR TOO much training for a newbie penis.

(A printable chart of this Bathmate routine is below, you can also download it here- Ultimate-newbie-bathmate-routine Sheet1.pdf)

Also feel free to ask questions and track your progress in a log in our Bathmate forum.



Day 1

- Use your Bathmate with no erection for 8 minutes.

Day 2

- Warm up (shower or hot towel).
- Jelq & Stretch for 5 minutes each. (Just do the basic exercises)

Day 3

- Use your Bathmate with no erection for 8 minutes.

Day 4

- Rest Day

Day 5

- Warm up (shower or hot towel).
- Jelq & Stretch for 5 minutes each. (Just do the basic exercises)

Day 6

- Use your Bathmate with no erection for 8 minutes.

Day 7

- Rest Day

Day 8

- Warm up (shower or hot towel).
- Stretch for 10 minutes.
- Jelq for 5 minutes.

Day 9

- Use your Bathmate with no erection for 10 minutes.

Day 10

- Rest Day

Day 11

- Warm up (shower or hot towel).
- Stretch for 10 minutes.

- Jelq for 5 minutes.

Day 12

- Use your Bathmate with no erection for 10 minutes.

Day 13

- Rest Day

Day 14

- Warm up (shower or hot towel).
- Stretch for 5 minutes.
- Jelq for 10 minutes.

Day 15

- Use your Bathmate at a 70% erection for 10 minutes.

Day 16

- Rest Day

Day 17

- Warm up (shower or hot towel).
- Stretch for 5 minutes.
- Jelq for 10 minutes.

Day 18

- Use your Bathmate at a 70% erection for 10 minutes.

Day 19

- Warm up (shower or hot towel).
- Stretch for 10 minutes.
- Jelq for 10 minutes.

Day 20

- Rest Day

Day 21

- Use your Bathmate at a 70% erection for 10 minutes.

Day 22

- Warm up (shower or hot towel).
- Stretch for 10 minutes.
- Jelq for 10 minutes.

Day 23

- Rest Day

Day 24

- Use your Bathmate at a 70% erection for 12 minutes.

Day 25

- Warm up (shower or hot towel).
- Stretch for 10 minutes.
- Jelq for 10 minutes.

Day 26

- Use your Bathmate at a 70% erection for 12 minutes.

Day 27

- Rest Day

Day 28

- Use your Bathmate at a 80% erection for 15 minutes.

Day 29

- Warm up (shower or hot towel).
- Stretch for 15 minutes.
- Jelq for 15 minutes.

Day 30

- Use your Bathmate at a 80% erection for 15 minutes.

Ultimate Newbie Bathmate Routine Chart

DAY #	Bathmate Minutes	Erection %	Stretching Minutes	Jelqing Minutes
Day 1	**8 minutes**	**0%**		
Day 2			**5 minutes**	**5 minutes**
Day 3	**8 minutes**	**0%**		

Day 4	REST	REST	REST	REST
Day 5			5 minutes	5 minutes
Day 6	8 minutes	0%		
Day 7	REST	REST	REST	REST
Day 8			10 minutes	5 minutes
Day 9	10 minutes	0%		
Day 10	REST	REST	REST	REST
Day 11			10 minutes	5 minutes
Day 12	10 minutes	0%		
Day 13	REST	REST	REST	REST
Day 14			5 minutes	10 minutes
Day 15	10 minutes	70%		
Day 16	REST	REST	REST	REST
Day 17			5 minutes	10 minutes
Day 18	10 minutes	70%		
Day 19			10 minutes	10 minutes
Day 20	REST	REST	REST	REST
Day 21	10 minutes	70%		
Day 22			10 minutes	10 minutes
Day 23	REST	REST	REST	REST
Day 24	12 minutes	70%		
Day 25			10 minutes	10 minutes
Day 26	12 minutes	70%		
Day 27	REST	REST	REST	REST
Day 28	15 minutes	80%		
Day 29			15 minutes	15 minutes
Day 30	15 minutes	80%		
Day 31	REST	REST	REST	REST

Please let us know if you have any questions!

Cremaster Muscles

April 25, 2013 | by Good Looking Loser | Link | Original Link

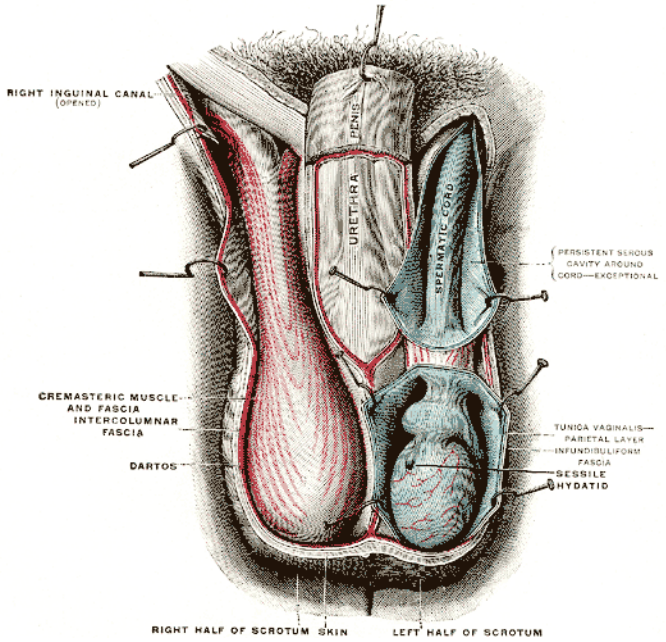
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Muscles that Control Your Balls

By: SoFocused (w/ Good Looking Loser)

Did you know that your testicles have muscles?

Neither did I.



Click to Enlarge

... and, just like you-

I touch my balls once every 42 minutes.

The most neglected muscles in your body are not your neck muscles, they're not your inner abdominal muscle.

It's not even your PC muscles that you can significantly strengthen with kegels.

It's your cremaster.

Sometimes refered to as "Cream-ster" muscles.

?Cremaster? comes from the Greek verb ??????????, meaning "I hang.?

Yes, this is the muscle that covers your balls.

It's function is to move your balls up and down.

Technically you have two cremaster muscles, one for each ball. The muscles begin at each of your internal obliques. But to keep things simple for now, it can be viewed as one ?paired? muscle covering your balls.

WHAT DOES MY CREMASTER MUSCLE DO?

Often your cremaster contracts automatically during sexual arousal or in response to different temperatures. It helps to ?protect? your balls, and it keeps them warm or cool at different times.

It's like your brain. For your balls.

Here's what's important for our purposes: even though it contracts automatically sometimes, it's also a voluntary muscle. You can work it out. You can strengthen it. You can contract it voluntarily.

It's even possible for you to raise your balls up and down as an act of will by doing cremaster contractions.

(see video below!)

Just like you can move your dick up and down as an act of will by doing kegels.

For a more in-depth look at the cremaster muscle, have a look at these clinical studies-

- "Morphology and Innervation of the Human Cremaster Muscle in Relation to its Function"
- "The Role of Cremaster Muscle in Testicular Descent in Humans and Animal Models"

Why would you want this skill?

Here are a few reasons-

- **Sexual Health.**

  If you take the ?no stone unturned? approach to your sexual health, you will want to have control over this one too.

- **Orgasm Control and Strength.**

  It might be an additional improvement for orgasm and cum volume.

  Note: this hasn't been confirmed in any studies or by experts. The only expert opinions I've found seem to suggest that there's no obvious sexual benefit. For me, I notice that if I pull up as high as I can before I cum, the orgasm feels more intense. I'm able to shoot more streams using my PC when my cremaster is also flexed. Everybody's different. See if it works for you and report back.

- **Entertainment.**

  Perhaps it's simply novelty, but it's just fucking cool to have this kind of control. Last weekend after sex I told my girl I was going to show her something. I said ?keep your eyes on my balls? and raised them up and down. She LOVED it. Her reaction: ?Oh my god, haha! WOW!!! All guys should know how to do this!? (don't be surprised if drunk girls from your social circle want to see a demo)

- **It's fun and feels good.**

I've heard that some porn stars have strengthened their cremaster so much that they can raise their balls up and down really fast. Imagine how fun it'd be to do that in a chick's mouth. (more perspective on this is below)

- **Helps with Male Enhancement (Pumping)**

Since it covers the spermatic cord, a strengthened cremaster muscle might also protect your sack during pumping sessions for PE. Some guys complain that pumping with a device such as Bathmate can start to hurt their balls. If you know how to strengthen your cremaster muscle, perhaps you can endure more pressure on your sack. But there's no confirmation of this yet. You'll just have to try it.

If you have low hangers and want them up at certain times, this will definitely help you. Or if you hang high already, you can look into how to relax your cremaster instead of contracting it (an issue that isn't addressed here.)

HOW DO I FIND MY CREMASTER MUSCLE?



Locate your Cremaster Muscle by doing stomach vacuums. Seated or standing.

You have to get a feel for where this muscle is located before you develop a routine for working it out.

Here's a good way to find it-

Lay flat on your back and get relaxed. Start to flex and suck in your lowest abdominal muscles. Flex and suck them inward, toward your spine. As if you're doing a stomach vacuum. Flex all the way in as far as you can go. Then release.

Your balls will raise inside your sack each time you flex inward.

They will drop back down each time you release.

Some guys will feel the raising inside right away. These guys probably have more developed obliques and lower abdominals. If you don't feel it, you can still be convinced that it's working by keeping your fingers on your balls. You should feel slight movement across your fingers when you

flex in. Keep trying until you get some movement.

If it helps, imagine that there's a cord inside of you. The cord attaches from your lowest abdominals to your balls. So each time you flex and suck in your abdominals, the cord is pulling up your balls.

Since it's your first time, you'll probably only get a small movement, if any.

When did it for the first time, I barely noticed it. It was only in my right side. My left side didn't work. It's only been a few weeks now of practicing and I can already raise both of them almost half an inch up and down.

The best way to describe how it feels is like a smooth ?rolling? sensation up and down, inside your sack. Eventually you want to be able to do them standing. It will be a bit harder than laying down because your ball weight will be working against you. But it's better to train the muscle that way. Eventually you should be able to see them clearly raising and dropping.

Once you figure out what you are doing and practice, you can literally can decide when you balls are to rise and when they are to drop.

Check it out-

(it's literally like an elevator for your balls)

Keep in mind that you can get much better than this if you train consistently over time.

Eventually, you want to get to the point where you've isolated your cremaster using little or no assistance from your abdominal muscles.

In isolating your cremaster, it's also important to NOT do a kegel squeeze simultaneously. Mentally focus on your cremaster. Keep your PC relaxed. A cremaster contraction is a completely different movement than a kegel. You are moving only your balls up and down. Your dick should not be moving.

There might be a bit of a learning curve if you cremaster muscles are weak.

COMBINING WITH KEGELS

Once you've isolated and gained a bit of control over your cremaster, you CAN combine it with kegels for some cool effects.

You can raise your balls all the way up and then add a kegel to raise your dick up too, or vice versa. The result is that it looks like you're moving everything up at once. Like your whole package has a mind of its own. Or you can alternate kegels and cremasters: balls up then down (cremaster), then dick up and down (kegel), repeat, etc. Alternate again and again really fast, tell your girl she's looking at the world's best cock.

WORKOUT ROUTINES

Again-

Remember that this is a different muscle than your PC.

You can do kegels without moving your balls and you can do cremaster contractions without moving your dick. I've found that it's much more taxing to try to do a hundred cremaster contractions than it

is to do a hundred kegels.

Here are a couple of different routines I've experimented with. They're working great so far. There's no information online about workout routines for this muscle, but here's what's worked for me.

Quick Pulls (helps build speed)

First. Standing up, I do QUICK contractions and releases, over and over again. I'll do them until I can't anymore (meaning until I feel no movement). I'll take the next day off. Even though I don't experience any soreness, I take a day off just to be sure that the muscle can grow overnight. Again, I've been doing this only for three weeks and I can already contract much more quickly and powerfully than when I started.

Elevators (helps build higher movement)

Second. Standing up, I'll contract to various degrees. Meaning I'll raise them a bit, pause and hold, then raise them higher, pause and hold, then raise them even higher. I'll raise until I can't go any higher, then drop. Then repeat. Like an elevator stopping at different floors. I'll do it until I feel no movement.

These cremaster routines are by no means the only exercises you can do.

Just learn to find and feel your cremaster muscles and see what works for you. If you discover something that is particularly effective or find some additional benefits, by all means - share that with us below.

Internalizing a "Screening" Mentality

April 27, 2013 | by Good Looking Loser | Link | Original Link

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Believing Screening

If you've spent time around the Good Looking Loser community, you'll know that I "teach" something called "screening".

In short, it is our approach to Getting laid.

Instead of relying on jokes, dialogue and techniques to convince girls to "like you," you simply go around making normal, sometimes flirtatious conversation, with women and touch them in the process.

The women that are "sexually available" will respond positively (or neutrally) and the ones that aren't will leave the interaction.

There are number of reasons why is this the best way to Get Laid.

These reasons include, but are not limited to-

- You never are "working on" girls and you will know very quickly whether a girl is interested or not.
- Get Laid (meeting women) is a numbers game, screening cuts through the bullshit in a matter of minutes (usually, seconds).
- There is usually way less approach anxiety because you are approaching women for sex and not trying to get them to "like you," in which guys tend to feel more vulnerable.
- By simply touching a girl, she'll know that you are a player and not some nice guy pussy boy/funny man pick up artist.
- You develop a RAW NATURAL MASCULINITY along the way. You aren't using techniques to "communicate you are an alpha male".
- Once you are comfortable/realize that the verbal dialogue is hardly part of the equation, your mind frees up and you can easily make small talk/say whatever you want.

Again, our approach to screening to primarily to- Get Laid.

It is not to "meet women" "avoid rejection" "make her laugh!" "get the girl!" "make her think you are interesting" or impress anyone.

Check out every other dating site if you think those mindsets are more masculine.

For most guys- the very concept of screening is a 180 from anything they have thought or done before.

It was for me and I usually get credit for "inventing" it.

Most of us are used to making jokes, acting out rehearsed "routines" and various other techniques where the goal is to impress the girl and convince her to like you or grant you the permission to continue to speak to her.

So, like anything else in life, that you have just gotten started with- it will take a while to fully internalize.

You'll just have to go through the motions in the meantime. That's fine, that's exposure therapy, that's how it's done.

The following discussion covers things that you **WILL DO** or **WILL EVENTUALLY DO** to internalize screening and make it authentic.

Like everything else, these insights come from my experience. Some insights were conscious, others are in hindsight.

I don't necessarily suggest that you "try to" do these, but rather- just keep them in mind and judge your progression on them from time to time. If you are noticing that some of these aspects are becoming your reality, you are on the right track. These might also shed insight on why you aren't "getting it" and help point you in the right direction.

By no means to you "need" all of these to be your reality to Get Laid over-and-over-and-over, more likely- you'll be Getting Laid over-and-over-and-over as you work on them.

While these may seem unique to "screening," these will apply to any type of "game" or approach you take. These are universal and the guys that have them succeed at a high level.



When Does Screening Become Authentic?

I could go on at-length about all of these, but I won't- I'll just finger the surface.

#1 You Look Good. (And You Know It)

Looking hot and knowing it is arguably the most important one.

Looks + Style = Sex Appeal.

Notice I said "look good" and not "good looking," being good looking certainly helps, but simply

looking good (in-shape, cool, masculine) will give nearly every guy 'above-average' standing with most of society and meet or exceed the 'looks threshold' of majority of sexually-available girls.

Being able to walk into a bar and knowing "these guys aren't as hot as I am" is big.

As narcissistic and superficial as that sounds- that's reality.

If you are in the process of getting together or MAX'ing out your looks and style- it will take your brain a little while to catch up to the impact that your presence is having. If you have never had a life where girls or friends tell you "[name] thinks your hot" or "[name] thinks your cute," you'll probably have to hear or be told that 50-100 times before you actually believe it.

#2 You're Cooler That Most of the Chicks You Talk To.

(And Both of You Know It)

For the analytical guys out there- **YOUR COOLNESS should be equal/more than HER HOTNESS.**

Remember how I mentioned- *when I talk to girls I know I'm cooler than they are?*

While it didn't always used to be this way- it's gotten to that point.

- "Swag Factor (Coolness) Defined".

Developing a cool vibe, isn't necessarily predicated on developing a cool lifestyle. I know a bunch of guys that do nothing but do cocaine and have sex with really hot girls. They aren't well-traveled, well-spoken or even interesting. They just don't give a shit, which instantly sets them ahead of 90% of guys in that category.

#3 You Are Part of or Near to the 'Top 10%' of Guys.

We throw around the concept of "Top 10%" a lot here.

It's usually focused on the aspects of- Looks, Style, Social Freedom and (Coolness).

You can be in the the Top 10% simply by having *1 or 2* of those aspects down. You don't need to have all 4.

Ideally- you do though.

Guys that have above-average Looks, Style, Social Freedom and Coolness are among the top 1% or 2%. It's rare.

- "Don't Confuse the Top 10% for the Top 1%"

Remember, the average guy has- average looks, virtually no standout style, doesn't talk to random girls and is pretty boring, just like his friends It doesn't take that much to eclipse Mr. Average.

Differing slightly from #1 and #2, it is very important that you are ACTUALLY IN (or around) the Top 10%.

Even if you believe you are a highly desirable man, if the rest of the universe doesn't- then are AREN'T.

In various self-improvement/'pick up girls" communities there is the belief that "as long as you believe that you're awesome/look good/good with women, than you are." That's complete bullshit.

#4 You Will TRULY Not Be Looking for Validation.

Though the aspects are above may be *just slightly* more important to building a 'screening mindset', this one was BY FAR the most crucial for me.

Screening is not for guys that are looking for validation. It is for guys that want to Get Laid.

Seeking validation is one of the main reasons that guys continue to have a "I hope she likes me..." validation-based mindset. They are just looking to feel better about themselves in the safest way possible and turning to the opposite sex for that.

There's a number of ways to get past this, one of the biggest ways is to simply get your validation, get bored with it and move on to better things, such as- Getting Laid.

#5 You Have Gained LEGITIMATE Experience.

I like to think my blog can change people's lives. Sometimes it can.

But the changes don't happen when you are reading it or watching the videos. Regardless of how inspired you may be.

The changes happen when you are applying (or attempting to apply) the stuff you read.

Like ANY skill or mindset that you are trying to learn, you will have to replace the existing thought patterns with new ones. Some of the thought patterns are pretty stubborn and hardwired from decades of reinforcement.

Screening is no different.

Specifically, you will not adopt screening to your lifestyle unless you legitimately try to work on it in REAL LIFE and retrain your brain to screen instead of acting submissively.

From that you will gain experience. (exposure therapy)

Learning without experience is not learning.

That is what we call "reading".

- "How Learning Happens"

#6 You Have Above-Average Self Esteem.

Having good self-esteem almost goes without saying and is a significant aspect to the concepts above.

This will be a battle for some guys but just about everything on GoodLookingLoser.com will increase your self esteem so long as you are able make it a priority and see the job through.

At the end of the day, you are going to have to believe in yourself in order to authentically screen girls to be a part of your life.

Starting to believing in yourself, like self-esteem, can be achieved and increased by setting SMALL GOALS and achieving them ONE BY ONE until you reach your BIG GOAL.

Eventually, hopefully, you will realize that taking women back from bars isn't super hard and other challenges will seem much more daunting.

#7 You Will Be Comfortable To Express Yourself Physically.

While screening is a mindset and not a technique, if it were a technique, it will go something like

this-

> ***TOUCH THE GIRL***
>
> ***(is she IN or OUT?)***

Though its easy to understand this concept, it can be hard to apply it with complete indifference.

In order to become comfortable with being physical up front, you will have to see it WORK and NOT WORK as part of a variety of predictable responses that women will give you.

#8 You Will Get Bored of Phone Numbers, Dates and Talking to Women.

Similar to getting past the need for validation, getting bored of the "results" that you are getting is generally a phase along the way to developing a screening mindset.

Getting bored of the phone numbers, text threads, dates, interactions that go absolutely nowhere can light a fire under you that makes you get more aggressive.

Remember- Getting Laid is an ALL OR NOTHING thing.

You either fuck the girl, or you don't.

Some people (that read other dating sites) give themselves points for makeouts, phone numbers, jokes that make girls laugh and compliments they receive.

It's all meaningless if you aren't a total beginner.

#9 You Will Know What (Who) You Are Looking For.

Some guys are unable to even begin to develop a screening mindset because they aren't actually looking for a girl to have sex with.

They are usually just looking for a girl that will be nice to them that they think they can "work on".

If you are truly LOOKING TO GET LAID, your mentality and actions will be different.

There will be two categories of girls- **sexually available girls and sexually unavailable girls.**

Whether the girls are nice, mean, extroverted, introverted, happy, sad, funny, boring, etc. won't even come into play.

It's nice to find an exciting, cool girl to sleep with - but if your goal is simply get ass, you won't stand there and talk to her if it's not gonna happen. Likewise, you won't be upset if a girl is rude to you. It's all the same.

#10 Everything Will Seem Predictable.

With experience, you'll come to see all the "various predictable responses" that you can possibly get.

That's good to see when you are trying to beat approach anxiety and it's also good for authentically screening. You won't be afraid to touch girls because you already know how the girl is going to react. Even if you get a negative reaction, you'll know that nothing bad ever happens.

#11 You'll Truly Believe It Is a Numbers Game.

Most of you guys know that Getting Laid is a numbers game.

Only about half of you guys really believe it though.

How do I know this?

The simple fact that most guys say they want to Get Laid but only talk to 10 or less girls in a week and ask what they are doing wrong.

First- once you truly believe it's a numbers game, the only stories you tell as the ones where you Get Laid. It's the only stories you even remember. The rest is a blur.

Second- once you truly believe it's a numbers game, you'll know that it's only a matter of time before you Get Laid. It's not a matter of IF or WHO, it's a WHEN.

Stop recording your "sets" like you are some fucking PUA statistician. Go outside and play.

#12 You'll Know that Girls That React Negatively Have Issues.
(and you don't take it personally)

So long as you aren't being a total creep, when are girl reacts negatively- it's her that has the problem.

This takes most guys a long time to realize and believe this. After all, guys are used to blaming themselves when people are mean to them.

I've hit on 5000+ girls, the women that reacted fairly positively when I spoke to them were generally happy campers throughout our relationship.

I've even slept with girls that initially gave me a negative reaction (or displayed negative behavior sometime soon after).

For the most part- these girls had problems. These "problems" would become more and more apparent as our "relationship" progressed.

I'm so hyper-aware of this now I often don't call girls back that displayed the slightest hint of "bitch" behavior (to me or anyone else) when I met them.

Emotionally healthy people who don't have problems aren't mean to strangers.

Emotionally unhealthy people who do have problems are mean to strangers.

It has nothing to do with you.

- Girls that are Mean vs. Girls that Are Nice

Screening is REALLY effective/authentic when you have your own "bitch shield," in fact- you can't get much more authentic than that.

#12 You Will Experience Success (aka Get Laid).

Success will make you internalize screening.

All that you know, or think you know, won't be internalized until you begin to have success with it.

It is only via success (results) that you are truly believe in what you are doing, how it works and that you making it happen.

This isn't unlike any skill/mindset that you are working on. You need to have success to truly believe it.

Success, though I strictly focus on Getting Laid, will actually come in bits and pieces. There will be moments when you experience something, process (and hopefully act on it) in a way that reflects a

"me first" screening mentality.

Like I say- the numbers game is to your advantage, you have UNLIMITED tries and you can only get better, since exposure therapy and taking action makes you better.

When evaluating your process, if ever, it best to reflect in monthly (or longer) intervals and use the days and weeks to simply PUT IN THE TIME.

At the end of the day, I'd love for everyone of you guys to develop a screening mindset, some certainly will.

But all that matters is that you are happy with life and that you are Getting Laid (if that is your goal).

Bathmate Review - Based on 8 Years of Experience

May 5, 2013 | by Good Looking Loser | Link | Original Link



Good Looking Loser's Bathmate Review

(Absolutely Awesome)

Updated: January 4, 2020

(added: It's been 8+ years of Bathmate!)

If you have arrived just to get our "Good Looking Loser - Bathmate Free/Priority Shipping link" (there it is).

First time visitors - Welcome to Good Looking Loser.

I'm Chris.

The Bathmate was the first recommendation I made when I started the Good Looking Loser community in 2012.

It is as much a part of our community as I am.

It is a lot of fun to use and more importantly - it actually works. I've used it since December 2009.

I don't want you to underestimate the ***FUN*** element.

Male enhancement works (1-2" of growth is realistic) but it's tedious, time consuming and can be totally boring. Bathmate makes it FUN.

The more FUN something is - the most likely you are to stick with it.

The more you stick with it - the more you will grow.

If Bathmate did nothing but make the process more fun - I would still recommend it.

But it does a lot more than entertaining you and delivers significant PERMANENT size after *several months* of daily use.

Unlike the majority of the invisible Internet marketers that "recommend" this pump - *I actually use* it and have adult pictures of me wearing it. (links below)

You'll learn everything you want and need to know, including-

- **How it works**
- **My personal experience of nearly 5 6 years**
- **Specific ways to MAXIMIZE your gains, including length**
- **Where your pump is coming from (OFFICIAL MANUFACTURER)**
- **Comparisons of the 4 different Bathmate Pumps**
- **Exactly what to expect**
- **Bathmate Lowest Price Link & Coupon Code**
- **A form to contact me or to ask others anything**
  (there's 1000+ questions below and we've answered all of them)

If you are looking for information about new Bathmate Xtreme model, looky here -

- **Good Looking Loser's Review of the Bathmate Xtreme Hydropump**

How the Bathmate Works

The Bathmate works by creating a vacuum that expands the tissue in your penis. Over time, with consistent use and ample recovery time between sessions (24-48 hours), the tissue is permanently expanded causing your penis to slowly get longer and wider. The tissue expansion also allows significantly more blood to enter your penis - resulting in firmer and harder erections.

Just after using it with a full erection, you'll see temporary gains - usually **.25-.75" in length** and **.5-1.25" in girth** (yes, over an inch of girth). These gains stay around for 4 to 24 hours, including during intercourse and after you lose an erection. With consistent use these gains become permanent. I can also vouch for a slight improvement erection strength.

For more information about the 'Post-Bathmate Pump' see below.

My Review is based on both - 14 months using it by itself (without doing any manual penis enhancement) and also later combining it will jelqing, stretching and a few different penis extenders for 3+ years.

My Updated Bathmate Video Review



Table of Contents - Click to Enlarge

Why is the Bathmate so Good?

I have tried several other devices: 2 different penis extenders, a jelq device and even a 'hanger'.

Some of those were okay, but the Bathmate is light years ahead of ALL those devices for several reasons.

- **IMMEDIATE RESULTS**.
  After wearing the Bathmate in the shower for about 10 minutes (with a full erection), your penis will gain an extra ~.25-.5" in length ~.5-1.25" in girth. Immediate changes, particularly in girth. It's great to have sex a few hours after use the Bathmate. This growth (pump) will last for about 6 to 12 hours, then your penis will return to normal size. You will see immediate gains, especially in flaccid (soft) size. . I've gotten to the point where if I use the Bathmate, Trojan Magnum condoms are super tight and regular condoms can't even fit around the head (pumped penis vs. magnum condom adult video). I never used to be a 'show-er' but now my penis hangs well below my balls. For more information on how to get the Bathmate post-pump, please view our Bathmate FAQ.

- **PERMANENT RESULTS (with consistent use).**
  Your temporary/immediate gains will absolutely become **permanent** if you use this device on a regular basis. It's sort of like working out. When you go to the gym and lift weights, your muscle tissue will fatigue and gain immediate size (pump) but will return to their regular size in about 6 to 12 hours after. If you consistently workout (assuming a good diet), your muscles will grow and remain that size unless you stop working out. Same deal for the Bathmate. Penile tissue isn't identical to muscle tissue, but it's pretty similar- "Keeping Perspective on Penis Enhancement".

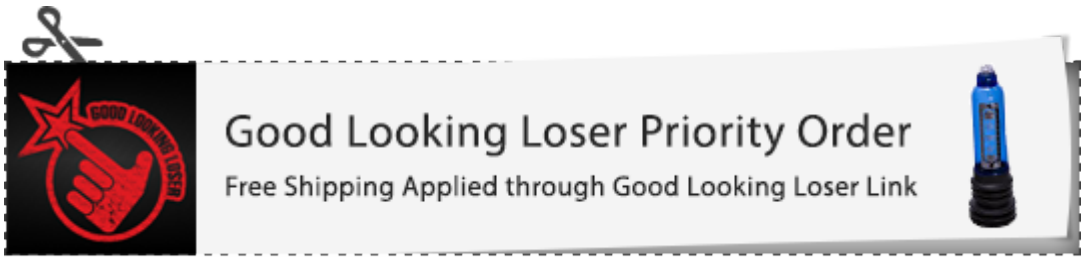
- **SAFETY.**
  Unlike potentially dangerous air pumps, the Bathmate is a water pump and is completely safe if you use it as directed. I have never had any problems with this device and I have used it consistently and aggressively. For this reason, among a few others, I think that newbies are better off with a hydropump rather than an air pump.

- **EASY TO MAINTAIN GAINS**.
  If, for some reason, you cannot use Bathmate regularly for an extended period of time- simply using it a couple times a week for 10-12 minutes will be enough to maintain your gains (and gains you made from other PE exercises). Once I got to about 7" x 6", I only used the Bathmate a couple of times a week. I maintained my all gains pretty easily it seemed. I've started to use the Bathmate more aggressively again.

About Where Your Pump Is Coming From

(Official Manufacturer)

You will be getting your pump from the **OFFICIAL MANUFACTURER** -



This is who makes the pump. You won't get a knockoff pump.

Your one year warranty with directly through them (UMProducts Ltd.).

You will get an order confirmation right away and tracking number when your pump ships.

United States orders will ship [usually within 24 hours] from Oregon (West Coast) or Michigan (East Coast). If you are in Canada, your pump will ship from Toronto. Orders within the EU will ship within your respective country. The manufacturer can handle orders from everywhere, not just regionally.

If you have any trouble with your order, you can contact me about it. We have a direct line of support with them.
(please allow a reasonable amount of time for processing and delivery)

There are a lot of cheap, rip-off and fake "hydro pumps" on Amazon, eBay and elsewhere that are sold as the Bathmate. I buy a lot of stuff on Amazon and eBay, both are great, but I don't suggest getting this product from either.



Bathmate that I have used for 5+ Years

To this very day - I use the Bathmate nearly everyday.

I use it, I stand behind it and I recommend it to you without hesitation.

It is a symbol of the Good Looking Loser.

This device is nothing short of amazing.

Especially for newbies who have never done PE before and stand A LOT to gain.

I'm not going to name specific sites (and I haven't) but there's a lot of fake Bathmate pump floating around out there. You may find it slightly less expensive elsewhere, but you run the risk of getting a replica or virtually useless pump.

I recommend the official manufacturer because they literally make the pump. I know what's in their boxes. Guys ask me all the time if a certain site/pump is real or fake, I honestly don't know, I just know that the guys on the other end of my link are ones that make the pump and you'll get what you paid for.



Water Buddy an Effective, Affordable and Comfortable Hydro Pump Recommended By Medical Practitioners
by TCG
$54.99
More Buying Choices
$45.00 new (2 offers)
2
FREE Shipping on eligible orders
Industrial & Scientific: See all 4 items

The OFFICIAL Bathmate is NOT on Amazon.com

The "Water Buddy" is not the Bathmate

Which Bathmate Pump Should I Consider Getting?

It depends on your size.

Bathmate Pump Size Comparisons



My Size Recommendations

< 5.75" (Bathmate x20)

5.75-7" (Bathmate x30)

> 7" (Bathmate x40)

What Can I *Legitimately* Expect?

You can expect **EXACTLY** what I mentioned above - immediate temporary results and permanent results (if you continue to use it).

Although results will vary, I can guarantee you - after the first time you use it (with a full erection, recommended only *after* your first 30 days) - your penis will be bigger, thicker and probably longer than it has EVER been. Like I said, a .75-1.25" increase in girth and a noticeable, but slightly less drastic increase in length.

You can hold me to it.

If you combine it with a manual penis enhancement routine (jelqing, stretching), you can expect to gain length and girth faster than if you just do the exercises alone.

You can use the Bathmate by itself, without the manual exercises and still expect to make decent gains. I discuss exactly what you can expect if you use the Bathmate as a standalone in our FAQ.

Take a look at 'Good Looking Loser's Get Hung Routine' if you want a routine that will guarantee success.

How do we know you that you actually use this and have a big dick?

That is a fair question.

When I say that I am willing to put my face behind this product, I mean it.

 Caution: Adult Pictures in Those Links

? If you click that link below, you will see my penis. just warning you! ? **(NSFW)**

- My Soft Penis Before and After a Bathmate and Jelq Session
- Good Looking Loser's Penis and Blowjob

I don't have a 14" monster penis, I don't think anyone has.
According to those 'charts', it's top 10% in length and the top 1 or 2% in girth.
I was the definition of average (5.5", maybe less) before I started penis enhancement.
But I wanted to show those who were interested. I'm about 7-7.2" now.

If you want to see videos on REAL people actually using the Bathmate, check out this page (NSFW)
(links to videos of me using the Bathmate are among resources below)

Where can I see independent reviews of other guys that have been using the Bathmate for a while?

You can check out or start your own user log in the Forum, here are some reviews -

- "This is Without a Doubt - The Best Thing I've Ever Bought in My Life" (thehappynomad)
- "More than a Believer, I Want to Tell Everyone!" (Bawssbo)
- "All Hail the Bathmate!" (ReyBetancourt)
- "I Love Bathmate - Girls Pussy is Tight to Get Into!" (Billy11)
- "1 Inch in 1 Year!" (DukeXXX)
- "I Can't Believe It! I Gained My First Inch From the Bathmate!!!" (Maverick69)

Here are some additional reviews from our old forum, click to enlarge-


Relentless-Guy
Active Good Looking Loser
Posts: 67

Re: Fat dick got FATTER!
on: April 8, 2012, 08:13

Quote Remove Edit

Yeah, NSFW label...I don't want anyone get fired from his (or rather her LOL) job.

Oh, I got a great idea just now when I was outside with my dog. Could it be possible that if I talk about my results with girls, some of them get interested and want to see my cock? Haha, I shouldn't rely on that, but I'm going to make a nick for a site where people can post nude pics of themselves. So, if girls ask for pics I can direct them there.

UPDATE: Holy donkey dick, Batman! Today my cock's post-Bathmate BPL was 8" and girth 6.25"!!! Girth grew up to almost 6.7" when I pinched my cock from it's root (I don't have a cock ring!!! This device is probably the best goddamn thing I've bought in my life!!! Thank you SO much for promoting Bathmate, Chris!

Relentless Guy's Review



Hamrinurpo's Review



Earthquake's Review



Callum's Review

The results described in these reviews/logs are ARE typical.

You can count on it.

Once you start using the Bathmate with a full erection for 15-20 minutes - you almost certainly experience all of this.

The Bathmate was featured on "Tosh" on Comedy Central, check it out!

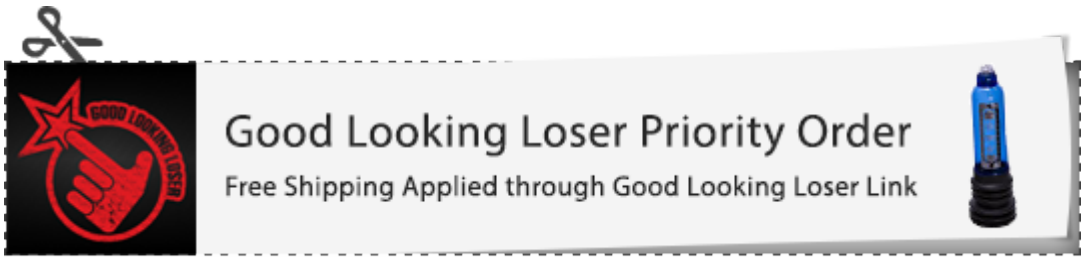
It is a funny skit that actually has good information on how it works/how to use it. It's Legit.

Do You Guys Have a Bathmate Discount Coupon Code?

Bathmate currently forbids coupons that take the product below their lowest official price (MSRP).

They are very strict about it. There are none (we would have one, trust me).

Through the Good Looking Loser link you will get free shipping if you are in the United States, Canada or select countries in Europe -
(there are no discount coupons available unfortunately)



The Free Shipping offer via Good Looking Loser is only with the Official Manufacturer -

- **Bathmate Manufacturer (Official - No Fake Korean Pumps)**

If you come across a site selling "new" pump that is under $100, I'm willing to bet you it's fake and it's one of those cheap Korean homemade pumps that tarnished Bathmate's reputation from ~2008-2009. Don't get it.

It's not really a Bathmate - it's closer to a children's toy with Bathmate stickers on it.

Additional Bathmate Resources on Good Looking Loser

More Information about the Bathmate

- The Ultimate Bathmate Guide & FAQ: Frequently and Randomly Asked Questions
- Exactly What to Expect If You Order the Bathmate (shipping, confirmation emails, etc.)
- Bathmate Tips: Horny's Tips Specifically for Using the Bathmate x30 Hydropump
- Index/Various Topics: Bathmate Information on GoodLookingLoser.com
- Official Bathmate Hercules/Goliath and x30 Instruction Books; Downloadable .pdfs
- Bathmate Videos: A Huge Collection of Videos About the Bathmate (Bathmate.guru)
- Advanced Bathmate Use: Chris Using the Bathmate; Pre-Jelq and Vacu Vin Modification (advanced guys only)

Bathmate Routines

- Newbie Bathmate Only Routine
- Ultimate Bathmate Newbie Routine (30 Days, MAX Gains, Recommended)
- Using the Bathmate Specifically for Length Gains (+ Routine)
- Combining Bathmate and Sizegenetics: (Beginner's Routine)
- Phil's Bathmate & Sizegenetics Routine - 2 Inches of Progress (Intermediate)

Penis Enhancement Routines and Information

- Beginner's Penis Enhancement Routine and Information (Including Bathmate)
- Complete List of Penis Enhancement Routines
- Index of All 'Big Penis' Related Topics



Bathmate Shipping & Tracking

You will receive your order within 10 business days.

4 to 6 days is the usual.

Major cities receive it faster, like most mail.

After you order, you should get a confirmation number shortly thereafter.

Check your spam box if for some reason you don't see it with 24 hours.

If you have Yahoo, Hotmail or Gmail, chances are - it's there if you didn't receive it.

Those email providers tend to forward ALL male enhancement emails to the spam box - since 99.9% is spam.

Some guys still insist on ordering their pumps from random places and auction sites. Just understand the risk that you are running. There's no advice that I or our members can give you that will 'fix' a defective/fake pump.

If you have questions that I didn't cover in my Bathmate Review, please don't hesitate to ask. :)

*Disclaimer: The information about the Bathmate is from personal experience. The contents of this page, such as text, graphics, images and other material are intended for informational and educational purposes only and not for the purpose of rendering medical advice. Please view our **Medical Disclaimer**.*

You are always welcome and encouraged to get support from our Bathmate Discussion Board

We'll answer any of your questions and make sure that you have a positive experience (and get results!) with the pump.

You can post any question, **at any time**.



I may add a few more suggestions later.

Bathmate is the main one.

It's the best thing out there.

You'll dig it.

Ultimate Guide to Jelqing (Includes Real Jelqing Video)

May 5, 2013 | by Good Looking Loser | Link | Original Link

Everything You Need to Know About Jelqing (and Slightly More)

by: Big Bad Dong (Good Looking Loser contributor)

All About Jelqing (Milking Your Penis to Increase the Size)

Table of Contents

- **What is Jelqing**
- **Does Jelqing Work?**
- **How to Jelq - Step by Step with Video**
- **Jelqing Exercises and Techniques**
- **Benefits of Jelqing**
- **Jelqing Side Effects**
- **Other Jelqing Information**
- **Resources and Before and After Pictures**

Disclaimer: *The information about Jelqing is from our personal experience. The contents of this page, such as text, graphics, images and other material are intended for informational and educational purposes only and not for the purpose of rendering medical advice. Please view our Medical Disclaimer for more information.*

What is Jelqing?

Jelqing, also known as ?milking? is a penis exercise which can increase the size; specifically the length and girth of your penis.

When I started male enhancement way back in 2001, I did NOTHING BUT JELQING on a infrequent basis and gained over an inch in length and an inch in girth.

According to Wikipedia:

Jelqing is a physical-therapy technique, intended to achieve "natural penis enlargement" by increasing blood pressure and circulation. It is performed by repeatedly stroking the penis in a squeezing motion from the base of the shaft to the corona of the glans; devices have also been created to achieve this same effect.

Does Jelqing Work?

It absolutely does and it won't cost you a penny.

The key is to consistent with your training, patient, understand how it works and what to expect.

The majority of guys that "fail," either have unrealistic goals or aren't committed.

You should be able to gain over an inch in length and girth just from jelqing. I have exceeded both.

If you are curious about who succeeds at this and who does not, I encourage you to check out this article-

- Keeping Perspective on Male Enhancement - What to Expect, How Long It May Take, etc.



How to Jelq?

Lets talk about how to do this.

There's a video below that takes you through the process.

The Jelq technique is performed by forcing blood through the penis shaft to increase the internal pressure while maintaining that pressure with consistent strokes.

Similar to resistance training or lifting weights- this pressure results in controlled damage or micro tears in the structure of the penis. This damage mostly heals overnight however overworking or many continuous days without rest will slow the penis enlargement process.

The Jelq exercise is performed by making the ?OK? hand gesture, by joining your forefinger and thumb together. With these fingers joined, grip the base of the lubricated, partially erect penis firmly restricting the blood flow, and then slide your hand forward towards the tip of the penis to create pressure. Once your hand has reached the top of the penis, perform the same motion with the second hand. Continue with this process continuously swapping hands for a number of strokes with each stroke taking approximately three seconds.

It is recommended that before jelqing is started with and followed by a warm wrap, to relax the tissues and minimize chances of injury.

How to Jelq: Step-by-Step

1. Using either hand, make the ?OK? hand gesture and grip the base of the penis while semi-erect.
2. Stroke forward towards the tip and stop just before the top glans.

3. As the first hand reaches the top of the penis, using the free hand make the ?OK? grip and lightly squeeze the base of the penis.
4. With the second hand stroke forward toward the glans, stopping before the glan at the top.
5. Continue stroking and alternating hands to create pressure along the penis shaft.

My Jelqing Video

NSFW (added January 2013)

Jelqing, Penis Enhancement Exercise Demostration (Nudity, Non-Sexual)

Video and commentary demonstrating and describing the jelqing process. It's not hard!

(Older video of me jelqing pre-Bathmate session. closer to 7" than 7.5" year - 2011)

Things to Consider When Jelqing

Jelqing to naturally increase penis size is a simple task; however there are some key concepts that can take time to master, which can really help with the process.

Erection Level

Before you start jelqing it is important that you have the appropriate erection level.

If you jelq with too low of an erection or too soft of a penis, you won't be forcing enough blood/pressure through your shaft to expand your penile tissue which gets your penis to grow.

If you jelq with too high of an erection or too hard of a penis, the same true as well- your penis will be to hard to create tissue expansion. Jelqing with a full erection is more like masturbation than jelqing.

As a general rule; **your erection level should be at least 50% to 80%,** with 0% being completely soft or flaccid, and 100% being highly stimulated and rock hard.

It is thought that jelqing with moderate blood flow (60-70% erection) will lead to greater LENGTH gains, while jelqing with high-moderate blood flow (70-80% erection) is better for GIRTH.

Other experienced veterans suggest the reverse is true. Either way, I suggest that you use a combination of both, naturally throughout this process you will jelq with varying levels of blood flow.

Initially your penis will need to become accustomed to the pressure levels and jelqing with erections higher than 80% should be avoided. Over time as you progress, aim to increase intensity and duration of the penis exercises for optimum size gains.

Grip

As shown in the video, **Jelqing is preformed with an 'OK' grip.**

You can use you index finger and thumb or your entire hand.

The 'OK' grip can be applied in two ways, palms up (standard grip) and palms down (overhand grip).

The ?OK? grip as previously mention is done by joining the forefinger and thumb together which creates a circle. Your fingers do not need to actually join provided it can trap the blood efficiently; this is known as the pinch grip or U grip. The U grip applied vertically is most effective for working the corpora carvenosa (CC), encouraging girth gains.

Effective penis enhancement comes from thoroughly working the entire penis by varying the grips throughout the jelq exercise; It is important however to maintain the grip strength and style during the stroke, only introducing variations at the start of a stroke. It is also best to start with low intensity for at least a minute, working towards full intensity (grip strength) to avoid spots and injuries.



Proper Jelqing Grip

- **Diameter** ? Using your forefinger and thumb encircle the penis shaft and adjust diameter to maintain strength (see below).
- **Strength** ? The grip strength will need to be adjusted to match the erection level in order to maintain proper pressure during each stroke, it should be firm but not painful.
- **Consistency** - The grip should be consistent throughout the stroke while avoiding an increase in grip strength or hand rotations during the stroke.
- **Start at the base** - The grip should be applied as low down on the shaft as possible above the testicles.

Angle and Position

We suggest you **use a variety of angles**, based on your goals.

The upward angle (penis pointing towards the ceiling) which generally indicates a high level of erection can be used to stretch the Tunica; which is harder to stretch then the ligaments in an effort to minimize length gains and increase girth gains. A standard OK grip should be used, however keep in mind that it is harder to grip the base of the penis at this angle.

Alternatively, **the downward angle** will place more strain on the ligaments promoting length gains. Using the overhand OK grip with a semi-erect penis at a downward angle, it is easy to grip close to the base of the shaft and create a great pump effect from each stroke.

To enhance penis length gains, pull to the left with your right hand and pull to the right with your left hand; using the standard OK grip, or pull in the same direction as the hand with the overhand OK

grip. This stretches the ligaments with a focus on each side with each stroke to promote length growth.

Body Positioning

We suggest you **do whichever is more comfortable for you**.

Many find jelqing while **standing up** is effective in increasing the initial blood pressure in the penis.

If standing does not prove comfortable or practical, **sitting with legs raised** above the level of the penis should also help both in terms of blood pressure but also ease of access to the penis.



Stroke

The **speed of each stroke** is very important and **should not be less than 3 seconds**. It is very easy to start at a good pace but then increase speeds if concentration is lost. Timing each stroke is a great way of minimizing this issue either by counting (?one-one thousand, two-one thousand, three-one-thousand?), using a watch or metronome to ensure speed is consistent.

Good Looking Loser says: I use this website to easily keep track of time- www.onlinestopwatch.com; if you are watching porn or YouTube, you can use the progress meter on your videos.

To further encourage length gains, a short light stretch at the end of each stroke can be used; similar to the JAI stretch.

When starting perform 200 strokes per day for the first week with a medium grip; increasing to 300 to 500 the week after, with a medium to strong grip. Once your penis is conditioned, use around 500 strokes per day with a medium to strong grip. Take a rest day once a week or every other day as needed.

Benefits of Jelqing

- Increased penis girth
- Increased penis length
- Increased blood flow (greater oxygen capacity of your penile veins) which allows for larger, stronger erections, especially if combined with Kegel exercises
- More elastic skin
- Significantly increased tissue expansion if done before a Bathmate session. (veterans only)

Potential Side Effects and Dangers

Red Spots and Discoloration

- **Small "pin sized" red spots.** If you are new to jelqing you can experience small "pin sided" red spots that appear the day after a jelqing session. These "pin sided" red spots usually appear on the head of the penis. They are nothing serious and not a sign of any sort of permanent damage. The spots are usually the result of small capillaries bursting. Although that sounds serious, it's not. This is common because your penile tissue is not used to being stretched or fatigued. Simply taking a day or two off will make your capillaries return to normal and usually stronger than before. After you become more accustom to jelqing, you won't have this issue.
- **Larger red or purple spots.** Like the smaller red spots, this is nothing serious, but rather evidence that you should allow more time to recover. These are essentially bruises from a workout, not necessarily indicating the your training was too strenuous. Still, take 48 hours off (or until the bruises go away). These heal quickly, just like any other bruise.
- **Mid-shaft discoloration, brown band.** If you have looked at Good Looking Loser's dick (**nsfw**), you'll notice the mid-shaft "brown band" that is noticeable and common to jelqing and guys in the adult film industry. It is the result of not taking time off when first noticing discoloring and/or not warming up for long enough. It's not evidence of any sort of problem and can usually be lessen or reversed by the techniques described below. Some guys don't like the discoloration and want to avoid it, other guys don't really care. It looks like a bruise but it's just discoloration. There is evidence that this is a genetic thing.

Good Looking Loser says-
I like the discoloration. Girls say my dick has character. :)

Techniques for Reducing or Preventing Jelqing Discoloration

Warm Wrap and Massage.
Before and after you exercise, take a warm washcloth and massage your penis. Wrap your penis with the washcloth and use your two thumbs to massage it. Apply cocoa butter and massage that in there as well (after your jelqing session).



Theraband/ACE Wrap.
To prevent (or reduce) discoloration wrap the discolored area your penis with a theraband or ACE bandage wrap after your workout. The wrap should be tight enough to SLIGHTLY reduce blood flow but in no way to significantly reduce blood flow to your penis. This is make certain that your penis

isn't full of blood while your tissue is recovering. In my opinion, however, you shouldn't restrict blood flow to your penis unless you are using a penis extender to lengthen it in the process. Restricting blood flow slows the recovery process.

Your penis needs all the red blood cells, hormones and nutrients it can get to get bigger and stronger.

The above methods are effective for most guys, they are not an overnight solution however. Both take time.

Other Jelqing Considerations

Warming up.

In my opinion it is a good idea to warm up. Getting into the shower for 5-10 minutes and letting warm water run on your penis is the easiest way. You can also use a warm washcloth, warm water bottle, heating pad or just put your warm laptop on your dick (we've all felt how nice that feels). Warming up before jelqing is not necessary according to seasoned jelqers. Their penises are strong and used to the training though. If you are new, I suggest warming up, especially if you are going to do manual exercises when you need your dick to be elastic. It certainly can't hurt.

Good Looking Loser says-

I once tried the "warm rice sock in the microwave" suggestion but I set the sock on fire and it smelled up my entire college dorm. Don't do that.

Warming down.

This is optional, a lot of guys do to prevent discoloration with the 'warm wrap and massage' method that is listed above. It won't impact your gains either way though.



Jelqing lubricants.

Although some guys do dry jelqing, I suggest sticking only to 'wet' jelqing and using a lubricant. The lubricant is up to you. Many guys prefer water-based lubricants like KY-Jelly and Astroglide, while others prefer oil-based lubricants like baby oil or Vaseline. Emo oil is thought to help prevent discoloration, but neither I or Chris can confirm this.

Whatever you do- don't use soap. Not only does soap hurt if it gets into your penis head, the sodium laurel sulfate (in 98% of soap) is bad your for skin in prolonged exposures.

Good Looking Loser says-

I've gained about inch JUST from jelqing and infrequent stretching. I started at 5.5" (probably more like 5.25) and made it 6.5". It definitely works, the best device best device to mimic or supplement jelqing is obviously the Bathmate.

I use either extra virgin olive oil or extra virgin coconut oil. Both are amazing for your skin. Pour them in a glass (coconut oil is solid at room temperature) and put them in the microwave for :30-1minute. It will be nice and warm. It feels wonderful and erections are very easy to keep.

Resources and Pictures

If you have arrived from Google, Vimeo and especially if you are new to penis enhancement (PE), I encourage you to check out-

- My NO BULLSHIT section on Male Enhancement (experience, pictures, videos, FAQ)
- A Wide Range of Male Enhancement Topics That You May Not Find Elsewhere

It will save you time and money because a lot of the industry is simply scams and garbage.

If you've simply come for picture proof or entertainment, you might be more interested these pages- Not Safe for Work! ~if you are on this site, you probably aren't at work though :)

- Good Looking Loser's Bathmate/Jelqing Before and After Pictures
- Good Looking Loser's Various Male Enhancement, Blowjob, Progress Pictures
- Good Looking Loser's Fleshlight Pictures

It's a good idea to educate yourself and start slow.

Like anything else in life- there are "risks" involved.
And Like most everything else in life- you can avoid 99% of the risks by simply KNOWING WHAT YOU ARE DOING.

I will give my best effort to help you understand this process, what to expect and tell you what the quickest way to get there is.

If you have any questions, ask me.

I'll get back to you as soon as I can.

Interview: The Zuberi Project (No Pussy to Buckets of Pussy)

May 8, 2013 | by Good Looking Loser | Link | Original Link

The Zuberi Project

Zuberi was the very first guy I worked one-on-one with on Good Looking Loser back in late 2011.

- His entire log of his journey is here- "The Zuberi Project"

This interview is about this journey and transition from dateless PUA expert to "guy who bangs the hottest chicks in his city".

Zuberi (Derrek) is a legit success story.

He isn't an ex-PUA guy who still doesn't get laid but has brainwashed to simply be "positive" about his sex-less life.

If I would have "quit" hitting on girls in 2009 after my experience with PUA community, none of would have been possible.

It's been an honor working with you.



Audio I: Introduction

Interview with Zuberi.zip (Downloadable mp3s)

- Introduction- Zuberi, first in @ GLL (o:00)
- Zuberi says Hi (2:15)
- Information Overload Principle (3:15)
- Zuberi's starting point (4:00)
- Zuberi's ex-girlfriend that banged his friends (4:20)
- Years studying, 10 approaches (7:30)
- Zuberi's first day with GLL stuff (9:10)
- Key to getting phone numbers IS and ALWAYS WILL BE- ASKING (11:20)
- Happy moments to hold on to (11:55)
- Zuberi vs. Approach Anxiety (14:00)
- The "Fuck It" "Fuck You GLL" moment that everyone will reach during the AA Program

(15:25)

Audio II: The Journey to Success

- Frustration = A Key to Action & Success (0:00)
- Zuberi burns ex-girlfriends clothing and possessions (0:45)
- Zuberi is ACTUALLY A REAL success story, not an ex-PUA guy who still has a sex-less life but has learned to "be positive". (2:05)
- Zuberi lives in a small town in the Netherlands (4:05)
- What did you imagine your "dream" lifestyle to be (6:05)
- "Be the Flame Not the Moth" (7:30)
- Do you have your dream lifestyle [for your age] now? (8:00)
- When you kiss girls/hook up with girl = THEY LIKE YOU (9:00)
- Zuberi's life today and his current project StrongerDong.com (10:00)
- When Zuberi was just going on dates in the beginning and getting "friend zoned" (11:00)
- Chicks see Zuberi as a player now and not boyfriend material/friend (11:55)
- Chicks know what Zuberi is all about now (cool, DTF, decent human being) (15:45)
- Zuberi fulfilled and surpassed all his 2012 goals (16:45)
- PUA Community gives you problems you don't have (19:00)
- Why Zuberi let himself succeed with GLL's stuff (21:25)
- Zuberi on Screening (25:25)
- How Learning Happens (26:45)
- Guys that hit on a lot of girls know that girls are pretty nice, yet they fear the ~1% negative reaction (28:45)
- "Pickup" "Cold Approach" what the fuck you want to call it is still TALKING TO OTHER HUMANS

Audio III: Approach Anxiety & Lifestyle & Working Cocks

- Zuberi: Sports and Motivation (0:00)
- What to expect when you talk to 50-100+ girls (1:10)
- Various, predictable reactions ALWAYS (1:50)
- "The stuff that KILLS YOU in life is the stuff you don't do, not the stuff you do" (3:55)
- After you meet the looks threshold, it's basically all social freedom (assuming you are a reasonably cool) (6:30)
- What people in the GoodLookingLoser.com understand, we screen out the geek squad (7:10)
- Approach Anxiety : Skydiving, solution = exposure therapy (7:45)
- If you are fuck a bunch of girls and you have AA, you'll still have to beat AA (10:15)
- What not to base progress on while you are still beating AA (10:50)
- There's really nothing more (dating-related) that I can teach Zuberi (12:45)
    - Related "Being Sophisticated Repels Pussy?" discussion for Zuberi
- Related "Being Sophisticated Repels Pussy?" discussion for Zuberi
- How Zuberi approaches chicks in a small town in the Netherlands (13:45)

- "Do you only fuck well hung black guys?" (16:30)
- Other stuff he did when his first started/AA (18:30)
- Putting this masculine "playful" vibe/attitude in perspective (19:20)
- Gameplan: Number or Get Laid (21:25)
- Making an impression (22:05)
- Other mindsets that are a part/product of hitting on lots of girls (25:50)
- Advantages of getting a lot of pussy, know that you can, before your decide on a career (27:10)
- Go to a mall parking lot and jerk off in the back of your car Sexual Drill (29:35)
- Having a life while hitting on a lot of girls, have at least ONE other thing that makes you happy (32:40)
- Zuberi vs. Erectile Dysfunction/Premature Ejaculation (34:20)
    - Learn more and direct contact Zuberi on Our Forum or his site StrongerDong.com
- Guys beat themselves up way too much over not get a boner (37:20)
- What most girls are ACTUALLY thinking if you get ED (39:20)
- Final thoughts - Zuberi's One Last Piece of Advice (40:20)
- Bromance Good Looking Loser & Zuberi (43:17)

How Chris helped me get back on track

From: Zuberi

"Good Looking Loser Review" (The Zuberi Project)

A while ago I promised I would write a review about Chris, his coaching and the GLL community I?ve seen him build.

Chris and I met in January 2012 on a pick up forum and I noticed he had a link to the 1.0 version of what would become Good Looking Loser in the future.

I really liked his philosophy-the no bullshit approach- and somehow felt that the transparency that Chris really hammers down on from a ?business point of view? was legit and authentic.

We started chatting and before I knew it I was sending him long emails about where I was with chicks at the time, how frustrated I was, how depressed, and how it felt that my life was going nowhere fast. Even then, before we officially got into a mentor-mentee like relationship, he helped a me lot giving lots of solid advice and always over delivering. I?m not joking I?d send him an email with 5lines of text and he would reply to me with his thoughts and suggestions that easily covered 4 pages of text. Somehow you could just tell he knew what he was talking about and he was definitely a guy I could see getting a lot of hot pussy so late January I started with a coaching program.

Before we Chris took me under his wing I had virtually no sex life. I had a horrible break-up with my Australian girlfriend in the summer of 2011 and contemplated either selling all my stuff and just travel and get the fuck away from it all or ending my life. I often spent nights crying, because I felt there was no hope and there was no way a cute girl could ever like a guy like me. Strange, because I did pretty well in highschool with the girls.

The thing was, I needed to find myself again and get a sense of purpose in life and Chris helped me with that. Before we started I only had 1 day of daygame experience where I talked to 10girls and got 4#s. Luckily that was about to change. We set a goal together that I would bang 5 hot girls in 2012. Even though I didn?t told him at the time, I honestly felt that this was mission impossible but I said fuck it, we?ll see how it goes and just went with everything he said.

Initially he gave me a lot of general advice on his philosophy which basically boils down to this:

- maximize your life/looks
- play the numbers game with a gameplan (take number, get laid)
- be physical
- screen for availability
- close (take number, get laid)

Now of course I had huge AA, as most of us did here, but I was at such a low point that I couldn?t care less whether she would laugh at me, groups of people would laugh at me, or Id get rejected 1000/1000. For me it was all about experience, practice and getting to pick Chris his brain as much as possible.

My biggest problem was that I was too much of a ?nice? guy. Supplicating to girls, polite, not aggressive, not getting laid. Chris really helped me filter away these qualities and slowly but surely I began getting some results, number closes, instant dates, dates, make-outs. Things started to take off. The same went for the GLL community. It began to grow like mushrooms on steroids.

Honestly, I think one of the reasons GLL is so popular is because both Chris and Scotty are just 100% honest. They might not be the smooth marketers you often see, but they get a lot of ass, and are living their lives in a way that makes them the happiest which is what its all about. What I always thought was amazing was how every post Chris would write would make so much sense. I mean, it often felt like common sense, so simple, yet, I never really got it through all the clutter in my head and I think a lot of guys had the same problem. Chris somehow can really simplify things, break it down, and tailor it to your specific needs in order to maximize your success.

While I was writing about my experiences in my log Chris and I often held Skype meetings where we also got to know each other better. Turns out we really clicked well and that only helped with my faith in the advice he was giving. I was never surprised at how extensive his replies via email or the forum were when I asked him something, and how much sense it made on a deeper level. Honestly, he is one of my personal hero?s and I have great admiration for him as a person, his success with girls, in life, and the community Ive seen him buildup in the past year.

I remember a specific time where I recorded some approaches and sent the audio files to him.

Now, I figured it would be a sucky job for him to listen to those since they weren?t in English and quite long.

Yet, a few days later I got a HUGE email with all his thoughts and those of Scotty when it came down to:

- my vocal projection
- tonality
- what I was saying (JUST TALK)
- how it came across in general (a little too playful and happy at the time)
- the girl (if she's not available it doesn't really fucking matter)

And he gave the advice that I should talk more about myself in interactions. For some reason that felt like something I always wanted to do,but never did. You see, I was so much of a ncie guy that all I did was focus on HER while I should have been focusing on ME. When I changed this, my results

really began to skyrocket, instant dating girls left and right, number closing them with relative ease, having a filled agenda with 2-3 dates a week and I managed to have a couple of fuckbuddies which was my personal goal after a while.

Throughout the year we kept in touch and had a lot of other discussions on things apart from picking up chicks. We talked about life in general, thoughts on GLL, goals, hopes, how environments play a big role (I didn?t like my environment, school, city etc, still don?t but he helped me gain perspective) and just plain banter about other stuff.

Even though I haven?t met Chris personally yet, I do feel we became close friends in this past year where he really helped me to:

- get a positive outlook on life again
- fuck hot girls
- get an active sex/love/dating life
- feel good about myself

And a shitload more.

Seriously, its insane how much this guy has helped me. It might sound like I'm exaggerating but I'm not.

I intend to make a wall with black and white framed pictures of people that inspire me (Michael Jordan, Will Smith, Layne Norton, Gurbaksh Chalal) and Chris will definitely be amongst them simply because he showed me how to live life again.

In fact, I still think that the slogan of GLL should be:

> ***?We show you how to live.?***

... because that is what they do.

They say ?fuck you social normals and expectations? and focus more on what makes YOU happy, what YOU want to do.

Because lets face it, in the end, most of us aren?t happy in todays society with numerous obligations, and inhibitions due to school, work, moldy people and social norms and expectations in general. Though the advice here is controversial, it is often also straight on and feels right. Don?t say GLL thinks outside the box-for them there is no box. Being on GLL is a bit like smoking weed: you feel a light happy buzz, and suddenly you start to look further, think differently, connect the dots in a different way, and because its so intuitive, it is also the right path for you.

Honestly, I think for everyone reading this or visiting GLL, it?s the best thing that happened to you. When you start reading the stuff here is when you start living again and move away from the robotic life you normally feel is ?right?.
So what about results? Did chris deliver?

Well lets see, I went from-

- a sex-less loser, having had sex with one girl in 2011 (no #s, no dates, no nothing)[b] to:[/b]
- banging 5hot chicks, making 4 of them my fb, (2 simultaneously), gaining a shitload of sexual experience
- over 100+ #closes

- over 35 instant dates, 50 dates (d1s/d2s)
- 25+make outs with SUPER hot chicks
- and having sex (fingering, handjobs, blowjobs and the like) with 9 girls

Meanwhile improving my physique, finances, school, social circle, and life in general

Id say that is pretty good if you look at how I did in 2011 chick wise.

Not only that but I also noticed-

- tremendous self belief and confidence
- hope for the future
- clear goals and a good general idea of what I want me life to look like

So seriously, getting advice from Chris is a no brainer.

Sure, there are guys here who fucked dozens and dozens of chicks at my age, but we need to take things and look at them from a certain perspective. My goal was never to bang 100+chicks, I rather had a couple of really hot fuck buddies (also an insight from Chris) and I went from sex-less loser to getting laid on a consistent basis. In all honesty, the only reason I did not do ?better? was because I was insanely busy with improving other areas of my life as well and only did like 1000-1200 approaches this year in total. Still, I'm very pleased with 2012 and feel like I'm gonna skyrocket in 2013.

That?s all because of Chris.

So Chris, if you?re reading this (and I know you do): thank you. Thank you for showing me that I?m worth more than I the loser I thought I was. Thank you for showing me how to live again. Thank you for helping me in removing the clutter in my mind and making it simple again, Thank you for giving me back my life and helping me reconnect to who I really am. I'm can't help but shed some tears while I'm writing this because I'm just so grateful for all your help and wisdom.

Thank you.

Zuberi

Where to Frugally Invest Your $$ If You Want to Get Laid A lot (Sam's Lists)

May 9, 2013 | by Good Looking Loser | Link | Original Link

Improve Your Lifestyle and Sex Life

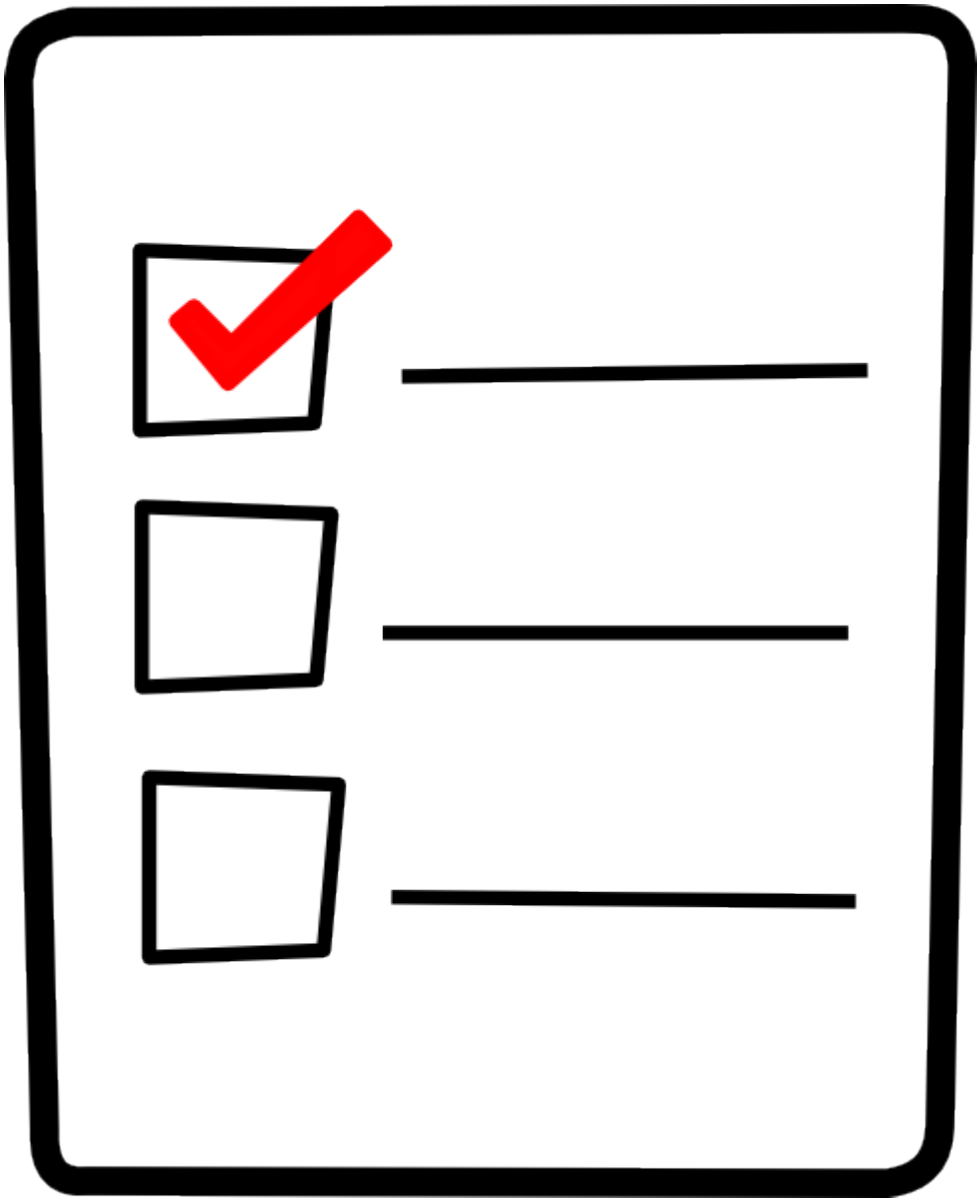
... if You Don't Have A lot of Money

By: Sam (w/ Good Looking Loser)

Sam is one of the original guys on Good Looking Loser, over the past year, he's steadily improved both his sex life, . He's a minority that grew up in a small European town and ditched it to go start the lifestyle wanted. He's 21 years old and "gets it," this is type of guy that will be getting laid a ton for a decade with hotter and hotter girls. There's quite a few younger guys that visit our site that are 'stuck' in small town, feeling sorry for themselves and allowing these negative thoughts to keep them living at half-speed and from putting together a plan to go where the action is.

Listen to what Sam says, his advice can help.

He's been making pretty helpful lists for us and this is one of them.



Here's what's been going on in his life recently-

Click to Enlarge, if you can't see this shit

1. Get Your OWN Place in a Good Part of Big City and a Good Bed

I used to live in small town with only 6000 inhabitants.

I got laid, but I used too much time and money on traveling. I even got girls to travel 1-2 hours to my place, but it's the hard way.

Now I live in a big city with 1,500,000 inhabitants, easy transportation, and good possibilities of running the numbers game if that's your desire.

I pay 600$/a month in rent for my 40sqm apartment. My city is one of the most expensive to live in the world.

I bought my bed used for 40$. It's really great though, and big!

Good Looking Loser says:

I LOVE that guys 18-21 visit GoodLookingLoser.com to gather information on how to become a creep... (I mean "player").

You guys in small towns- eventually you are going to have leave home to have the life that you want.

I did. Washington DC was too small for me.

It can be at age 21, 22, 25, 30, or never. The chances that huge amount of people (hot girls), big corporations and sports teams randomly decide to move to a small town is pretty slim. You are going to have to bail and that should get you excited.

If you can put aside 2.5 months of rent and expenses, you can probably leave this year.

From what I've seen, from working with younger guys through the years (and more recently on the forum) it doesn't actually come down to money. It comes down to security. Security that they'll give up their "not-so-bad... some of the time" lifestyle for the unknown. These guys intentionally don't save their money so they justify living at home.

I'm not saying you NEED to leave home or hometown to have a good sex life, Scotty (New York) walks girls right part his Mom and right up to his room on a near daily basis.

I'm saying that most guys NEED to have fully develop a sense of independence as men. I sure as hell did.

There's something beautiful about leave old problems, stale relationships and the "same old" in different time zone.

2. Buy a Gym Membership (AND GO TO THE GYM)

I pay 35$/a month for my gym-membership.

I used to be a very skinny and weak kid. Now I'm more muscular, and stronger.
Women have complimented me on this, and it's def. worth it.

You need to learn to squat, bench, and dead-lift. Those are the REAL compounds lifts that men do, they work your ENTIRE body and you can actually spend LESS time in the gym. Unless you are a legit bodybuilder (or trying to be one) just lay off the isolation exercises for the most part.

If you set aside a day to do wrist curls- cut off your balls. You don't need them anymore.

Good Looking Loser says:

Like Aaron Sleazy suggests-

> *"The average guy [that is on the Internet] looking for advice on how to meet women/get laid- would benefit more from a gym membership than some pick up workshop or information product."*
> (not a direct quote)

It's true.

There's a usually certain type of guy that turns to the Internet for "dating" advice, though our community is a bit of an exception- he tends to be out of shape and in some cases- against any sort of physical activity with the exception of jerking off.

Getting in shape (and beyond) is one of the best things you can do for your sex appeal, physical health, psychological health and your overall quality of life.

Here are our 2 sections on it (always developing)-

- "Get Ripped" (Get-A-Life)
- "Get Juiced" (Good Looking Loser)

3. Buy Good Whole Foods and Don't Waste Your Money on Junk Food and Sweets

This goes hand-in-hand with your gym membership.

If you want to get a good body, you need to eat quality REAL FOOD.

Good Looking Loser says:

Understandably, this is usually where most guys try to save time and money. Or sort of do the "in-between" and live off "well-it's-healthier-than-McDonald's" Subway sandwiches which use the almost-lowest-quality meats they can find.

Eat REAL FOOD and supplement for the fruits and vegetables if you have to.

In the long run, if you go to stores (such as Trader Joe's) the food quality if MUCH BETTER and it's cheaper than eating out.

Having a good body is ~90% Diet and ~10% Training.

By the way- eat a good breakfast. You aren't an ignorant girl who is starving herself.

Here is the related section on this topic-

- "Nutrition 101" (Get-A-Life)

4. Buy 1-2 COOL Outfits That You Look Sexy In and That You Can Repeatedly Get Laid In

You don't need to waste 200$ a month on new outfits that are just going to sit in your closet.

Get 1 or 2 outfits and wear them every time you go out and hit on hot chicks.

New women won't know that you wore the same 2 pair of jeans for the past 6 months.

And Even if they see you with the same clothes on, you can still get laid.

Good Looking Loser says:

This is so true.

Having ONE outfit that you look great is 10x better than having a tons of random clothes.

Even though the "Guide to Style" gives advice on an entire wardrobe, you only need ONE (or two) outfits that you feel and look great in.

When I moved to Los Angeles, I had ONE pair of jeans which I just rotated cool t-shirts over. It worked great.

For more information on stores (with friendly return policies) to hit up, check this post out-

- "The Good Looking Well-Dressed Loser - L'essentiel"

5. Buy Condoms

If you don't want sexually transmitted diseases like chlamydia you need to use condoms with casual sex partners.

You also risk getting her pregnant, and if you're very unlucky she will choose to have the baby.

You can also consider buying lube if you want to fuck the girl's in the ass or if you bump into a girl who's very tight.

Good Looking Loser says:

Yep.

6. Create a Good Online-Dating Profile

You need to have 1-3 pictures that displays your: above-average body, above-average style, and overall sex-appeal.

Online-dating is good because you won't be very inefficient with your time.

You can message/screen 100 women, and then you can pick the one's who are very receptive. If you got a great profile women will even message you first from time to time.

Good Looking Loser says:

Yep.

Check out these guides for FREE online dating sites-

- "Rooster's Guide to Online Dating for Guys That Still Have Anxiety"
- "Good Looking Loser's Guide to Get Laid on Plenty of Fish"

7. Go to Night Clubs/Bars or Do Day-Game NEAR YOUR PLACE.

If you want to play the numbers game, go where the women are.

Many party-girls are wild, drunk and sexually available.

But if you aren't near your place or throwing an after-party, you are going to be just taking phone numbers.

That's fine, but that brings in a whole other element- don't always ways that girl who grabbed your crotch before you 'number closed' her to be the same exact girl when you give her a call.

If you don't like the club scene/nightlife scene you can choose to do day-game.

Good Looking Loser says:

The main reason I brought girls home so often from late 2009-2011, is because I could.

My place was 5 or 10 minutes and I'd start walking toward it almost immediately.

Even the bars/clubs I hit up on the regular- some were even closer than mall. This is huge.

8. Start to Invest in Your Passions in Life While You Are Meeting Women.

Pussy is only important when you aren't getting any.

When you have handled your sex life your priorities will change and you will find happiness in other areas of life.

So don't revolve your entire life and identity on getting laid.

But you will have an easier time focusing on other area's when you aren't living in involuntarily celibacy anymore.

Good Looking Loser says:

There's a lot to this and there's only so many hours in the day.

For starters, I don't suggest you try to live a totally "balanced" life.

I suggest POURING ALMOST ALL YOUR ENERGY AND TIME into your #1 goal.

Make your #1 goal your #1 priority.

That's what always worked for me.

I got a scholarship to college and Top 40 Law School, made the varsity hockey team my freshman year of high school, nearly made a Division-I football team after not playing in High School, built a $102,000 personal training business in a super competitive city less than a year, built an entire online community in about a year and probably by the later part of the year- I will have slept with over 200 girls (a sizable majority from Los Angeles club scene/social circles) when I had slept with a total of NINE by my 24th birthday. I'm 30 now, by the way.

When I was working on those goals- they had my FULL AND nearly UNDIVIDED ATTENTION.

Enough with the multitasking and the balanced-yet-I-accomplish-nothing-like-most-people lifestyle.

OBSESSION with ACTION is better.

With that said, you should have another COOL hobby (other than going to the gym) that you can devote *a couple hours a week* to.

You should genuinely ENJOY this hobby and and it shouldn't feel like it's more "work" or that you are doing simply to "meet women".

When you make meeting women more of a lifestyle, you can give a little more attention to your other hobbies until then.

~ screen that pussy.

BAD Stuff That Will Fuck Your Life Up and Make You an Average Sexless Loser! (Sam's Lists)

May 11, 2013 | by Good Looking Loser | Link | Original Link

Good Looking Loser > Average Sexless Loser

by: Good Looking Loser (w/ Sam)

This is another from Sam's lists published toward the end of last year.

He suggested the list, I expanded on it.

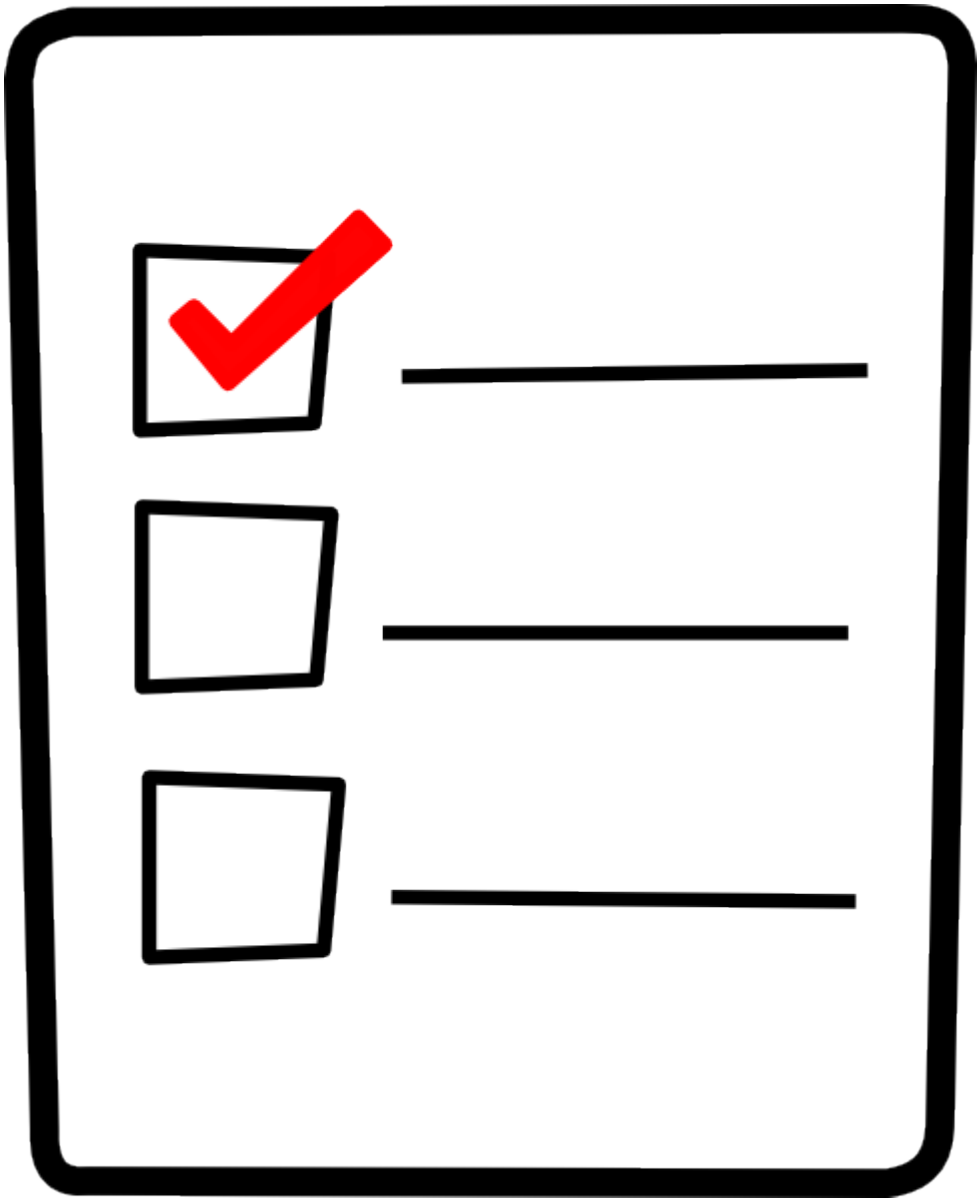
He gives a lot of good advice (FROM EXPERIENCE) on the forum but not everyone that looks at Good Looking Loser sees the forum.

Unlike most lists that are just 'suggestions', if ANY of the following circumstances or habits are part of your life- I highly encourage you to try to BREAK THEM IMMEDIATELY.

Otherwise you'll be living life at half speed- being half as productive, giving half the effort, taking TWICE AS LONG to accomplish things. It all adds up and pretty soon you find that other guys are **twice as cool**, having **twice the amount sex** and have **accomplished twice the amount** you have.

Guys in your early 20's, please listen-

If you don't fix your shit now, it's TWICE as hard to do it as an adult.



Being elite is a lifestyle, as is being average.

You might as well start now.

In high school, I had average popularity.

To compensate, I obsessed with improving myself because I was insecure. Even though the motivation was "wrong" (according to self-improvement gurus), the results have had a profound impact on my life. When I finally built up the social freedom to approach a lot of girls, I got results very quickly.

When I take a look at what most other people that I went to high school with are doing- most of them have a double-chin, a belly and look like they haven't had sex or fun in years. They hang out with other guys in a similar situation and cheer for their favorite athletes that get laid 100x more than they do. The lucky ones have a boring job that underpays them, a mortgage and are married to overweight warpig that stays at home and feeds on processed carbohydrates.

If you are in your late 20's (I'm 30) you probably are coming to see what I'm talking about.

I'm a pretty positive person and don't usually think that using fear is a great way to motivate people- but I want to bring that to your attention.

People just don't somehow end up that way either.

Their current situation is a result of choices they made/didn't make EVERY DAY of their life.

It's also a product of not being able to Get Laid in their 20's and entering a marriage because they (and usually their partner) silently acknowledge they didn't have other options.

If you don't fix your life in your 20's, it's probably not going to happen.

All this "free time" spent on the Internet will likely be replaced a job for a corporation or for the government when you transition to your mid-30's.

THE TIME IS NOW.

1) Not Improving Your Looks (Sex Appeal)

(Not hitting the gym, having fucked up style, and much more..)

We aren't going to get into if looks matter. They do.

Looks are the reason good looking guys who don't talk to a lot of girls can get laid sometimes while below-average looking guys can't.

While not everyone can be "good looking," nearly everyone and LOOK GOOD.

Girls (and guys) have something I call a "looks threshold," so long as you meet it - you won't be getting rejected by available girls for your looks. Although this threshold varies, the majority of girls will fuck guys that are "above-average" looking. Chances are, the girl you are hitting on has fucked a guy uglier than you. It's mainly the girls in their teens that are obsessed with pretty looks, after that RAW MASCULINITY and coolness are a bigger deal.

How do I know?

Because I'm a pretty little princess. And I have sex with other pretty little princesses.

2) Watching Pornography

(Jerking off to other people having sex while not leaving your house)

Just so we "get off" to a good start here, I'll offer you a quick definition of 'Watching Pornography'-

> "It's when you stimulate your genitals (mainly penis) while watching other people enjoying sex and ejaculate all over yourself often pretending you are one of them."

I never had an issue with this but I've found that a lot of guys that have problems meeting women do.

SSK08 did but he broke that habit and he has a habit of fucking random women that meets.

Another group of guys that have trouble with compulsive masturbation is guys that use steroids and have a lot of time on their hands because they don't have social circles.

When you jack up your testosterone levels, especially with DHT-heavy orals like Dianabol or Anadrol, you'll feel like a dog in the heat. All it takes is a round booty at the gym and you'll feel the need to go jerk off in the bathroom if you aren't totally focused on your workout.

I became a victim of this on the one and only time I used Dbol. But I've also juiced when I had 5 fuck buddies that were almost always a phone call away. The second situation is better.

A lot of guys, including SSK08, have success with breaking their pornography addiction with help from this community-

- "Your Brain Rebalanced"

3) Procrastination

(Not doing shit and making excuses when you know you should do shit)

This one is obvious.

The interesting thing is- the effects of procrastination don't usually show and aren't always obvious.

In fact, you might have you trace daily behaviors back several months or years to pinpoint the actual period of laziness.

I can even argue that in our late teens and early 20s that most of us were very much REWARDED for our procrastination from the "educational" system.

- Putting off studying until 48 hours before a test and still getting an "A" on it.
- Putting off school project until the night before it's due and been told that you have done an excellent job.

Real life isn't that way.

You WILL pay for your procrastination and ways FAR WORSE than getting a lousy grade on a test or losing points on your essay.

I've I had to guess, I would say that the majority of guys in their 30's that are living the "American Dream" (mind numbing job, blimp for a wife, mortgage, kids that make him too tired to have sex, minivan) were procrastinators in their 20's.

Call it hunch.

4) World of Warcraft

(Obsessively playing video games)

Like procrastination, the effects of sitting in a chair for HUNDREDS AND HUNDREDS of hours a month and zoning out the real world don't manifest themselves immediately.

If repeated for years, it has a profound effect on social skills.

I have never once played World of Warcraft, but I know it's often tremendously popular among people that also use the Internet to look for dating advice. Although our community isn't a great example of this, there's a lot of obsessive "gamers" out that use their computer screen for 100% of their entertainment, "social" interaction and sex life.

Thinking about this issue always reminds me of this kid "Stefan" that I talk about once in a while.

We were out this one night at a bar in Hollywood and we ran into a pretty but oddball girl that said she played Warcraft online. I immediately told her to cut the bullshit.

It turns out (apparently) that she actually did.

(in my face)

Stefan quickly jumped on announcement this to tell her that he played Warcraft too, for hours and

hours - and he knows what it's like to not leave the house for 96 hours and live on 2-day old Chinese delivery.

Long story short, I ended up making out with the girl (that was big for me in 2008) and Stefan was super confused and angry at me. He didn't know why she wasn't interested in him, after all- HE PLAYED WARCRAFT TOO! In fact- he got to level 121.

Since the girl talked to me first, Stefan eventually dropped his post-facto claim to the "Warcraft Girl" and went to his room to battle imaginary creatures on Level 121 with the magic super sword that he discovered on Level 113. (is that Warcraft terminology?)

Not that my blog makes you want to sign up for a pick up workshop, but some of the 'authorities' will talk about Warcraft with their students they scam in order to "relate" to them-

- PUA Scam (scroll the bottom, or ctrl/command + f + warcraft)

I've ripped on "gamers" a lot here, so it's only fair to mention that for small periods of my life- I was obsessed with Sid Meier's Civilization and Madden/NCAA Football. On NCAA 2005, I was ranked 28th in the world.

My social and sex life wasn't ranked that high though.

A related post is here-

- "Guys that are Ambitious for Pussy: Time-Wasting Activities and What to do About Them"

5) Wasting Too Much Time on Internet Forums

(Including GoodLookingLoser.com)

Most Internet forums are like playing video game- a form of scripted daydreaming and even produce a false sense of productivity.

There's different characters with different personalities, most of whom might be too scared to talk to the other person in public.

Most forums are strictly entertainment and the amount of action generated is minimal.

Similar to reading books, a lot of people confuse "reading" for learning.

Learning takes place via experience not reading.

- "How Learning Happens: Concept Encounters"

Furthermore, I've argued that the majority of "pick up forums are completely useless" since you don't know if the guy that is giving you advice has ever been with a woman or what he looks like.

To this day, it astonishes me that-

there is a HUGE amount of blind trust that people put into "authorities" that ALWAYS claim they have a sex life that is off the hook- while offering next to no proof, often not so much as even A FACE to back up their claim.

You are better off limiting the amount of information you consume and time that you take to do so- even if it means never visiting this blog again.

6) Not Taking Consistent Daily Action

(Daydreaming Instead of Living)

This is a form of procrastination but it's also evidence that you probably aren't super serious about whatever you claim your goals to be.

That's okay, so long as this isn't happening to you all the time and you realize it when it does.

You'll probably have to try a bunch of things in your life before you decide what you want to pour your heart and soul into for what hopefully becomes a career. That's fine, your 20s is about experimenting and getting EXPERIENCE.

You can make ANYTHING a career, as long as you have legit experience and there is a DEMAND to learn what you can teach (or sell). Trust me on that, my career is telling people how to get women into bed and inflating their dick (among other things)- it way more REWARDING and pays better than if I finished Law School or still trained some celebrities in Beverly Hills.

When you are super serious about your goals- you will automatically make your **#1 Goal also your #1 Priority.**

While that seems obvious, the majority of guys have their "#1 Goal" as their 4th or 5th priority.

Reading about their goal, day dreaming, friends, Facebook and TV take priority.

Imagine if Kobe Bryant or Lebron James spent more time reading about playing basketball, day dreaming about dunking, getting high with they crew, commenting/liking Facebook photos of their friends and watching Sportscenter.

They wouldn't be shit.

They wouldn't even be in the NBA, not even Lebron.

7) Stop Holding Onto Stale Relationships for Security

(Stale Relationships R.I.P.)

Chances are, if you list your top 5 or 10 friends, the majority of those relationships peaked a long time ago.

You might be finding harder and harder to relate. Conversations are generally about the past. This isn't a reason to ditch your friends, but it is an indication that you may have outgrown the relationship and it's time to meet some other people and try a different scene.

A lot of people hold on to relationships and are unconditionally loyal to people that they have nothing in common with but the past.

I had to get away from a lot of friends to simply make time for myself and my goals.

Some said, "okay man, do your thing, you'll do great, hit me up when you can."

Others took it as personal slap in the face when I wouldn't show up to drink to their place on Thursday night or missed wishing them a happy birthday on Facebook.

When a relationship got 'stale' I usually noticed that **I HAD CHANGED**, the other person was the same and didn't understand why I wasn't down to chill. Most people stay the same for a lifetime, if you are reading this post - you probably aren't one of those people.

If you simply "Do What You Want," your relationships will sort themselves out.

The friends that care will be there for you no matter what, most of them aren't changing much anyway.

This suggestion has to do with ***'Stale Relationships'*** *with people you like but have simply lost touch with*.

This suggestion wasn't NOT about what Sam calls **"NEGATIVE FRIENDS,"** people that put you down, talk behind your back, don't actually want you to have too much success or are always in a passive-aggressive silent competition with you.

Those "friendships" need to be terminated within the next 24 hours. They have been poisonous to your past and will be to the your present and future.

Delete their cell phone number. It's taking up too much space.

8) Working Too Much

(Not having time to FUCK women, approach them and set up dates)

Ideally, I'd have EVERYONE take an entire year off and do nothing but hit the gym and hit on girls. (that's what college is supposed to be for...)

That's basically what I did for close to about 18 months actually.

SSK08 did the same, he slaughtered both social and approach anxiety in about 3 months.

Taking a year off isn't always practical, so I suggest getting a part-time job just to pay rent and expenses.

This sounds 'crazy' to some people but the majority of people "our age' that come to Hollywood to do bigger and better things - do just this. They take jobs as personal trainers, servers at restaurants and bartenders. It pays the bills, gives them a bit of a social circle and most importantly- TIME to work on their main goal. Even though I don't relate to a lot of these "actor" types, I have respect for most of them- they are chasing their dreams and WIN OR LOSE, they will be stronger men for it.

From what I've seen around the "we want to fuck girls" community is- very few people that work more than 50 hours a week ever put together much a sex life or even beat approach anxiety. There's simply not enough hours (or energy) in your day, even if you have a good work ethic. That doesn't mean you can have a handful of bed buddies when you gain experience, this means- when you are the beginning stages- your DATING/SEX LIFE needs to be your #1 priority and NOT your job.

I grew more as a man in the 18+ months I took off and when I ever "worked". I've never had a real job though.
(After those 18 months, I got into personal training, part-time.)

9) Shitty Logistics

(Living in a small town or trying to meet/take home women far from your place)

In terms of strictly GETTING LAID- I can argue that logistics might even be more important than "looks," I won't quite go there however.

The guys that get laid the most have a place WAITING (and not a witty text waiting) for the girls

they meet. That is their gameplan.

If you REALLY want to have a sex life, you have got to stop relying on your phone and women's daily emotions.

Girls are fickle, one day they are trying to meet up with you and the next day they are trying to get back together with their ex-boyfriend or they "hate guys". It usually has nothing to do with you. This concept I call "sexual availability" and it largely explains female behavior why get laid IS AND ALWAYS WILL BE a numbers game.

The guys I know that get laid the most are able to bring girls home THAT SAME NIGHT.

They are able to bring girls home that night - because it doesn't involve a 25 minute car ride or much thinking. They never "working on" girls with week long text threads or "exciting" dates. Granted, it took me a little while to figure this out.

The PUA community completely misses this reality. Surprise, surprise.

Aside from having multiple social circles of sexually active girls-

- The ONLY reason I got laid so much during the day was because I was *5 to 10 minutes ON FOOT* from my apartment that was on the FIRST FLOOR. (later 2010-early 2011)
- The ONLY reason I got laid so much during at night was because I was *5 to 10 minutes ON FOOT* from my apartment that was right up the hills (Sunset@Kings) from 3 hot bars and 1 busy club. (mid 2009- early 2011)

Over that 3 year period my count was - 29, 56 and 49, respectively.
(in 2008 it was 12 and prior to that 1982-2007 it was 9)

I haven't gone into "lay count" before because without giving it perspective, it suggests that I'm always hanging out at Barnes & Noble or a mall and bringing women home.
That is not the case and to suggest that would be dishonest.
Club circles where are a guy has significant status and logistics/after parties will ALWAYS be king.
(Not having a job, living around a beach where single girls are wandering around on weekdays with hours to kill/chill can be killer too)

What's even worse than living in a neighborhood where there's not much action is-

Living in a city, state or COUNTRY where there's not much action. These places trend to be socially conservative and the most people don't ~~speak to~~ make eye contact with others that have a different last name.

While you can develop your social freedom in that environment, it will happen slower and you will likely have a ceiling on your on sex life.

The obvious solution to this is MOVE. MOVE. MOVE. MOVE.

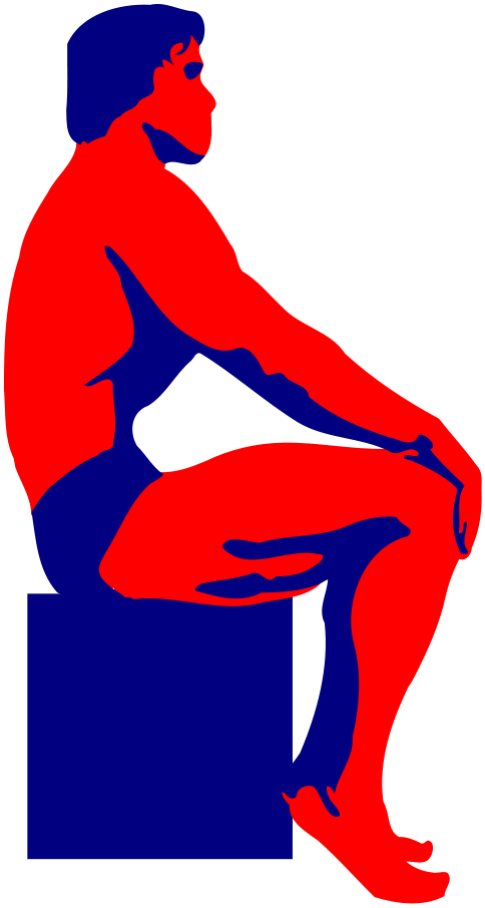
I discuss this further in "Where to Frugally Invest Your $ If You Want to Get Laid A Lot (Sam's List #1)"

Thank you for reading.

If you have any more suggestions, please list them below and always tell us WHY you are suggesting it with specifics from your own life.

6 Hardcore Bodybuilding Secrets That I Learned From Training with Mr. Tampa

May 12, 2013 | by Good Looking Loser | Link | Original Link



6 Bodybuilding Secrets

By: Good Looking Loser

Preface

The following writeup largely comes from the period of ~2005-2006 when I trained at the University of Florida with a guy, 3 years younger in age, that would later become Mr. Tampa in both the light-heavyweight and heavyweight classes. He was 6-0, 255lbs at 8%BF when we graduated. He is still a good friend of mine.

I was in my mid 20's, even though I had no desire to be a bodybuilder, I extremely committed to gym and throughout also experiencing the longest sexless period of my life (I often locked myself into a long-distance relationship to avoid meeting new girls).

Train, eat, sleep, repeat was my lifestyle.

The gym was my #1 priority even though had no immediate athletic goals since my hockey career had come to an end. My social life and social skills suffered- but it was period of my life (after the apparent suicide of my ex-girlfriend, long story...) that I needed to distract myself and live/hide in the gym.

It was during this period that I learned a lot of what will make up the "Get Juiced" (steroids) section of Good Looking Loser and some of which is discussed on "Get Ripped" (fitness/nutrition) on Get-A-Life.

This discussion is mainly about the "tricks" and performance/body composition enhancing secrets I learned.

There an entire other discussion that I can offer on the psychological profile, social obstacles and trouble with the opposite sex that most amateur bodybuilders (not necessarily my friend) seem to

face. In the future, we'll talk very specifically about this niche, their issues and how they can drastically increase the amount of pussy they get.

Hint- same stuff.

The main problem with bodybuilders is that they don't talk to enough girls and they are way too sensitive about their body/take themselves so seriously. It has nothing to do with their appearance or that "girls *only* like skinny pussy guys". They look fine but choose/have to to isolate themselves and don't develop social skills to interact or relate with women don't know.

Although I never had any real aspirations to be a competitive bodybuilder, those were some of the same issues I had.

Remember, I'm talking about REAL bodybuilders running enormous amounts of anabolics, not idiot party boy meatheads that train solely for pussy.

This discussion is purely for entertainment purposes only, not the advice of a medical professional and is subject to our Medical Disclaimer.
Remember- I'm an idiot meathead, with no brain, I can't even write good- so don't try this at home. :)

Secret #1: Thyroid Hormone

Right off the bat, this may be the craziest one-

My friend WOULD LITERALLY eat up to 4 meals, 3000 calories each at McDonalds EVERY DAY.

Yes, 10,000-13,000+ calories of McDonalds on Archer Rd. a day.

Right after a workout- 3 cheeseburgers, 2 orders of french fries, 1 full high-fructose corn syrup regular soda and 2 brownies (1 with nuts). Obviously this isn't healthy but- instead of being a morbidly obese slob- he was about 6-0, 225-245lbs, never more than about 8% body fat.

Thyroid hormone (among other compounds) made it possible. It seemed like the protein would turn to muscle, the carbs would store as energy or burn off and the fat wouldn't stick either.

Of course I had to try this too.

I was familiar with the compound "T3" or Cytomel. I knew that people ran it with Clenbuterol for 3 weeks to lose fat, but I didn't really know that most high-level bodybuilders stay on a significant dose (25mcgs+) of T3 year-round. Without hitting you with all the science- basically it speeds your metabolism up. The more T3 you take- the more calories you burn, you don't even have to go to the gym.

I remember my first day with it. I took some right before breakfast. It wasn't hot outside just yet, maybe 72 degree but the air conditioner in my apartment was out. I took ~15mcg and slapped Nutella on a bagel. I immediately start sweating profusely and found myself STARVING. I ate 3 bagels with Nutella and made a protein shake.

From that day forward, I never stopped taking T3.

In 2008, my first year in Los Angeles, I had an endocrinologist prescribe me T3, so now I have my own script. I don't take high doses anymore however, the food bill will triple and it takes a lot of time to eat all that food. I can just keep my metabolism at "high-normal" just so I can eat what I want, within reason and keep the fat off my body. I try to avoid carbohydrates and weight control is super easy. My doctor approves.

If you hear that "bodybuilders eat McDonalds every day" or see someone mention that on a forum- **it's because they are taking T3** (among other things, HGH, etc.). This advice probably DOES NOT apply to you unless you are severely underweight.

A quick side note- when I was a personal trainer in Beverly Hills, the very FIRST thing I had my clients do is get a thyroid test to measure their TSH (thyroid stimulating hormone), T3 and T4 to see if their thyroid was up to speed. Nearly every single client that came to me for weight loss (1 celebrity included) had a slow(er) thyroid. Once their doctor prescribed them a good dose in combination with one of my diets, the excess fat was off their body in a matter weeks.

I don't recommend that you "get on" T3 unless you can EXACT what the fuck you doing and speak to your doctor.
(and just so you know- there is no "giving yourself thyroid cancer" from taking Cytomel, your thyroid simply stays in the resting stage)

Related articles -

- **"How do Bodybuilders Eat So Much Fast Food and Stay Lean? (McDonald's Bodybuilding Diet)"**
- **"Good Looking Loser's Guide to Hormone Replacement Therapy (Thyroid Hormone)**
- **"Hormones that are Making you Fat"**

Secret #2: Cruise & Blast

If taking high doses of T3 to burn off 10,000+ calories of fast-food is the craziest thing I learned, "Cruise & Blast" is the most productive.

For good reason- you won't hear too much about "Cruise & Blast" on bodybuilding boards, they want to discourage idiot teens from trying it out, even though- when followed responsibly (with blood work) it is almost completely safe.

Arguably- it is easier on your body than "cycling" (coming on and off steroids).

There is NOT a competitive bodybuilder that is not following some form of "Cruise & Blast".

Not one.

It is impossible to keep your gains that you have made that are ***far beyond your genetic potential*** without it.

It works like this-

You remain on steroids forever. (testosterone, mainly)

There are periods when you "blast" and take a super-physiological dose of testosterone (750mg+) and other compounds (deca, eq, dianabol, tren, etc.) followed by periods when you "cruise" (250-500mg of testosterone with 4ius of HGH) just to keep your gains, prevent a crash and not have to run a PCT to recover your natural hormone levels.

Instead of "cycling" on and off- you just stay on.

But on a lower dose to let your receptors up-regulate, lipids recover and just to give your body a break.

You aren't always on HUGE doses of steroids, that isn't healthy.

(in some cases a lot of guys are, I discourage that - there's no point because you stop gaining unless you rotate the compounds and doses)

Using some other terminology- you "cycle" but you also run HRT (hormone replacement therapy).

Again, like thyroid hormone, I DO NOT encourage you to "stay on" unless you know what the hell you are doing (and really thought about it).

Secret #3 You Don't Have to Use Free Weights... Nearly Ever.

This will make a lot of people angry.

Especially the bodybuilders that visit the blog and the take time to comment on my pictures telling me "train your triceps more" and want measurements of body parts.
(I go to the gym 2-3 days a week, I don't care about that stuff anymore)

Mr. Tampa trained on NOTHING but machines. The only exercise he did with free weights was dumbbell press and curls with the Olympic bar (he could curl 135lbs for 25+, with good form).

It was safer for him to train on machines and he just did a TON of reps until failure.

When I used to train at the Gold's Gym in Northern Virginia, a legit IFBB pro named "King Kamali" trained there. He did nothing but machines too.

A lot of bodybuilders take pictures while doing bench press and deadlift, but not that many actually do those exercises.
(please don't write in and tell us which do, or post a YouTube link showing "how (insert name) always trains," nobody cares)

So if they mainly use machines, how do they get big?!

- Perfect Diet
- Perfect Work Ethic
- Steroids

If you are an athlete (functional training) or you are a powerlifter- you won't ever want to touch the machines however.

The average person is better off doing bench press, squats, deadlift, chin-ups and avoid isolation exercises.

I just wanted to point that machines aren't "bad" and there is a huge misconception that bodybuilders don't use them, when the reverse is true.

Secret #4 Supplements Are For Idiots

Let me first start off by saying- I use a few supplements, I don't think they are totally pointless. The majority are fucking trash though and I've wasted thousands of dollars on them through the years.

Remember though- "supplements" are to *supplement* your diet.

They are meant to fill deficiencies. Unless you have a deficiency of a certain compound the supplement isn't going to "work".

(there are a few exceptions- creatine, fat burners)

Any supplements I recommend to you are gonna be fucking killer for the average person, serve a SPECIFIC purpose and be worth every penny.

To Mr. Tampa and most bodybuilders, however, supplements are a joke.
(there are some HIGH LEVEL bodybuilders that get FREE supplements via their endorsements, so they take them)

The majority of bodybuilders know not to waste their money on just about anything that is legal. They laugh when some kid is raving about a supplement that made his bench press go up 10lbs. They laugh when some kid hyping up a supplement that is nothing but fucking herbals that you piss out. They laugh when some pencil-neck is telling them they "need" to take their product.

Mr. Tampa didn't even use whey protein powder, a credible supplement. No multivitamins, no glutamine, no dat dere Cell-Tech.

He would drink 4 cups of coffee with couple of tabs of Niacin (the kind flushes you) before the gym.

Real bodybuilders rather spend their money on things that work such as solid food, steroids and hookers.

It really opened my eyes how little he thought of supplements.

Secret #5 Even Steroid Abuse Isn't Likely to Hurt You

I pretty much knew this coming in, I had a bunch of short (4 week) cycles of pro-hormones starting at age 21 and I got access and into injectables around age 24.5, just before I started training with Mr. Tampa.

Like "Cruise & Blast," the topic of 'steroid abuse is okay' isn't going to be in the stickies on the bodybuilding forums.

Knowledgeable guys know that steroids are pretty safe but they also know that teenagers and college frat boys are reckless, irresponsible and generally- dumb as shit. Forums don't want to advocate or downplay steroid abuse because nothing good can come from it.

The term 'steroid abuse' is quite broad and I feel like one of those ignorant dipshits in the media by even using this term.

Mr. Tampa would do "cycles" (aka Blast phases) that would be considered WELL BEYOND steroid abuse. Orals for months, taking 2 orals at the same time, high levels of testosterone for an entire year, etc.

Other than his cholesterol (which will temporarily increase NO MATTER WHICH compound you are using) he was always okay.

It seemed that it was possible to "safely abuse steroids".
(he didn't drink alcohol or party at the time)

Perhaps a better example of "steroid abuse won't kill you" are PROFESSIONAL BODYBUILDERS that have more lean mass and have taken more steroidal drugs than you and I combined. These guys have been juicing hard for years, using doses that the media (and even certain forums) claim will result in "death".

I haven't heard of a IFBB pro bodybuilder that has "dropped dead". You'd think there would be plenty

of 300lbs bodies in the streets everywhere if this were true. A lot of people take steroids. If you aren't part of the 'juice' culture, you'd be surprised how many use.

If this is news to you, I encourage you to check out-

- "HBO Special: The Truth About Anabolic Steroids" - 2nd video on the homepage
  (this will clear up the "What About the 'Long-Term' Side Effects!?!?!?" question too)

Our generation needs knowledgeable people not parrots and monkeys that eat their own shit. There isn't a single death solely attributed to anabolic steroids. Not even Lyle Alzado.

With all that said-

Steroids are powerful substance that only people with a brain and a work ethic should use. You can get lasting side effects if you don't know what you're doing.

If you know what you are doing and want to ***USE*** steroids, go for it (with your doctors approval, of course). I don't advocate steroid abuse though-- whatever the fuck that means.

Secret #6 You Have to Train with Intensity

(but not Necessarily with Heavy Weights)

Every bodybuilder, wanna-be bodybuilder and never-go-to-the-gym-bodybuilding.com forum member knows the Ronnie Coleman quote-

> ***"Everybody wanna be bodybuilder but nobody wanna lift no heavy ass weight!"***

The quote suggests that legit bodybuilders are lifting HEAVY HEAVY HEAVY weight.

They are, but- respective to their size and strength - they don't lift "HEAVY" weight.

Not at all.

In fact, a lot of them don't follow the '8 to 12 rep' protocol that every single bodybuilding Muscle&Fiction magazine suggests.

It widely varies.

Bodybuilders have YEARS of experience. Usually DECADES.

Compared to them, we know our bodies as well as teen girl knows her vagina.
(if you didn't get that reference, I mean- we don't know our bodies well in comparison to legit bodybuilders)

A lot of them know that certain muscle groups respond to different protocols.

Some guys can actually put on more SIZE on their legs by doing reps of 30 to 50 reps. Mr. Tampa would do as many reps on EVERY set, sometimes exceeding 50 reps. Every set to absolute failure with SUPER INTENSITY. Neither of us would "Max" out.

I'm not saying that this is the norm, but I am saying that there is no "right" protocol to training. Once you get to know your body pretty well, you should give yourself the 'green light' to try different things and see what works, regardless of what some guy on forum (of whom you have no idea how he looks) tells you.

This might seem obvious but it's rarely stated that **INTENSITY** and not 'how you train' is the key to making your body grow.

King Kamali was always screaming in the gym, but he might just be working with 40lb dumbbells.

Final Thoughts

With all that I said, I want remind readers that this article is simply about "what I learned" from actually training with a legit bodybuilder. It is not to generalize EVERY bodybuilder or even to tell people what to do. It definitely was insightful on what the biggest, strongest, most ripped kid that I've ever personally met was doing.

There's a lot of "brotelligence" and hearsay about what legit bodybuilders actually do and it's usually by some kid who isn't even 200lbs or has done 1 or 2 cycles. Don't listen if he doesn't have any fucking proof that he lives the life.

I also want to mention that- despite all the talk about steroids, what set Mr. Tampa apart from EVERYONE was his **work ethic.**

We probably trained together 200 times, doing 16 sets each per session- that's an estimated 3,200 sets in total.

I can honestly admit-

Other than maybe a handful of sets over 2-3 years, there wasn't one day where he didn't go AS HARD or HARDER than I did in the gym. He usually gave more effort than I did and very few people do. It literally looked like he was willing to die on every set.

Some days, I'd be on 10 hours of sleep and he'd be on 3. Every day, every set, every rep was EXTREME INTENSITY, EXTREME FOCUS and THRESHOLD TO MUSCULAR PAIN that neither I or the average person DOES NOT HAVE.

Training with him debunked a ton of myths about "how it's done" and even though I was never a bodybuilder, I learned a tremendous amount.

Masturbation: A Female's Perspective (Lexy)

May 15, 2013 | by Good Looking Loser | Link | Original Link

Masturbation: A Female's Perspective

Meet Lexy, she's my homie that is going to tell you a little about her sex life and discuss women's sexually issues.

If you must know, she often gets told she looks like nicer/sweeter version of Valerie from 90210 who was played by Tiffani-Amber Thiessen.



While it's impossible to generalize EVERY female based on Lexy's testimony, I think you can make a lot from it because there are so many girls like her (you have to leave your house to find them however). Young, ambitious and also realize their early 20's is also about having fun. She's a pretty, happy girl that wouldn't strike you as a naughty girl or even one that you can picture touching herself.

She graduated from the University of California - San Diego (notable because a lot of guys think that- ALL girls who talk about their sexuality must be dumb)

The only difference between Lex and the millions of girls her age is - she's willing to talk about her sexuality.

Enjoy,

Good Looking Loser

Did you ever wonder if most girls masturbate, or what females think about while masturbating?

I hope you have because I'm going to share my secrets with you ? let you inside my female mind.

Before I talk about masturbation, I'd like to tell you about me.

I'm Lexy, and I'm 22. I am an aspiring actress living in Santa Monica ? a Leo ? and I love having orgasms now that I can have them. Unlike Christopher, I'm quite stressed and orgasms are like a drug

to me ? intoxicating ? exhilarating ? addictive.

You know what I mean, right?

I?d probably strike you as a ?nice girl? but one who parties a little bit; I don?t get tagged with the ?slut? designation by any mean. Not that I care unless it's someone I'm close to.

Not to sound boring but I?m probably just your normal girl who like everyone else- wants to feel pretty, respected and loved. I have two main social circles, girls that I go to auditions with, we root for each other, get appetizers and party, and my gym/pilates social circle since I teach that on the side at Equinox (that?s where I met Chris if he didn?t tell you). I'm also a server at a restaurant here, but I'm not too tight with the staff since I'm the "new girl".

I?m pretty open about my sexually compared to most girls, but I?m not bi-curious and I don?t really ?sleep around,? per definition. Not that there is anything wrong with that. My first six months in Los Angeles I did, not as much anymore. At the same time, I never thought I?d be writing this for anyone, I like the idea though and will try to be super open.

Chris says it?s important that I?m honest and not worry about what people think since that is why topics like this are so taboo. Girls and guys are judgmental, even though they do the same thing they are looking down on.

So, let me answer some questions for you.

How Sexually Active are Females? (Ages 18-22)



I cannot speak for all females, but I can tell you how sexually active I am right now.

Lately, I've had one fuck buddy most of the year. He has to be edgy (I love a man with tattoos), and absolutely must make me have an orgasm. Unlike some girls that develop a taste for edgy guys, I?ve always had one. I?m not ?edgy? however.

I wouldn?t consider myself a ?size queen? but in a no-strings-attached relationship I?m definitely

partial to a guy with a big penis. This is somewhat unique but most girls prefer a guy be above-average regardless. The rest of the year I'm single. This gives me the opportunity to explore, and meet other guys. I'm not going to tie myself down to one man right now, especially if he's not my boyfriend. Most girls, my age, in entertainment feel the same way.

From ages 17-22, I slept with about 3 guys a year. Since moving with Los Angeles 22 months ago, it?s closer to 5 a year. Although I?m cutting that back because I?m more committed to my pursuits in acting than ever.

I would gather that most girls my age that are part of the clubbing scene (as a 2nd commitment to entertainment) and have at least one group of friends have similar resumes.

Do Most Girls Masturbate?

Most girls masturbate for sure.

I would estimate that 90 percent of females between 18-30 masturbate. Honestly, all of my girls masturbate. Nearly all of us are social and sexually active though. I?m sure there are 10 percent that absolutely don?t, but those aren?t the girls that I know.

When You Masturbate, What do You Think About?

When I first begin masturbating, I usually think about having an orgasm.

Maybe that sounds funny?

However, once I begin, my mind will begin to wander. Many times a hot guy I know will pop into my mind. Maybe I saw him that day or maybe it?s from some television show (I have a thing for WWE wrestlers, don?t laugh!).

Most often, I imagine him picking me out of the crowd right in front of other girls, taking me to a hotel room, the beach or somewhere nice, fucking me hard and deep, and I tell him out loud to make me cum (I?m a talker!). I also tell him to cum in me. I grasp my bed sheets when I am close to having an orgasm because I am so sexually aroused.

If I'm seeing a guy that I'm really excited about, I'll masturbate to him.

In my opinion, it's not necessarily a bad sign if I'm not masturbating to my boyfriend or fuck buddy. Once I'm in the moment with that guy, it feels so much better to have sex with him.

Sometimes I like to make it last longer, so I'll stop myself from having an orgasm until later. I pull the vibrator out before I can climax, so I can continue to pleasure myself. This results in a stronger orgasm. Many times when I do this, I will begin thinking of one guy, and then think of another one when I put my vibrator back in. It's very exciting to be with more than one man in my mind.

I usually take off all my clothes too. I want to make it feel like I'm really getting fucked. I squeeze my breasts and ass, but pretend the guy I'm thinking about is doing the touching.

What Do Girls Use to Masturbate? ? How Often do Girls

Masturbate?



Girls masturbate in several places! ;)

A girlfriend introduced me to water masturbation when I was in sixth or seventh grade. It felt good, but I didn't have an orgasm.

When I first started having sex at age 17 (late bloomer, I think) I found I couldn?t have an orgasm.

I mean, I definitely enjoyed it, and it felt good. I just couldn't get over the edge like I wanted to. I wouldn?t hold it against my fuckbuddy or boyfriend. I wouldn?t fake it either, I would just tell him it felt great! (because it did!)

I've tried a few methods when masturbating, and I finally found a toy that could make me have an orgasm. My shiny pink vibrator has never let me down. It hits my G spot ? and it is so hard and big. My fingers never did what a vibrator can do. Now, I can also have a clit orgasm under the bathtub faucet during water masturbation, but I still prefer my vibrator.

Girls masturbate quite a lot!

When I am single, I masturbate between 1-3 times a week.

Still, sometimes it is more often. It is usually only once a day, but sometimes it is twice in one day. I just go with how I am feeling. It depends how horny I am. If my sex drive is high, for some reason, I masturbate. If something turns me on like a story I read, or something I see online, I get sexually aroused and want to masturbate. I love reading Playgirl online and erotic stories when I have the time, and this can get me horny as hell! (I'm into the stories more than the pictures)

If I am at home and get sexually aroused, I don?t stop myself. If my roommate ?Mandy? is home, I

just find somewhere to do my thing in private. But, if ?Mandy? is also horny, or talking about some guy, we masturbate together (more on this later ? you'll have to wait). It?s a unique relationship that I?m not sure if all girls have.

If I have a boyfriend or fuck buddy, I still masturbate if he is not available when I want it. It's not as often, of course, but I would say about once a week. If I get to fuck him every day, I don't usually feel the need to masturbate that week.

How Long Does It Take You To Have an Orgasm When Masturbating?

If I purposely stop myself to make it last longer, it can last up to 30-40 minutes. Otherwise, I'd say it takes about 15-20 minutes. However, sometimes I am really horny, and it only takes 10 minutes. When I want it bad, I feel like I'm going to die if I don't have an orgasm.

Where Do You Masturbate?

I have masturbated on my bed, my couch, the floor, in the bathtub and in my bathroom. My favorite place is the bed though. I like to be on top when it comes to masturbation, so I'll usually lay on a pillow, and push the bottom up over my ass to keep the vibrator in place. I don't stick to one position, however. Sometimes I sit up as if I'm riding my imaginary guy, or let him be on top for a while.

When Girls Masturbate, Do They Think About Two Guys Fucking Them?
Or Being With Another Woman?



Sometimes when I masturbate, I fantasize about having a threesome.

My fantasy is being with a hot guy and a sexy girl. Not just any female will do. She has to have a

certain look and personality I am tempted by. Sometimes, I will create her in my mind.

Other times, I will think about a girl I have seen, met or know.

My ideal girl has long hair ? is thin with curves ? daring and outgoing. I'm not attracted to just any girl. I wouldn?t say I?m bi-curious, this is just a fantasy that comes and goes. There has to be a man involved.

I think about kissing her ? feeling and sucking her breasts ? tugging her hair ? inserting my finger in her pussy ? and slowly moving my finger all the way in, and almost all the way out to get her wet. The guy watches us and gets aroused. He puts his cock in her and fucks her while I watch and wait patiently for my turn. Then, she watches as his dick (my vibrator) goes in and out of my pussy until we both have an orgasm. I tug on my own hair while I am fucking my fantasy guy too. I love it when a guy tugs my hair while fucking me.

My friend Lizzy, my partner in crime that keeps the immature Hollywood pretty boys away from me, thinks about two guys fucking her while she masturbates. She told Mandy and me that the thought of one guy fucking her in the ass, and another fucking her pussy totally turns her on. Mandy and I don't like anal sex, but we don't judge Lizzy. It's just not our thing. And just in case you are wondering, we have tried it. You can't say you don't like something if you haven't tried it at least once. Every girl has different preferences when it comes to anal sex.

Even after telling you guys all this, it?s not like we talk about this much. It might get brought up on a girl?s night over some wine (well? a lot of wine). There?s a misconception that girls that are pretty open with their sexually are always talking about it. It?s not true.

Do Girls Masturbate in a Group or With a Guy Watching?



The obvious answer is ? it depends upon the girl, and some girls masturbate in a group or with a guy watching.

But, I have a better answer!

So, you remember my roommate Mandy...

Well, if we are both horny, we masturbate together. It started out as a one-time thing. We were

drinking wine (I think it was Chardonnay) and watching a movie that had a lot of sex scenes. One glass of wine turned into two ? three ? four ? possibly more. I told Mandy I was getting horny, and was very giggly that night.

Unexpectedly, she leaned over and grabbed my breasts. She giggled back with that pretty smile of hers, and asked me if I wanted to ?dehorn? myself. We ended up watching each other masturbate with our vibrators. For a while, we took care of each other at the same time. So, that kind of broke the ice. Now, if I am in the mood to masturbate, I ask Mandy if she wants to join, and she asks me as well. This all started as a joke too!

I have also masturbated with a man's help. I let him take charge of my vibrator and my pussy to please me. This was because he came first, so he finished me off with my vibrator. The sex was hot, and he was great in bed. He just came too soon. Honestly, most girls who enjoy sex, who aren?t looking for a boyfriend, aren't going to have sex with a man again if he doesn't please her in the end. It is disappointing. So, if you take care of a girl, she will want to fuck you again. Ideally, you let her cum first, but it is not a deal breaker if you make up for it. ;)

After Girls Masturbate, How Fulfilled do They Feel?

I feel fulfilled after masturbating; however, it is not the same as having sex with a man.

It's not as fulfilling.

To fantasize is one thing, but the act of actually being with a man ? feeling his hard cock ? and touching his body is much more pleasing. I have not been able to have multiple orgasms when masturbating either, but can with a real man. I think you can compare it to a guy masturbating. Think about yourself. Are you more fulfilled after masturbating or after fucking a girl? I am guessing you chose the second option. Well, it is the same for a female.

When Girls Masturbate, Do They Watch Pornography?

I don't watch pornography when I masturbate.

Occasionally, I will watch it first to get turned on.

If I?m in the right state of mind, seeing a man's thick cock always makes me do a double-take and watching him give pleasure to someone else (since I know how that feels!) can set the mood for a good orgasm, but I don't do it all that often.



Do Girls Talk to Their Friends About Masturbating?

Yes, girls talk to their friends about masturbating. You know Mandy and I do!

My friends and I compare our methods, and talk about the color ? size ? and shape of our sex toys. My friends masturbate at least once a week, but like me, they masturbate up to three times a week. Again, it depends if they have a guy, a fuck buddy, their mood, or if they are single at the time.

This is pretty close bond we have, Los Angeles is big and scary, Hollywood is cutthroat, so we are pretty tight. If I didn?t talk to them about it, I would talk with my best friend from back home. Every girl who masturbates has at least one person she speaks to about it.

What is the Difference Between Girls Who Masturbate & Girls Who Don't?

Well, my opinion is that girls who don't masturbate are totally missing out. Girls who don't masturbate aren't usually sexually active ? again, they are missing out! I view them as uptight and

inexperienced.

I mean ? we're not 12 anymore.

It's alright to have sex. LOL!

I am completely comfortable with my body and sexuality. Sex is enjoyable, but I've heard of girls who don't enjoy it. I think it is a matter of knowing how to enjoy it. You have to let go ? live in the moment ? feel sexy. Some girls just aren?t there I suppose.

When Girls Masturbate, Does it Help Them Get Off During Sexual Intercourse?

Hell yeah! ;) I couldn't have an orgasm until I began masturbating.

I had to get comfortable in my own skin ? feel myself ? know how to let go ? discover my G spot. Now I feel completely sexy, and don't feel uncomfortable having sex with a man. I am confident, and comfortable about the fact that I enjoy sex.

If I am fucking a guy, and he isn't hitting my G spot just right, I can move my legs ? rearrange my body ? or pull him deeper into me. If a guy wants me to ride him, I know how to position myself, and I can tell he gets turned on by my heavy breathing ? and watching my breasts bounce.

I think a guy wants to make a girl have an orgasm. It makes him feel like a man, and it makes him feel confident. Since I know my body, it is a win-win situation for me and the guy I'm having sex with. We both get to have an orgasm, and that is the ultimate goal. ;)

Have I Been Caught Masturbating?

Sorry Chris, but I have not been caught masturbating. :-|

I am pretty cautious about locking doors if I am masturbating alone. I wouldn't want someone showing up unexpectedly to see me riding my vib! I mean it would be awkward, and it is a private time unless agreed upon otherwise. If someone walked in on me, it would ruin my goal of having an orgasm, and that would be uncool!

One Thing I Want to Tell Guys About Girls and Masturbation

Oh, that's hard (pun intended) because I have two things I want to tell guys about girls and masturbation!

Don't ever joke on a girl for masturbating (instant turn off even if you're joking). If the conversation comes up, tell her it is sexy that she masturbates. The guys that put girls down for masturbating are judgmental losers.

I talked about this some already, but when you have sex with a girl, do everything you can to let her have an orgasm before you have yours. Trust me on this. You want to fuck her at least one more time (maybe), and tell her friends how amazing you are (definitely), don't you?

It usually takes females longer to have an orgasm than males, so try to stop yourself. But, if you do cum before she does, offer to please her in another way. Tell her you want to help her finish. Ask if

she has a vibrator you can use on her, and tell her you want to please her. Of course, if you can keep going after you cum, you're good to go!

So that?s it for my first little article, I hope you enjoyed it!

Year of the Fucking Rooster Part II - Significant Progress

May 18, 2013 | by Good Looking Loser | Link | Original Link

The Difference of 1 Full Dedicated Year

So you just heard about Rooster's experience in 2012 and his commitment to his goal.

Notice I said GOAL and not goals.

The only guys that should consider having **2 major goals** are guys that don't have to go to school or work. Rooster didn't have work on the farm so he had plenty of time.

Rather than "balancing" his time over 2-3 goals-



He just prioritized 1 Goal- **Getting Chicks from the Internet in Bed.**

The more and more I hear legit success stories, the more and more I hear the person had JUST ONE GOAL.

When I moved to LA, I spent a good 15 months doing nothing but talking to women, even for the next 12 months I had a VERY PART-TIME job hat I created for myself (in-house personal trainer). It was the second half (and beyond) that really reaped the benefits.

Rooster's transformation is no accident and surely no secret. Hard work.

The progress may seem slow but the next time you know- you have 3 or 4 girls in your bed in a 7 day span.

He's going to tell you how all the hard work paid off-

No Strings Attached Rooster (Relationship at an End)

INEXPERIENCED ROOSTER

Often didn?t leave bad relationships, still felt neediness and emotional towards the girl.

EXPERIENCED ROOSTER

If the connection and the relationship feels like it?s dying out, I?ll end it. Most women I see as a fuckbuddy or open relationship rarely 100% ends. It?s just we stop seeing each other for the time being and we continue to be on good terms.

Rooster's Separation Anxiety (Consequences of Leaving)

INEXPERIENCED ROOSTER

Didn?t know when I would get laid next. Being in a relationship for months I felt I lost all of my ?game? and will have difficulty by spending a lot energy and time to get laid/girlfriend again.

EXPERIENCED ROOSTER

I?m usually fucking at least 2 different girls on rotation while having other contacts of old fuckbuddies I can call to come over whenever. If a good relationship were to end for whatever reason, having other girls to fuck at your disposal does help a lot.

Unfaithful Rooster (Possibility of Cheating)

INEXPERIENCED ROOSTER

I took what I could get back then, regretfully. It was rare for a girl to make big advances on me, so I took advantage of it when I did.

EXPERIENCED ROOSTER

I don?t promise monogamy to anyone, so it?s impossible to cheat. The girls I date know I fuck other women on the side if I want to, as they can fuck other guys if they want to.

This is actually quite rare, in my experience most girls just want to be fucking one guy at a time ? even though I?ll even encourage them to go have fun with others.



Gay ole' Rooster (Gay = General Happiness)

INEXPERIENCED ROOSTER

Often entered relationships fast with nearly any hot chick who agrees. I wouldn?t really know what these girls are truly like and I was already dating them.

EXPERIENCED ROOSTER

Personally, my best relationships have been open ones. There has been no/very little drama and no rules (other than both of us always using protection with others.) If I were to just think about entering into any sort of relationship with a girl, it will be after at least 6 months of her as a fuckbuddy.
I?m not saying you have to have open relationships if they?re not for you, in my experience the things I learned from this transformation increased my general happiness **a lot.**

Tabloid Rooster (Social Pressure for Quality Women)

INEXPERIENCED ROOSTER

I knew in my old social circle that if I were to be even seen with a girl that wasn?t an 8 or above, I wouldn?t hear the end of it. The funny thing is ? since we all were like this, none of us got laid often. That made fucking/dating an 8 or above even more rare..

EXPERIENCED ROOSTER

After fucking a lot of women and gaining experience in all areas, I slowly started to not care. My own life?s happiness and how I like to do things outweighed the opinion of others.

Funny enough ? once I gained that social freedom with experience, I started getting the 8s and above much easier and often.

Fucking Rooster (Sexual Confidence)

INEXPERIENCED ROOSTER

Even within the social circle I sometimes had troubles. I had a bit of ED, I knew if I were to fuck a girl in my social circle but have trouble getting it up ? everyone will find out. With much lower sexual (and social) freedom I cared a lot about what people think of me back then.

On top of that? after having long dry spells I became a little ?rusty? in bed.

EXPERIENCED ROOSTER

After fucking a lot of women, I basically stopped caring much about what my friends? think. My ED was sexual anxiety; the experience gave me the confidence to overcome it. Never going more than 10 days without sex for a couple years straight ? also helps how well I fuck.

Final Note:

Putting aside all other goals of mine for 1 year to focus on easily and efficiently getting laid drastically changed my life. I had made it my #1 goal and #1 priority. My sex life was my ***#1 priority over everything else.*** *If I decided to do all of this while trying to get a promotion at work, cut 30lb, or anything else I likely wouldn?t have accomplished jack shit.*

Judge your time management skills on how much progress you can make on your goal, not how many things you can do (half-ass).

Choose your goals, and INVEST your time.

Love,

#Rooster

Year of the Fucking Rooster Part I - Experience

May 18, 2013 | by Good Looking Loser | Link | Original Link

Get Experience

Rooster's 1 Year Transformation

Attitude and Direction for the New Guys ~

Rooster aka Ross aka Young Money is our resident Online Dating expert, he has the VERY BEST guide on the Internet for newbies that still have anxiety but want to break it and get laid. The process tries to address both.

Rooster was also one of the very first guys to put up an online vlog in the Member's Section of the forum. Instantly that day, I felt I knew him better than every one of our members. I realized how significant that was and how a 60-90 second YouTube video can tell you so much more about a person than 1,000+ posts. I encourage everyone who joins the forum to not treat it like most every other "pick up forum," where guys give advice based on **everything but** Looks, Style and Social Freedom. The three MOST IMPORTANT FACTORS and arguably 100% of the factors that play a role if the girl is sexually available.

Rooster has come along way, he bought a lot to the table and simply improved all of it. As of right now, he probably knows more about online dating than I do. I wouldn't hesitate to hit him up for advice. He is even the top nominee for **"Biggest Good Looking Online Loser 2013"** award.

And Oh yeah, if you are going to discuss your online dating profile with him- I think it would be a good idea to have pictures.

It's been a pleasure getting to know you.
(no homo)

Roosters Early & Inexperienced Years



Throughout high school and up until I was about 20, I didn?t get laid very often. The rare times I did, it was practically handed to me on a silver social circle platter. From having very few women available to me, I became dependent on them. Since there wasn?t a lot available to me, I would enter into one relationship after another with every girl who was half decent looking and willing to fuck me. It was brutal, but this is how A LOT of guys live their life ? and they do it until one of these girls agrees to marry them..

When Things Started To Change...

Experience, Experience, & Experience

Back in 2009, I had a dry spell that lasted around a year.

I ended up spending most of that time of the dry spell at the gym working out.
Putting on some muscle was and is a great idea to improve appearance- but it obviously didn?t get me laid. Back then in my own mind, I assumed fucking new women meant a lot of time, energy, and money to invest first.

After being tired of not getting fucked much, I made the commit and my #1 priority to never again go so long without pussy. For me, this meant an easy way to get laid without putting in a lot of time, energy, and/or money.

BAM! Online Dating, I heard it was fairly easy to get laid so I thought I?d give it a shot..

It took me a few months to learn the basics (great pics, hit numbers hard) I was fairly clueless at first. It slowly went from a meet with a new girl once or twice a month, to twice a week, to at least 5 girls every week.

About 7 months in, I was fucking a lot. I didn?t work (saved enough $ to get by) and lived at home. I was blitzing, dating, fucking and sleeping. My parents were disgusted at me for bringing home so many girls.

How Did I Manage to Fuck so Much? . . . .

My Goal was Quantity over Quality



Now the girls weren?t whales that beached themselves onto my bed. I?m reasonably good looking, I went down ?1 point or 2? on the looks scale and a whole world opened up. If you?re an 8/10 on looks go for girls that you think are 7s and 6s. If you?re a 7, go for 6s and 5s etc. Obviously good looks are a personal perspective but you get the idea..

The Constant Experience was Invaluable:

I improved my vibe, anxieties, experience in bed, confidence, neediness, game plan, (setting good logistics, where to meet, where to fuck, etc) and one of the most important things I learned was-

HOW TO RETAIN WOMEN

I luckily had a basic idea of how to retain women from an older friend that has been doing it for years. Even though I followed some solid advice, I needed a lot of experience of trying to get good at it.

- **For maybe the best post ever, see-**
  "Retention: How to Keep Fuckbuddies in Uncommitted Relationships"



When I got good at it ? it was a game changer..

When I fuck a girl that?s my type and really hot (or in my case, I like smaller cuter ones) I like to keep fucking her. I wasn?t always into one night stands ? I?m lazy and would much rather have a 2 or 3 girl rotation - and that?s exactly what I did. After that, it was open relationships.

If I Only Ever Fucked the Hottest Girls

If I had only gone after the very hottest girls, I would have delayed the progress I made. I actually might not have made any progress, as I could have just ended up clinging on to the one rare hot girl that comes into my life.
Now when the 8s, 9s, & 10s come into my life ? I know what to do, how to fuck them, and how to retain them (if I want to)

It?s hard to gain a lot of solid experience if you don?t make consistent progress in a fairly short amount of time. Since I ended up meeting with 3-5 different woman a week, my mind was solely focused with everything related to the women side of my life. This way, I could build up the habits and experience fast of everything from when I first meet the girl until she?s fucked. It?s similar to the AA program ? daily (or this case 2/3days) of exposure and progress. You?re not going to learn anything if you only go on a date or two a month.

I had put aside a year in my life to meet, fuck, and date (fuck-buddies/open relationships) as many girls as I could. I became a guy who gets fucked more than mostly anyone I know - while barley leaving the house (just to fuck or workout)

- **Click here to continue to** "Year of the Rooster Part II"

Phil's Simple Bathmate and Sizegenetics Routine (Intermediate)

May 18, 2013 | by Good Looking Loser | Link | Original Link

Phil The Viking's

Hands-Free, Semi-Automatic

Penis Enhancement Routine

(w/Good Looking Loser)

2 Inches, 1 Year

This penis enhancement routine combines the Bathmate Hydropump and the Sizegenetics Penis Extender.

It is meant for "intermediate" levels, specifically guys that have used BOTH devices TOGETHER for over 6 weeks.

If you are a newbie, check out these combo routines-

- "How to Combine the Bathmate and the Sizegenetics Penis Extender (Beginner Level)"
- "Male Enhancement Routines"

Phil's Bathmate Adventure began on September 8th, 2012. He added Sizegenetics on October 22nd, 2012.



By September of this year, Phil will likely be at or possibly **EXCEEDING gains of TWO INCHES.**

To put that in perspective, I have done PE on and off (most off) for nearly a decade and that is basically what I've achieved in length. Back when I started, however, their weren't sick devices like the Bathmate and Sizegenetics. I truly believe this is the ultimate combo if you dedicate yourself and invest your time. Perhaps the most remarkable thing is- Phil has done this nearly HANDS-FREE. Not too much manual stretching and not too much jelqing. Just the devices, for the most part.

Notable also, Phil has achieved these gains while working at his music studio where he has to bend down and pick up heavy boxes of records and studio equipment. He has also been taking the fat burner "Lipodrene" on a daily basis. Supplements like these can significantly restrict blood flow to the penis, he'd probably have 2" by now if it weren't for that.

But it's all been worth it-

To be fair, Phil has also lost 70+ lbs, which can also significantly impact penis length appearance (less fat pad = more cock).

Either way, his results are incredible and he is a nominee for **"Loser of the Year 2013,"** a title that is much deserved, should he win. He might be one of those rare guys that gets gains up to THREE INCHES when it is all said an done.

I feel confident in recommending his "Hands-Free Semi-Automatic PE Routine" to you guys who have used both devices for AT LEAST 6 weeks.

The Routine

This routine is meant just for weekdays (Monday-Friday), you can do it more - but I'm just going by what I've done.

If you do combine it with manual exercise for the duration of the work week, I encourage you to take the weekends off.

I think resting on weekends was key, after all- when you REST, you GROW.

This is how it goes, it's easy-

- **I wear my extender from morning until evening. EVERYDAY 8-10 hours day.**
- **After that, I do a 10-15 minute session with the Bathmate Hydropump**
- **After that, I wear my extender for another 1-2 hours.**

I have found it's quite beneficial to pump with the Bathmate before Sizegenetics because it keeps it tight and the stretch is noticeably stronger. This is what you should be doing anyway- Sizegenetics keeps your penis from "turtling" and encourages blood flow to the length of your penis (even though toward the end of sessions it might feel otherwise).

Since doing this routine, I have actually seen the most gains and significant improvement in both girth and length. Especially in flaccid hang.

This routine might sound simple- it is. Lets "Keep Perspective on Male Enhancement" and remind ourselves that THIS IS NOT BRAIN SURGERY. At the end of the day (and hopefully throughout the day) is it SIMPLY PULLING ON YOUR DICK.

THE MORE YOU PULL, THE MORE YOU GROW.

(provided that you do so safely and allow adequate time for rest).

LADIES(?) AND GENTLEMEN - KEEP IT SIMPLE



Sizegenetics Tips

Here are some tips to make your Sizegenetics and Bathmate sessions as efficient and productive as possible-

- Some guys, especially guys that are new to PE have trouble staying in the Sizegenetics Extender. Here's a suggestion-Prior to putting your penis in the extender, warm up your dick and achieve a 30-40% erection. This is just to get some healthy blood into it and to also give you a little extra girth. In addition or separately- you could also do a short 5-6 minute Bathmate session to give you even more girth to start out with. This helps out guys that don't quite have the girth to make it 60 minutes in the Sizegenetics Extender. It is explained in further detail-here.

- Some guys that do long sessions may experience pinching or feel like their skin is raw or chafed toward the later parts of the session, this is what I do to prevent it-If you buy the full package, there is a foam ring that comes with it. Use it. Put it on below your shaft where the comfort strap goes over your dick. This will make it almost impossible to get any pinching whatsoever. And, also- for dudes with more sensitive skin on their dick (like myself) it will help a lot more with discomfort and also with getting chafed from the rubber.

- Here is another thing I do that also makes the slippage non-existent-Try this- fold up 2-3 sheets of toilet paper and fit it right into the plastic piece where your dick goes. This will give you a bit more girth in that area and a little more friction so the head of your dick stay's in place and doesn't slip out while trying to wear it for long periods of time. People want to know how I can pick up of heavy boxes of studio equipment. Well, there ya go.



Bathmate Tips

- It's important to expand your penile tissue as much as possible. That's how you create division and grow thicker-Always use the hottest water your skin and dick can handle. This is important. The hotter the water is- the better your girth and tissue expansion will be during your session. Don't burn yourself though.

- Some people are concerned about discoloration. This is how I've seemingly prevented myself from getting the red dots and or purple blotches on my cock-I start my session by pumping until I feel a good tug of pressure on my dick in the Bathmate. I don't pump again until I don't feel the pressure. Then I pump until I feel it again. Repeat this until you are at the point where no more water is coming out, this is when you are up to full pressure. By this point the pressure and suction should be tight enough to where you can just let it hang from your dick (if you're in the shower of course). (Good Looking Loser says: obviously I don't mind the discoloration or the "PE Band," but warming up and pumping slower seems to be the way to prevent it. My discoloration was from jelqing however, I don't mind it one bit.)

- For you guys not getting solid suction-Make sure you are either trimmed or totally shaved the area you are using the Bathmate. Trim your balls too (the hair)! This will make a significant improvement and ensure that you get the best seal and suction.

- Here's another tip for suction and to keep more water in the pump-When you do pump the Bathmate point, it in a more upward-angle like your natural boner would be. This also helps with the best suction and best seal.

- For you guys that experience some air bubbles, don't freak out-If you do have a slight air bubble at the top of the pump that is okay. But to get the most amount of water it takes practice and timing to get the pump on without losing much water at all. I know it took me a good week or two to get it down. You want to keep as much water in the pump as possible, that is a key component of the suction.

- For you guys that are having trouble keeping your balls out of the way, remember-The angled

part on the Hercules, Goliath and X30 goes on the underside of your dick. It's there to give your balls more protection. But there's no harm in trying it the other way around, the X30 and X40 can rotate. Find you best angle.

- If you have problems getting an erection while starting your Bathmate session, try this-Bring in a laptop into the bathroom and throw some porn on. I, personally, jerk off a little with soap and that get's me rock hard for my sessions. I just think about my girlfriends sexy ass and BAM- in 30 seconds I am ready to go.
  (note: if you can't get a boner and you usually can, it's a sign of fatigue. Take 24-48 hours off until you can get a good erection again.)

- If you guys are super ambitious for gains- Consider jelqing before using the Bathmate or consider adding a second 10 minute Bathmate session sometime after your first one. It can be at the beginning of the day or simply right after your initial session. Jelqing prior to Bathmate makes for an INTENSE workout. Start out with a quick 3 minute jelqing session and only do this if you DON'T feel fatigue from just using the Bathmate alone.

- If you really want to MAX OUT, in addition to manual stretch and jelqing-I suggest looking into something such as the VLC Tugger or the divocup and divosuit to wear at nighttime. With a moderate stretch at night your dick can theoretically HEAL AND BE STRETCHED OUT ALL DAY. Some guys are able to wear Sizegenetics at night but we don't.

Thanks for whoever reads this and finds it useful!

If you have any questions, hit me up on the forum!

Beginner's Bathmate Routine

May 20, 2013 | by Good Looking Loser | Link | Original Link

Bathmate Routine for Newbies

This routine is for guys that have not done ANY male enhancement before and are using ONLY the Bathmate.

It's suggested for you to do manual exercises (stretching, jelqing) in addition to using the Bathmate Hydropump.

Incorporating manual exercise will certainly help you gain size quicker (especially if you have never done any male enhancement) but sometimes we don't have time or we are straight up lazy. :)

If you are totally new to male enhancement, there's two routines you can follow-

- **The Newbie Bathmate-only Routine (this post, see below)**
- **The Ultimate Newbie Bathmate Routine (max gains in 30 days)**

For all the information you need to know about the Bathmate, PE check out these pages-

- **Good Looking Loser's Bathmate Review**
  (how it works, before/after pictures, informative videos, etc.)
- **The Ultimate Unofficial Bathmate FAQ**
  (lots of information, if you have an unlisted question- just ask me)
- **Get Hung: A Comprehesive List of Male Enhancement Topics**
  (Everything in the world about male enhancement and then some!)

Bathmate Only Newbie Routine

This routine is if you have no prior male enhancement experience and only want to use the Bathmate.

The purpose of this Bathmate routine is to get your dick used to the pump in the safest manner possible. It also will get you familiar with the device so you can adjust your routine accordingly after 4 weeks. It should also get you some gains, or at the very least- on your way to gains. :)

Please read the directions that come with your Hydropump and talk to your doctor before using the Bathmate.

Learn how to use the pump and use good judgement. :)

Remember- the first month is mainly about getting used to the pump.

The good news is- it is VERY EASY for newbies to make gains.



Use this routine if you just got the Bathmate.

We recommend waiting 30 days to start using a FULL erection during training.

Bathmate Only Newbie Routine	Minutes	Erection Level
Week 1	**8**	**n/a**
Week 2	**12**	**n/a**
Week 3	**8 to 10**	**70%**
Week 4	**10 to 12**	**70%**
Week 5 - Week 10	**12+**	**100%**

Week 1

Enter the Bathmate in the soft (flaccid) state, leave the Bathmate on for 8 miuntes. Full pressure.
Do this every-other-day.

Week 2

Enter the Bathmate in the soft (flaccid) state, leave the Bathmate on for 12 minutes. Full pressure.
Do this every-other-day.

Week 3

Enter the Bathmate with a 70-80% erection, leave the Bathmate on for 8-10 minutes. Full pressure.
Do this every-other-day.

Week 4

Enter the Bathmate with a 70-80% erection, leave the Bathmate on for 10-12 minutes. Full pressure.
Do this every-other-day or 2 days ON and 1 day OFF.

Week 5 and Beyond

Enter the Bathmate with a full erection, leave the Bathmate on for 12+ minutes.
Adjust your routine (pressure, frequently) accordingly. By now, your penis is pretty used to the Bathmate.

You will notice that the 'temporary gains' or "PUMP" sticks around longer when you use a strong erection. For the first 2 weeks, you probably won't get a HUGE PUMP that keeps your dick swole and hung for 4-24hours. Just work up to it.

When you start using a FULL erection in your Bathmate- you will begin to see the HUGE pump that Bathmate is known (notorious) for. :)

Everyone loves the temporary pump and raves about it, so if you really want to see what I mean and you haven't finished the first 2 weeks of training, do this- Enter the Bathmate with a full erection, leave the Bathmate on for 5-6 minutes, don't go too long. You'll see that you dick is as wide as ever. I don't suggest using a full erection in this Bathmate routine until you've used the thing for about a month. But that's what you have to look forward to, a thick dick that hangs and swings for the majority of the day. It takes about 5-6 months to achieve that [nearly] all day, lasting, perpetual pump that you can use during sex. It's at about the 5-6 month period when most guys notice that their gains are sticking (becoming permanent), just keep using this device and enjoy the daily pump.

At the one month mark, you can also start to incorporate "Bathmate Pulls" (or stretches) into your Bathmate routine. These target length and specifically, the internal penis.

Disclaimer: The information about the Bathmate is from personal experience. The contents of this page, such as text, graphics, images and other material are intended for informational and educational purposes only and not for the purpose of rendering medical advice. Please view our Medical Disclaimer that you agreed to upon clicking [x] I agree, when entering this site.

If you are a newbie and have any questions about this Bathmate routine, please ask below-

Lexy Cums Through - Can't Orgasm to Can't Stop (Lexy)

May 23, 2013 | by Good Looking Loser | Link | Original Link

Lexy Cums Through - and All Over Herself

Alexis discusses her journey from not being able to orgasm to leaving puddles of warm cum in her lover's beds.

If you read my last post titled ?Masturbation: A Female's Perspective,? you may remember that I couldn't have an orgasm when I first started having sex. But after masturbating (mostly with my pink vibrator), I was finally able to climax with a man. This was a huge relief for me, and now that I can orgasm, I am quite addicted.

Why Could I Cum From Masturbation, but not Sex?

I really think I couldn't cum during sex because I wasn't comfortable with myself.

I felt inexperienced and a little nervous. I over-thought and wasn't able to live fully in the moment.

I've always felt that sex should be mutually enjoyable for both people, so I wanted to be a ?penis pleaser? for lack of better wording. But with that belief came the worry. I can still remember the things that went through my mind back then. I worried about being just alright in bed ? I wondered if the guy I was with had better sex ? and I wondered if he would tell me if he was disappointed. Try to imagine all that going through your mind during intercourse. It's no wonder I couldn't have an orgasm. I was too worried about pleasing the other person.

Good Looking Loser says: See guys- girls think this stuff too. Especially when it's there first time with a new partner.

After I was able to have an orgasm with my vibrator, I started feeling more confident. I knew that I could cum, and I loved it! I realized that in order to have an orgasm, I had to let go completely ? feel the pleasure ? and not let my mind wander. I had to tell myself I was sexy and believe it. Now I am super confident in my ability to please a man. I'm able to dress sexy ? tease a guy ? and tell him he's going to love cumming. It really makes sex more enjoyable for the guy I'm with and for me.

My First Orgasm During Sex ? What was Different?

Wow, my first orgasm during sex was awesome! I was very relieved afterward, and had a sense of calm.

What was different?

Chris, I had an orgasm! Alright, I know that isn't what you wanted to know, but I couldn't resist.

A lot was different, to be honest.

Almost There

Even though I still didn't want to let a guy down in bed, I realized that aiming to please myself was a good thing.

Before my first orgasm during sex, I began getting closer to climaxing. I noticed that men got turned on when I enjoyed myself while we were fucking. I could tell they liked the fact that their cock was

giving me pleasure. This gave me even more confidence.

Sweet Relief! ;) (and a big puddle!)

My first orgasm was on a summer night with Jon. We had been having intercourse and dating for about 1 month. Up until that night, Jon was always on top when we had sex.

That evening, we shared a bottle of wine ? had music playing ? and a candle lit. During foreplay, I told Jon I wanted to try being on top, and he said OK. As we undressed, I looked at his cock and grabbed it before we had sex, but then I closed my eyes most of the time. This forced me to focus on my sense of touch, and really allowed me to enjoy every sensation. I didn't think about anything except what I was doing and feeling. I enjoyed every kiss, touch, and sound that Jon made. I concentrated (but not too hard) on what felt good, just like I did during masturbation. I found the perfect spot, and told Jon I was going to cum (my way of saying don't freakin move).

I had a strong emotional connection with Jon too, and I think that helped push me over the edge. For me, and many girls, sex is emotional as well as physical. That doesn't mean I don't ever have a one-night stand. I do if the mood is right, and I'm not in a relationship or with a fuck buddy. I have to be attracted to the guy, and feel some type of emotion. It may be lust or infatuation, but I have to feel some type of connection. Right now, I have a fuck buddy, and even though we don't plan to stay together long term, we connect with one another. We are pretty much friends with benefits. We go to the bar with a group of friends, watch movies at one another's apartments, talk, and give each other massages (which of course, leads to fucking). Go get some massage oil guys! ;)

True or Untrue Guys?

I'm told by guys that sex is mostly physical for them. Would you say this is true Good Looking Loser (I love that I can get away with calling Chris that) and other men?

Good Looking Loser says: Yeah, absolutely. Guys want put their penis' in things that look good.

Penis Size and Sex

I believe there is a silent (but not-so-silent on a girl's night in) consensus that a big cock is visually stimulating. I've learned to associate it with pleasure since my first few experience with larger penises felt great in my pussy. Girls that have had early good experiences with large men will generally confirm this.

Having a big penis is helpful, but it won't do you any good if you don't know what to do with it.

So, regardless of rather your penis is average or large, it is important to know how to please a woman. You need to know about the different types of orgasms females can have (and this topic is ?cumming? up shortly, so keep reading), and how you can help a girl cum.

When you're having sex with a girl, she will usually show signs you can look for to know if she is enjoying it ? if she is in pain ? or if she just wants it to end because it isn't doing anything. I've experienced all three of these things while fucking. The last two are not fun at all!

Also, keep in mind that every girl has a different pussy, just like every man has a different cock.

Don't get me wrong, I love a big cock. ;) But if it is really big, certain positions are painful for me. So, a guy with an average, hard cock

can please me by holding my legs up near my head or placing them on his shoulders for a deep fuck.

If a guy with a really big penis does this, it causes me pain instead of pleasure. But he can please me in other positions, and with much less effort.

I Need a Hard Cock to Cum

Keeping your cock hard is also very important. I cannot have an orgasm unless a guy is fully hard, and I can tell if it gets even a little bit soft. I guess you can imagine fucking a girl with a tight pussy, and then suddenly it gets looser. You're definitely going to notice it!

Good Looking Loser: That's interesting, I've gotten girls off (well, they got themselves off) when my dick was at around 50-60% because a condom was too tight / my dick was pumped up too much from Bathmate. Granted, there's a lot to work with these days.

My Orgasms: Clitoral ? G-Spot ? Deep Spot

Lexy and I talked about orgasm for a little while, she then retraced her progression.

Clitoral

My first orgasm was a clitoral orgasm during masturbation. Even though this type of orgasm feels good, I prefer vaginal orgasms now that I can have them. That is just my opinion though, and a lot of girls really enjoy clitoral orgasms, especially if they've never had a vaginal orgasm.

Good Looking Loser says: young girls know their clit 10x better than their vag. They are used to touching themselves there and it's generally (well, nearly always) how they discover masturbation.

G-Spot

I think the G in G-spot must stand for getting better! I definitely prefer this type of orgasm over a clitoral one. Many times I can only have G-spot orgasm if I'm on top, and many of my girlfriends are the same way. When I'm on top, it's easy to achieve an orgasm. I think it's easier for me to cum when I'm on top because that is how I began having orgasms with my vibrator.

Deep Spot or A-Spot (Should be called A-Mazing-Spot if you ask me)

A deep spot orgasm is awesome and breathtaking! My whole body quivers when my A-spot is hit by a guy who does it well. And that is before even having an orgasm! When it comes to my deep spot, I prefer the guy on top because he is able to deeply penetrate me. This type of orgasm is harder for me to have because for some reason it takes me longer. But when I do have a deep spot orgasm it is mind-blowing! The thing is, just having a cock hit this spot brings me so much pleasure that it is comparable to a G-spot orgasm.

Good Looking Loser says: catch the deep spot by putting your middle finger (longest) and ring finger as far into the girl as you can going slightly upward. Push down on her lower tummy with your palm. Try to meet your fingers (inside of her) with the area that you are pushing down on her tummy. You REALLY have to reach up in their, wait until she's super wet. This type of orgasm takes work. Most girls have never touched themselves there, the deep spot receptors/brain connection is very underdeveloped.

This might take several tries on several different nights.

Hung guys can sometimes hit this spot if they have a upward curve to their dick or push a pillow under the girl's ass. You want to penetrate slightly upwards toward her tummy. Careful not to hit her cervix because it's is hell for the girl. Less than an inch separates pleasure (deep spot) and pain (cervix).

Once you get a girl off from the deep spot, they usually want to marry you. Don't doubt for a second that having the equiptment (or skill) to produce deep spot orgasms won't help you dramatically with "Retention". This is type of thing that girls "use" large guys for.

Advice from Lexy: How to Help a Girl Cum

I don't let girls give advice on sex unless I think they know what they are talking about, Lexy does.

Make her feel comfortable before having sex.

Try to make her feel relaxed and comfortable with you. Try lighting a candle ? putting on some light music ? and asking her if she wants a glass of wine or another drink. If she is relaxed before you start, she is more likely to stay that way during sex.

You should make her feel special without leading her on. If I have a one-night stand, I still want to feel sexy and beautiful. Being told I'm gorgeous is even better. I hate being told I'm cute, and there is a difference! You call your pet cute, not a sexy woman. I want to know the guy is with me because I am attractive, and not just because I am the first one he found to fuck.

Good Looking Loser says: When a girl is sitting on your bed (ESPECIALLY if she's naked), you can give her all the compliments you want. There's way too many guys that are worried that they are being a too much "nice guy" by doing this. You can drop the "I'm not a nice guy" thing at this point- SHE ALREADY LIKES YOU.

Foreplay.

Foreplay is a must. The emotional lead up is what girls get excited about. You want to get her wet, and to the point that she feels like she has to have it!

I like a guy to lay on me with his boxers on, and push his penis against my vagina and lower belly. Feeling his big, hard cock gets me turned on. I also like it when he teases me by slowly moving the tip of his cock around in my pussy. Eventually, he or I will crack, and put it all the way in. I prefer this type of foreplay to oral sex. Some of my friends think I'm crazy, however. But I'd much rather get turned on and get fucked than receive oral sex.

Lubrication.

Lubrication should be available if needed. If she has a dry pussy, put lubricant on your cock, and put it back in. You will both feel the difference, but don't use too much. I stay away from warming lubricant because sometimes it stings my pussy, and I had a guy say it felt like his penis was on fire!

Condom or no condom?

I always use a condom if I am having a one-night stand, but I hate them.

I feel like such a guy for saying that! If I am having sex with the same guy on a regular basis, we don't use a condom. Sometimes I can't have an orgasm if a condom is used, but I have to trust the guy I'm having sex with in order to go without one.

Try different things.

When you are on top, try moving in different ways, and hitting different spots. Move your cock inside her in a circular motion. Find a spot, and stay there pressing slow and deep (You're trying to find the deep spot). Look at her face, and listen to any sounds she makes for signs of what feels good. This can be deceiving though, so you may have to ask. I've been asked if I was in pain when I was actually in heaven.

Communication is key.

Some girls can only cum in certain positions, so you may want to ask her what she prefers. Some guys like to take charge and be on top, but if she can't cum that way, you may want to consider letting her have an orgasm the way she can, and then switching positions. If you are with a girl like this long term, you can train her to achieve an orgasm with you on top if that is your preference. ;)

Remember girls take longer!

It usually takes females longer to have an orgasm than a male. So, try to let her have an orgasm first. (I talked more about this in my first article, so if you didn't catch it, go check it out!)

Lexy's Response to Different Drugs During Sex

SSRIs.

I have taken SSRIs that made it hard for me to have an orgasm. It was frustrating, but some girls can't even have one at all if they take an SSRI.

Meth.

So, I experimented with meth for a while (by sniffing, in case you were wondering) when I was much younger. I liked the high it gave me, but it took my sex drive completely away. I guess I am weird because most people react the opposite way to this drug. My friends told me it increased their sex drive ? and that they liked doing meth with a guy before having sex because they would both last for hours.

Adderall.

This may sound strange, and I still can't make sense of it myself, but Adderall increases my sex drive. It is a stimulant just like meth, so I'm not sure why I react differently, but I do. It's like a magical blue pill (the ones I have taken are blue) that makes me want to fuck and have an orgasm!

Alcohol/Cigarettes.

Keeping it simple. It works great for me a just about all girls I know if we don't go overboard. Increases my drive and overall cum. The drink depends on the overall mood but it's usually all the same. I love to smoke when I have sex, has Chris told you?

Drugs and Female Orgasm (The Short List)

By: Good Looking Loser

This topic is a long one, this is by no means a comprehensive discussion on the subject.

I'll do one later and it will be much longer with dosages and hot details.

I've been with girls on just about every compound ever. This is what goes down in the club/after-party scene. Girls are at still a very experimental phase of their life, similar to college, but usually involving more hardcore drugs since they have access to them in Los Angeles. I don't mix drugs however and I advise against it.

The response to following compounds refers to a SMALL/CASUAL/MODERATE dose in most girls I've been with.

It doesn't necessarily refer to habitual use involve dependency or larger quantities.

Adderral (or Ritalin) - Decreases female libido, sensation and orgasm.

Alcohol - Increases female libido, sensation and orgasm.

Benzodiazapines (Valium, Xanax) - Decrease in female libido, sensation and orgasm.

***Cialis (or Viagra/Levitra/Ladialis) - Neutral effect on female libido, increases sensations, sometimes orgasm.**
(She needs to ask her doctor about these prescription medications; DO NOT BUY FROM AN ONLINE PHARMACY)

Cocaine - Increases female libido but decreases sensation.

***GHB (or GBL) - SUPER INCREASE in female libido and sensation.**

Ephedra - Slight increase in female libido, decrease in sensation/orgasm potential.

Heroin - Various effects on libido, generally a decrease in sensation and orgasm. (non-habitual use)

***MDMA (ecstasy) - SUPER INCREASE in female libido and sensation.**

Marijuana - Increase female libido and various effects on sensation and orgasm. MODERATE DOSE.

NSAIDs (tylenol, excedrin) - Neutral effect on libido, can reduce sensation and orgasm potential.

Oxycodone/Hydrocodone (Rx pain killers) - Various effects on libido, decrease in sensation and orgasm.

Both men and women in adult film frequently take Rx pain killers (and viagra) before a scene.

For guys- the combination makes them last super long.
For girls- it keeps them from feeling the pain of repeated thrusts from a large cock.

Phenibut - Phenibut is amazing for most women see this post- "Phenibut and Orgasms"

SSRIs - Decrease in female libido and sensation.

***Tramadol - Increase in female libido and SUPER INSANE increase in sensations and orgasm.**

Wellbutrin - See Cocaine

Approach Anxiety Program - Week 7

June 3, 2013 | by Good Looking Loser | Link | Original Link

Libertad (Get Liberated) - Week 7

Welcome to Week 7.



Onward to Pussy.

Before we jump into any new stuff, we need to solidify what you experienced last week.

Some of the drills from last week are almost identical to how I approach women.

There's more physical dialogue and the interaction is longer [on some], but the initial 30 seconds are basically EXACTLY the same to Day 46.

Lets Talk Week 7-

First off, congrats for making it here.

If it's been shaky, I'm not opposed to you doing Week 6 ALL OVER AGAIN.

It's the guys that REALLY complete that week that succeed.

I don't have to remind you how closely this translates to real approaching.

Hopefully you haven't been turning the drills into indirect approaches, so you can really feel what it's like to approach a women fairly aggressively without outcome dependence (because you leave).

We'll build on that this week.

The dominant attitude I want you to have this week is-

> ***"I've done this a million times."***

While you haven't done this a million times, you've probably consistently talked to more women in

the past 7+ weeks than you have in your entire life.

The various reactions to get should seem ***very predictable*** by now.

Approaching/Online Dating

At this point in the program, you are allowed to approach women.

You should have the "skill" to do so in a fairly direct manner.

You probably won't be able to "aggressively" hit on girls, so that is what we are going to work on the in the next few weeks.

If you are approaching women, you don't have to do the online dating.

If you aren't- I suggest either sticking with the online dating or doing the drills at least 2 or 3 times.

Remember beating Approach Anxiety isn't like "passing a test" where you can just forget everything you learned, because you never actually learned it and it didn't matter. This is something that you proactively need to BEAT and success isn't defined by simply getting past the drills.

Hit on 30+ girls this week.
(either Online or In Person)

Audio Week 7: (16:43)

- If you've made it to this point, the chances that you will beat AA forever at 90%+.
- **Fuck it moment - Embrace It *Important***
- Thoughts on the guys that "quit".
- The mentality "I've done this a million times".
- Thoughts on the "real" approaches that you may do. (don't get discouraged but don't make them indirect)

Audios for Day 48-55. mp3/iPod compatible: Download Approach Anxiety Audios Week 7.zip

Approach Anxiety Week 7 Video:
"The Fuck It Moment"

Approach Anxiety Day 48



Bodyguard addition.

Today were are just going to expand on what you've already done before.

In week 2, we expanded on asking a girl "time" and "directions," you are quite past that point obviously.

We'd like to get it to the point where walking up to a girl and telling her she's attractive and touching her is as easy and natural as asking for "time" and "directions".

So that's what we're gonna do.

Remember- You've done this before. Everything except the 3rd part.

Day 48 Drill (Level 6)

- **"I know this random but I thought you were cute and wanted to say hi", I'm [Name], Leave.**
- **"I know this random but I thought you were cute and wanted to say hi", I'm [Name], Handshake, Leave.**
- **"I know this random but I thought you were cute and wanted to say hi", I'm [Name], Handshake, "You have a strong handshake, maybe you should be my bodyguard.", Leave.**
- **Repeat this 6 times, you will speak to 18 girls.**

? Do What You Want Principle Active

Audio Day 48 (22:01)

- Drill explained.
- The "bodyguard" routine can be overkill, I don't use it that often anymore, it's a good way to get comfortable with being physical.
- The criticism I hear the most relating to screening and if it "works".
- Go hit on 5+ girls after you do the drills.

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.



Approach Anxiety Day 49

Get used to touching from the start.

If you are going to effectively and efficiently screen women, we need to get you used to touching women.

Early and often, especially if you are hitting on girls at night.

The amount of touching you do today will probably be more than you ever have in the first 30 seconds of an interaction.

Lucky for you- you are going to leave right after.

This type of drill will really show you that you will still get the same predictable responses, even when you are more aggressive.

Day 49 Drill (Level 6)

- **"I know this random but I thought you were cute and wanted to say hi", I'm [Name], Handshake, Leave.**
- **"I know this random but I thought you were cute and wanted to say hi", I'm [Name], Handshake, "You have a strong handshake, maybe you should be my bodyguard.", Leave.**
- **"I know this random but I thought you were cute and wanted to say hi", I'm [Name], Handshake, "You have a strong handshake, maybe you should be my bodyguard." SQUEEZE HER ARM, Leave**
- **"I know this random but I thought you were cute and wanted to say hi", I'm [Name], Handshake, "You have a strong handshake, maybe you should be my bodyguard." SQUEEZE HER ARM and say "You're jacked.", Leave**
- **Repeat this 4 times, you will speak to 20 girls.**

? Do What You Want Principle Active

Audio Day 49 (20:15)

- Drill explained
- Girls will laugh at jokes that aren't funny. That's called flirting. e.g. "I love you, I love you..." "Your mom's a player..."
- Even though this is a drill, this is certainly "aggressive" and way more so than what other guys are able to do.

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.



Approach Anxiety Day 50



Don't Think I'm Cute Too?

Lets continue, shall we?

Today we going to introduce some vulnerability back into the drill.

Tell the chick she's cute/attractive and request to be told so yourself

What usually happens is... wait never mind- you're a big boy now. I don't need to tell you.

Day 50 Drill (Level 6)

- **"I know this random but I thought you were cute and wanted to say hi", I'm [Name], Handshake, Leave.**
- **"I know this random but I thought you were cute and wanted to say hi", "Aren't you going to tell me that I'm cute too?", I'm [Name], Handshake, Leave.**
- **"I know this random but I thought you were cute and wanted to say hi", "Aren't you going to tell me that I'm cute too?", "What did you say?" (pretend like you didn't hear her), I'm [Name], Handshake, Leave.**
- **Repeat this 3 times, you will speak to 18 girls.**

? Do What You Want Principle Active

Audio Day 50 (26:24)

- What you say never really mattered.
- Drill explained.
- All of my lay reports are basically the same, once you find something that works you stick with it.
- Simple and Unimpressive > Flash Game
- What "game" is - KILLER INSTINCT

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 51



Attractive, Annoying Stranger.

If the third part of yesterday's drill was tough, I suggest you go back and repeat Day 50 because you will be going from 0 to 100 today.

Remember- You've done this a million times.
In reality- you have done this quite a bit.

Day 51 (Drill 7)

- **"I know this random but I thought you were cute and wanted to say hi", "Aren't you going to tell me that I'm cute too?", "What did you say?" (pretend like you didn't hear her), I'm [Name], Handshake, Leave.**
- **"I know this random but I thought you were cute and wanted to say hi", "Aren't you going to tell me that I'm cute too?", "What did you say?" x2 (pretend like you didn't hear her), I'm [Name], Handshake, Leave.**
- **"I know this random but I thought you were cute and wanted to say hi", "Aren't you going to tell me that I'm cute too?", "What did you say?" x3 (pretend like you didn't hear her), I'm [Name], Handshake, Leave.**
- **Challenge: "I know this random but I thought you were cute and wanted to say hi", "Aren't you going to tell me that I'm cute too?", "What did you say?" x5 (pretend like you didn't hear her), I'm [Name], Handshake, Leave.**
- **Repeat this 5 times, you will speak to 15 girls.**

The challenging part of today's drill is finishing it, some girls will make the attempt to leave.

You need to stick with them and get your handshake.

? Do What You Want Principle Active

Audio Day 51 (31:06)

- Drill Explained.
- Girls the start walking away. Get in there again!
- In reality you do want to walk along side them a little bit, sometimes they are interested but don't understand that you are hitting on them or what to do.
- "Attraction isn't a choice," put into perspective.
- Social momentum is good to build but we want you to say "fuck it" and go from 0 to 100.
- Even if you beat approach anxiety, there will be (bad mood) days where you need to say "fuck it."

Here's me doing the drill-

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 52



Broken record.

If you've legitimately given the effort and made it to Day 52, no matter how long it's taken you, today might be easy and a lot of fun.

Today's drill combines an aggressive approach with the "I'm just fucking with you" mentality.

It's the first we've done that and you'll more than likely be ready for it.

I don't even have to remind you that you've done this a million times.
It will feel like 2 million after today.

Day 52 Drill (Level 7)

Have fun.

- **"I know this random but I thought you were cute and wanted to say hi", I'm [Name], Handshake, Leave.**
- **"I know this random but I thought you were cute and wanted to say hi", I'm [Name], Handshake, I'm [Name], Handshake, Leave.**
- **"I know this random but I thought you were cute and wanted to say hi", I'm [Name], Handshake, I'm [Name], Handshake, I'm [Name], Handshake, Leave.**
- **"I know this random but I thought you were cute and wanted to say hi", I'm [Name], Handshake, I'm [Name], Handshake, I'm [Name], Handshake, I'm [Name], Handshake, Leave.**
- **Repeat this 5 times, you will speak to 20 girls.**

Yes, you are going to be introducing yourself over-and-over-and-over.

Try not to laugh. :)

? Do What You Want Principle Active

Audio Day 52 (32:01)

- Drill explained.
- This might be easy, but a few weeks ago it probably would have been tough.
- Doesn't matter what you do, you get the same predictable responses.
- Eating out my of my roommates every now and then. (Hollywood Hills House)
- Messed around with nearly every single one of my roommates and then some.

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 53 (Groups)



Same shit. 2+ Girls.

Do this at night, if you want.

We haven't really had a ton of drills involving groups of girls.

I'll discuss why it's not super necessary in the audio.

For the purpose of developing social freedom and taking taking phone numbers it's definitely necessary.

In terms of the future, GETTING LAID, on approach in 10-30 minutes, the logistics are a lot worse if you are approaching girls during the day.

There's less than a handful of daytime scenarios where you can reasonably pluck girls away from their friends. I've done it numerous times at the beach and at concerts.

But girls at the mall with their friends, for example, odds are pretty unlikely that a girl is going to leave her friends to go have sex with random guy.

I'm not saying it's impossible- I'm saying you are better off hitting on girls that are ALONE if you are seriously looking GET LAID during the day.

When you approach groups during the day, especially if you don't have a place right nearby, your game plan should probably be to take the girl(s) number.

As for the drills, I encourage you to just go up to the girls and do the drill.

BARGE RIGHT IN.

Sometimes it's smooth, sometimes it's not. How you look and if the girl is available dictates the outcome most of the time.

That's how it is done in "real" life.

Don't let the fact that one other girl is standing there silently mess you up.

You can totally ignore her or slightly acknowledge her. Whatever you want to do.

On some of the drills you going to engage her immediately after you talk to the 1st girl.

When you start approaching girls for real you'll usually have to show you're cool by engaging her friends by being friendly, polite and flattering.

But for now- just do whatever you want.

***Remember- IT MATTERS* when YOU give a girl a compliment.**
Or at least slowly try to feel that way, you might have to talk to some below-average girls to reinforce it.

Day 53 Drill (Level 7)

Just remember- this is like any other day.

The only difference is that there is another girl standing there that's going to be jealous that you are talking to her prettier friend. No big deal.

Do the drill.

You can do the drill one girls and then turn and do it on the other.

Or you can do each step on each girl, bouncing between (girl 1, girl 2, girl 1, girl 2). This is harder.

- **"I know this random but I thought you were cute and wanted to say hi", I'm [Name], Handshake, Leave.**
- **"I know this random but I thought you were cute and wanted to say hi", "Aren't you going to tell me that I'm cute too?", I'm [Name], Handshake, Leave.**
- **"I know this random but I thought you were cute and wanted to say hi", I'm [Name], Handshake, (do on both girls). Leave.**
- **"I know this random but I thought you were cute and wanted to say hi", "Aren't you going to tell me that I'm cute too?", I'm [Name], Handshake. (do on both girls). Leave.**
- **Challenge: Bounce between the girls. Step 1 on Girl 1, Step 1 on Girl 2, Step 2 on Girl 1, Step 2 on Girl 2, etc.**
- **Repeat this 3 times, you will speak to 12 groups of girls.**

Audio Day 53 (xx:xx)

- Drill explained.
- Challenge explained.
- Why approaching groups of girls during the day is usually just for a phone number.
- What the dynamic usually needs to be when there's 2 girls (at night) and you take 1 of them home.
- How I usually handle groups in real life. (spread the love, you guys are too cute together)
- "Dream Guy" technique (amazeballs)
- How groups generally treat you in real life if you got your shit together and appear cooler than they.
- Girls that pull their friends away, that friend is generally not single (assuming you look good).

? Do What You Want Principle Active

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you

got) - feel free to repeat this day.

Approach Anxiety Day 54



What normal aggressive guys do.

Of my friends in Florida, Los Angeles, New York and Washington DC that get a lot of action - half have DO EXACTLY THIS.

My sexy little roommate always tell me guys hit on them (cause they know I'm into this stuff) and the vast majority of the time it's either "hi, what's you name?" or "hi I'm [name]".

They just introduce themselves, usually without even saying "Hi," 'Hi, I know this is random," or anything else.

All it is, is-

"HI, I'M CHRIS." (hand extended)

That might appear strange (no introduction?) but hot girls sort of accept it and know right away that my friends are hitting on them. To girls it looks way confident most of the time.

It particularly makes sense at night after you have made eye contact with a girl but I've seen them do it doing the day at grocery stores and just on the street.

If it was a choice of running "pick up artist" game versus having a guy just walk up to 50 girls and saying "Hi, I'm [name]" and seeing how they responded.

Day 54 Drill (Level 7)

Don't let the context affect you. You've actually done this probably 150 times now.

DO NOT COUNT THE DRILL IF YOU DON'T SHAKE HER HAND.

- **Hey (STOP HER), I'm [Name], Handshake, Leave. x 20**
- **I'm [Name], Handshake, Leave. x 20+**
- **Challenge: Do this within 45 minutes**
- **You will speak to 40+ girls.**

This can be a long drill if you aren't in a crowded city, break it up into 2 days.

Audio Day 54 (22:37)

- Techniques that normal guys do. Wink, eye contact, giving the finger.
- Importance of learning from guy with a cool vibe.
- Natural guys are just guy with social skills and killer instinct.
- Why some "normal guys" get laid.
- What "aggressive" means to normal guys that get laid a lot (numbers game).
- What normal guys that get a lot of ass know.
- Drill explained.

? Do What You Want Principle Active

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

Approach Anxiety Day 55



What normal more aggressive guys do.

Yesterday, you basically did what "normal" guys do.

They basically repeat that over and over until they get laid.

Simple right?

That's not much different than what I do.

There's some more touching up front and a game plan of where I'm going to take the interaction (girl).

I'll repeat it until I find a girl that's available and has the time.

Remember- "getting laid" is simply 2 people that think each other look good/cool enough and have the time and place to have sex.

You can mostly control - how good you look and the place to have sex.

You can't control - her availability on that given day.

Of my friends that are "normal" guys who get a lot of ass (I'd estimate 20+ in the sack/yr.) very few of them are "aggressive,' per our definition (touching girls early and often). Very few of them "screen" girls per definition. Most of them make normal conversation and when they think the girl likes them - their KILLER INSTINCT kicks in.

Aggressive to "normal" guys entails-

1. Talking to a lot of girls
2. Being verbally aggressive (sexual speak)

I personally think that #2 isn't super necessary if you just touch girls, touching them early says more than 1000 words.

Still, I want you to become comfortable with complimenting/propositioning girls in a sexual type way- beyond saying they are "attractive" or "cute".

Whether or not this ultimately fits your style- it doesn't matter now.

Lets stretch your comfort zone for a few more weeks.

Day 55 Drill (pre-Level 7)

DO NOT COUNT THE DRILL IF YOU DON'T SHAKE HER HAND.

Make sure to STOP the girl.

LOOK HER IN THE EYE AND SAY "YOU'RE SEXY."

- **Hey (STOP HER), I'm [Name], Handshake, Leave. x 5**
- **Hey (STOP HER), I'm [Name], You're sexy, Handshake, Leave. x 15**
- **You're sexy (STAND IN HER WAY), I'm [Name], Handshake, Leave. x 15**
- **Challenge: Do this within 60 minutes**
- **You will speak to 35+ girls.**

? Do What You Want Principle Active

This one, like yesterday, can take awhile, feel free to split it up- but no longer than 3 days.

Audio Day 55 (27:18)

My friends that do this are more of the "scumbag" types and that's why they land 30+ girls a year.

You said you want to get laid, right?

Even if you don't want to be a total scumbag, you WILL need to be comfortable with most of the mentalities.

- Normal guys that fuck a lot of chicks are "aggressive" (numbers game) and have killer instinct.
- Drill explained.
- Despite the nature of the compliment it's quite flattering.
- "Sexy" is probably the most I want you to verbally screen. Anything more is usually too crude.
- This does screen and well.
- Aggressive normal do this a lot, especially at night.
- If you like this, consider making it your own but don't do it because you are scared to touch girls.

- Mr. PUA Wizard's "Apocalypse" Opener.
- Anti-Slut thingy.
- If you are cool (and it look like you fuck a lot of girls) girls won't worry that you'll judge them.
- Little talk about inexperienced girls, etc.

If you were unable to do the drill or weren't happy with your performance (NOT the reactions you got) - feel free to repeat this day.

How to Prevent (Avoid) STD's; Emergency Non-Mainstream Method

June 14, 2013 | by Good Looking Loser | Link | Original Link

Sexually Transmitted Diseases!

Someone on YouTube asked me what I thought of STD's and general ways to prevent them.

Obviously- the key is not get them in the first place.

A quick search on Google revealed the same generic "advice" and nothing that most of us don't already know.

1. Assistance is the best way to completely avoid STD's.
2. Only sleep with partners after you have both been tested.
3. Using a condom and practicing safe-sex can significantly reduce exposure to STD's.

Of the three, only #3 is practical for our lifestyle.

Obviously advice like-

"Stay at home. In fact- wrap yourself in plastic wrap and foil any time you answer the door,"

is essentially useless to us.

Hopefully this quick post and video sheds some light on STD's and gives unique emergency way to prevent them if you think you've been infected.

Unless you are fucking pigs or mosquitoes that carry viruses,* selecting your partners wisely (or at least trying to) will certainly play a factor in avoid disease, after all- it takes two to share a disease.

*** that was a joke, but it made no sense.**

Sexually Transmitted Diseases; Non-Mainstream Emergency Prevention, How To Screen Girls for STD's

A Complete Stereotype of the Women I've Been With

For the record, as of June 2013, I have not have contracted any STD's.

The two times that I had a "scare" (my screening method was iffy and I was really drunk), I immediately went through most of the emergency procedure I talk about in the video. There's not guarantee that my little method worked but it certainly didn't hurt.

For the record, as of June 2013, I have not impregnated any women.

Other than literally 2 or 3 times, I have always used a condom with new partners. These days, I take it as seriously if not more seriously.

The times that the condom split- I made sure the girl grabbed the morning after pill, often I accompanied her to get it the following morning. It's about $40 at a pharmacy and it's free in Los

Angeles at those planned parenthood clinics.

To me, and others with a brain, if you don't want to make a child - WRAP UP YOUR DICK.

I've always known that and taken it seriously, maybe because of where (and how) I was raised - having illegitimate children was just about my worst fear.
(in a high school case of about 600-700 students, there was maybe 2 girls who got pregnant)

You were trash if you had a kid before age 21.

Long Discussion With Myself On Why I Wasn't Concerned that My Girls Had STD's

long random video, for guys that really want to know where I'm coming from.

All this recent discussion on STD's is somewhat new to me (as you can see, I really have to think about stuff), to be honest- I was never super concerned.

For one, I always have condoms with me (yeah 2 of them, in my wallet) and my partners just aren't the types that don't care about get pregnant or STD's. Because of their obsession with their "careers" and social status, they just aren't the types that usually have STD's. That might sound totally naive but that's how I've viewed it for years.

While it's IMPOSSIBLE to stereotype every girl I've been with, or even the "type" of girl I hook up with- the girls I've slept with never struck me as irresponsible. Maybe that is wishful thinking, but I've never had an STD's and hopefully won't ever get one.

College girls might get wild, but they aren't usually irresponsible when it comes to their sexual health. Neither are these 'higher status' LA babes. It's not "okay" to them if a random guy like myself cums in them and sends them home.

to download the video goto: http://www.keepvid.com

For what my opinion is worth-

(and again, it's my opinion you are free to disagree and judge)

Even those I've gotten down with girls very quickly, sometimes in less than 30 minutes, I don't think the vast majority of the girls were "trashy" and wouldn't have cared if I didn't wear a condom.

I'm not into trashy girls.

These girls would probably strike you as popular "high [social] status" girls.
(I describe these girls in the "Swag Factor" article)

There's a difference between a girl who looks (and dresses up) sexy and a girl that is straight up trashy.

Admittedly, Hollywood has blurred this line.

The majority of girls don't look like "sluts" and their experience levels widely varies.

Obviously, I don't really get to *know* the girl unless they become my fuckbuddy for a month or so, but the majority of the girls I end up with are fairly ambitious (or at least somewhat driven) women.

They don't want to get pregnant.

Their friends aren't single mothers.

They are from at least middle class families and don't want to live on the state (a lot of them have rich parents, for some reason).

They think girls that get pregnant or infected are irresponsible white trash (there, I said it.).

Their social reputation alone discourages them from practicing anything but safe sex.

They are usually college girls or [try to play the role of] career-minded individuals, even though by most standards- their 'career' choices (actress, model, entertainment, singer, MILF in training, fitness girl, whatever) are considered quite superficial.

Again, ambitious/driven girls- that doesn't necessarily mean "smart" (raw intelligence) or "desk job".

Take hot college girls for example, at major universities (not the ones at community colleges that with poor high school grades and test scores, work a part-time job and don't have a social circle)- they want to party, they want to be popular, they want to have sex and experiment with their bodies (and drugs and alcohol)- but VERY FEW of them are willing to jeopardize their future (and social standing) by getting pregnant, getting a disease or getting a drug habit.

Does that make sense?

I'm trying to give you guys an idea of who these girls are.

These women wouldn't strike you as irresponsible sluts. In fact, I [like to] think they are pretty selective about who they sleep with.

The best way to describe it because I was quite like this myself- these girls are simply in the 'party stage' of their lives but that doesn't mean they are completely irresponsible. Just because they are out drinking and partying at age 22, doesn't mean they are going to be doing the same thing in 5 or 10 years, or even a year from now (they general begin the serious career/boyfriend search at age 23-24). Just because they are party girls, hungry for attention, doesn't mean they don't have a brain and wouldn't panic (and call their parents) if a random guy were to cum in them.

Though it seems like a paradox- "responsible party girls," that's how I'm going I'm going to sum it up.

Maybe "not irresponsible party girls" is better. Those are women that made it into my bed in the past 4.5 years.

Again, this is my opinion. It is IMPOSSIBLE to stereotype or generalize all the women I've been with. And That's not even because I've "been with soooooo many," it's because it's a stereotype, while true for the most- lend themselves to obvious exceptions. Certainly there were some girls that even struck me as "trashy" but I've also ended up with virgins that have never had a boyfriend.
(related post: "Aggressiveness Only Gets Sluts?")

Non-Mainstream Way to [Potentially] Prevent STD's

(emergency method, in addition to condom use)

This post and especially this sub-topic is subject to our medical disclaimer.
This is NOT a substitute for safe sex and condom use.
This method is not proven to prevent the exchange of sexually transmitted diseases.
Ask your doctor about this method or he has any other 'do-it-yourself' methods that you can do in addition to practicing safe sex.

This is my emergency method to prevent STD's, I've used it in-full 2 times and in-part a few more times.

Based on the clinical studies I gathered (and also the vote of confidence from a medical professional) it should significantly reduce the chances of being infected by an STD's (assuming is remains alive on the surface on your genital region).

Like I mention in the video, I always use condoms and though it's wishful thinking- I highly doubt my *most* of my partners have/have been exposed to STD's. To put it in perspective, I don't get real kinky with 1st time partners. It takes a little while to build trust to experiment with girls.

I also have "screening" methods that I mention in the video that seem to shed light on if they have been exposed to any STD's.

This routine might be overkill but it beats getting Herpes or HIV (right?)

(yes.)

1. Prior to sex/getting naked, put Purell/Hand Sanitizer on your dick and rub it in.

This kills 99% of bacteria and might be helpful to defend against any viruses that someone end up on the inside of the condom.



Just get this at your local grocery store.

2. Before going down on a girl or putting your dick in her, spray a liberal amount of PJUR MED (not an affiliate link) on her pussy and your dick.

This formula doesn't have alcohol and the active ingredient 'Chloroxylenol' is clinically proven to kill Herpes, HIV and potentially other STDs. You can spray it in your mouth and her pussy. It tastes like sugar water.

I actually keep a bottle of it in my car and slip it in my pocket if I end up at the girl's place.

If you know me though- you'll know that I end up at MY PLACE 98% of the time. I'm HUGE on having ideal logistics where I can control EVERYTHING.

(in the video I talk about 'what to do' if you are uncomfortable about spraying the girl with this stuff)



Unlike alcohol-based products, you can spray this ANYWHERE and EVERYWHERE. I suggest you do and tell the girl it's for added "freshness". They are usually totally cool with it and like a "clean" guy.

*** Put on a condom now ***

Condoms with spermacide may kill various virus strains and bacteria cultures as well.

A nurse I used to see at UCLA Hospital told me this. It certainly couldn't hurt.

3. After sex, especially if you've gone down on a girl, go into the bathroom is begin to rinse your mouth with Listerine mouthwash.

Listerine is clinically proven to kill Herpes Simplex among other virus/bacteria. Rinse your mouth for 60-75 seconds if you can. I can't, it's way too strong. I dilute it with water and just try my best to hit 60 seconds. Listerine makes a 'sensitive gums' formula (the purple one) that one is a little easier to use.



If you used this stuff before- you'll know it's pretty hardcore. Rinse your mouth for as long as you can. Dilute it with water if it's too strong.

4. While rinsing your mouth with Listerine, just like in step number #1 apply Purell back on your ENTIRE crotch region, rub it in until it goes away.

5. After you dick is dry - spray PJUR on it once again, spray it until it's REALLY wet. You can spray it in your penis hole and I recommend that you do. Don't worry- it doesn't hurt.

6. While it's wet, pour and/or rub 99% Rubbing Alcohol on your dick (91% isopropyl alcohol will probably suffice), rub it ALL AROUND your genital area. Rub it around vigorously.

Isopropyl Alcohol kills HIV, Hepatitis and Herpes ON CONTACT and is likely the most effective compound to kill STDs that may remain on the surface. This is probably the MOST IMPORTANT step.



This step is important.

7. Dry your dick off with a towel.



It's Towelie

***8. Spray your crotch AGAIN with PJUR, again make it REALLY WET. (optional)**

***9. While it's soaking wet, spray Lysol on your dick. It won't hurt or irritate your region because you've diluted the area with Pjur. (optional)**

You can use the the Lysol sanitizing wipes as a replacement. Make sure whatever you are using has "Benzalkonium Chloride".

This might seem crazy but Lysol (benzalkonium chloride) kills Herpes, HIV and potentially other STDs (gonorrhea that is still topical) that the Purell, alcohol and Pjur might not have a killed.



This is the one that you want to get. It's the strongest one. You said you wanted to kill STD's right?

***10. Leave the Lysol on, since you sprayed the area with Pjur (which has a water base), it shouldn't irritate your skin. It's never irritated mine.**

***11. If the condom is in the trash, spray it with Lysol too.**

Online Dating: What to Do and Know Beforehand (Rooster)

June 16, 2013 | by Good Looking Loser | Link | Original Link

So You Want to Be Successful at Online "Dating"

By: Rooster (w/ Good Looking Loser)

Before following one of our online dating guides...

- Rooster's Guide to Plenty of Fish if You Have Anxiety (Start Here)
- Good Looking Loser's Guide to Plenty of Fish, Get Laid As Fast As Possible

... there's some things we'd like you to keep in mind.

Forward by Good Looking Loser

Online dating has it's advantages and parallels to real life leave-your-house-life dating.

In fact, you can play the numbers game better.

There's more competition however- you'll have 50-100 other guys messaging the girls you are interested in. Whereas, in real life- those same 50-100 guys would be scared to death to speak to that same girl.

It's easier to meet girls online (you just message enough until you get a couple that are interested). But it's generally harder to get laid since the majority of girls, especially the hot girls, aren't on an online dating site to get fucked by a random Internet guy. They are generally looking for relationships, sick of the bar/club scene and you have to have boyfriend potential (not the same as boyfriend material) to even meet up with them. From there, it can still be an uphill battle. Sexual availability can fluctuate tremendously, you just have the killer instinct to nail that pussy when the opportunity is sitting there.

Getting laid online, like in real life, is finding the girls that are DTF and making it happen.

You should be generally able to meet and meet up with the same quality of girl as you "could" pick up in real life.

Most guys can meet up with chicks that are-

1. Equally as good looking they are.
2. Less good looking as they are.

In most cases, via online dating, you won't be able to get girls that are better looking than you are.
(I know there's some exceptions - I'm not a fucking idiot)

In real life- the element of "swag factor" (coolness) gives you that chance to hook up with girls above your "level".

For that reason, the importance of your looks, is EVEN MORE important online since you can only communicate so much "coolness" in your online profile.

Assuming your goal to is GET LAID and not just "meet women online" or "go out with women," keep these things in mind-

Decide Which Sites(s) To Use

Assuming you are trying to ***get laid*** (noticed that this theme is repeated a couple of times on this website), just like in real life, you have to go to the places where the most DTF girls are likely to be.

For example- in real life, you would go to a bar or club, rather than a church, mosque or men's bathroom.

For online dating, you want to check out the sites that AREN'T relationship sites that have girls that are JUST looking for a boyfriend and you make you "work" (or require a commitment) to get at that pussy.

My experience and success is with Plenty of Fish and OkCupid.

Each site is great, but POF is still significantly better due to its popularity and the fact that there are less boyfriend hunters on POF than OkCupid.

If neither of those dating sites are popular where you live.. tough luck kiddo.

Just kidding.

Make sure whichever site you use is both popular and has the ability to send out mass amounts of messages fairly easy.

I suggest using both sites to start.

If you?re making the dating-i-mean-fuck-women side of your life your #1 priority? you should be setting up as many dates as you can. Hitting the maximum limit of openers between the two sites should be plenty.

Adult Friend Finder is another one, we'll have a guide for it soon.

I'm in the process figuring out the most productive and efficient way to screen in the real DTF girls and screen out the fakers.

Chris has a friend that gets a lot of ass off JDate; you don't even have to be Jewish. Just say they are part Jewish or like pleasuring Jewish girls, if you care for some reason.

Stay away from sites like eHarmony and ChristianMingle, both are relationship sites (obviously).

Make Blitzing (Sending Openers) a Habit

Most guys understand and are better able to play the numbers in an online venue. Most guys don't get scared of online "rejection" from a girl that is looking for a boyfriend and considers you too much of a player.

YET-

I?ve seen guys send 50 messages then complain why they don?t have a date.

You need to realize this is really a numbers game.

Make it a mandatory blitz 5x a week of your messaging limit (40 openers). Set daily reminders on your phone and play some music in the background while you blitz.

You can get the blitz down to 10-15 minutes and it easily becomes a simple habit. The time of day that is most busy is around 6 & 7pm. The busiest day of the week for girls online is Sunday.

On top of the habit of sending openers, try to remember to have a tab open whenever you?re on the computer ? you have a lot higher chance of being opened as your thumbnail gets highlighted often when you are currently online.

Have Quality Pictures

(and LOOK GOOD)

Like Chris said- pictures are EVEN MORE important online.

Your pictures, not your "about me" or "favorite quotes" set you apart from other guys. Just like in real life.

- Your potential and limits with quality is determined by your looks (pics). The quality you?ll get is at par or often a bit lower than your own looks.
- Try not to become frustrated if things go wrong. If you?re not experienced a lot with women, realize that everything you do from first talking to her, meeting her, and fucking her (or trying to) is a process of progress. You might make mistakes but you can always learn from them.
- With women in general, a lot of things are out of your control. A lot of women online are there for attention and never really planning to meet up. Also, you?ll always get at least some girls flaking. Since these girls are meeting guys they barely know from the internet ? it?ll happen. Reducing the amount of flakes is in your control and can be changed.
- If you look decent and are following our approach, the vast majority of "rejection" or girls that don't want to have anything to do with you is because YOU LOOK LIKE A SEXY PLAYER THAT IS NOT RELATIONSHIP MATERIAL. Not because you "aren't good looking enough" or a fucking loser. This is screening, just like in real life.

In my online dating guide I explain what pictures you should use, what they should convey, how many to use, and the importance of your main one:

What I don?t explain is how to get at least 1 solid picture if you don?t have one already.

If you don?t have any great pictures from Facebook or wherever, I suggest to take a mirror shot ? they work great.

Most reasonable people know that a mirror shot is a better indicator of how you look than a Photoshopped, airbrushed, noise-reduced HD 1080i .jpg. That's why, still this very day, models are required to take Polaroid pictures in addition to their "portfolio". A combination of the two is good. Just don't have some creepy webcam picture with bad lighting where you look like you just got done jerking off to better looking people.



uhhh.. I don't have a digital camera (or a life)... so uhh.. don't hold this picture again me.

A mirror shot is okay, if you don't have anything else.

You completely control your style and appearance and can take a bunch of shots to make sure it?s just right.

If you?re broke ? go try some outfits in the mall and take a pic in the change room of your edgy outfit you just tried on. It?s easy to not make it obvious that you?re in a change room, and brand new clothes always fit the best. If you don?t know what type of a style to follow, check this out ?

- "Good Looking Loser's Guide to Style"

Whichever picture you use for the main one, make sure it stands out.

Not only standing out with your looks and style, but as a thumbnail it should grab the girls attention to click on it to visit your page.

Don?t Pay Too Much Attention Response Rates

(JUST LIKE IN REAL LIFE)

Date rate or even lay rate is a better ratio to go on.

But even still, you should be screening out at least some dates of huge boyfriend hunters. (JUST LIKE IN REAL LIFE)

I know someone who has 3 - 4% response rate but still gets laid fairly often from it. He does this because the ones who do reply are a lot more likely to be dtf ? from how hard he?s screening.

Also, some guys use funny type openers that make them then come across as Mr. Funny Man. It makes you look like you?re desperate for replies and girls generally categorize you as more of a friend than a guy that can fuck her tits out her ass.

Other Tools & Things to Eat

You can use these while you are hitting up women or while you are on dates.
(JUST LIKE IN REAL LIFE)

Phenibut & Kratom

If you think you might be nervous - get some Kratom or Phenibut. It could mean the difference between getting laid or not - especially if you?re just starting out and you?re anxiety is through the roof. Even if you don?t have anxiety or anything, both Kratom and Phenibut are fucking awesome to give you a great mood.

KRATOM

- Happy Hippo Herbals (Best Kratom on Planet Earth)

Look here for instructions on the ordering process.

PHENIBUT

- Phenibut Review from Good Looking Loser

Mobile Apps

POF & OKC

70% of users on POF use the mobile phone app. It makes everything 10x times easier to set up dates practically anywhere, anytime. I wouldn?t suggest sending out your openers from your phone as that would take too much time.

Without it, you will send a message, then hours or a day later when she?s online she?ll reply. Then hours later when you?re back online you?ll reply to that, and so on. Then after that you find out she?s just seeking attention or she loses interest for whatever reason.



SWIFTKEY

Basically why it?s great for online dating is that it learns and remembers the words and phrases to easily reply to girls fast with. It even actually can sync-up with your Facebook and gmail to learn your typing style as well.

That's all for now!

Hit me up in the Online Dating Section of our forum.

You can find Rooster's method organized in a program here -

- "How to Get Laid in 5 Weeks (Even If You Are a Virgin)"

Will "Screening" Work For Me? (What "Game" Really Works?)

June 23, 2013 | by Good Looking Loser | Link | Original Link



I dunno if this will work...

Every 7-10 days, I'll see a comment on either a YouTube video or on the blog that says something to this effect-

Limitless_PUA March 10, 2013 at 5:43 PM [edit]

the problem with your stuff is that it works for you because you are tall, good looking and jacked this type of stuff wont work for the average/dorky guy to get hot girls. i hope you know that

REPLY

or



Sifersurfer 1 month ago

I give you respect in how you make her diss her friend and take her. But dude,you are fucking 6 feet tall and buff. That CLEARLY puts you at an advantage. But still respect for taking her back to your place and making her diss her friend. THAT I have yet to do. But you have shown me how. ;)

Reply

or maybe like

not hating June 23, 2013 at 7:00 AM [edit]

Chris i lke your stuff, its insightful and ive learned a lot.

What you need to understand is that your methods won't work as good for other people. You are tall, good looking, musuclar, seem intelligent and have a dick hanging down to your knees that the girls in the videos are actually staring at (no homo).. this "screen her" stuff isnt the same for everyone else

Or my absolute favorite...

Jeff Becker 2 weeks ago

if he wasnt muscular his punk ass wouldnt get ass pussy... im tired of u punk ass little bitches today running around thinking ur thugs, ur not shit lil waynes not shit ur bandana doesnt mean shit chris. ur a little bitch just like 90% of the population. woman r the same way, these ppl market this bullshit 2 u and u fall right in line like sheep. like if u dont wear it or act like a little punk ur not gonna fit in. the problem yea ur not gonna fit in because every last one of u fall in line.

Reply

(what the hell is he talking about...)

... and that's the point.

(no, I wouldn't be bagging quality chicks if didn't make myself look good.)

Giving them benefit of the doubt, I'm going to guess the majority of these guys aren't super familiar with our community.

We do preach, ad-nauseum*- Looks, Style, Social Freedom.

** I can use big words too.*

And there's a reason why I list LOOKS first.

(because other than logistics, it's the most important thing for bagging quality girls on the SAME night (nearly equal with Killer Instinct)

But still-

Only around the PUA community is it unacceptable to devote time and energy to maximizing your sex appeal (looks, style).

Only around the PUA community is being "jacked" or "ripped" frowned upon.

Only around the PUA community does anything other than "game" not count.

It is no surprise that this niche of guys have the hardest time getting chicks to sleep with them?

Before this becomes another "Wow! Looks Do Matter!?!" pointless discussion, lets stay on track and expand this to something slightly useful.



Screening, PUA, Normal Guy, Drunken Stupor

(it all works/doesn't work)

When people point out that "screening" won't work well for average guys, I agree.

What most of those people haven't considered is that **NOTHING WORKS** well when you are average.

This entire creepy blog is dedicated to NOT BEING AVERAGE, from your head to dick to ya feet.

By and large, in terms of getting laid, you'll mainly get girls that are on the same level as your looks/coolness.

If you are above-average at both, you are in the territory to land hot girls, at least sometimes.

If you are below-average at both, you'll end up in conversations with legit hotties that go nowhere, at best.

When you speak to girls that are *AVAILABLE and potentially DTF*, their receptability to your PHYSICAL advances is mainly based on your sex appeal (looks, style).

It doesn't matter if you "screen" them "PUA" them "normal guy" them or somewhat slur your speech.

The approach doesn't matter.

You guys have probably heard this statement-

"In 30 seconds, girls decide whether they are willing to fuck you."

For girls that are single, looking and willing (aka sexually available)- this is largely true.

So Why Do You Advocate "Screening" If It All Works?

Good question.

Screening is the most productive and efficient way to play the numbers game.

By touching girls within the first 0-60 seconds, you'll find out where they stand.

Developing the mentality of- "lets see if this chick is DTF," is more emotionally healthy than "I hope can make this girl like me".

All the other "methods" usually involve trying to verbally convince a girl to ~~like~~ fuck you. Something that is "verbal game" can't do anyway.

More on this here-

- "What is Screening?"

Define "Works"

Whenever I hear someone asking if something "works," I roll my eyes.

What does "works" mean?

One time?

Multiple times?

Every time?

Nearly every popular approach to EVERYTHING, works- some of the time.

Picking up women is no different, it's a numbers game.



It's Impossible to "Create Attraction"?

No it's not.

If you look good, you'll create all the attraction you need.

As far as "game" goes-

Any sort of "game" or "technique" is simply a manifestation of your social freedom.

By itself, social freedom isn't enough to get women attracted to you.

It can make girls laugh but it has a very limited effect on your overall sex appeal and sexual interest girls ultimately have.

I'm not going to go as far as saying "game doesn't exist" (I don't care and neither do you if are

actually serious about fucking girls), but the amount of attraction you can "create" with lines/techniques/body language is limited and far less important than your sex appeal and social skills.

The entire PUA community is based on "creating attraction," with game being the 'great equalizer', at the end of the day- it doesn't significantly compensate for a lack of sex appeal or coolness.

"Attraction Is Not a Choice"

David DeAngelo was right.

Only he was talking about "game" and not sex appeal.

The ONLY reason I can sometimes call up chicks I haven't seen/heard from in 2-3 years and get them to come over is- they are still attracted to me. That's why I encourage guys not to delete phone numbers, assuming the girl thought you 'looked good', she ALWAYS will unless you let yourself go.



Why Above Average? Don't I Need to be Fabulous?

Perhaps it's confusing when I encourage guys to MAX OUT their looks, style, social freedom- but then tell them "above average" will work just fine.
(nearly all guys can get to above-average with all 3, then it's a matter of social skills/killer instinct/coolness to be truly elite)

Lets discuss why that is-

If you have above average- looks, style and social freedom- you'll be in rare company.

- With above-average looks and style, you'll have access to girls with the same (or slightly better, if you are also cool).
- With above-average social freedom, you'll be able to play the numbers game for those girls.

Very few guys have all 3. Most have none of the above.

If you look better and can talk to more girls than 9 out of 10 guys, congratulations- you are top 10%

for the criteria that matters most for getting laid.

One of the only problems that the cluster of *"improve yourself, improve with women"* communities unintentionally promote is- it's a little bit exaggerated "how good" you ACTUALLY have to be at every individual facet.

It's usually a good idea to try to develop yourself across the board but don't think for a second that you have be on some super level with everything. You don't.
(fun fact: one of the original domains for this site was- www.aboveaverageloookingloser.com)

I expand on this concept in this "lets all be above-average and hit on girls" video.
"What Is Elite? Don't Confuse the Top 10% for the Top .0001%"

Table of Contents

0:00 The never explained "Top 10%" GLL concept
1:40 Wow I have my work cut out for me! (no, maybe not)
2:00 Who is the "Top 50%" re: Social Freedom (a guy who can't hit on any girls during the day, ever.)
3:30 Comparisons to friends; for frame of reference
6:00 Who is the "Top 50%" re: Looks/Style (little overweight, below average posture, not in shape)
12:10 Don't confuse the top 1-10% for the Top .00001%
13:20 Be better than 9 out of 10 guys - unlimited pussy, if you apply yourself
14:25 Who you are really competing against at bars
14:45 Example: Me

We'll continue to discuss specifics to improve your looks, style and social freedom in the very near future.

Related propaganda-

- A Similar Criticism of Good Looking Loser "Don't Be Average"
- "Internalizing a Screening Mindset"
- "Good Looking Above Average Loser"
- "Why Improving Your Life Doesn't Necessary Get You Laid More"

Why Edgy (Masculine) Looking Guys Will Always Be More Appealing to Sexually-Active Hot Girls

June 25, 2013 | by Good Looking Loser | Link | Original Link

Edgy Guys Have Sex Appeal That Normal Guys Don't
(Lexy Acquati)

I saw a great post on PUAHate.com in regards to people trying to pinpoint/analyze ?what it is? about me/our ?game? (and what I?m pushing ALL you guys to be) that is appealing to women and gets us laid.

- Is it the voice tone?
- The opener?
- "Being Social?"
- The clothing?
- Maybe high trust/low trust?
- Comfort?
- Eye contact to communicate "I have a sexual vibe"?
- Carefully timed, funny jokes?
- Looks? (He's not a skinny male model and body "doesn't count")

This kind of stuff needs to come out of someone else?s mouth.

It?s arrogant if I say it- even though it?s what I?ve been getting at for the past 16 months.

If you were still confused about "why/how this works" at a high-level with high-quality girls, Colez will explain it to you-



Click to Enlarge

So there you have it.

By the way, I am not naturally 220 lbs and my parents didn't dress me up with a bandana, accessories and ripped jeans.
(I had to try something new)

If you want this stuff to work for you- take Colez' advice.

Forward By Good Looking Loser

I?ve been the ?clean cut? "pretty boy" masculine prep guy (1982-2006).

I?ve also ?edgy? masculine guy.

I always tell guys to lean toward the later in their effort to ?Dress Like A Somebody, Not A Nobody.?

Don't think it's not a choice. It is a choice.

"Being edgy" is the ticket to sex appeal if you aren't a naturally good looking guy. Wanna-be pretty boy offers NO advantages to an average looking guy.

And Even if you are- you are better off with some edge.

It doesn't take much to look edgier than the average guy. A pair of sunglasses, a single ring and certainly 1 tattoo will make you look edgier and cooler than 50% male humans.

An edgy style is more masculine, has greater sex appeal and communicates that you are different from the undersex norm.

It works MUCH better, especially for the purposes of GETTING LAID is quite different than just ?meeting women?.

There is a video at the bottom of this post that discusses why/how we one of only sites on the Internet for GET LAID advice, while the thousands of others are simply for ?meeting women?. The distinction is huge.

It also works much better to make an impression on the HOTTEST girls that have plenty of normal generic guys offering them dinner and a movie.

The hot untouchable blonde is into the edgy guy, the ?girl next door? is into him too, the college girl surrounded by frat boys wants the edgy guy, even the stressed out professional girl who gets out 1 time a month wants to sleep with him.

Other than the below-average girl who knows that she has no chance with him, nearly ALL types of hot girls are into the edgy guy.

This is necessary true of the ?normal? looking guy, even if he is good looking and since I don?t have a vagina, I?ll let Lexy tell you why-

Why Hot Girls Like Edgy "Bad Boys" and What We Assume About Them
(By Lexy)

It is 100 percent true that edgy guys are more appealing and attractive to both nice and edgy girls. I am drawn to edgy guys like a magnet. An edgy guy looks cool ? appears to have confidence ? and is more of a challenge than a nice guy with a squeaky clean appearance.

Perhaps you are thinking it is superficial of girls like me to judge a guy based on his looks. But, as I pointed out, it isn?t just about the look. It?s the overall character of a guy who is edgy that attracts me.

Besides, men (humans, in general) judge others on their appearance all the time. In fact- it?s usually an accurate assessment since we have significant control over how we look, what we wear and the

impression we make.

I make an effort to look sexy when I go out and I expect a guy to do the same. If he doesn?t, he is sending me the message that he isn?t trying to find a girl or hook up. I will look elsewhere.

I have always preferred edgy guys over guys who are not.

Tattoos Turn Me On

I think tattoos are hot on a guy; however, I don?t like him to be covered in them.

A tattoo kind of says I can be a bad boy ? I like to have fun ? I?m not afraid of pain ? I am unique and proud of it. Even one tattoo is a turn on. I?m not too picky about how big or small they are.

Guys can go overboard with tattoos, in my opinion. I like between 1-10 tattoos on a guy ? depending on the size and location. I love seeing a guy with a tattoo on his muscular arms ? it?s super sexy!

That?s just me.

More conservative girls might tell you otherwise.



Tommy Lee is not naturally masculine looking (he's tiny) or intimidating. His "dirt bag" style and tattoos has extreme sex appeal and coolness to the hottest of the high-status women. There's plenty of other celebrities that Pam Anderson and Heather Locklear could have married instead.

Most Girls Want to Fuck Edgy Bad Boys

My girls and I want to fuck bad boys with an edgy appeal ? and most sexually active girls feel the same way.

When most girls are out for a night of fun (and have already decide they might go home with someone, I mean- this stuff doesn?t just ?happen?), they are looking for a sexy guy to show them a good time, whereas most girls picture settling down with a nice looking guy that is safe.

Girls don?t go to the club or bar to get married or find their husband, so the nice guy is not likely to get laid. Actually, the chances of him getting a girl in bed THAT NIGHT are very very low unless he is good looking and has a masculine face to compete with the edgier looking guys.

It?s probably safer to say: A good boy will not be cuming that night, unless he pleasures himself. You may or may not like hearing this, but it is simply the truth!

However, it doesn?t take much to transform from a good boy to a bad boy. Instead of complaining about the facts, do something about it. ?If you can?t beat them ? join them.? You?ve probably heard the saying ? and it totally applies to this situation. Become the guy who girls want to fuck instead of the guy complaining that ?that?s not me...?. ;)


If you are naturally masculine looking, suits will provide a nice contrast.

Perception is Reality ? Probably Assumptions

Although it?s not always true, fun girls, like me, make assumptions about edgy looking guys vs. nice/clean looking guys ? and perception is reality ? especially in Los Angeles.

What assumptions do we make and why?

Edgy guys are probably cooler.

They look cooler, and when you first meet someone, you don?t have much else to go by. If I?m looking at one guy wearing a button up shirt (probably buttoned all the way too) tucked in his perfectly ironed khaki pants and another guy wearing a sweet T-shirt (possibly showing off a tattoo) with distressed jeans -- I can?t help but think the second guy is cooler! You probably would do the same.

Edgy guys are probably more fun.

Edgy guys remind me of the type that take me on a motorcycle ride (or something else exciting). They have a bad boy look that gives the impression that they like to have fun, and know how to make it happen.

Edgy guys probably more of a challenge.

They look more confident, and they get more female attention. They are more of a challenge because there is competition with other girls. It appears as though edgy guys can choose almost any girl they want. They don?t usually go too far out of their way to impress. Instead, they seem to do subtle things to impress without making so much of an effort that they look like desperate idiots ? and they have no problem walking away. They know if they can?t land one girl, they can get another one. Again, they have a confidence about them without being cocky.

This is a girl trying to figure out a guy, so maybe Chris ? Christopher ? Good Looking Loser can tell me if I am anywhere close to what these guys are actually thinking or doing.

Many times, they get approached by girls, which also make them more of a challenge and more appealing.

They are more mystifying too. The fact that I had to ask Chris if I was close or not proves that edgy guys have an unknown mysterious appeal to them.

I want to use an example here from my life.

Like I said, I have always been drawn to edgy guys.

When I was 17, I went to a party at someone?s house with a girlfriend.

An edgy guy had a joint, and was passing it around in a circle. Later, I was sitting down, and he sat next to me. He looked like a sexy bad boy, and he was flirting with me (subtly). My friend called me over to her. I got up to see what she wanted. She told me that the guy was trying to flirt with me. I told her I knew that and liked it. When I tuned around to go back to where I was sitting, he was gone. I was so mad at my friend. After asking around, I was told he left to walk home (mysterious), and I got his name. I was determined (challenged) to get this guy. I did end up with him for a couple of months too. ;)

Edgy guys are more mysterious and any 'sweet' or 'nice' behavior has more impact.

Since edgy guys are more mysterious as mentioned above, when they do or say something sweet it means more because it is not expected, whereas it is expected from a nice guy.

When an edgy guy writes a poem -- buys roses ? plays a special song ? or looks at the stars with a girl -- he is viewed as opening up. When an edgy guy opens up and shows his sweet side, this makes a girl feel special because he doesn?t do this for just anyone.



It doesn't take much to look edgier than the average guy.

Edgy guys can ?keep it real?.

Edgy guys are true to themselves, and they are not busy trying to be like everyone else. No girl wants a fake or an obvious follower. The fact that edgy guys keep it real adds another dimension of mystery to them as well. You cannot put them in one category or completely understand all of them just because you get one of them. This is true of all guys, of course, but it seems to be even truer of the bad boy type.

Like Chris says, while guys that rock standout trendy styles are considered ?followers,? it?s not actually the case. It?s the normal guys that looks exactly the same as the other normal guys that are the followers.

Edgy guys are more confident because they like to stand out and not fit in.

It takes self-confidence to be comfortable with yourself rather than trying to be like everyone else.

Edgy guys are probably more independent.

Edgy guys come across as being tough, which gives them a self-reliant persona.

Edgy guys are probably more masculine.

They seem to take charge and be tough. Masculinity is another word for sex appeal, in my book.



Google 'Justin Bobby' if you want a good example of a good looking guy maxing out his sex appeal.

Edgy guys probably are better in bed.

They are looked at as having more experience. Girls assume they know what they are doing when it comes to sex.

Going on a ?regaular? dinner date with an edgy guy is actually exciting.

I?ve gone to over 100 dinner dates with guys.

It?s still exciting to me when an edgier looking guy takes me out.
(Of course it?s because I like him but it also seems like non-stereotypical behavior.)

Other than a handful of times, a dinner date with Mr. Nice Looking Guy has always been like being in a classroom or talking to an insurance agent at Allstate. Regardless if he was good looking.

Edgy guys are intriguing, and it is thrilling to get to know them. It makes for exciting sex later too!

Dinner with Mr. Nice guy is going to make me bored to death. I can?t imagine having sex with him. If the conversations are dull, I assume the sex will be terrible too.

I would rather be seen with an edgy guy than a Mr. Generic Polo guy

I love being seen with an edgy guy. I love the attention, and it makes me feel exciting and cool. If I were to be seen with Mr. Generic Polo guy, all guys are going to think that is what attracts me, and that I?m a boring, Plane Jane.

That might seem superficial but once you get to know attractive girls, they ALL care who they are seen with.

Remember- IT DOESN"T TAKE MUCH TO ADD EDGE.

Don't think that you have to get completely inked up or put on 50 lbs. of muscle mass.

If you've been studying this stuff for over a year and still find yourself thinking, "that's not me..." "that's not me..." and you are unable to muster up the courage to at least *try* new things-

Maybe it isn't you. Maybe it's time to shut it down and just accept yourself.

Somewhat a different topic (as discussed above)-

"Us vs. Them" (Getting Laid vs. Meeting Women)

Sizegenetics Review - The Best Device to Increase the Length of Your Penis

June 25, 2013 | by Good Looking Loser | Link | Original Link

Good Looking Loser's Sizegenetics Review

updated: January 30 2016
(Added Free Shipping via Good Looking Loser link)

Over the past 8 years, I've tried several male enhancement devices including ~~2~~ 3 different penis extenders. Other than the Bathmate, all of these devices were pretty underwhelming and difficult to wear.



At the end of January 2012, I decided to try the Sizegenetics extender because it had a money-back guarantee and promised "no slippage" or "pinching," which was the biggest problem with the other extenders. Perhaps more importantly- my friend Erik said it works really well.

As of this review (June 2012), in 7 months, I've gained about .5" of length.

This might not seem like a lot, but I have done male enhancement on an intermittent basis since 2001 and I'm fairly "maxed" out. I haven't gained length in about 2.5 years.

If you are new to PE, you will likely gain double this amount in the same amount of time.

I feel comfortable recommending Sizegenetics because I use it, **have gotten RESULTS** with it and can compare it to other similar products.

Let me tell you about it and **WHAT YOU CAN EXPECT**.

Check out Sizegenetics, Free Shipping via GLL-

- **The Official Sizegenetics Website**
  (GoodLookingLoser.com Free Shipping Link)

Good Looking Loser's Sizegenetics Review (Updated 2014)

Table of Contents

0:00 Updated Sizegenetics Review (2014)

0:40 My initial success with the standalone extender (.4"-.5" in about 6 months) from January-May 2012 even though I had previous PE experience
2:50 I recommend getting the full system IF you have the money, you'll be able to wear it for long periods of time (90+ minutes)
4:20 Sizegenetics absolutely works IF you wear it for hundreds of hours (7-8+ hours a day)
6:05 Sizegenetics isn't a "fun" device like the Bathmate, but it's the best length device you can get
7:45 Chris' predictions on how much you will gain
8:50 Who will benefit from Sizegenetics (guys who haven't gained 1.5" yet)
9:50 Who is unlikely to benefit from Sizegentics (guys who have gained over 1.5")

Check out Sizegenetics -

- **The Official Sizegenetics Website**

***Disclaimer**: This review of the Sizegenetics extender is my personal experience. This device or my experience is NOT meant to treat or correct any medical problem or an adequate substitute for medical advice from a physician. Please do not use this device to self-diagnose or treat any medical problem. Sizegenetics is meant to be used by healthy adult males.*

How Does Sizegenetics Work?

In short, this penis extender works by applying moderate tension on your penis throughout the day. It keeps your flaccid penis "extended" and does not allow it to naturally retract. The tissue is gradually stretched and broken down overtime. With adequate rest periods, the penis tissue* rebuilds itself and becomes stronger and specifically- **LONGER**.

This is similar to the hypertrophy (growth) created by resistance training (lifting weights) on skeletal muscle.

*Penis tissue is made of 3 types of tissue (notably muscle tissue and organ tissue), it is not voluntary skeletal muscle like your biceps or quads- but it is made of some ?smooth? (spongy) muscle tissue.

The Official Sizegenetics Video

Why is Sizegenetics Better Than Other Extenders?

Several reasons, i want to give you specifics. If you've tried other extenders, you'll probably know what I'm talking about.

COMFORT = RESULTS

This is the most significant aspect, the Sizegenetics extender is **BY FAR** the most comfortable device that I have used.



Although this generic penis extender had a strap, not a noose, there was consider pinching

You will need to consistently wear your extender for several hours a day.
Although this generic penis extender had a strap, not a noose, there was considerable pinching.

I previously owned the [product name removed due to legal threats] extender and the Platinum Penis Generic extender by B&G International (see picture). These were not very comfortable and it became a pain in the ass to use them.

Both of these extenders kept falling off- not a great thing if you are sitting in class and it falls down the side of your pants leg. The generic extender kept pinching my dick. After 2 months, both became too painful to wear for more than 40 minutes.

I also used drink a gallon of water a day, it was completely annoying to remove and reattach these uncomfortable devices, especially in a public bathroom. Driving and climbing stairs became nearly impossible. I ended up selling the [product name removed] extender. The other generic extender is sitting in a box in my closet.

*In order to get significant results, you need to **wear the Sizegenetics for at least 4 hours a day**. **8+ hours is even better**.*
(see below for a beginner's routine)

Ideally, an extender will be part of your lifestyle. Not a hassle.

You need to be able to take it off and put it back on after you use the bathroom. It should be comfortable when you are walking around, driving, sitting or even when you bend over. It should not be pinching your dick or slipping off. Pinching and slippage are painful. You don't want it to begin to hurt as your studying, at work or hitting on chicks at the mall. After sex, masturbation or following manual exercises, it's important to wear your extender to prevent 'turtle dick'. The last thing you want to do is put a painful, restrictive device on it.

Comfort is super important. I can't emphasize that enough. Even the most dedicated guys can't wear a device that begins to hurt after 10 minutes.

This extender is the most comfortable male enhancement device I have used.

I'm wearing it right now as I'm typing this review, drinking green tea, cooking chicken on the George Foreman and watching ESPN. How's that for multitasking?

SOFT PLASTIC RUBBER STRAP, NO NOOSES

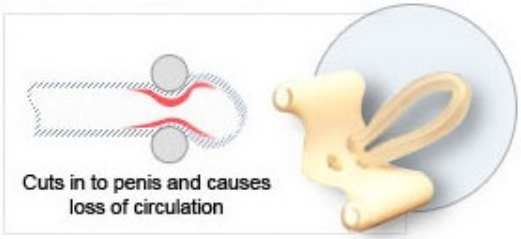
This is largely what makes it so much more comfortable than the other extenders.

Sizegenetics has a **soft plastic strap** that holds your penis in place without slippage or pinching. It

keeps a consistent amount of tension on your penis and you do not have to adjust it until you take it off.

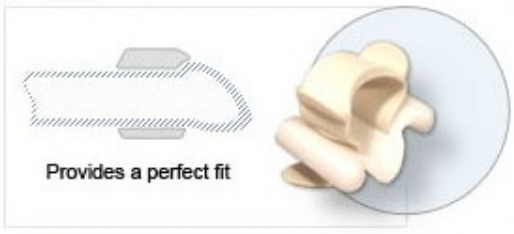
The other extenders I owned all had cheap "nooses" that are either always- too tight (pinching) or too loose (slipping).

These nooses would always dramatically stretch out after just a few weeks. When they stretch- they don't hold your penis as well. This causes significantly less tension to be applied and ultimately your penis will always "slip" out. After the bands stretch out and can't secure your dick, the system is basically worthless.



Noose Based Fixation Method

Might lead to problems sometimes
Patients are sometimes unable to fix the extender properly on to the penis and properly use the device, due to excessive sliding or compression of the penis glands



Comfort Strap Based Fixation Method

Far more safe and comfortable
Comfort Strap minimizes the risk of foreskin damage or over-compression of the penile glands. The comfort strap based penis extenders are highly recommended by doctors

EXTRA PADDING (Full System)

There is extra padding for the area that holds your penis.

The other extenders have a cheap plastic piece that holds your penis. Your penis naturally adheres to this piece which makes taking it off pretty painful, especially after wearing it for 2+ hours. It felt like taking a band-aid off an open cut. It was always a short, quick, acute pain- definitely not pleasant.

Nothing like that with this extender- easy on, easy in and easy off since your dick is surrounded with padding.

* From member feedback, if you are uncircumcised, it is probably a good idea to purchase the extra padding (the full system). I am circumcised, so I can't comment however.


This is the Package I Own (Click to Enlarge)

What Can I Expect from Sizegenetics?



In the clinical study below, participants gained an average of 1inch in their first 6 months.

*You can expect **permanent** **LENGTH GAINS** over several months if you legitimately make the effort to use it.*

The clinical study below will provide the best guesstimate.

There are also progress logs from several our members that you can check out.

If you have weight to lose (especially fat in the abdominal/pubic region) and lose it in the process - your gains can easily eclipse 1" in less than 10 months.

PhilTheBeard did just that. In fact, he gained over an inch.
(To be fair - Phil also used Bathmate and was extremely committed to growing)

UK board certified physicians and plastic surgeons tested the Sizegenetics extender and published the results in the March 2009 edition of the "British Journal of Urology International."

The Results Indicated the Following:

6 month average growth= 2.3cm (1 inch)
12 month average growth range= 2.55cm to 5.1cm (1 inch to 2 inches)

All the men in the study had a starting penis size no bigger than

At 6 months, the men saw an average size increase of 2.3cm (~1 inch) which was considered statistically significant.

At 12 months, the men averaged a final growth between 2.55cm and 5.1cm, between 1 and 2 total inches. The main variable was the daily length of time the individual wore the extender, all wore it for at least 4 hours. The guys that wore the Sizegenetics extender more often, had more length gains.

My Summary of the Sizegenetics Study

- **Commentary: Clinical Study in the March 2009 "British Journal of Urology International"**

This is from the clinical trial that documents % improvements of length gains over 24 weeks

Official clinical study- Sizegenetics_Clinical_Study.pdf

Published in: BJU International; Volume 103, Issue 6, pages 793?797, March 2009

What Will I Gain and How Fast?

(updated August 2014)

Everyone asks this question so I won't completely duck away from it.

Don't completely hold me to it though.

Here are my predictions for how much you will gain - provided that you are wearing it *AT LEAST* 7+ hours a day, 6 days a week.
(These are my based on my veteran gains, progress logs in the forum and the study above)

COMPLETELY NEW TO MALE ENHANCEMENT

- 4-6 months = .75 - 1 inch
- 6-10 months = 1 - 1.25 inches

Perhaps more. Perhaps less.

It will depends on how much you wear it (and genetic factors).

PhiltheBeard gained nearly 2 inches in 11 months, he lost a lot of weight too though.

IF YOU HAVE ALREADY GAINED 1 inch

- 6-12 months = .5 inch

(if you have never really focused on length with regular stretching, you will gain as I did .5" in about 6-7 months)

IF YOU HAVE ALREADY GAINED 1.5 inches

- 10-12 months = .25" inch

I don't necessarily recommend this device if you have already gained 1.5", you will have to do more aggressive things to get to 2 inches.

Again, this is provided that you WEAR THE DEVICE for 6-7+ hours a day, 5 or 6 days a week.

If you combine the manual exercises (jelqing, stretching) with Sizegenetics, you will gain even faster.

There's really nothing that will give you permanent gains faster than this combination.

Sizegenetics Reviewed and Featured in GQ Magazine (UK)



Click to Enlarge GQ Feature

One of the editors of GQ did his own review.

He gained over .5" in 4 months, that's pretty good.

Click the thumbnail to see James Mullinger's Sizegenetics Review-

What If I'm Uncircumcised? Will Sizegenetics Still Work?

If you've **seen my pictures (adult)**, you'll know that I'm circumcised. Still, from user feedback, the vast majority of guys that are cut will find the system quite comfortable with the extra padding.

12 months of user feedback suggests that uncut guys are less comfortable in this device. Thankfully, there is an easy and super inexpensive solution if you are uncircumcised.

It's called the "VLC Tugger" and it's a modification that you can add-on to your extender. Some say it makes the extender significantly more comfortable for uncut guys.

Here is a review of the VLC Tugger from an uncircumcised guy that also owns Sizegenetics and can tell you what to expect.

How Do We Know That You Have a Big Penis and Really Do This Stuff?

I don't mind showing that I USE EVERYTHING I recommend.

I started out pretty average (~5.3"), I'm somewhere between 7.15-7.25" now.

Update: November 2012, I'm somewhere between 7.25-7.35" now.

?Pictures Below Are Not Safe For Work (Adult)?

- **Before and After a Bathmate and Jelq Session**
- **Good Looking Loser?s Penis and Blowjob**

I encourage you to check out other reviews in our Sizegenetics Discussion Board
You can ask questions in there too.

Where Can I See Before and After Pictures of Guys That Have Used ONLY the Sizegenetics Extender?

I tracked down some before and after pictures from guys with no previous male enhancement experience that used ONLY the extender.

I included some of my own pictures, but remember- I've have extensive male enhancement history.

- **Sizegenetics Before and After Pictures (Adult Content, Obviously)**

Should I Get the Bathmate or Sizegenetics?

I get asked this a lot, here's my opinion-

> *I always tell guys to get a Bathmate Hydropump first.*
>
> *The main reason is because the Bathmate is a lot of fun, you see gains quickly and guys get excited about their male enhancement prospects.*
>
> *In reality though, over the LONG TERM, Sizegenetics will be a better device if your goal is permanent length gains. It usually takes longer to see obvious gains however. I want you to know that. If you are impatient and debating between the two- go with a pump.*
>
> *Sizegenetics is a marathon, not a sprint. You have to use it for hundreds of hours.*
>
> *Male Enhancement, in general, is a marathon.*
>
> *A worthwhile one.*

Both devices work great if you are committed to using them, I wouldn't be recommending any of them if they didn't work or if they didn't make my dick bigger.

Sizegenetics vs. Hanging [Weights From Your Dick]

If you are new to male enhancement and just learned that you can lengthen your dick over time by stretching the tissue in safe, controlled increments - you might not be shocked to hear that some guys (almost always experienced guys) make penile devices so they can hang weight plates from their dick.

This works: pull on your dick a lot = it grows slowly.

Same reason Sizegenetics works.

However, I absolutely do not recommend hanging for newbies or for guys that have not yet gained 1.25-1.5" yet.

Sizegenetics is a safer option until you KNOW WHAT YOU ARE DOING and strength your tissues and ligaments.

After you gain over an inch and your gains slow down or plateau - then you can consider hanging.

If you haven't yet gained your first inch - Sizegenetics will be the best and safest option.

Trust me on this.

The 3 Most Important Things You Should Know About Sizegenetics

I recently made an FAQ video that I think you should check out if you are considering ordering a Sizegenetics system.

It's extremely helpful to know what you are getting yourself into.

- It's the best device for increasing penis length, fairly comfortable, but it's not "fun" like Bathmate.
- Gaining length is a marathon not a sprint - you need to commit to wearing Sizegenetics for hundreds and hundreds of hours if you are serious about gaining length. Otherwise it's a waste of money.
- Golden rule: THE MORE YOU WEAR IT - THE MORE YOU GROW.
  (the less you wear it - the less you grow)

Additional Helpful Information

- "What to Expect After You Order Sizegenetics" (Shipping, Packaging, Delivery, Assembly, etc.)
- "Troubleshooting: Videos and FAQ" (Sizegenetics.guru)
- "Sizegenetics Extender Beginner's Routine"
- "Phil's Bathmate & Sizegenetics Routine, 2 Inches of Progress"
- "Keeping Perspective on Penis Enhancement"
- "Combining Bathmate and Sizegenetics for Fast Gains"
- "What I Learned (About Sizegenetics) - Advice for Newbies" **By- Stroker X (GLL Member)**
- "Index of All Sizegenetics Discussions and Articles on Good Looking Loser"

Sizegenetics.guru (Comprehensive Sizegenetics Resource)

Other than the individual reviews and a few other pages, I'm keeping most of the male enhancement stuff off of GoodLookingLoser.com. Some people aren't into this stuff and I respect that.

You can find answers to just about every question in the world about this system on our satellite site -

- Sizegenetics.guru (Everything You Need to Know About Sizegenetics)

Using Sizegenetics for Peyronie's Disease (Curved Penis)

- "All About Your Dick: Treating Peyronie's Disease / Curved Penis"

Progress Reports From Our Members

- Forum Feedback From Members That Have Worn It 1000+ Hours (New Thread)
- Boxxy "Almost over 1.5" Gain in Length (2013-2014)"
- PhilTheBread's Ongoing Sizegenetics Log; 1.5" in just over 6 months (ongoing)
- IllMike "Gained 1.7" in total and 1" from just Sizegenetics in 7 months"

Just a heads up, if you buy Sizegenetics, I get a commission.

At NO additional expense to you.

I recommend this product first and foremost- **BECAUSE IT WORKS**.

The Sizegenetics extender is the one that I own, use and recommend.

Thank you in advance if you purchase it via my link.

Shipping and Tracking

For USA customers- they have tracking and local delivery (DHL/USPS).
For UK/International customers- they will be shipping from England. Shipping with tracking is quick.
There is no additional charge for International shipping.

Allow 7 business days at most. It will come in a plain unmarked white or brown box.

You can see a picture of the box and entire ordering process here-

- **"What to Expect After You Order Sizegenetics"**

You will also get lifetime access to The Ultimate Male Enhancement Resource and the **Offical Sizegenetics Forum**.

Check out Sizegenetics, Free Shipping via GLL-

- **The Official Sizegenetics Website**
  (GoodLookingLoser.com Free Shipping Link)

MONEY-BACK GUARANTEE

I wouldn't be recommending this system if I thought you would be returning it.
Still, I want you to know that you have that option. That's one of the reasons why I bought it back in 2012.

If it sucked, I would have sent it back. If somehow you don't like it after giving it a legitimate try, I encourage you to send it back.

CUSTOMER SUPPORT

They have AN ACTUAL PHONE NUMBER- **1-800-209-1670**.

I've never called in, but I feel this is pretty important because the other overseas companies that sell male enhancement packages offer ABSOLUTELY NO WAY for you to contact them for customer service or a refund.

Although it's "overseas," it ships from jolly ole England - you'll have it in less than a week, I've worked with them for almost 2 years now and the customer service is excellent.

Shipping is free via our link.

If you have any questions regarding Sizegenetics, you are welcome to post

below-

I'll be happy to try and answer it for you. :)

(if you want an even faster response, hit up our Sizegenetics forum, you can speak directly to the Sizegenetics representative, most questions will be answered in about 15-20minutes.)

Sense of Entitlement (Advanced Confidence)

July 5, 2013 | by Good Looking Loser | Link | Original Link

What Guys Who Have a Sense of Entitlement Have in Common

Updated: March 17, 2019 (Added Full 'Sense of Entitlement' Video)

This is an installment in our "Sense of Entitlement" articles.

As Killer Instinct is a specific advanced element of Social Freedom, a "Sense of Entitlement" is a specific form of advanced confidence, also called- inner game by overly-analytical self-improvement geeks.

This is a challenging subject and I will have to give a lot more thought before I discuss "How to Build a REAL Sense of Entitlement". (coming soon)

I really like this type of advanced discussion because it's what makes GoodLookingLoser undeniably legit, beneficial and insightful.

Subjects such as **Killer Instinct**, **Retention**, and **Swag Factor**, you won't find elsewhere- they are products of intense reflection of ACTUAL EXPERIENCE with the hottest women in their prime. The generic "meet women" and "pick up girls!" 'Dating Coach/I'm a PUA' websites and repackaged programs can't touch this shit, simply because- they literally haven't touched any/enough significant amount of high-quality, high-status pussy.

I'm not any 'smarter' than these Internet marketers (in fact, my website looks like shit)- I've just actually been there.

Thanks for letting me brag about our content, I don't often do that but I'm not humble when it comes to concepts like this and how I "learned" it.

About 10 months ago, I discussed The Difference Between Guys Who Bang Hot Girls and SUPER Hot Girls, and proposed a significant contributing factor that extends beyond the fundamentals - looks, style and social freedom-

> ***"A Sense of Entitlement"***

Simply put- you TRULY feel that you deserve their pussy and you are the type of guy that can pleasure it better than other guys could do.

You often feel so entitled to do so that you have no problem giving yourself permission to "Claim that Pussy" and might come off authentically arrogant from time to time.

In a lot of ways, some degree of a "sense of entitlement" plays a role in ANY type of girl that you hook up with-

- If you TRULY feel that you are hotter and cooler than *average girls*- you shouldn't have issues getting average girls into bed.
- If you TRULY feel that you are hotter and cooler than *hot girls*- you shouldn't have issues getting hot girls into bed.
- If you TRULY feel that you are hotter and cooler than *super hot girls*- you shouldn't have issues getting super hot girls into bed.

 While a future discussion will cover the "how to's," simply reading the commonalities below will probably give you numerous ideas on what it looks like, what you are at and where you can begin.

The majority of these discussion is based on my experience and 4 specific friends (3 of which I've known for 7+ years) that do EXTREMELY well with super hot girls and are usually sleeping with multiple girls.

One thing I want you guys to keep in mind is- this discussion is on "A Sense of Entitlement" specifically to HOT PUSSY.

Half of these guys have a "finer things" TOTAL LIFESTYLE sense of entitlement to things such as- money, status, nice restaurants, exotic vacation destinations, college/workplace entry, special treatment from peers, colleagues and strangers but the other half DOES NOT.

Don't think you need to have a TOTAL LIFESTYLE sense of entitlement to land a lot of the hottest pussy; it can help, but it is certainly not mandatory.

SENSE OF ENTITLEMENT - FULL SERIES:

What Guys With a Sense of Entitlement Have In Common

Allow myself, Derrick, Danny, Trevor and Curtis to tell you about this subject.
(yep, real names- these guys are not ashamed)

An Understanding of the Top 10% (Elite Guy Status)

Each of us understand just who the Top 10% guy is.

He's not a super good looking, super rich, super hard-working, super athletic, super educated, super popular, super social skilled, well-rounded and well-hung renaissance man that has a life of no anxiety, no drama and infinite money, sex and power.

That is the Top .00001% guy or possibly just a fictional character.
related: "Don't Confuse the Top 10% for the Top .00001%"

The Top 10% guy is just better than 9 out of 10 guys.

He might not even be a total standout in looks, style, social freedom, killer instinct, swag factor, career resume or even Sense of Entitlement- he's just above-average at all of them and he knows it.

It's rare to even find a good looking guy with social freedom, let alone a guy that is above-average with ALL the criteria that I just mentioned. The majority of guys are average slobs, so this shouldn't be tough to get to if you dedicate most of your 20's to it.



All of us understand (and believe) that we are more attractive and desirable than 9 out of 10 guys. More attractive than 90% of guys our age and demographic. This generally comes off as "confidence" to hot girls, while it might come off as "arrogance" to less attractive women.

We also understand that while those other guys in the "Top 10%" might *theoretically* be our competition, very few guys hit on girls. Like Josh (not mentioned) says, "these guys don't even talk to girls, we have absolutely no competition tonight."

Even on THIS WEBSITE, there's a lot of otherwise "elite" guys that simply don't believe they are top 10% and are preventing themselves from gaining a sense of entitlement. They tend to have an overinflated sense of what an "elite" guy actually is and are constantly comparing themselves to ideals that don't even exist.

Don't get in your own way.

Frames of Reference for Comparison Purposes

Every single self-improvement website will tell you "Never compare yourself to other people! Happiness comes from within!" and people blindly agree.

I'm not going to tell you that.
(so long as you aren't obsessed with comparisons)

EVERY SINGLE ONE OF THESE GUYS that sleeps with super hot girls, including myself, is competitive and compares himself with other men. It's not a reflection of insecurity if you aren't obsessed with it.

Rather than being discouraged by it, however, they are usually encouraged because they are making progress or already 'better' than their frame of reference.

Kobe Bryant publicly compares himself with other players in the NBA, he thinks he's the best. Yet your average self-improvement "guru" would tell you that Kobe is "wrong" to do that and he is insecure and he'll never be totally successful. Bullshit. (I don't even like Kobe)

Comparing yourself the 'average guy' and the 'elite guy' is a great frame of reference. It shows you where you've been and where you need to be.

I'd rather have you thinking (and believing) that every single person is totally inferior to you than to be "unsure" or too timid to talk about where you fit in with society.

After you overtake your comparison model, you'll know it. You'll be proud of yourself for it and if you are like some of my friends- you'll let the other person know.

(seriously, some of my friends are ridiculous and are too obsessed with it- but they look great and sleep with hotter girls than 90% of guys)



They Are All In Good Shape

(or Look That Way)

Among the 100,000 reasons to get in good physical shape, developing a sense of entitlement is one.

All of the guys I listed *look like* they are in better physical shape than most guys.

Some of them, Derrick and Curtis, are actually in great shape.

Some of them, Danny and Trevor, just look like they are (go to the gym but smoke cigarettes/weed, party hard, eat shitty, etc.).

To a certain extent- even guys that are in good shape but don't yet enjoy good success with women think they are more desirable to women, simply because they have better bodies.

In most cases- it's true.

They Aren't Totally Secure

(but They Aren't Insecure With Their Appearance)

With the exception of Curtis, all of my friends I listed aren't actually TOTALLY SECURE with their looks.

- Derrick always thinks he's too small and his hairline is going backwards. (neither are true)
- Danny thinks that most non-Jewish girls don't think he's hot. (not true)
- Trevor thinks he's "too plain and short" looking in comparison to Derrick and myself. (not true)

These guys aren't totally secure with their looks.

At the same time- they feel they look better than 90% of guys and that they pass almost every girl's "looks threshold".

While they are all admittedly "above-average" looking, the fact that they are generally secure with their looks makes the biggest difference in their success.

In my opinion, after you "look good enough," it's simply a matter of how confident you are about your appearance. Being "better looking" probably wouldn't make a huge difference for any of these guys. They are all above-average in the looks department however.

It's Just a Game (Streaks and Slumps)

To EVERY SINGLE OF THESE GUYS, hooking up with girls-

IS JUST A GAME.

This is not unlike how it is for the majority of "normal" (non-seduction community geek) guys that are "players".

It's a sport.

You'll go through streaks and slumps- neither are a reflection of your self-worth or even your ability.

It's simply a matter of sexual availability.

Last November- I probably talked to ~120 girls without getting laid.

3 weeks later, I hooked up with 5 chicks over about 30-40 approaches.

- Did I get better?
- Did my "game" get good?
- Did my looks drastically improve?
- Was I doing anything different?

Of course not.

Compared to the friends I listed, I had the hardest time making trying to sleep with women "just a game".

They Have Significant and Noticeable Masculine Traits

While the above elements are mostly related to "inner game" and mindset, this one isn't really avoidable.

You'll ~~want~~ need significant and noticeable masculine traits if you want any sort of decent success with hot girls, let alone building a sense of entitlement to that group.

NONE OF THESE GUYS are feminine or ever get confused for gay or undersexed males.

While this is not unlike other guys that are really successful with women- I still wanted to point it out because it is certainly part of their sense of entitlement.

They Have High Status In Selective Social Circles

All of the guys listed have #1 or #2 "top dawg" status in their social circles that are made up of other masculine guys.

Other guys look up to them and know they are cooler.

I guess this is what we call a **leader of men**, it's true, although not all of these guys, by definition, are stereotypical Martin Luther King/Tom Brady/Tim Tebow leaders or have any desire to be.

They just live and enjoy the status.

They Have Hot Girls As Friends

As I discussed in Swag Factor, there is usually a HUGE difference between an aspiring I'm-going-get-more-pussy guy who has hot girls as friends and guys that have no hot girls as friends.

These guys have at least 100+ at least above-average looking girls as their friends.

Even though they don't hook up with the majority of these girls, simply having their presence in their lives causes a sense of entitlement.



- Go on Facebook- pictures of them with hot girls.
  It's your birthday- Hot girls write on your Facebook wall.
- Look at your phone book- numbers from hot girls.
- Meet up at the bar- hot girl brings her hot friends and they buy you drinks.
- Get compliments- from hot girls.
- etc.



They Get/Had Constant Positive Reinforcement and Validation

Of all these, this might be the hardest to attain.

Even after you start to "look good" or are considered "good looking," you won't really believe it until enough people tell you it's true.

All of these guys, for years, have had hot girls and high status guys giving them compliments and telling them when other girls "said you were hot."

It goes a long way.

Each piece of positive reinforcement is a building block of self-esteem and a sense of entitlement.

Help! I Don't Have a Group of Cool/Hot Friends That Feed My Ego! (The Bare Minimum Logical Delusion)

Like I said- this is the hardest to attain.

If this is you, chances are- you will never get the *quantity* of positive reinforcement that these guys have had.

It might not matter.

Regardless, I have a way around it that will help you build a more-than-adequate sense of entitlement.

I call it-

'The Bare Minimum Logical Delusion'

If you've ever gotten a compliment from an attractive girl (or someone who you think is cool), chances are- there are 250,000+ people (or at least one person) that feels the SAME WAY. Opinions are not always shared but their is usually a general silent consensus among others.

Even if there isn't a consensus, chances are there is *more than 1 person* that feels the same way.

It works this way-

> *If ONE person thinks something, chances are- another person feels the same way.*

For example-

- **If someone says they like your shirt, chances are (more likely than not) that someone else does too.**
  It's much more UNLIKELY that ***only 1*** person likes your shirt.
- **If one girl was nice when you approached her, chances are (more likely than not) that another girl will be too.**
  It's much more UNLIKELY that ***only 1*** girl will be nice to you.
- **If one girl said you were hot, chances are (more likely than not) that another girl feels the same way.**
  It's much more UNLIKELY that ***only 1*** girl thinks you are hot.
- **If you've ever made out with a girl, chances are (more likely than not) that another girl would do the same.**
  It's much more UNLIKELY that ***only 1*** girl would kiss you.
- **If you've ever had sex with a girl, chances are (more likely than not) that another girl would do you too.**
  It's much more UNLIKELY that ***only 1*** girl would wanted to sleep with you.

So...

It would seem that ANYTHING you've heard, seen or done- it can (and likely) happen again if you go look for it.

That's the Bare Minimum Logical Delusion.

The key is start to believe it and not just "know" it.

It can be a healthy mindset that will actually prevent you from becoming super validation seeking in a quest for security.

They Don't Feel Sorry For Themselves

(or Bitch About Money, Circumstances, Weaknesses, etc.)

None of these guys whine or bitch about their circumstances for too long.



They all vent frustration (Curtis used to call me and complain for hours) but they usually do something about it or return to their "I'm Blessed: Life Is Good" mindset.

There's a few guys that I know in Los Angeles that hook up with a lot of super hot girls, have a good Sense of Entitlement but whine about stuff and feel sorry for themselves for weeks at a time- but they are a minority and don't usually whine about women.

This is one that has some cross-section with the total lifestyle "finer things" sense of entitlement since the whining is generally not about girls, but like I said- it's usually short-lived.

They Seek Both Pussy and Validation

One of the biggest misconceptions is that guys that seek validation can't score with a lot of hot girls.

It's simply not true.

While it's TOTALLY BETTER to NOT seek the validation of women and sometimes "The Biggest Obstacle to Overcome" for some guys, EACH ONE OF THE GUYS I listed, to some extent- seeks validation from other guys and girls.

MYSELF INCLUDED.

> ***Once your desire for pussy is more than your desire for validation- you'll get A LOT of action.***

It doesn't mean that you "never" seek validation. You just don't want to be obsessed with it.

One thing I will say is- these guys all get the validation they seek.

(In 2006, I made a public pledge that I would never give Derrick a compliment again because he was always fishing for compliments)

The reason I mention this element is because I don't want you guys to think that you have to be some fucking zen-master superhero that exhibits or feels no validation-seeking desire to score the HOTTEST girls.

It's simply not true.

Curtis is the biggest fucking try-hard douchebag*, he gets laid as much as Scotty.

* sometimes (joke)

They Are All Comfortable With Being "That Douchebag"

Speaking of douchebags, none of these guys give a shit if someone calls them a "douchebag".

I think we all understand that "douchebag" is a term of endearment" used by lower status people to vent their frustration with a guy that is cooler and gets laid more than they.

Some of them, Curtis, Trevor, myself- all relish when girls and guys call us a douchebag.

As I recently mentioned in the forum-

> *The part that some guys are misunderstanding (and I take the blame for this) is that ALL OF THESE GUYS (including myself) aren't actually arrogant "douchebags" that are going around being assholes and mean to people.*
>
> *Just the opposite.*
>
> *Average guys that barely get any ass perceive them that way. Average looking girls that know we are capable of banging more desirable girls perceive them that way.*
>
> *If you look decent, have confidence, do what you want (most of the time), you'll be perceived as a douchebag.*

If you are successful in life- you'll be perceived as a douchebag.

For more on this, please see-

- "Douchebag - A Term of Endearment"

They Aren't All A Specific "Type" of Guy

(nice guy vs. good guy vs. scumbag)

It might surprise you, but these guys don't all fit a specific profile.



- Derrick is largely a nice guy.
- Curtis and myself are largely good guys.
- Danny and Trevor are definitely scumbags.

Don't think that you have to be scumbag to have a real sense of entitlement.

You don't.

You just have to have authentic social and sexual confidence.

They Are All Blissfully Delusional

(and ~Always Think They Are Right)

We are all "blissfully delusional".

We think our opinions, which can change in an instant- are the RIGHT ONES.

All these guys think they are smart, all of these guys think they are intelligent and all of these guys live by "Be A Hypocrite, Not a Follower" whether they know it or not.

- Their religious, political and social views are the RIGHT ONES.
- Their lifestyle choices are the RIGHT ONES.
- Their sports teams are the best and most honorable.
- What they did on Saturday night was RIGHT.
- What they ordered for dinner was RIGHT.
- How they feel about others is the RIGHT OPINION.
- etc.

Sometimes it makes "getting along" with each other difficult. These guys are masculine alpha males, they should think they are RIGHT about most everything.

I know I do.

I'm not saying that all these guys always voice their opinions, never admit they are wrong, never listen or refuse to learn from a more intelligent/experienced person. They don't even come off as arrogant.

They can just be stubborn as shit and in the moment- confident in whatever they believe, no matter how ignorant it is.

They Are Delusional About How Interested Girls Are In Them



Speaking of delusions, this one is extremely helpful.

Every one of these guys is pretty much convinced that a girl wants to sleep with them if she so much as talks to them.

All of them believe that if any girl that says they're hot - wants to sleep with them.

All of them believe that if any girl makes out with them - wants to sleep with them.

All of them believe that most girls consider would dump their boyfriend - for one night with them.

I'm pretty sure you understand why this is helpful without me saying.

Since I understand sexual availability, I know that this isn't true. Most girls "like" them but they aren't necessarily looking to suck their dick at the time.

Still it's WAY BETTER than thinking they need to convince girls to like them.

They Believe They Are Better In Bed Than Other Guys

Chances are- these guys ARE actually better in bed than most guys.

They are pretty experienced.

Regardless, when we discussed this topic- every single one of them told me they are "great in bed" and they "knew" it.

Interesting enough, none of them claim to have big penis or to be concerned about "a hung guy" in a girl's past; but some (Derrick, haha) were overly curious about how girls reacted to my size.

They Are In Love With Their Best Feature

 I have a crutch, it's in my pants.

I first discussed "best feature" in this article.

Basically- you turn yourself on by focusing on your (or her) best feature.

Works good.

Each of my friends has a "best feature" that they consider to be AMAZING and convinced that NOBODY has better.

- Trevor thinks he's the most masculine guy ever.
- Danny thinks he has the cutest "baby face" ever.
- Derrick thinks he is the best looking guy ever.
- Curtis thinks he is the coolest guy ever.
- I think my penis girth offers the most violent memorable orgasms ever.
  (in reality, I just think that I have more experience with pulling random girls than nearly every other guy around)

Whether we are right or wrong, it doesn't matter- it pays dividends when talking to the hottest girls.

Whatever your "best feature" is, MAX it out and fall IN LOVE with it.

Don't worry if some geeky self-improvement guru tells you that your best feature is a "crutch".

Even if was a crutch, you should have all the crutches you can have if they get you laid.

They Have Experience

This will be a work in progress.

It's not a switch you can flip on and have it be totally authentic.



The good news is- you will build a sense of entitlement WHILE you are gaining experience and as you reflect on your experiences after.

You DON'T need a shitload of sexual experience to make a significant stride toward building a sense of entitlement. Some people might just need ONE extended emotional and sexual experience with ONE popular hot girl before they are able to have an adequate sense of entitlement that can land them girls that are equally or slightly more hot.

I developed an unbreakable sense of entitlement from dating the runner-up Ms. Teen Maryland (Samantha Redmond) after the senior year of high school. She dumped me in about 2 weeks but I felt like I would eventually land the hottest of the hot girls. It would take me another 10 years to meet those standards but my sense of entitlement was undeniable.

You just need some and the ability to form positive interpretations.

They Will Sleep With Average/Above-Average Girls While Looking To Upgrade

All of my friends that I consulted for help in writing this article, with the exception of Derrick, they always always sleeping with a girl (or 3).

A lot of times, at least one of those girls does not fulfill their high-standards. Rather than turning the girl down, they sleep with her while also making a point of meeting other women in the process. It

works great for them because they feel they have nothing to lose since they are already getting laid a ton.

As most of you know, when I FINALLY started getting a lot of action (toward the end of 2008)- I had built up a "rotation" of 3 fuckbuddies, most of whom I met at the end of the summer in Los Angeles. My sexual neediness was NONE. My desire to meet (and work on) girl was NONE. My approach anxiety was NONE.

Needless to say- REAL RESULTS started happening.

Had I ditched my slightly above-average looking fuckbuddies, I probably never would have gotten the quick results that kept motivated to continue "picking up girls" after my year in the Brad P. program was done. I even did the "100 Approaches, Basic Guy Game" during that period of time.

From that point (it was the beginning) for about 10 months (before I started to work more), it was the most significant period of my development as a man. Arguably the most significant period of my life.

Arguably, if it weren't for Molly, Sharon (pronounced- Share-rown; Israeli hairstylist) and another girl who became my on-again-off-again girlfriend- Good Looking Loser and everything I talk about would never exist.

I was very close to quitting entirely.

Having really high standards and a sense of entitlement can prevent you from having a good, regular, healthy sex life.

It did to me for 10years.

*

Some Them Hold Significant Leverage

I decided to add this one in even though it is not true of all of my friends.

Some of these guys retain girls because they hold significant social/professional/status/lifestyle leverage over the girls they are fucking. It's not clear to me if the girls know this before they sleep with them however.



For example-

Trevor has an elite position with a financial company. He is somewhat in charge of the hiring process and certainly holds influence and power over the firing process. From my understanding- anyone (especially younger employees) that want to get anywhere in the organization need his approval. It's not surprising that he fucks a lot of the interns and entry-level employees.

He says he's reasonable, never promising them anything and usually not requiring them to continue sleeping with him (that would be unethical and against company policy). He claims that girls don't really have a problem with this (not that they'd tell him) because he's a cool attractive guy and very few of the girls turn him down or given any sort of resistance.

He told me-

> *"It's not like I'm some old creep that takes them in bathroom and unzips my pants. I take them out to dinner, pay for it and we come back to my place for a few drinks. They know what they are getting themselves into and if they want to leave or hold off on sex, I'm cool with that."*

The extent of this dynamic, I don't really know however.



Whether you think that is ethical or not, please remember- I'm not here to tell you lies and simply "inspire" you. I'm here to tell you about how legit guys get it done. I'm here to tell you about REAL shit and what goes on in the world.

While some moralists/you-have-to-cold-approach-girls-for-it-to-count guys will say that "Trevor is cheating," the amount of girls that come from his workplace probably makes up 10-20% of the girls his fucks all year.

I know Trevor to be truthful and believe when he tells me that only 6 of 31 girls he fucked in 2012 were via this dynamic and he is not on bad terms with any of them. He's ALWAYS with a new girl and that's actually how I met him in college.

Another example is Danny.

He's from a wealthy family and he has (had?) the ability to take girls to private islands on weekends. The *temporary* lifestyle he can provide them is so much better than his competition. While this type of think attracts "gold diggers," Danny just stops talking to them whenever he wants. Girls know if they break up with him- no more vacations and free rides, it's back to the 1.5 bedroom apartment.

A lesser example is myself.

Most girls know that I'm pretty connected in Los Angeles. Even though I ONLY offer to help their social/professional standing AFTER we have been sleeping together for months- they lose any [potential] benefits by cutting off a relationship with me. While that sounds significant, the reality is- most of the girls I hook up with aren't really expecting me to open doors for them (so many guys promise these hot girls things) or have any huge desire for immediate help. Not even the actresses or aspiring musicians- whom I actually could help out.

Derrick and Curtis don't hold significant financial/lifestyle leverage in my opinion (sorry guys).

Both of them retain the hottest girls without it.

Conclusion

So there you have it.

We'll discuss how to build a sense of entitlement in the near future. Certainly you probably have a

few ideas after reading this. This is definitely something takes a little while to develop, with experience being the greatest catalyst. So it's good if you get started while you are in your teens or early 20's.

As always, if you have questions or comments, hit me up below-

(the best place for immediate feedback and answers is always in our forum)

Girl's Perspective: Fantasies, Fetishes, Kinks, Oh-My! (Lexy)

July 5, 2013 | by Good Looking Loser | Link | Original Link

Do Girls Have Fetishes?

(Fetishes & Fantasies Defined and Discussed)

By: Lexy *?*

Forward by Good Looking Loser

We'll certainly talk about fetishes and living out your fantasies in the near future. From how to present them to girls, to how be dirty enough but still keep the girls comfortable, to what to tell her afterward- we'll cover it all.

From what I've seen, I'm definitely not alone in my interest in this topic. In fact, it seems like guys that turn to the Internet for sex/dating advice tend to be into a lot of this stuff. When I used to work with guys on a lengthy one-on-basis back in 2010-2011, it also seemed that just about every-other-guy had some sort of "abnormal" sexual scenario or role play that felt they could only dream about living out, even if it was just a single time.

You can definitely live out your dirty (or oddball) dreams with random girls that are willing and happy to indulge your fantasies so long as they see you as a masculine man that has numerous options for partners.

Getting these "kinks" fulfilled and knowing that I can- has been one of the most rewarding things ever.

Some of my best orgasms and most fulfilling experiences came from "normal" girls that wanted nothing more than to feel sexy knowing that they were pleasing me. When you think about- this isn't much different than "normal" intercourse- girls love feeling super feminine and pleasing a guy that they are sexually attracted to.



But how about "normal" girls?

Do they have fetishes and how would they feel about yours?

Although we can't stereotype every girl, I think Lexy is a GREAT example of a hot, sexually-active girl in her early 20's. She can speak from her own experience and also for a lot of her friends, who fit the same description.

The only difference between Ms. Alexis and other 18-23 girls is that she is willing to write on this blog. That's why we have her.

So enjoy, like I said- we'll talk more about this in the future.
(will even talk about BREAKING your fetishes, if they are costing you a normal sex life)

I haven't run into any LEGAL male fetish/fantasy that I think is impossible to live out.

While you might have to find 'the right girl', you might be surprised how many "normal" girls will be willing to indulge you and do so knowing that they might be off the "retention" list if they get boring on you. Most of them don't care how weird it is so long as they feel sexy when they are doing so. Verbally, they might call your fetish/fantasy, "interesting" or "funny" but when it comes to playing it out, they want to make an impression and get nominated for an Academy Award over your other sexual options.

There's probably nothing that you are into that would even surprise me.

If you have been this kingdom (this blog) long enough- you'll know that I'm a dirty little prince that is capable of making princesses the same and loving it.



Do Girls Have Fetishes?

(Lexy)

Girls do have fetishes; however, they are often different from those of guys.

I will tell you the difference between a fantasy ? fetish ? kink ? and turn-on. I will also share the fetishes and fantasies of my friends and I, share guy fetishes I've encountered, and more.

Are you starting to get turned on thinking about it?
(I am... haha Chris knows it too.)

Fetishes vs. Fantasies ? Kinks ? and Turn-Ons

A sexual fetish is a burning sexual desire about an obsessed about object or body part that is necessary for arousal. If a man has a leather fetish, sexual excitement and gratification can only occur if a woman is wearing leather, such as lingerie ? shoes ? pants ? or gloves. Again, if you have a full-on FETISH- you can't get sexually arroused without the presence of that object/body part/etc.

A sexual fantasy involves imagination and is an erotic mental picture or daydream that is sexually arousing. When a fantasy becomes a reality that is required for a man to get an erection or a female to want an erect cock, it becomes a fetish. If you have several turn-ons, kinks, role plays, etc. but you can still have normal sex- they are merely fantasies, not fetishes, per definition.

A sexual kink is an unconventional or twisted sexual practice, such as bondage, spanking, female domination, and sadomasochism.

A sexual turn-on is something that makes a person horny, such as foreplay, sensual clothing, or porn.



My Powerful Orgasm *Fetish*

This is not common among girls.

Most (yes, more than half) of my close friends have a *fantasy* somewhat like this.

In my case, per definition, it is closer to a *fetish* than a fantasy however.

My fetish is to have a BASICALLY-OUT-OF-CONTROL MIND BLOWING ORGASM that leaves me light-headed and euphoric.

I prefer to have a forceful orgasm rather than settle for a weak one. Sometimes I don't end up cumming at all due to my obsession with having an overpowering orgasm, but I'm not disappointed by a powerless peak that leaves me feeling dissatisfied.

I have never heard of other people having a *FULL FETISH* in this context, but perhaps they do.

I have to grasp an object tightly when I have an orgasm. It can be a sheet, a couch cushion, or my sex partners hands. I cannot cum if I don't have something to grab tightly. I feel as though I won't be able to have a strong orgasm if I don't have something to grasp. In addition, I am able to get my partner's cock deeper into my pussy when I take hold of something than when I don't, and this allows me to have a powerful orgasm.

Good Looking Loser says:

This is a fetish, especially in a female context where most girls only have fantasies. That's awesome.

When I first heard about this, I thought- damn that must interfere with "normal" sex, as sexual fetishes tend to do.

After I thought about it though- I think this a GREAT fetish to have because the climax, if met, can be so physically, psychologically and sexually rewarding. It's just a matter of figuring out how you can lead yourself there and have a partner that "gets it" and isn't intimidated.

Also, compared to most fetishes, it doesn't prevent you from enjoying (and participating in) normal intercourse. Some fetishes, for example, a foot fetish- might make it impossible to enjoy regular sex.

So it's seems like a versitile fetish that you can attach to your fantasies.

Btw- call me sometime, you know I can take you there.

My Sexual *Fantasies*

I have a lot of sexual fantasies to be honest.

Being handcuffed is a fantasy I have. I like the idea of him being in control of my pleasure.

Another fantasy of mine is to have a ceiling mirror so I can watch as a guy and me have sex. I have had this fantasy for a long time.

Being recorded while I have sex is another fantasy I have, and I intend to act on it soon. ;)

Last but not least, I fantasize about role playing. I love the idea of dressing up in different sexy costumes and being whoever I want. My top sexual role playing fantasies include Dr/nurse ? male stripper/client ? evil queen/sexy subject ? male model/female photographer and vice versa.

Kinks that Make Me Wink ;)

There are two things that cause me to become aroused, and increase my sexual experience that I am going to classify as kinks since they both involve temperate pain.

I love it when a man bites my lower lip while kissing me. I like my lip bitten just hard enough to cause moderate pain that is tolerable. My other kink is to have my long hair pulled during intercourse. I like my hair tugged roughly enough to cause a sensation that falls between mild and wild.



My Many Turn-Ons

(I'm not high maintenance, I swear!)

As I've mentioned before, guys with tattoos turn me on. I find it sexy as hell. ;)

I also get turned-on when my belly is massaged or pushed on in such a way it stimulates my G-spot, A-spot, or deep spot. When done correctly, I can probably have an orgasm when a man touches my belly.

Another thing that turns me on is when a guy touches my breasts or my sides (between by belly and back) during sex.

The right scents have the ability to make me crazy! Certain colognes, such as Polo Sport, turn me on. Some of my perfumes and body sprays also get me aroused, especially Incredible by Victoria's Secret.

In addition, every person has a unique body scent. The right man's scent can turn me on and on and on! The smell of his hair and his breath will get me aroused in a matter of seconds. However, the breath of some men has repulsed me and I am not quite sure why.

Futurescopes.com has an interesting article about scents that act as aphrodisiacs, including body scents.

NativeRemedies has an article on aphrodisiacs that explains the pheno**men**on of body scents- ?Come to find out, **body odor is a natural aphrodisiac**that seems to lead into sexual arousal frequently. While most of us try to avoid having body odor, depending on the scent emitted, it can be one of the major aphrodisiacs for the senses.?

Ask Christopher about the cologne he wears, it's hot.



You might find it weird that I didn't mention a "big penis," since I mentioned in an article that how larger (thicker) penises were definitely preferable to small ones.

For me, and this varies from person-to-person, the thought of a big penis isn't actually an "on the spot" turn-on. In my experience, however, sex feels better with an endowed guy and I certainly prefer it.

For other girls, including my former roommate, she is immediately aroused by seeing a thick penis hanging between a guy's legs.

For her, she immediately connects it with her pleasure and his masculinity.

For me, I just feel it's a good attribute but it's in-addition to the rest of the experience.

A Common Guy Fetish That I Have Run Into

I had a sex partner who liked watching porn during intercourse, and it actually turned me on too.

As I watched a hot guy with a big cock fuck a sexy girl, it made me want to feel the same thing. I enjoyed watching it while laying on my belly while he fucked me from behind. This allowed both of us to watch other people fucking while we fucked.

Good Looking Loser says:

This is definitely not uncommon for guys and it's definitely not uncommon for girls "get into" it after initially not thinking watching porn during sex would add to the experience.

As Lex said- girls find themselves wanting to "feel" the same thing. Usually they watch the girl that is being fucked and think- damn she's feeling great right now, she probably feels so full, I know how that feels.

I once had a girl request that we watch porn before and while I fucked her, for her- it was foreplay. What an easy job I had- just keep her watching the TV and fill up her pussy when it got wet enough to insert.

I've also learned (from my friend Travis) that putting on porn DURING SEX was a good way to introduce different scenarios, especially 3-somes. He is married and his wife (a smoking hot exotic Asian girl with a perfect body) lets him fuck other girls while she watches. He's admittedly a "total nice guy" but has a sex life, while being married, that is hotter than 99% of people. I'll have him talk

to you guys sometime.



How Did This Guy Present His Fetish to Me?

He just told me he wanted to watch porn together.

Once we started watching it, he started getting physical with me, and it went from there.

There wasn't a whole lot of talking about it. He led me with actions rather than words.

Would I Engage a Guy In His Fetish/Fantasy Even If It Seemed Weird To Me?



I will engage a guy in his sexual fetish or fantasy if I respect him, if I am sexually satisfied by him, and love having sex with him. I will participate with a guy who pleases me in bed because I want to please him in return.

If I love a man, I will want to turn his fetish or fantasy into reality. When I love someone, I give them all of me: body ? heart ? soul ? and mind. I think a lot of girls feel the same way about someone they truly love.

Men's Fetishes/Fantasies I Would Love To Play Out, At Least Once ;)

I totally love the idea of being a dominatrix, and being in control. If a guy told me his fetish or fantasy was to be dominated by a female, I would jump at the chance to be that girl!

Good Looking Loser says:

You haven't done this before?

If you haven't done this by your next birthday, I'll play.
(I'll be the guy, you be the girl) :mrgreen:

Advice to Guys Wanting To Know If a Girl Has Any Fetishes/Fantasies

I'm sure Mr. Christopher will tell you exactly how to do this, but here is my advice:

If you want to know if a girl has any fetishes or fantasies, you need to get to know her and engage in conversation. Let a girl get to know you - trust you - and feel comfortable with you - and then she will feel she can open up to you. Of course, you also want to please her in the bedroom, so she will want you to make her fetish/fantasy a reality with **you**.

After you have determined she likes your personality and your penis, begin by telling her your fantasies. You can tell her directly, or use an erotic story. Girls get turned on by erotic fiction, so reading a story that involves your fantasy can be beneficial. One idea is to cange the female character's name in the story to her name, and tell her you like thinking of her rather than another girl. You can tell her that you think playing out a fantasy is exciting and cool. You can also tell her that you think it would be awesome if she had a fantasy because you want to make her dream come true.

Note: The word**fantasy**is more socially acceptable, and girls seem to prefer it to the word fetish.

Luvz,

? Lexy

Asking 17 Girls For Phone Number Super Quickly (Live Audios)

July 10, 2013 | by Good Looking Loser | Link | Original Link

"Can I Get Your Number?"

(The 'Bare Min' Approach)

No matter what type of "approach" you do-

The key to getting phone numbers is- ASKING.

Background

Yesterday, July 9th, I walked up to 17 girls at the mall and asked each of them for their phone numbers.

Other than "Hi.", ***"Can I Get Your Number?"*** was basically the first thing I said, often in about 10-15 seconds.

In most cases, I introduced myself right after and reached out and shook/took their hand.

Unlike what I usually do, I made almost no effort to communicate any personality, cool vibe, etc.

In some of the later audios, I barely even attempt to make conversation and continue to ask/tell the girls to give me their numbers.

Note- I AM NOT TRYING TO "GET AS MANY NUMBERS AS POSSIBLE," I AM SIMPLY SHOWING WHAT HAPPENS WHEN I ASK A GIRL FOR HER NUMBER BEFORE SAYING *ANYTHING* ELSE.

In terms of ***screening*** *(approaching to separate the girls that are down vs. waste of time girls)*, this type of approach isn't all that bad.

I ask for their number in the first 10 seconds and I touch them about 5 seconds later.

Since this type of thing is very direct (and even rude to many), girls definitely have the opportunity to "reject" the approach and walk away without being rude and feeling bad.

I'll have to see who's really down and who's not.
(this is no different than if I did anything else)

But chances are-

If a chick gave me her number (given the type of approach I did), she is ***at the very least-***
INTERESTED and aware of my intentions.
(again, not really different than my normal thing)

Quick How-to Get Girl's Phone Number Guide-

1. Look good
2. Ask them for their phone number
3. Repeat

So What Happened?

The same thing as always when you talk to a reasonable sample of girls (15+) on any given day.

"Various predictable reactions"

Some girls were-

- Nice and [seemingly] available.
- Neutral and [seemingly] available.
- Shy and [seemingly] available.
- Standoffish and [seemingly] available.

OR

- Nice and [seemingly] unavailable.
- Neutral and [seemingly] unavailable.
- Shy and [seemingly] unavailable.
- Standoffish and [seemingly] unavailable.

This never changes.

If this idea is new to you and you have been under the impression that EVERY girl is available in ANY situation (so long as your "game" is good), please bring your socially retarded spaceship back to earth-

- "Numbers Game Explained: Sexually Girls vs. Not Sexually Available Girls"

While there's a decent chance that some of these girls would have otherwise given me their number if I took a more "normal" approach- that's not the point.

While there's a decent chance that some of these numbers are fake (see results)- that's not the point.

The point wasn't to "get the most numbers as possible."
(never is)

In this case, it wasn't even to see which girls as DTF/maybe-DTF.



The Point

The point was to show that you can walk up to a bunch of chicks with the bare minimum to say and ask them for their number- and they'll sometimes give you their/a number.

(Chris, we knew that)

(I know- but some don't believe it because otherwise they'd do it)

The majority of the time, you won't get their number.

(again, no different than any other approach)

Sometimes you'll get a dead number.

(again, no different than any other approach)

Sometimes you'll get a real number.

(and based on how much you touched her/how much she likes you- a legit DTF girl)

What helped me when I starting out in 2008, was making certain that I ended ALL my interactions (with girls that I was interested in) with-

"Hey cool, I gotta run, what's a number I can text you at?"

(and have my phone ready)

That increased the amount of numbers I got, the amount of numbers I didn't get and the amount of girls that I saw again.

If you find yourself that you "can't get numbers", the problem is usually-

1. You aren't asking.
2. You need to work on how you look and present yourself.

You'll get to the point where you can begin conversations with "What's your number," and get some real ones if you hit on enough girls.

That's the point.

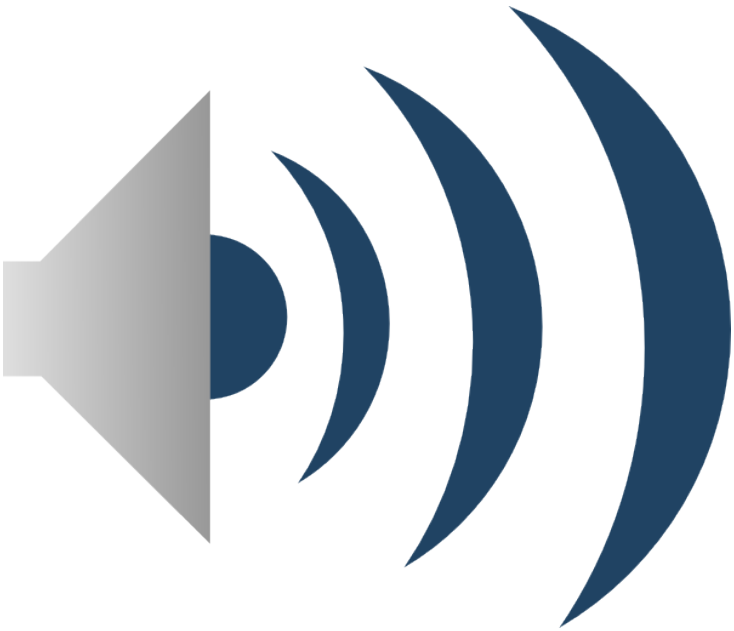
Try it out.

Do exactly what I did.

There's nothing that prevents you from doing this every single day.

If ONE pays off, you [maybe] Get Laid- THAT NIGHT.

(not much different than other types of approaches- arguably, this one is better than everything but screening or basic guy)



The "Can I Get Your Number" Within 10 Seconds Approach Audios

I'll give the details that I remember and the few that I wrote in my phone.

It's important to note whether I held eye contact/smile with the girl beforehand.

That's big for these "fast" moving approaches. All the girls were 18-25, I think.

Listen to the "(No Number)" audios, some of them are pretty funny.

Girl #1 (No Eye Contact, Dead Number)

Notes: No eye contact, walked up along side of her. This is one of the only the ones where I didn't ask the girl for her number in the first 10 seconds. She had something in her mouth at the beginning and struggled to talk.

Girl #2 (No Eye Contact, No Number)

Notes: No eye contact. Girl just got off her phone.

Girl #3 (Eye Contact, Live Number)

Notes: Eye contact. Sporty girl. Texted with her last night.

Girl #4 (Eye Contact, No Number)

Notes: Eye contact. Wandering around the girl's section of express. I say something funny when she says she "doesn't give out her number".

Girl #5 (No Eye Contact, No Number)

Notes: No eye contact. I call her a prostitute after she calls me a stalker. I was just playing along, apparently she was offended. Instead of going home and hanging myself- I walked up to the next pretty girl I saw.

Girl #6 (Eye Contact, Live Number)

Notes: Eye contact. Girl made a funny face/voice at me, rare. Shocked this girl give me her number. Even more shocked that she responds to my texts.

Girl #7 (No Number, Amazing Approach)

Notes: No eye contact. Race war. 1/2 flirting, 1/2 for real. I take the clothes that she checking out and put them back on the rack. I don't want hear about verbal "frame control," I was touching this girl way more than appropriate. haha. This is my favorite one.

Girl #8 (Eye Contact, No Number)

Notes: Eye contact. Might have been 16, haha, walking fast. Cutie.

Girl #9 (No Eye Contact, No Number)

Notes: No eye contact. Another hot young girl, probably 18 though.

Girl #10 (Eye Contact, Not Sure Dead/Live Number)

Notes: Eye Contact. Girl had a high voice, but not as high as it sounds. I think the audio recorder was backwards/fucked up.

audio is lousy on this one- can't understand it

Girl #11 (Eye Contact a Few Minutes Before, Live Number)

Notes: Had the recorder in my hand the entire time, her hand in my other. Made puppy dog faces at her. Hot girl from Pennsylvania. Had seen her earlier in the Food Court.

Girl #12 (Eye Contact, No Number)

Notes: Eye contact. I think she saw me talking to the girl(s) before. We weren't actually in an argument but she wasn't about to give me her number. Trashy.

Girl #13 (Eye Contact, No Number)

Notes: Girl freaked out when I put my hand on her to get her attention (after eye-contact). Haha.

Girl #14 (Eye Contact, Live Number)

Notes: Eye contact. Hot rich girl from the Palisades. Thought this girl was just fucking with me/on crack but she texts back.
Update 7/10: yeah she was mad high, and usually is.

Girl #15 (No Eye Contact, No Number)

Notes: Kept spamming/pestering this girl. haha

Girl #16 (Eye Contact, No Number)

Notes: "Let go of my hand". haha. Asked for 6? times for her number.

Girl #17 (No Eye Contact, No Number)

Notes: I lack creativity. Been up for about 21 hours straight.



What Not to Make of This

There is no reason to start calculating percentages, estimated statistics or start drawing graphs.

The "sample size" is too small anyway.

Instead of being a math nerd, go ask girls for their numbers.

It can be the first thing you say.

If you want one statistical conclusion, that will apply to most guys, here it is-

> ***If you ask 100+ girls for their number, you'll get 1 or [a lot] more numbers.***

It is much more likely that 1 or more girls gives you their number (and it's real) than for 100 girls in-a-row to turn you down.

That's what I've said since day one.

Also, "high risk" approaches yield better results than soft shit when they work just once.
(there is never any "risk")

If you can get 3-5 solid (maybe DTF) phone numbers over 15-20girls in under ***2 hours***- ITS BETTER than taking 5 days to get more phone numbers from the same amount of girls.

You can get further with a girl by asking for number in 10 seconds than some guys get in 2 hours.

A Day of Approaching Women in Public Settings (Audios)

July 14, 2013 | by Good Looking Loser | Link | Original Link

On Friday, I approached a lot of chicks in various ways/dynamics.

The gameplan on each was to take their number.

Sorry, I didn't count the amount of approaches so I could come home and immediately put them in a spreadsheet and make printable charts to analyze data that doesn't exist.

I just did a bunch of approaches until I got a decent example of what I wanted.
(that's what you in *real* life)
- I'd estimate I did about 30+ approaches (not counting the silly PUA ones)

Here are some-

- Basic/Normal Guy (most guys can do this)
- Pickup Artist Wizard (only the best...)
- Groups of Girls (weren't that many out, these are good though)
- Derrick's "No Game, Game"
- How Guys Invite Girls to 'a Party' or 'to Party' (Do Cocaine)

I uploaded some of the more notable approaches- when I took their number, the context and how they may apply to your own thing.

I wouldn't look into the numbers/percentages too much because in some cases- I'm trying to be super boring, offensive, etc.

This is not necessarily what I usually do, although some are.



Basic Gym Approach

(How I Basically Always Meet Girls At The Gym)

*this was from a week prior to this article, but a decent example of what I usually do

Here are my notes on "The Gym Approach" that I mentioned in this thread.

 Click to Enlarge

Mr. Basic/Boring Guy Approach

In these specific audios- other than telling stories, I make no effort to really do anything more than just SPEAK.

This is the type of thing I think most non-socially retarded guys can do.

And Probably *less boring* than I'm **intentionally** being.

THE POINT of this type of 'basic guy' thing is to show that you can literally have [otherwise] boring interactions and still take girl's numbers.
(the point was NOT to- MAKE SURE I LEAVE A HUGE IMPRESSION and leave her dripping wet)
-please don't leave *"suggestions"* on what I *should have* done. The entire point was to BE BORING.

One of the reasons that some guys have bad approach anxiety is because they feel they NEED to have have an 'explosive' sexually-charged conversation to "convince" the girl to consider them as a sexual option.

It's not true.

Girls don't really get hit on much during the day and if you look good enough, that alone is enough to leave an impression.

Most guys (non-PUA dorks) that pick up girls during the day- do it in this manner.

There is plenty of "awkward" (aka natural silences) when strangers talk to each other, even for guys that are "naturally" good with women.

I made sure there was in these too.

There's also plenty of stuff I say that the girls didn't understand and might even be offend by if they don't have a sense of humor.

Approaches went like this-

- **Hi**
- **Small Talk Like a Normal Human**
- **Compliment**
- **Number**

Only slightly different than my 'basic guy game' where a compliment is delivered before the small talk.

- Basic Guy Game - Hitting on 100 Girls, In and Out.

The motivation for this type of approach was a kid I knew named Drew Rice. He got a lot of girls but considered himself introverted and even BORING. One night he told me, "I have no personality." Whatever he was doing (I figured it out 10 years later) was working. I'd estimate that get probably sleep with 20-30 girls a year- all pretty cute girls from what I know.

This was Drew's super secret formula-

1. **Look good**
2. **Try to talk to girls for 2 minutes by asking them questions/giving compliments**
3. **Ask them out**
4. **When on a "date" - ask them to come back to his place to watch a movie**

That is the basically the exact formula that the majority of "normal" guys do.

The ones that score a lot, just do it more often.

Fyi- "Eye Contact"/"No Eye Contact" refers to before the interaction begins.
(not also of these do I completely remember however)



Basic/Boring Guy #1 (No Eye Contact, Live Number - Not Available)

Notes: No eye contact, at coffee shop while in line behind this girl. We talk about coffee and water. Prepare to be bored out of your mind.

Result: Girl's name is actually Shawntee; not Ashanti. Real name, not available.

Basic/Boring Guy #2 (Eye Contact, Live Number) - Available)

Notes: Eye contact. We talk about coffee and shopping. Prepare to be bored out of your mind.

Basic/Boring Guy #3 (No Eye Contact, Live Number - Available)

Notes: No eye contact, but I think this girl was looking at me. Not sure. A little less boring than I was shooting for, really pretty girl.

Basic/Boring Guy #4 (Eye Contact, Live Number - Boyfriend Seeker)

Notes: Eye contact. Basic guy stuff with weird/otherwise funny moments.


Clothing

Pickup Artist Inspired Approaches

Every other pick up artist sounds like this when he "hits" on girls.

This isn't pointing the finger at anyone, I actually have no one in mind-

1. Speak like a flamboyant, non-masculine pussy.
2. Tell her she's "stunning".
3. Notice her "artsy" vibe, whether she has one or not.
4. Say "Oh my God that's so cool" and/or "Organic" at least 2 times.
5. Tell her you feel a "connection".
6. Plow.

(if you are unable to tell- these approaches are "jokes" and I don't actually do this stuff when I'm trying to get girls)

If you are loyal to mainstream PUA, please don't your panties all tangled or wet yourself.



"Peacocking" shows that you are masculine and not afraid to stand out.

Your clothing can be a wonderful conversation piece for women that are interested in you.

PUA #1 (Eye Contact)

notes: Goes great. Watch as I build attraction right before your very ears.

PUA #2 (Eye Contact)

notes: Watch how I "plow" through her shit tests, demonstrating to her that I'm an alpha male and a leader of men. Attraction, swag factor off the charts. She knows that I'm a cool guy with a lot of friends and social value. The REAL question is- is she worth MY TIME? Because I'm the PRIZE.

PUA #3 (No Eye Contact)

notes: Watch/listen how masculine I am. Listen as I dominate the the conversation and defeat her "are you straight or gay" shit test. My frame is a piece of steel. I let this girl go because she is not MY TYPE and I don't want to waste MY TIME on her.

Approaching Groups of Girls

This is how I would get the number off a girl in a group of girls, day or night-

1. Hi.
2. Compliment them.
3. Introduce yourself, ask their names.
4. How do you know each other.
5. Small talk.
6. "I'm going to borrow your friend".
   (GRAB HER HAND, walk 5-10 feet away and ask for her number)

Sorry this shit sounds windy for the first 10-20 seconds, we are inside a department store and I have no idea why this is.

Group #1 (Eye Contact With 1 Girl, Live Number)

Notes: Small talk, "I'm going to borrow your friend". (grab her hand and move her 5-10 feet away). Take her number. Dumb hot party girls, exactly how they sound.

Group #2 (Eye Contact With 1 Girl, Live Number)

Note: Small talk, "I'm going to borrow your friend," again. (grab her hand and move her 5-10 feet away). Take her number. Cute young girls.



Derrick's "No Game" Game

My friend Derrick, mentioned in the "Sense of Entitlement" article does exactly this when he walks up to girls-

1. **Hi**
2. **I don't have any funny lines to say but I still wanted to come say hi/meet you...**
3. **Small talk**
4. **Ask for number**

This will work particularly well on any girl that you are equally or more attractive than.

It's more of a "go on a date" thing, but if you touch the girl a bunch- it can be more of a Get Laid thing.

Just about every single girl who is not emotionally destroyed will respond well to this; I don't do this often simply because it can activate the 'boyfriend' flag and isn't aggressive enough for me to screen women.

Met a few hot girls, thanks Derrick.

No Game - Game #1 (Eye Contact, Live Number)

Notes: Eye contact. Hot girl, nice. I actually kick some game at this girl because she's hot. Which normally, with this type of "No Game" approach, I wouldn't do.

No Game - Game #2 (No Eye Contact, Live Number)

Notes: No eye contact, but she might have seen me, not sure. Another good looking girl, great smile and huge swollen breasts. In and out.

No Game - Game #3 (Eye Contact, Live Number)

Notes: Girl thinks I'm 23. So I say I'm 24. Looked 16, she says she was 19. Been texting with her. Cutie, little cheerleader look. Most girls that age are completely silent.

She's probably one those 'blue chip' girls I mention at the end of this post.



Social Invites (Groups)

These are way to get girls (and her friends) to come to your party/hang out with your circle.

As usual, it's less about the "words" and more about LOOKING/BEING COOL, at least equal to the girl, preferably above.

Basic/Boring Guy Social Invite (Normal Party Invite, Dead Number)

Notes: **Come to our party.** No eye contact. Basic/Boring guy game. Two sisters seated. This is how basic/boring guys can invite girls to a party.

Do Cocaine (Party, Live Number)

Notes: **Lets party.** This type of this is really common in LA among the "In-Crowd". Guys make small talk with hot girls and then ask them to "party" (this is understood differently than 'we are having a party'). These girls pick up on what I'm telling them. This type of stuff works well on the hottest party girls, usually DTF.

I talk more about this here-

- "You want to party?" crtl + f "Cocaine"
- "Do you like to party" crtl + f "Cocaine"

Taking Bathmate to the Next Level (Advanced Use and Modifications)

July 15, 2013 | by Good Looking Loser | Link | Original Link

Advanced Bathmate Training

If you've used the the Bathmate on a consistent basis for more than 6 months and/or are a veteran to jelqing and manual stretching- you might have found that your gains are slowing down or seemingly stopped altogether.

You also might be interested in how some guys take their Bathmate pumping to the next level in order to break plateaus and encourage further growth.

As of today, I have gained slightly over 2" in length and nearly equal to 1.5" in girth.
(I'm about 7.3" x 6.1" post pumping session, see videos below)
(I'm 7.5" at 8% BF and 7.0" at 18% BF, body fat makes a significant difference)

- This page is my best effort to track gains via pictures through the past few years.

As I mention in "Keeping Perspective on Male Enhancement", I feel that everyone can make at least ~2" of natural growth through manual exercises, basic pumping with the Bathmate Hydropump and the Sizegenetics extender.

Using this combination is the most efficient way on planet Earth to achieve that 2+ inches.

There is a chance that your gains plateau or significantly slow after you eclipse your first inch.

The experimental methods discussed below can possibly help surpass whatever 'ceiling' that you might have thought you had.

I am currently using both these methods.

This type of experimental pumping began at MattersOfSize.com, the wine stoppers that I refer to have changed in shape and size somewhat. You can't fold them over the Bathmate valve anymore, but the TLC skin cone makes attaching it possible.

Disclaimer

Nothing stated below, including the text, pictures or videos is medical advice or a method of use approved by manufacturers, vendors or affiliates of items herein. The content below is subject to our Medical Disclaimer. Consult your physician before beginning or modifying any male enhancement routine.

Jelqing Prior to Bathmate Pumping

I encourage newbies to wait AT LEAST 4 hours after jelqing to use the Bathmate.

Here is why-

Properly warming up and jelqing expands the tissue in your penis.

Following up a jelqing session with pumping is expands that partially-fatigued issue even further.

While this can certainly can benefit more experienced guys, newbie should not consider doing this until they have at least 6 months of Bathmate experience.

I suggest experienced guys start slowly.

A reasonable routine might look like this-

	Jelqing	Bathmate
Week 1 (4 days)	**5 minutes**	**6-8 minutes**
Week 2 (4 days)	**8-10 minutes**	**8-10 minutes**
Week 3 (4-5 days)	**10-12 minutes**	**10-12 minutes**
Week 4 (4-5 days)	**12-15 minutes**	**12+ minutes**

Again, if you have never jelqed *immediately* before a Bathmate session, you'll be surprised of how intense it will be.



When I first tried it, I didn't last longer than about 6 minutes. My dick was well-trained too.

The first week is the most intense.

Assuming adequate recovery time- your penile tissue will adapt (and grow in the process).

After 10-15 minutes of jelqing, you might find yourself unable to get a full erection for your Bathmate session.

That's fine, just do your best with it.

Even with a semi-boner, you'll still get more overall tissue expansion than if you used the Bathmate without jelqing.

However- if you find that you can't maintain an erection while Jelqing (or before PE), it is a sign of fatigue and you need to take 24-48 hours off.

Air Pump Modification for Additional Pressure

Again- this suggestion is **NOT** a suggested or approved method of use by Bathmate, Vacu Vin, Ron

Low (TLC) or myself.

DO IT AT YOUR OWN RISK.

And Start SLOWLY.

For safety reasons, among others, I recommend the Bathmate or Penomet (water-based pumps) to guys that have never used a penis pump before. It is safer and more fun than air pumps.

Most importantly- it works great.

This modification basically turns the Bathmate Hydropump into a traditional air pump.

You will get the normal, *safe* vacuum pressure from the water and additional air pressure from the modification.

The additional pressure is VERY SIGNIFICANT and I suggest you proceed with caution.

Here is what you'll need if you were to make this modification-

(not affiliate links)

- **The Bathmate Hydropump (modification will work on ANY model)**
- **The Vacu Vin Wine Saver (comes with 2 wine stoppers)**
- **The TLC Skin Cone (Size 50 and 52 will work)**
  **** a discount on VLC/TLC products can be found at BoyToyStory***

These items are explained in detail in my videos below.

Here is what you'd do if you were to apply and use the modification-

The videos below discuss and demonstrate the process in detail.

1. **Get a boner and put on the Bathmate as you would normally.**
   *** if you have the Bathmate x30 or x40- close the valve.**
2. **Secure the TLC Skin Cone over the valve.**
3. **Secure a wine stopper within the top of the TLC Skin Cone.**
4. **Use the Vacu Vin Wine Stopper to create additional vacuum.**
   *** unlike if you were to use the Bathmate normally, you WILL NOT have to re-pump the Bathmate.**

Advanced Bathmate Training Videos (Nudity, Non-Sexual)

"Advanced Bathmate Use (Detailed Discussion, Demonstration) 1/2"

Please Click Video Window to Start Video

"Advanced Bathmate Use (w/ Vacu Vin Wine Saver) (Better Demonstration) 2/2"

Please Click Video Window to Start Video

Here is a picture of how it looks-



Click to Enlarge

Look The Part/Status with Finesse; Why is Black People So Loud at the Movies? (Part I)

July 19, 2013 | by Good Looking Loser | Link | Original Link

Look the Part
Status With Finesse
(I'm Black! Part I)

Although I look it- I'm not actually Black.

18 Months ago when I started GoodLookingLoser.com I never wanted to speak on topics that I didn't have plenty real, insider experience with and enter "I-know-everything-but-have-never-done-any-of-it-but-trust-me-I-have-an-eBook" status.

However, it seems like once every 12.5 days or so a Black person asks me for advice and if I have specific recommendations.
(the undertone is- ***how can I get White, Asian, Latina, etc. girls?***)

I do have suggestions.

I have plenty of friends that are Black, some of them score with a fair amount of with non-Black chicks.

A lot of them don't.

I've thought about what separates the two groups can that is where my perspective/suggestions comes from.

Some things are obvious, other things I'm still thinking about and might have to discuss with a couple of them.

The 4 Black kids that I will refer to- have both casually slept with and been in committed relationship with White girls.

There's a few others that I've recently become friends with on the West Coast, but I haven't known them for too long so I'm not going to conclude anything just yet.

I'll talk minorities more in the future, these suggestions are unique to Black people however. Some of these can be considered 'techniques'.

While we're not big on techniques, perhaps "Black People" are the exception- they can benefit enormously by presenting themselves in a certain way.

For those of you that wet your little diaper when 'race' is brought up, know that I'm bi-racial and therefore can't be racist according to your standards. Besides, I have more Black friends than you. (ha.ha.)

The "normal guys" of any skin color all present themselves in a ***stereotypical***, normal, follower manner.

Most White people look like nerdy office people, Most Asians look like computer programers, Most Latinos dress like Black People from 10 years ago, etc.

It's not unique to Black people.

"Normal" looking people of all races are pretty much invisible to Hot Girls.

In fact- I feel that a higher percentage of Black guys go outside the norm and dress well.

They want to look good.

Which, for starters, is what I encourage you to do.

(Look good- not just "stand out")

 Looks like "Black MMA" Friend.

Status or Appear High-Status

All 4 of my Black friends that hook up with attractive girls all have status or *appear like they do.*

Before I tell you what they do/how they present themselves, I WANT YOU TO KNOW-

These guys ALL do the WELL-DRESSED GQ STYLE.

No poor yung thug/lil ghetto, clothes that are 3 sizes too big or not-yet-famous rapper look.

- **ANY OF THESE STYLES WILL AUTOMATICALLY PUT YOU IN THE TOP 1% if You Are Black**
  (don't go overboard on the Bling-Bling though.)

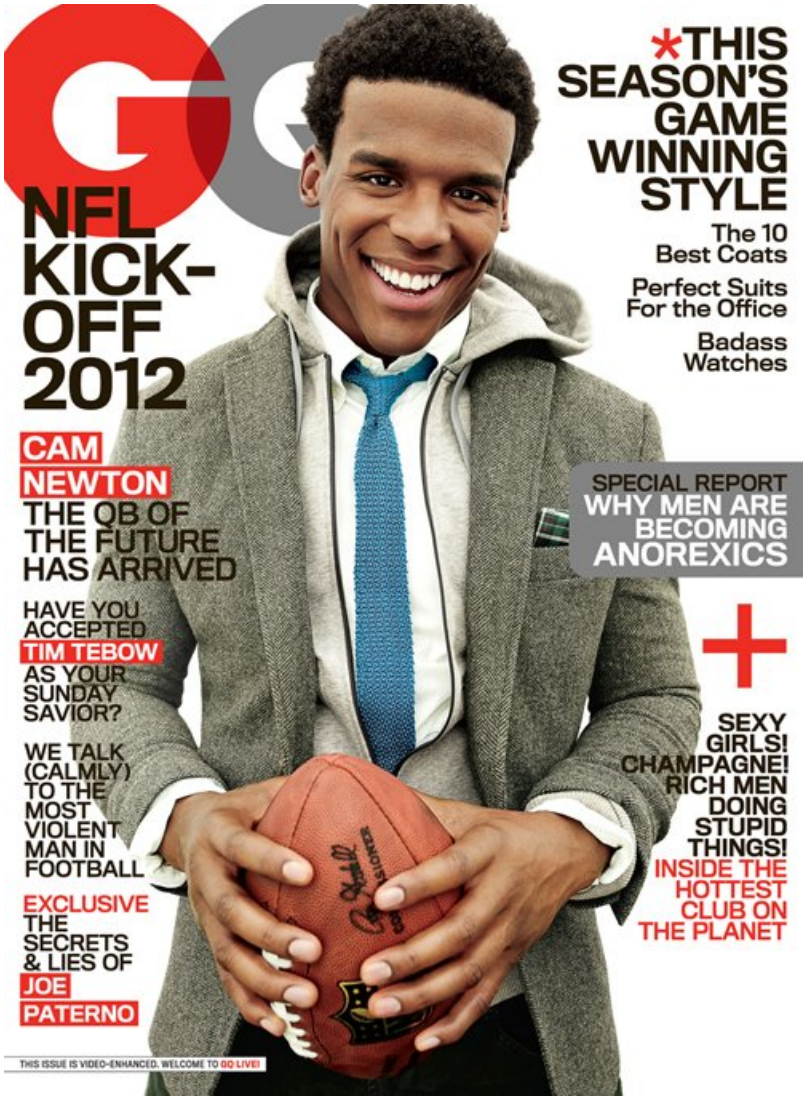
1. One is a Graduate of Harvard Law and works at high-status in New York City.
2. One is a professional NFL football player and a former 2nd Team All-American from the University of Florida.
3. One is a professional basketball player that I met randomly at Nordstrom Rack.
4. One is an professional MMA Fighter.

From the way I just presented these guys, you might think-

"Holy shit, those guys have *REAL* status, I don't have that, I'm just a sitting here in this

apartment."

No, I just made you think they do.



The 'Black Football Player' from Florida isn't Cam Newton.

Listen-

While it is true that they "are" all those things, the fact of the matter is- only ONE of the them (#2) is a legit super athlete that plays his sport at the highest level.

And Even still- he is currently an NFL free agent and no chick (even in the state of Florida) would recognize him or has even heard of him.

The pro-basketball player isn't in the NBA. He's in a league below the NBA D-League.
(that's why he was doing adult stuff in LA in the off-season)

The pro-MMA guy was good locally but hasn't won a fight at a more competitive level.

The guy from Harvard Law- well... nobody would look at him and know his specific accomplishments.

So lets not think not confuse these examples for Johnnie Cochran, Adrian Peterson, Kobe Bryant or Anderson Silva.

No one knows or recognizes these guys.

In fact, I get mistook for a pro-athlete/MMA fighter AS MUCH OR MORE than they. 2 of them will tell you that.

Yet, while ALL these guys were super popular in college and scored with all types of girls- they continue to do so after college in WHATEVER city they are in.

They DEFINITELY PLAY UP THEIR STATUS.

The way I presented these guys to you (high-status... OMG) is the SAME WAY they present themselves to women.

But not in the 'try hard' way (that seems to be reserved for Hollywood-wanna be White boys).

These guys seemingly have really good finesse with how they communicate their status.

Here's some examples-

Black Lawyer

Shortly after saying "Hi" and introducing himself- he will ask girls where [in New York City] they live, then he mentions lives at the [well-known upscale apartments] on the Upper East Side because it's near where he works. He also mentions that he just finished Law school.

Girls (certainly the interested ones) immediately ask where he works and where he went to Law School.

a: Super prestigious firm, Harvard Law.

Girls, especially the young-professional White girls that he is interested in, are impressed.

~ While this suggests he is more of a nice "boyfriend" candidate, I will discuss that shortly.

Black Football Player

After introducing him and exchanging names, he'll ask what the girl does for work/school.

Because his 6-3 250lbs, girls will ask him back and assume he's an athlete.

He answers that he's "A-List an actor in Hollywood".

Every girl is immediately taken back by this.
(yeah- every time)

He keeps the joke up for a little while, tries to make the girl believe him and then explains that he's going to get into acting after he's done with football.

He'll then tell the girl that he's in the NFL and plays for the _____.

He tells me this works great for him because girls just aren't used to a Black guy presenting himself with a sense of humor (and obviously status).

He immediately grabs the girl by the hand and tells her to "help him" get up to the bar. (my idea)

~ Again, while this seems "playful" or "funny man," I'm going to talk about that shortly.


Dressing in Layers = Smart.

Black Basketball Player

Unlike the other guys, this guy seems to only to like "thick-ass white girls".

These girls aren't the hard-to-get, high-status platinum blondes.

A lot of these girls generally go for Black guys in the first place.

He knows this and moves SUPER FAST. Smiling the an entire time.
(I mean, this guy got me to do porno after I just met him... damn)

He does a bunch of different things to engage girls but he usually grabs their arms and say "don't beat me up" or one of those 'fun' things.

After the joke subsides, he'll ask the girl what she does if she hasn't asked him already.

When she asks, he says, "Basketball... Hopefully the Lakers."
(same thing he told me)

Girls/people immediately think he's an NBA player or a top college player. After all, he's 6-7 265lbs. (bigger than LeBron)

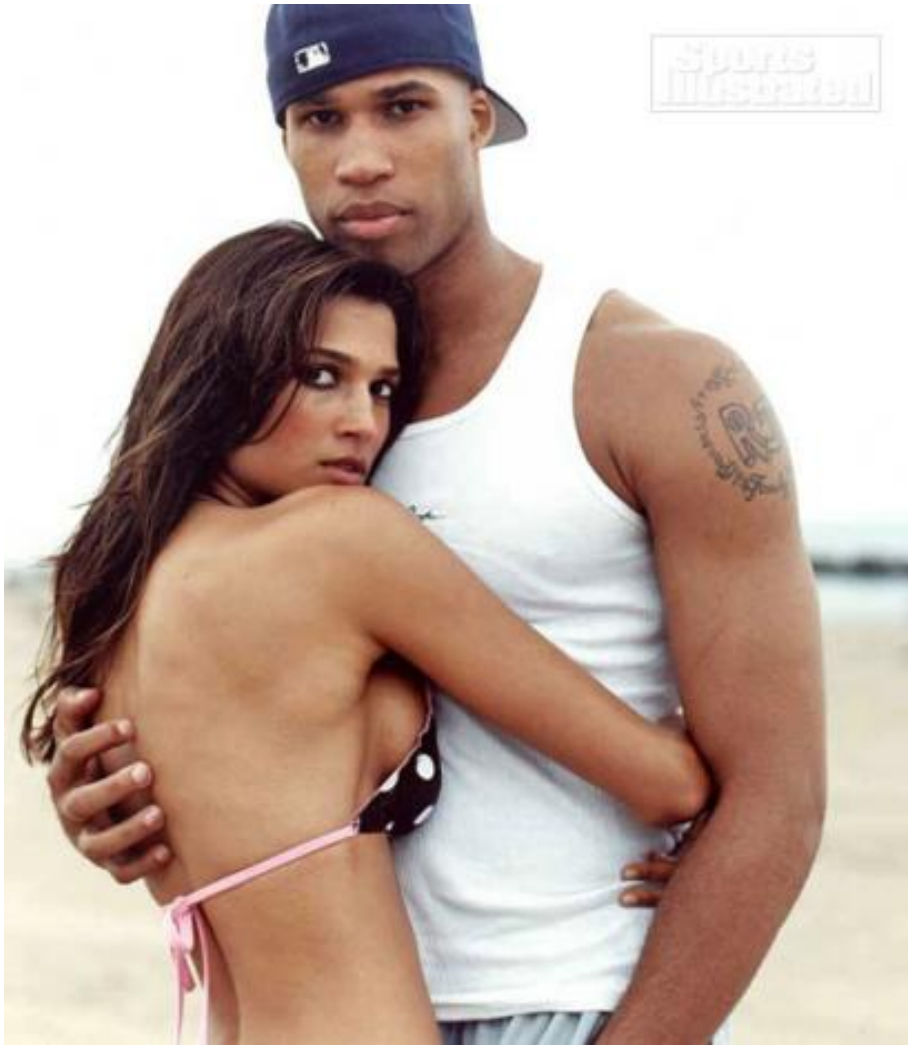
Most girls have no idea about who's a pro athlete at the highest level and who isn't. "Lakers" is good enough for them.

To them, he's an NBA player and a fun guy.
(sometimes he tells girls that he's not going to rob them)

He'll immediately take them to "show them how to dance" and feeds them compliments while touching them more and more.

He fucks about 50 girls a year.

~ Again while this seems really "nice guy," I'll clear that up later.



There's more room to be under-styled if you are considered 'good looking'.

Black MMA Guy

This cat does the "Well-Dressed" GQ, but he also does/did the Affliction/Tapout look.

In his case, it fits exactly what he does.

While not a pro athlete in a major sport, this guy has one advantage-

He's a mixed race (appears 75% Black) and is really good looking.

He looks like Shane Battier, but a better looking version.
(actually Shane Battier is good looking)

White girls say that he's "good looking," if you are a good looking Black guy take note of what "Rian" does.

Since he's good looking and has excellent social skills, he doesn't particularly do anything special when he engages girls, mostly "basic guy" game.

When the question comes up of "what he does" he tells girls that he's "training for a fight".

Most girls are pretty familiar with MMA or they don't think he's a boxer or something, they think it's cool.

He starts talking about how his Mom is worried that he's going to get his face bashed in and she'd rather that he play the piano or stop eating and be a model.

Interested girls will generally jump on this in one of two ways-

1. Tell him that he should be model.
2. Tell him that, "that's so cute' that your mom says that" and that they hope he doesn't get his face bashed in.

In both cases, he says "thank you" and tell them they they are attractive too.
(he talks to the hottest girls possible)

After that- he takes them somewhere to sit down and talk.

~ While that might not anything other than 'nice', I'll get to that topic in a second.


She's Overrated, He Isn't.

As you may have noticed...

All these guys flash/play up their status ASAP but in a smooth way.

They don't WAIT for girls to ask them 'who they are' or 'what they do' nor do they spit out their accomplishments like a try hard.

They immediately lead the conversation to the topic, it seems natural.

Like the Football Player says, "I'm Black, I need to stand out."

All these guys know what they are doing and the last thing they bitch about is how they "want to be themselves".

They play to win. That's who they are.

What If I'm Black/Any Race and Don't Have No Status?

If you don't have any sort of established *legit status,* it doesn't *totally* matter.

You should be working on your life, in general, and slowly separating yourself from the boring, undersexed, frustrated norm.

But that often is good enough.

As long as you talk/communicate your high-status ambitions and why you win at life.

Black Lawyer Guy has been talking about how he was going to Harvard (or Yale/UPenn) Law for years. (it had a similar effect as it does now)

Black Football Guy was always talking about acting and play pro sports.

Black Basketball Guy- same thing (minus the acting).

Black MMA Guy was always talking about how he wanted to be a MMA Fighter, was training for it and how his Mom didn't approve- long before he ever competed.

They have ALWAYS looked the part, even if it wasn't on their resume.

Status, Status, Status- these guys get it.

While on occasion, they might come off as a "Black Douchebag" (said no one ever) and lose a girl that was otherwise interested, they are ALWAYS going to make it clear they the AREN'T the average Black guy/Any race guy.



With or without the Superbowl Ring, Reggie Bush would still look important.

Mr. Black Funny/Nice Guy?

As you probably noticed (or when I pointed it out to you 4 times in red) the techniques these guys use *seem* to be sort of "nice guy," "boyfriend material" or "funny man" in comparison to the stuff I generally advocate.

Though I never want to get into analyzing "words", I clear up any confusion-

Don't confuse being POLITE with being a "pussy," "funny man," or "nice guy".

What you look like, your clothing, your vibe and how you carry yourself plays WAY MORE of a factor (than what words you say) into how you are profiled and if you look like a edgy/bad ass/player or a nice guy/boyfriend material/bitch boy.

Straight up-

Just by stereotype-

Black guys ARE NOT perceived as Nice Guys, Boyfriend Material, Pussy Cuckolds.

They just aren't.

You have to look and come off *REALLY SOFT* to make a total "nice guy" first impression if you are Black.

A lot of legitimately thoughtful and nice Black guys get this very, very frustrated by this.

Understandably so.

But keep in mind ALL RACES are stereotyped, just most races are stereotyped as "nice," on the opposite end of the continuum.

I suggest Black guys use this **TO THEIR ADVANTAGE** and be SUPER NICE (POLITE), at least initially.

Scotty is a good example.

He's "edgier" looking than most Black guys. He has tattoos on his fucking face. He is SUPER POLITE.

Verbally, he never stops being polite. Physically, however, he isn't.

He bags tons of chicks. And Quickly.

Don't worry- you won't be 'losing' too many girls because they are DTF and you come off a some "Black Nice Guy".

It might happen, it probably does to me sometimes.
(never to Scotty)

But you're still Black, as long as you aren't overweight- girls will assume you are good in bed and have good equipment. (more on that later)

There are some beneficial stereotypes applied to Black guys.

I have to think about it some more, but a lot of the "rules" or mindsets that I push here- LOOK EDGY, BE EDGY, TOUCH GIRLS ASAP, etc. aren't actually going to help Black guys.



You know I'm 'against' the Hipster look. Although it's current-trendy, it's not masculine. Black guys are an exception. Hipster out- just try not to look too ridiculous.

At the end of the day though-

- **Looks + Style = Sex Appeal**
- **Social Freedom = Ability to Play the Numbers (talk to girls)**

...is still the name of the name.

- next post: "Why Is Black People So Loud At The Movie, Part II"

Ultimate Guide to Edging

July 25, 2013 | by Good Looking Loser | Link | Original Link

An Academic Look At Building A Strong Cock

We are going to take an in-depth look at "edging" and cite academic research from several prestigious institutions, including some Ivy League universities.
(there are links to various books in this discussion, these are not affiliate links)

My Background

At the beginning of 2012 I began a quest to improve my overall sexual health.

I had done PE for years, had a good dick but my sexual health was pretty suspect.

From advice from my friend 'Boomer' (the huge Black guy that encouraged me to do a few college adult scenes) I began edging and I didn't even know it.

He told me that "jerking off, but not getting off, a bunch of times helps a ton," "almost masturbating" he calls it.

What he was talking about was a process called ***"edging,"*** virtually every guy in adult film that cums on camera practices it.

If you've ever masturbated but held back your orgasm a few times, then you've at least done a little edging.



As I learned, in addition to the Cialis (and other performance enhancers - see the last few minutes of video at the BOTTOM of this page), the majority of guys that are at least semi-serious about adult film actually have very good sexual health, strong PC muscles and way better control of their orgasms than average guys and certainly myself at the time.

They are more ***"in touch"*** with their dicks, as Boomer says.
(basically a better mind-muscle/penis connection)

The good news is- it didn't take long at all for my PC muscles and orgasm control to catch up to my size. Both are pretty good now.

My cum shoots and can hold back my orgasm 3 or 4 times during intercourse, those were my goals.

Nothing off the hook, but coupled with my size, enough to have most girls say I'm great in bed. Much stronger orgasms on my end too.

A little can go along way for most guys.

Just edging a few times a week can yield significant dividends, especially if your overall sexual health and control is on the 'average' side, like mine was.

This is especially important if your penis has been growing, you'll need extra blood flow to support the extra inches.

The process can actually be reasonably fun (well, as fun as teasing yourself can be) if accompanied with the Fleshlight, or similar device.

The hardest is not finishing the orgasm.

Don't let the gimmicky look of some of these devices fool you- edging with these can be quite challenging because it feels very much like a real pussy, especially if you use warm oil.

Also, it's ideal and beneficial to 'practice' with a condom on in the Fleshlight.



The Fleshlight is an example of an 'edging device'.

What is Edging?

Edging is a sexual process that involves bringing yourself very close to orgasm but stopping before you cum.

Edging is done in sessions that last about 20 minutes each, so you will stop yourself from ejaculating numerous times. Teaching yourself not to cum as soon as you feel the urge is a beneficial skill that will enhance your sex life.

Edging is also known as 'peaking', the stop and start method and the start-stop technique.

What Are the Benefits of Edging?

When you edge on a regular basis (every other day/3-4 times a week), it can:

- Enhance sexual stamina, which will allow you to stay in the **sexual plateau phase** for a longer time.
- Raise your chances of bringing your sex partner to orgasm since females usually take longer to climax than males.
- Intensify **climax** sensation.

- Boost in semen output.
- Increase semen power and distance.
- Help stop premature ejaculation.
- Increase sperm count: Less ejaculation = sperm that is more dense.
- Allow you to experience multiple orgasms.
- Promote blood flow, recovery and erection quality as a supplement for a PE routine.



Taking It To The Edge

Edging is the #1 way for men to accomplish improved ? heightened ? and mind-blowing orgasms.

Edging is easy to do and even easier to learn.

Learning to edge is a win-win situation; you get to enjoy the sensation of masturbating for the purpose of improving your orgasms. In addition, learning how to 'peak' creates wave-like patterns which trigger the pleasure hormones called endorphins, according to the book ?Making Love Better Than Ever" written by sexpert Dr.Barbara Koesling.

It's good for you, so long as it doesn't encourage compulsive masturbation.

Edging, by definition, is not masturbation.

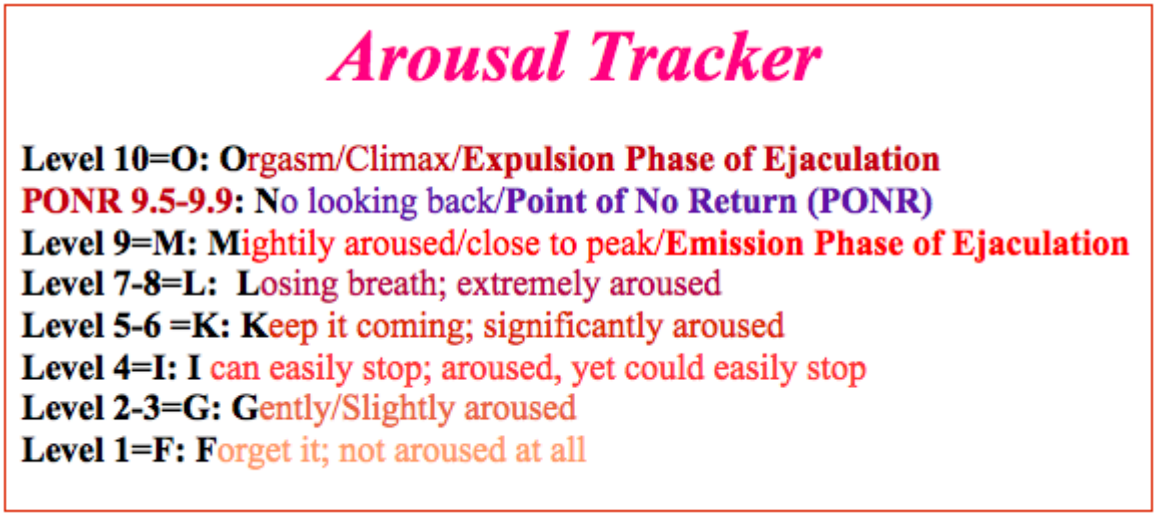
How To Edge

Before you start edging, you should become familiar with the different levels of arousal.

The more you practice edging, the more familiar you will become with how you feel at each level.

This is the mind/muscle (dick) connection that we mentioned earlier.

Stages of Arousal: From Uninterested to Orgasm



Beginners might wants to cut themselves off around Level 7. Reaching Level 9 several times during intercourse and pulling back is what we are shooting for.

You should also be familiar the following terms-

Emission phase of ejaculation(phase 1)/Level 9

Contractions force semen into the urethral bulb. During this stage, you can feel the prostate ? seminal vesicles ? and vas deferens contract. If not stopped, a full ejaculation (phase 2) will result within seconds of the emission phase (phase 1).

Expulsion phase of ejaculation(phase 2)/Level 10

A full ejaculation; semen stored in the urethral bulb is forced out in a pulsating manner.

Point Of No Return (PONR)

You are on the verge of cumming and there is no turning back. You are going to cum at any cost.

Before you begin:

- **Find a comfortable, quiet/silent location**
- **Have lubricant (and any device you are using for stamina)**
- **Set a timer**
  (some guys prefer to count their strokes, I find this is too distracting, set a stop watch on your cell phone)

When you have everything you need, begin your edging session.

You will **climb**?Arousal Mountain? ? **STOPand bring yourself down a few levels** ? **and then start climbing again**.

You will accomplish this by following this step-by-step guide-

(it's pretty self-explanatory though)

Step 1: Stimulate Yourself

Arouse yourself until your penis is hard. Pay attention to everything you feel, and fully experience every sensation.

This is why it helps to be in a silent location -- focus 100% of your focus on your dick, the sensation and don't let your mind wander.

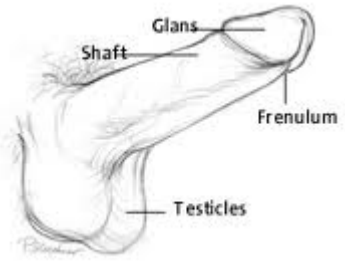
Be present, as they say.

Step 2: Climb Arousal Mountain

Lubricate your penis and slowly stroke it by beginning at the base and moving toward the top.

You should avoid touching several areas in the beginning of your edging session.

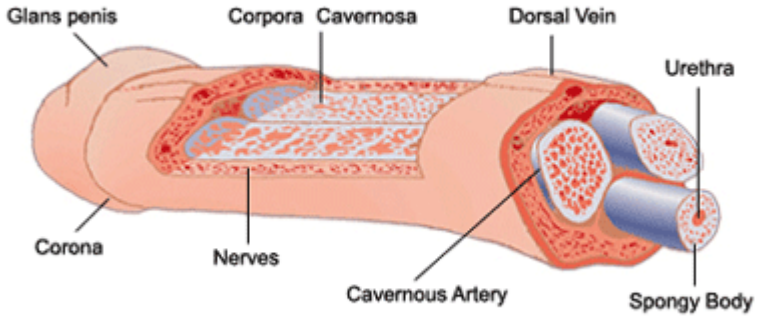
One is the ***penile fraenulum***, which is a band of tissue located on the underside of the glans (head) of the penis.



The 'Penile Frenulum' is the area at the top of the underside of your penis. Hold off on stimulating this area as much as you can.

The second area you should ***avoid touching is the entire head, including the corona***.

The corona is the raised border located at the base of the head.



Try to avoid stimulating the penis head too. The 'Corona' is the part on the backside of the head, in a similar area as the fraenulum.

The fraenulum and corona are extremely sensitive and reactive, which is why you shouldn't stimulate them to soon.



Step 3: Stop

Option 1

Pay attention so you know when you are getting close to your PONR.

When you feel you are near the expulsion phase, begin to move your hand down the shaft of your penis and stop arousing yourself before you reach your PONR.

Option 2

Stop yourself between level 4 and 8.

For the first 2 weeks or so, we recommend option #2.

If you've never done this, don't expect it to be super easy.

Step 4: Bring Yourself Down a Few Levels

Wait for your arousal level to drop a few levels.

You don't have to do anything special just stop/slow down on touching yourself.

You will need to inhale and exhale slowly and deeply during this time.

Take control of your cock and your thoughts by fully experiencing every sensation rather than ignoring them.

As you get better at this, it may seem like your orgasm (and a ocean of cum) is going back up into your body.

If you feel this 'backwards rush' - you are on the right track.

Step 5: Climb Again



If you chose option 1

When you feel you are no longer going to ejaculate, start arousing yourself again. Repeat steps 3 and 4 as many times as necessary in 20 minutes.

If you chose option 2

Start climbing **Arousal Mountain** again.

Every time you stop, you should try to do so at a level higher than the previous one.

Repeat this process until 20 minutes has passed.

This is the method Dr Keesling recommends in her book ?How to Make Love All Night (and Drive a Woman Wild).?

She says, ?If you don't get up to Level 8 or Level 9 the first time, that's okay; you will with practice. Ultimately, you will need to be able to peak at very high levels.

This is not hard once you get used to the whole process of peaking.

Step 6: Shut It Down

After edging for 20 minutes ? **STOP** ? and do not allow yourself to ejaculate.

Put your penis away, and refocus your mind on something else.

Edging and Kegels: How Kegels are Involved in Edging

Kegels, also called pelvic floor muscle exercises, make your pubococcygeus (PC) muscle stronger.

To perform a kegel, you simply flex your PC muscle.

To do this, tightly squeeze your PC muscle as if you are stopping yourself from urinating.

See if you can stop yourself from ejaculating by performing a kegel. It certainly takes strength and practice.

According to the 2005 British Journal of Urology, kegels should be regarded as a first-line method for men who are attempting to find a long-term solution for ED.

I concur.

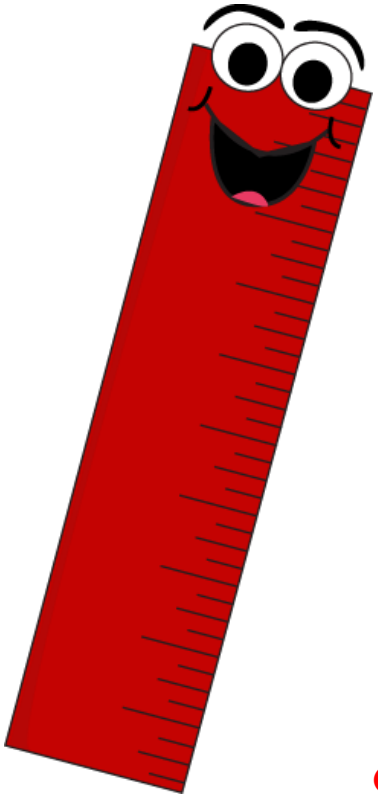
Reverse Kegels or Squeeze Out Pelvic Floor Exercise

Just as it is important to perform back exercises along with ab work for balance, it is equally important to practice reverse kegels as well as regular ones.

To perform a reverse kegel, you flex the PC muscle as if you are pushing urine out.

When you are edging and are near your PONR, you can do 3-5 powerful reverse kegels to stop from cumming.





Can Edging Promote Penis Growth?

Yes.

Edging can encourage penis growth and recovery when combined and practiced after jelqing and penis stretching sessions.

In short- penis enhancement, especially girth-catalyst exercises such as jelqing, break down penile tissue (just as resistance training does to skeletal muscle) and can potentially hurt erection quality as the tissues becomes wider. Edging greatly encourages blood flow to have stretched tissue and maximizes erection quality.

While some people report size gains from edging alone, it will always be best to promote recovery and 'cement' gains from a male enhancement routine.

Can Edging Promote/Develop Multiple Orgasms Capability For Men?

The short answer: Yes, when you combine edging and PC exercises (kegels), you can become multi-orgasmic.

More evidence: According to the National Center for Biotechnology Information (NCBI), some men say they have always been multi-orgasmic, whereas others reported having multiple orgasms later in life. Still, other men stated that they **actively learned to have multiple orgasms**.

Can Edging Allow Men To Have "Dry Orgasms??

The answer is yes, according to PE Gym and Men's Health Magazine.
(Men's Health is loaded with generic crap from writers that have never done what they are telling other guys to do, but they are correct in this case)

A dry orgasm is just as it sounds- an orgasm minus ejaculation. Much like women have.

It certainly exists for males and it's an actual medical term, as outlined by Mayo Clinic.

Guys that are seasoned vets to edging attest to having dry orgasms, usually having their first few during edging sessions.

It is mainly a product of significant orgasm control- stepping slightly over the 'Point of No Return'

(PONR) into Orgasm, but not ejaculating.

The key is to HOLD BACK when approaching orgasm. At that point you will either ejaculate into your bladder (this is harmless) or have a dry orgasm. It will take some practice. Once you have one, you'll usually have a good idea how to do it again.

Dry orgasms allow you to be multi-orgasmic. After you have an orgasm without cumming, you will be able to have at least one dry orgasm ? and then have an ejaculatory orgasm at the end.



Can Edging Promote 'Wet Dreams'?

Edging may cause 'wet dreams.'

As Columbia University explains- if you don't cum at the end of an edging session, you may experience wet dreams because the body is prone to look for its own method of release.

How Much Control Of His Orgasm(s) Can A Man REALLY Have?

Guys can gain complete control of their orgasm if he sets his mind and develops his muscle for it.He will have to commit to practicing edging and kegels on a regular basis, but the result can be worth the effort.

Guys generally get pretty good at it, pretty quickly.

Are There Any ?Side Effects? To Edging?

No, there are not any side effects associated with edging.

However, you can experience fatigue if you do not perform kegels with the proper form, if you do not allow your body to recover, or if you do too many kegels.

Related

- "Everything You Need To Know About Kegels"
- "Keep Perspective On Male Enhancement: What To Expect"

- Stronger Dong: "The Basics of Edging"

"Party Game" - How We Got 60+ Girls To Chill With Us on Saturday Night (Live Audios)

July 29, 2013 | by Good Looking Loser | Link | Original Link

Come Party at Our Party

This article focuses on "party game" which first appeared in this article (at the bottom).

You can say-

"you should come to our party" (party)

or

"you should come *party*," code word for "do cocaine" in Los Angeles.

Background

Summer has officially began for me, I'm completely single for the next few months.

I have some friends in town (not staying at my place) and we decided to kick things off.

There is a big designer house in the Hollywood Hills that is the ultimate party house that have used for the past 3 years. This is the place I lived when I was looking for my own place and intermittently thereafter when I moved to the Hills in early 2011.

There's a beautiful living room, driveway (significant), hot tub, deck that looks out over all of Los Angeles.

The first time I partied here, I was in love and knew that need to move back to the Hills, the "party" side rather than the quiet isolated "family" side of Bel Air.

* Just so you know- the majority of pictures in this article are meant to give life to this post and break up the text. They aren't necessarily of girls we know.



Similar, not the place

You can rent something similar for $550-900/night if you wanted to.

Just don't break anything or YOU WILL get a bill.
(we know that by now)

The idea is to pre-party with a few girls, meet up with other groups of girls at the club and then bring a whole bunch of groups back to the house for the after-party.

Everyone is better off not driving.

From there it's sex and drugs, not necessarily in that order.



The later it gets, the more that guys and girls are disappearing into the guest rooms either to pass out or have sex.

This is how you score in the club/party scene. A LOT.

(while the PUAs are running their opinion openers and analyzing their "sets", this is what the cool kids are doing.)

This approach is quite similar to "Promo Game" that is used by all 4 Los Angeles/Hollywood club promoters I know.

I'll have to write the full version of "Promo Game" and "How to be a club promoter" another time.

Basically-

1. You walk up to the girl(s)
2. Give them a non-sexual compliment (I like your style/shirt/look)
3. Introduce yourself
4. Ask them what they are up to this weekend/that night
5. Extend whatever offer you have (party at club/party at house/both)
6. Take their info if they seem cool/interested
7. Text them back saying "nice to meet you, text you later"
   (if they reply, generally they are legitimately interested and you'll probably see them at your event)
8. Text them the following day in the late afternoon about the party/event
   (if they reply, generally they are legitimately interested and you'll probably see them at your event)

It's very much like 'Basic Guy Game' - IN AND OUT.

How to Invite a Random Girl to a Party from Good Looking Loser on Vimeo.

Either they are in party mode and have the time, or they aren't or don't.

Forget the *"am I being a nice guy, if I invite the girl to a party?"* shit and just put the offer on the fucking table and leave.

Either they hop on it or not.

Either way, if you do it a bunch of times, you'll collect a bunch of numbers.
(just like if you were doing "pick up")

And You'll have a whole bunch of girls (and their friends) show up at your party/event if you look like you are cooler (or equally as cool) as they.

'Normal' guys that get laid a lot do this all the time in Los Angeles, it's usually DURING the night however. I find that it works as good, if not better, when you do it during the day and you have a pre-party attached to it.

As you'll see from the audios, I invited most of the girls to the club (Villa at 11pm) because my friend gets money for it and can get them in for free, free alcohol and table for everyone. He (and his 2 friends) also host the pre-party and after-party.



-A Quick Word on Promos/Clubs-

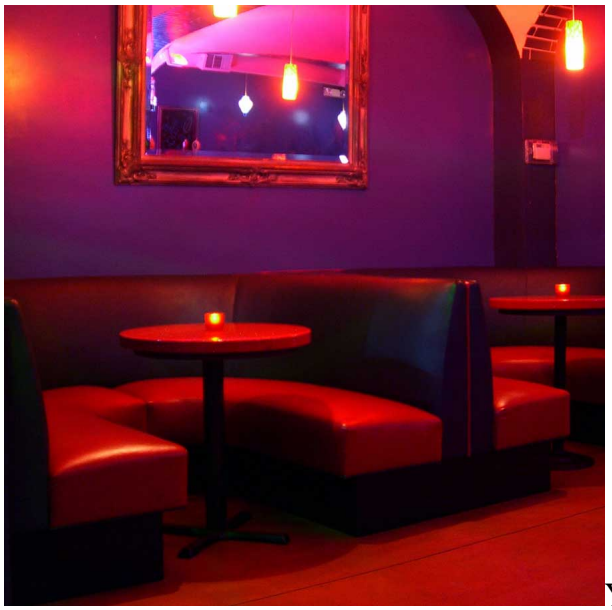
It helps to know a club promoter because you can make sure that YOU and whatever girls show up - get hooked up.

Still, it's not completely necessary- if you show up at the club with 1 or more groups of girls- just walk up to the front of the line, ask "who's promoting tonight," whatever name they say - ask if you can talk to that promoter. They'll notice the girls around you and someone will page the lead promoter.

When he comes outside tell him, "I have a lot of girls with me and more coming, let me in and they are yours." He'll immediately let you in (he gets money for the girls). Tell him, "I always have girls to bring to these things, I want to be a regular in the scene, can you hook us up?" and take his information.

That will work 100% of the time unless it's some private party/event or the girls aren't very pretty.

Promoters consider this kind of stuff AMAZING-


You don't actually have to pay $1500 to sit here.

A cool guy walks up with a bunch of girls and offers to bring them in under their list. They make instant money and contacts.

It hardly ever happens to them.

They are always so busy trying to meet their quota by promoting their shit on social media to flaky girls that never know what their doing. Promoters understand the numbers game better than anyone.

This the equivalent of several hot girls coming up to you and saying, "we'll suck your dick, we just need a bed to lay on and a towel to clean up your mess."

Well, sort of.

In case you didn't know-

Promoters get several FREE tables at clubs and they can easily give it to you for free.

It's hilarious that people spend $1500 to get a table, you can get them for free if you just show up with a group+ of girls and tell the promoter that "you want to be regular, have plenty of girls and just need to be 'hooked up,'" that's code for I'll bring you girls - give me a table and free bottles.

Admittedly, 5 years ago I had no idea this is how it worked.

Back On Topic...

Here's what I did-

- On Friday afternoon and evening, I walked up to 30+ girls and invited them to meet up with us at a club.
  (some of the hottest ones, I told them about the pre-party or mentioned it later in a text)
  (3 of my friends also walked up to random pretty girls and did the same)
- On Saturday afternoon, I talked to a few more.
- On Friday evening and early Saturday afternoon, I also started these audios "how to ask a random girl out for a same night date" (different topic) and I met a super hot Spanish girl and I decided go out with her before our party and bring her back to pre-party.


Although I don't expect you to believe me - I don't use cocaine very often. I couldn't feel cocaine if I wanted to. Using Chantix (anti-smoking compound) blocks dopamine receptors. I learned that last Halloween by mistake, imagine that. What a waste.

How'd it go?

Great.

Better than usual. Might have been because I was legitimately excited.

- I talked to about **30-35 girls (including groups) in all** between Friday afternoon, evening and Saturday afternoon.
  (understand the majority of girls in LA won't 'reject' my party approach. Less than half usually respond and come however.)
- **9 of 17 answered my text and agreed to show up** with our place or the club with their friends.
  (that's more than half, so that's why it's great, it's usually slightly less than half)
- **31* girls showed up** at the club on my behalf.
  (girls come in groups to party/club, usually 3 to 5 girls)
  * estimated by club promoter, who got paid for my referrals (thanks Chris)
- My 4 other friends (and others) got an additional 3**0 girls** to come to the pre-party/club/afterparty.
  (one of guys is a lead promoter, so he got got 15-20 of them strictly from the club to the afterparty)
- I met up with the Spanish girl for drinks, brought her to the end of the pre-party, fucked her on my friend's bed and took her to the club.
- About **40 girls and 15 guys made the after party we think**.
  (seemed like 50+ at 1:30am though, if it wasn't for the big Samoan bouncers, crowd control would have been a concern)
  (this is pretty good, Villa is in Beverly Hills/West Hollywood, south of Sunset. The party house

is in the Hills (about 20-25 minutes away).

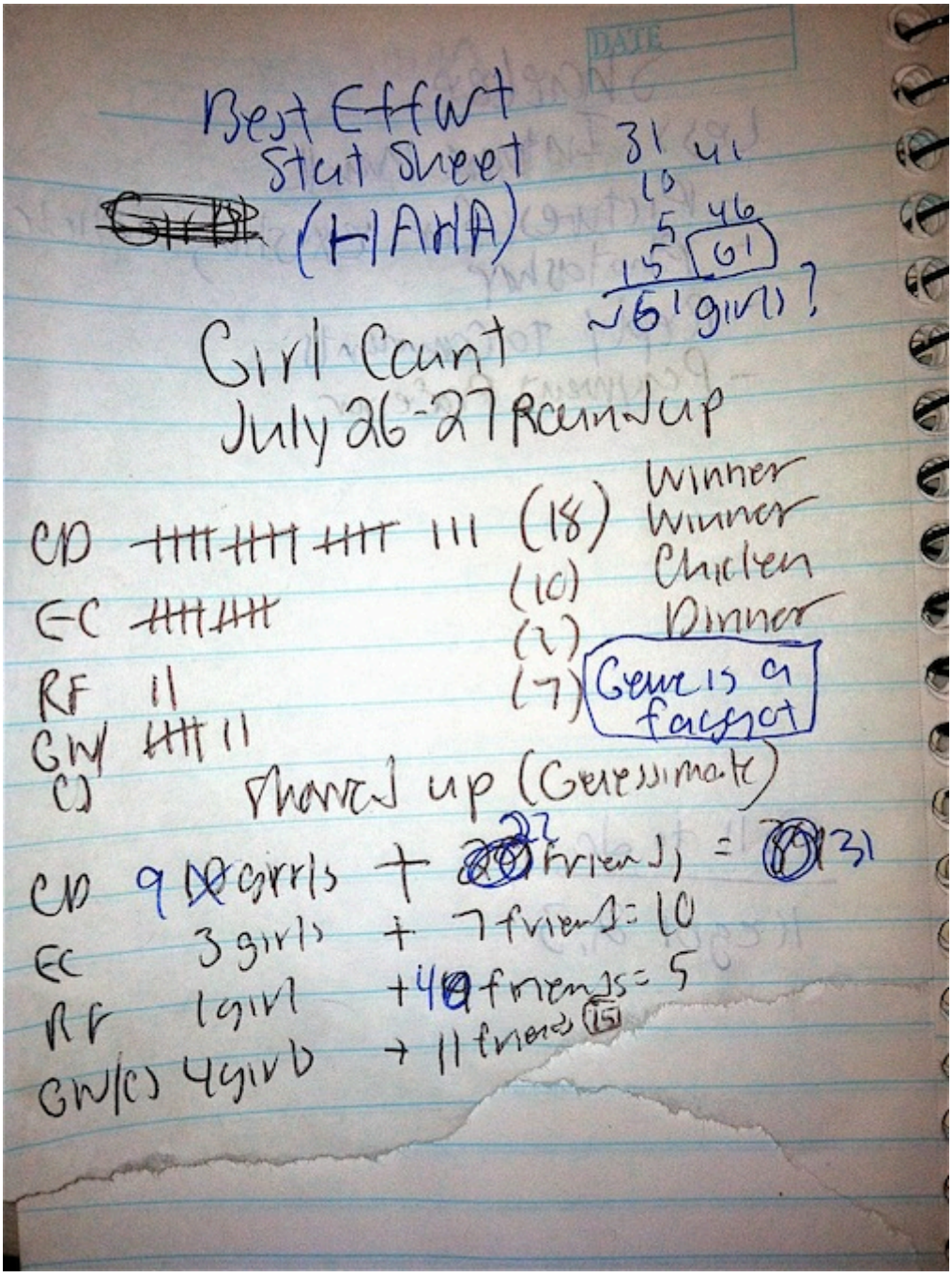
- I slammed the Spanish girl again at the after-party and really did a number on her pussy, thanks, in part, to doing this with the x30 in the afternoon.
  She was nice enough to take a cab back to where we left her car instead of making me drive her.
- Way later in the night (morning), I pulled another cute girl (who showed up with one of the girls that I recruited) into a room.
  I couldn't get a solid boner but I got her off with my hands. Oh well.
  Fucking 3 times in a night (under the influence of other things) isn't something I usually do- I'm usually 1 and done, to be honest.

So 60+ girls between the pre-party, club, after-party is my estimation. At least 40 came to the after-party.

Gene says it was closer to 75 or 80 girls in all but he was drunker than anyone, including the girl that fell in the pool.

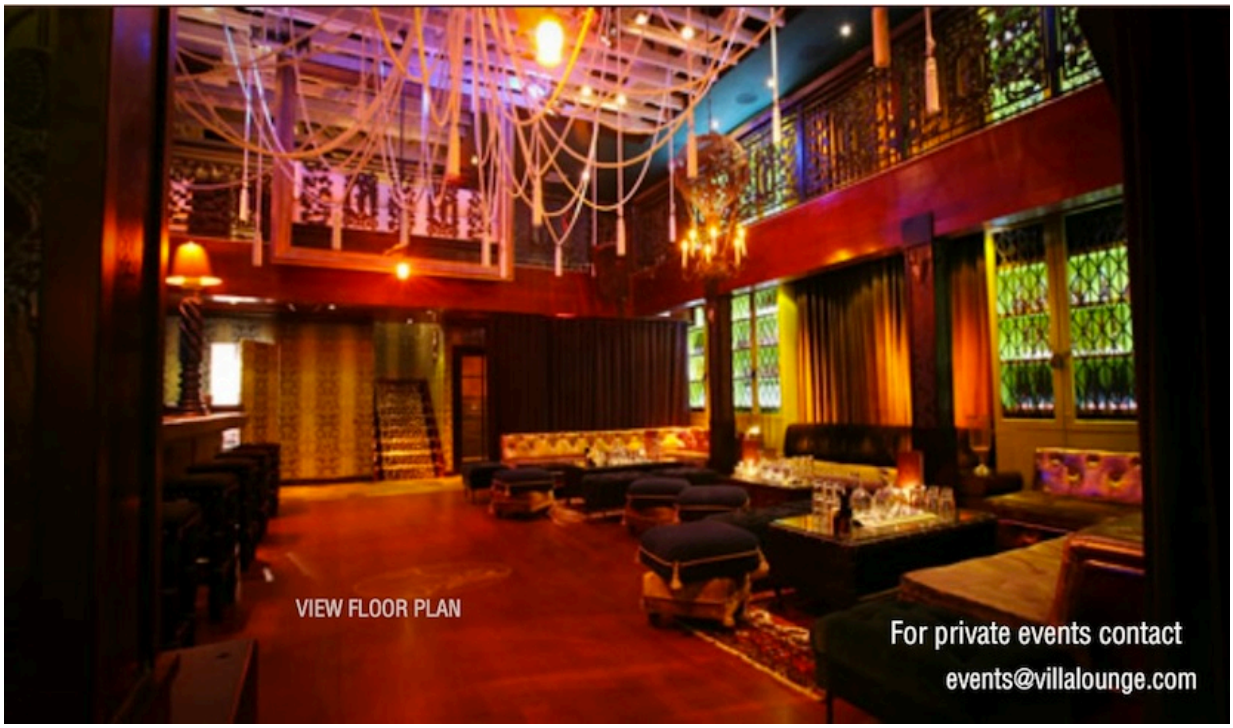
Point is- you can recruit 50+ girls for a party on less than 24 hours notice. In Los Angeles anyway, but frankly in other cities too.

Erik (and Keith, RIP) have done in Denver and even a small town in Wisconsin. Their parties more closely resemble a frat party, rather than a sexy and trashy Hollywood party.



We had tried to keep count of the girls but all we have is this mess.

"We're Having a Party at Villa, We'd Love to See You (and Your Friends) There."



- Villa Lounge, Beverly Hills/West Hollywood Official Website

I uploaded the audios of the numbers I took, I'll tell you if they answered my text and came.

I was actually at a book store for much of this, but I went to other areas of the mall too.

Most of these girls were pretty cute- might I add.

Basically-

1. You walk up to the girl(s)
2. Give them a non-sexual compliment (I like your style/shirt/look)
3. Introduce yourself
4. Ask them what they are up to this weekend/that night
5. Extend whatever offer you have (party at club/party at house/both)
6. Take their info if they seems cool/interested
7. Text them back saying "nice to meet you, text you later"
   (if they reply, generally they are legitimately interested and you'll see them at your event)

Maria - Really hot Mixed Spanish/Italian chica.
Answered text. Actually took her on a "date" on Saturday before the party.

This is the girl I slept with 2 times on Saturday Night/Sunday morning.

Unlike the other audios, this isn't a "come to the party" approach.

I started doing the ***"lets go on a date this weekend"*** approach (that will be another article) late Friday.

This was the very first girl I did it on.

For some reason, Spanish/Latina girls are quick to tell me if they like me. This is a good thing, I like these girls a lot.

Unlike the not aggressive "lets go on a date" or "come to the party" approaches, I hold onto this girl's hand right after I introduce myself.

Everything goes really well and I actually switched up my schedule and went out with her before our Saturday party. We met up for drinks, went to the party house, drank, had sex, went to Villa, came back, had sex, hung out for a little while.

I originally just planned to ask 5-10 girls out on a date for the sake of the "lets go on a date" approach but this girl is one of types I'm really into.

Winked at this girl 2 times and she winked back 2 times, obviously that is a good sign and we get off to a fast start (it's impossible to know this from the audio). The other thing that is going on here is we/I/she is making fun of me for my poor Spanish.

Jessie - Answered text. Sick and didn't show up.

Cute girl at the book store, probably in her mid 20's.

Kelsi - Answered Text. Came with friends to pre-party, club, after party.

Cute and super cool girl working at the Barnes & Noble Coffee shop. Brought several girls to the house and club. She and her friends probably all had sex. One fell in the pool too.

Brandi - Answered Text. Didn't show up.

Nerdy girl, didn't think she was down.

Catherine, British Girl (Saturday Afternoon) - Answered Text. Came with friends to club.

Never can tell with these foreign girls, most of them like to get drunk. I didn't see her and her friends after the club.

Riley and Sam - Answered Text. Came with friends to pre-party & club.

College girls from out of town, surprisingly showed to the pre-party and club. Were coming to the after-party but either got lost or went home.

Beth (Saturday Afternoon) - Answered Text. Came with friend to club.

Showed up with a hot friend at Villa. Didn't make the after party for whatever reason. Texted me Sunday afternoon with a "thank you," nice girl.

[audio broken]



Jenny - Answered Text. Didn't come but invited us to something.

Cool, cute girl. Didn't show up but invited us to some pool party on Sunday.

Mandy - Answered Text. Didn't show up.

Girl not in party mode, clearly.

Bridgette - Answered Text. Didn't come- tourist, visiting family.

Really hot girl, unlikely to show up because she was in Los Angeles with her family. Might ask her to fly out here sometime but probably won't happen unless we talk a lot more. Probably the hottest girl on this list, unless you like Spanish girls. The college I'm thinking of was "Washington & Lee".

Melissa - Answered Text. Didn't show up.

Dorky clothes, pretty girl though. Probably doesn't go out much.



Leah (cute, likes me) - Answered Text. Didn't show up, probably meeting up with her next week.

Hot nervous girl, gigglebox/was high and liked me, didn't make it out but I'll see her Monday night I think. I winked and waved to her before I talked to her (she did so back), that is probably where all the initial laughing/nervous vibe comes from.

Taylor and Kellen - Answered Text. Came with friends to pre-party, club, after party.

Hot party girls, showed up at the house wasted. We don't know who had/if someone sex with them. They spent the night though.

Those some fly ass boots girl.

Kaci - Answered Text. Came with her friend to club & after party.

Hot teen, surprisingly showed up at Villa and the after party. She wasn't 21, but she got in anyway.Sweetheart, dressed like a "girl next door," sort of out of her regular environment. Will be a top .01% girl someday.



Giselle South American - Answered Text. Came with her friends to club & after party.

Erik slept with her. Muy bonita.

Casandra - Answered Text. Didn't show up.

Audio is dead, girl was a downer and we can't really hear her.

No audio.

Lacy - Answered Text. Came with friends to the club.

Lacy and her friends came to the club and didn't talk to anyone.

Afterward

A part that is overlooked is- assuming they had a good time, the 60+ girls that showed up will want to party again in the future.

Even though we won't see them ALL again- 60+ girls is more friends (acquaintances) than most people meet in 1 year.

I know that my friends will score with a bunch of these chicks at future parties. They even talked about doing another party on Sunday night (pre-party -> club -> after-party) but we are all wiped out from last night.



Our friend Curtis, mentioned in "Sense of Entitlement," would do something like this in EVERY city he went to if he was there more than a month. He'd basically have a social life in about 48 hours. I've seen him do it. We had this competition to see who could bag the most girls in Huntington Beach (Summer 2005) and before I even arrived he already had about 20 girls partying with him. Needless to say, he won.

A lot of people seem to think getting laid from your social circle "doesn't count". That is dumbest thing I ever heard and is usually coming out of the mouth of an aspiring "pick up artist" that has no friends or circles.

If you learn nothing else from my website, if you have 1 or more cool friends, a place to party and can do my "come to our party" approach- you'll never need to "cold approach" a single girl again. You'll never go a month without getting laid either.

Arguably, it's better to learn this type of approach than anything else.

So PARTY UP.

Invite me too.

Although I'm definitely not super active in the 'party scene' anymore, I'm willing to make a guest appearance for 25 minutes and be photographed smoking a cigarette and throwing on the ground for $55,001. I know that's a lot of money, but it's less money than Paris Hilton charges and I'm better looking than she is.

How to Get a Date the Same Night - Basic Guy Game (Live Audios)

July 31, 2013 | by Good Looking Loser | Link | Original Link

Asking Girls on a Date

I think everyone should be able to do this ***before*** they try any aggressive stuff.

Seriously, no screening, no thinking, no nothing before you can do this reasonably well.

If you CAN'T do it- hit up the AA program. You'll be able to do it with ease in 1 or 2 months.

Obviously GoodLookingLoser.com is more about *Getting Laid* than "meeting women" or anything to do with dating.

That isn't about to change.

Sometime next year we'll talk about relationships and approaches to "normal guy" dating.



Sometimes, however, I feel that guys can develop faster (and get better results) doing the "basic guy" stuff because it requires very little thought and it prevents long interactions which can be hard if you lack social freedom or basic social skills.

There's a lot of guys out there that haven't been on a date with a girl in years.

The solution they are given and most intrigued by is to try and pick up random girls and take them home to fuck them. If you haven't been on a date in years, picking up a hot girl and having the social courage and killer instinct to take her back your place is almost out of the question.

You'd be better off easing into things, doing some online dating and either the AA program or just doing what I describe below over and over.

Otherwise you may get discouraged and "quit".

I've seen it happen about 10,000 times.

If you want to go on a date with a random girl, I'll give you a method that literally requires NO THOUGHT and only limited social skills.

Eventually, with practice and a cool life, your social skills will improve, but it's no reason not to try and ask a girl out.

If you do this enough times on Friday and Saturday afternoon, there's no reason that you should be spending the night alone. While you might attract girls that are looking for boyfriends, it's better than sitting at home in denial.

My "lets go on a date" method is very much like a kid would do in high school.

Like any other "game", it will eventually work if you look equally good or better than the girl you are talking to.

After this, there's no excuse to not have a few girls in your life.

If this doesn't work- you have major changes to make in your fundamentals.

Even guys with approach anxiety will be able to use this approach and possibly Get Laid in the near future.

Even if this is a bit hard at first- most guys can get pretty comfortable when they are 1 on 1 with a girl on a date, even though they might have been scared to approach her initially. I know I was like that when I started.

Keep in mind, even though this approach is quite "nice guy" and appeals more to girls that looking for slower relationships, there's no guarantee that the girl isn't DTF.

This method arguably moves quicker than PUA, other approaches that advocate "working on" the girl.

I did this exact thing last weekend when I started these audios and I slept with a very very pretty Spanish girl the following night.

Some girls get really excited over this type of thing and find it quite romantic. So who knows what will happen?

Asking the Girl Out on a Date "Game"

Here is how it goes-

- Try to get eye contact and smile. (optional)
- Walk up to the girl and get her attention. "Hey, what's up?" or "Hey, how are you?"
- Give her a classy compliment, "I think you are quite pretty, very ***naturally*** pretty..."
- Introduce yourself and shake her hand.
- Make small talk. (Ask questions, expand on commonalities)
- After about 30-90 seconds, tell her, "I know this is random but would you like to GO OUT WITH ME/GO ON A DATE tonight?"
- At this point you'll usually have a date or not.

From what I've seen, and from what Mark (the ADMIN in the forum, he's done this 400+ times) and other friends have told me, the flake rate is **significantly less** if you make plans in-person for **THAT SAME NIGHT**. Don't be loose about the time/date.

Not always, but insisting on **"TONIGHT"** (or within 24 hours) part generally forces them in or out.

I suggest you try for the ***SAME NIGHT***, but the following day (if you or girl already has plans) can work too.

You can keep the actual plan (where to meet up, what to do) pretty "loose" but the **time/date** should already be set.

If she commits, it can help to tell her what's going to happen and get a 2nd "yes"-

- I'm going to text you in an hour/tomorrow afternoon.
- We'll meet up for drinks and appetizers at 8pm, I know a nice place.
- We'll get to know each other.
- We'll take it from there. No pressure.
- Cool?

There's not many single (and looking) girls that will turn this down if you look decent and cool. It's an exciting low-risk offer for them.

Sometimes, if they are busy, while still in-person, they will try and pick another time/date.

It's up to you if you are willing to reschedule.

If you don't have many girls in your life. I suggest you do so since it's clear they like you.

Don't play "hard to get" on a girl that ALREADY LIKES YOU like some socially retarded pick up artist.

You don't have to act like you won the lottery, just *pretend* you're a normal human.

Set up plans and try to hook up with her.

If you have some weird insecurity about *"if I ask the girl out on the SAME NIGHT, does it look needy?"*

then say this-

"Hey I was supposed to pick up my friend at the airport tonight but his flight got cancelled. I usually never have a night open. I know it's last minute but- DO YOU WANT TO GO OUT/ON A DATE TONIGHT?"

You can Get Laid 25+ times a year just doing this.

How do I know?

My 2 friends (twin brothers) from New York (now in LA) do exactly this and they easily surpass 25 girls every year and have for many years.

Live Audios

These approaches were mainly to get some quality audios.

I only followed up with one of the girls, so I don't know who was IN and who wasn't.

I talked to 10 or 11 girls with this approach, here are the "successful" ones-

Maria (this was the girl from last weekend) - Yes on the date.

Background

Hot girl. I got eye contact a few times from this girl and winked at her two times. That was obviously part of why she was so warm right away. She's a cool girl too and we hit it off. Since I look pretty "ethnic" I tend to hit it off with Latina/Spanish girls that like me. They are quick to say if they find me attractive, moreso than other girls.

Valerie (graduate student) - Yes on the date.

Background

Slightly above average looking girl. This girl had about 6 huge textbooks and 30 pages of notes. She is a graduate student at USC. Not my 'type' of girl (you'll see what I mean).

Mariana (Polish Girl, International Student) - Yes on the date.

Background

Average looking girl. I tend to make fun of girls with accents, I talk to them like they are babies. I don't know why. It doesn't have any effect on this interaction since she didn't realize it.

Ellie (~~British~~ Who Knows, Another International Student) - Yes on the date.

Background

Slightly above average looking girl, intimidating look that I dig. Probably looks mad hot when she dresses up. It occurred to me that a lot of students study/look for books here. Haha, funny part is- she had 2 pounds of makeup on and I told her she is 'naturally pretty', girls like her love to hear that.

Update 8/3: I think this was the girl that worked at the place would might have seen me doing this, I'm not sure. I looked at her weird when she said "comrades" because that's not a British term.

N/A -- this one was bullshit, the girl played me... haha

Saiyoun (Asian Girl, Another Student) - Yes on the date.

Background

I'm not into Asian girls, but this is the 'type' that considered to be pretty hot by guys that are into light-skinned Asian girls. She was way more talkative than I thought she'd be - it's seems like she gets asked out a lot. But who knows. I sit down and talk to her (as I've done with all these girls).

What Is Kratom? (All About Kratom Part I)

August 11, 2013 | by Good Looking Loser | Link | Original Link

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What Exactly is Kratom?

(Good Looking Loser's Guide to Kratom 2.0 - Part I)

December 2016 update:

I have modified and reposted our legendary Guide to Kratom.

The original version was written by Rooster and myself.

The Good Looking Loser community has done a tremendous amount to keep the world's greatest, little-known herb legal.

At least temporarily, for the first time in American drug policy history, we got the DEA to reconsider their ban.

Thank you for you have been part of this effort.

If you've never heard of Kratom, you might be in for a life-changer.



Why I Recommend Kratom

(A Message From Chris)

Kratom is my #1 recommendation on all of Good Looking Loser.

I have used Kratom 5 or 6 times everyday for the past 6+ years.

I credit Kratom for helping me to accomplish just about everything I've achieved in the past 6 years.

Kratom has BY FAR made the biggest impact on my life out of ANY SINGLE COMPOUND. That includes anabolic steroids, for which I have over a decade of experience with.

There are tens of thousands of people that feel the same way, for a variety of reasons.

Unlike many natural dietary supplements that do nothing, Kratom can seriously help anxiety, depression, addiction, motivation, sleep, etc.

The versatility of this magical plant is truly incredible.

While it won't work equally as well for everyone, but a lot of people are going to be really impressed by this magical powder.

In full transparency, Happy Hippo (recommended vendor) is my store.

It is the EXACT same product I have used everyday for the past 6 years and is much better than the low-quality Kratom available in local smokeshops and elsewhere.

I fully believe in our Happy Hippo Kratom product and think everyone should try it.

There will be a period of trial and error to figure what types and amounts work best for you.

Most people will like it.

Many people will ABSOLUTELY LOVE it.

Some will be non-responders or not like it.

I'm hoping you will LOVE it as much as I do.

- Chris (Good Loooking Loser)

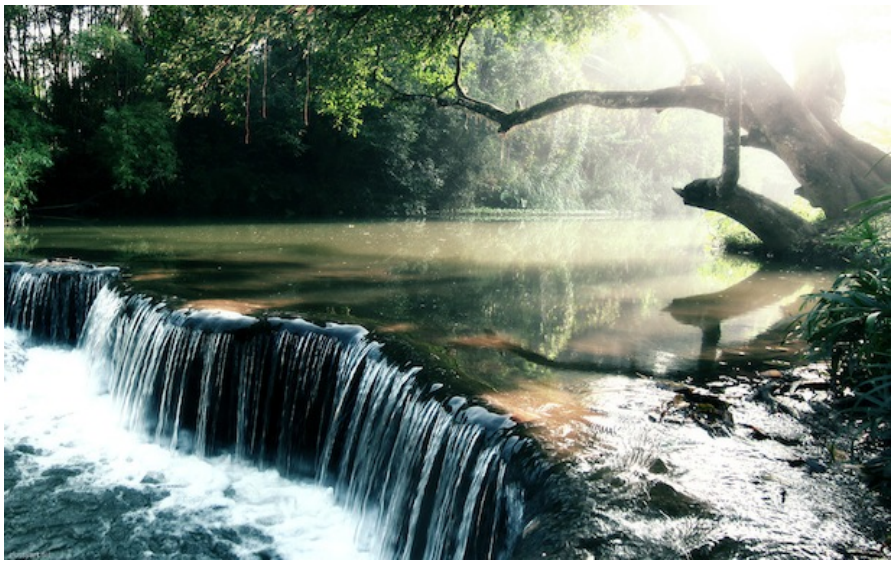


Table of Contents

You can view the index here -

- **"Good Looking Loser's Guide to Kratom 2.0"**



What is Kratom?

What you should know about God's plant.

Kratom or "Mitragyna Speciosa" is a plant native to Indonesia, Malaysia and Thailand.

Kratom has been used safely for centuries in Southeast Asia.

It is often consumed as tea or beverage.

Currently, in the USA, Kratom has no official status, we are hoping it receives 'dietary supplement' status, just as it is in Canada.

Since Kratom is so effective against many ailments, big pharmaceutical companies want it banned or the exclusive rights to patent and sell it.



What Does Kratom Do?

Kratom is the most versatile herb ever, even moreso than Cannabis.

There's several different "strains" or types of Kratom.

They are all a little different, but in general -

Kratom helps reduce pain, anxiety, depression.

It increases motivation, focus and energy.

It is even effective against restless leg syndrome, insomnia and addiction.

Today, I personally use Kratom for sense of well-being, motivation and focus.

Back in my "let's meet a lot of girls" days, I used Kratom for it's mood, pro-social effects and hardcore gym workouts.



How Does Kratom Work? (Is it Safe?)

Kratom works by stimulating your opiate receptors.

It has 'opiate-like' effects.

However - Kratom is NOT an opiate.

A little science lesson -

Traditional "opiates", like Percocet and Vicodin, are derived from morphine and work on ?-opioid [mu] receptors. The mu receptors cause considerable amounts of euphoria, pain relief and are very prone to addiction and dependency.

Kratom, by contrast, is "7-hydroxymitragynine" (not morphine) and works largely on the secondary "Delta" and "Kappa" opiate receptors.

The Delta and Kappa opiate receptors are considerably less prone to addiction, dependency and respiratory side effects.

Compared to pharmaceutical opiates and illicit drugs like heroin, which all work on the mu opiate receptors, Kratom (Kappa/Opiate receptor agonist) is far more mild.

Kratom can produce a 'sense of well-being' but doesn't give any long lasting intense euphoria.

This is what makes Kratom far safer than all other "opiates" that are addicting and subject to overdose.

That is why Kratom can be a lifesaving compound for opiate addicts, allowing them to wean off hardcore drugs and still feel a sense of well-being without a vicious withdrawal.

Kratom can also be is a life-changing compound for people with depression that don't like or didn't respond favorably to SSRIs.

There have NEVER been any deaths solely attributed to Kratom.

It is impossible overdose on Kratom, in a traditional "take too much and die" sense. Kratom cannot not suppress your breathing (respiratory function) because it largely avoid the mu opiate receptors.

If you take too much Kratom, you will feel woozy, sleepy and at worst - feel like throwing up.

That is the extent of a "Kratom overdose".

Less "lethal" than alcohol and even Tylenol - which kills almost 1000 people a year.

There are different types (strains) of Kratom and each produces it's own unique blend of effects. We will discuss this later.



What is "The Kratom Lifestyle"?

Throughout this guide we will use the term "Kratom Lifestyle".

Rooster and I coined this term.

Simply put -

Kratom Lifestyle refers to those who use Kratom everyday.

Using Kratom daily is certainly a "lifestyle".

There is productive and correct way to do it (use a different type of Kratom everyday) and a not-as-productive way to do it.

You definitely don't have to use Kratom on a daily basis. But unlike other compounds, if you use it correctly, you can avoid side effects, dependency and general tolerance.



What Are the Different Types of Kratom?

There are numerous different Kratom strains.

While many are similar, they are slightly different and you should eventually learn the differences so you can maximize the potential.

Let's talk about the different varieties and an easy way to figure out what works best for you.

Before we begin, please listen -

DON'T WORRY TO MUCH ABOUT THIS.

I WILL GIVE YOU A SIMPLE WAY TO FIGURE OUT WHAT WORKS BEST FOR YOU.

Kratom "Speed" Effects?

For simplicity, we separate the different varieties of Kratom into 3 categories.

Fast ? Moderate ? Slow

This is the best way understand and classify the different varieties -

- **Fast Kratom**
- **Moderate Kratom**
- **Slow Kratom**

Fast Kratom (usually from Thailand or Maeng Da strains) is largely for energy, physical labor and pro-social behavior. It is ideal for going to the gym or going to social events.

Slow Kratom (usually Kratom from Bali/Horned strains) is largely used for achieving a sense of well-being, anti-anxiety or pain relief.

Moderate Kratom (usually Kratom from Indonesia/Malaysia/Vietnam) is somewhere in the middle with all these effects.

Kratom "Location" Effects?

Certain locations *tend* to produce leaves that have similar effects.

Thailand ? Indonesia ? Malaysia ? Borneo

- **Thai leaves tend to be energetic or "fast".**
  (Maeng Da, Red Vein Thai, etc.)
- **Indonesian leaves can be energetic, moderate or sedative.**
  (Sumatra, Sudanese, Bali (from Indonesia), Kali Varieties, Riau, Indo, etc.)
- **Malaysian leaves tend to be less energetic or "moderate".**
  (Super Green Malaysian, Ultra Green Malaysian, etc.)
- **Bali leaves (from Borneo) tend to be sedative or "slow".**
  (Bali, Borneo)

There are exceptions to these rules, it will vary from person-to-person.

Kratom "Color" Effects?

Some people prefer to distinguish Kratom and the likely effects by color.

Red - White - Green - Yellow

I don't prefer this classification because there's too many exceptions in my personal experience.

I will mention it anyway -

Red and Yellow vein Kratom is generally thought of as "slow" (sense of well-being, anti-anxiety, pain relief).

Green vein Kratom is generally thought of as "fast" or "moderate" (productivity, motivation, pro-social).

White vein Kratom is generally thought of as "moderate" with balanced effects.

Again, I prefer my "Kratom speed" classification simply because I feel it's more accurate for myself and the 10,000+ of people I've introduced to Kratom.

I concede, however, that the "Kratom color" classification seems to hold true for some people.

The "fast, moderate, slow" and "red/green/yellow/white" breakdown doesn't always apply in real-time.

For example -

Some people who are naturally prone to anxiety often find that certain "slow" strains give them energy.

Some very extroverted people find "fast" strains are best for anxiety, instead of physical or social activity.



Now I'm Totally Confused! Help!

If you are a newbie, the most important thing to remember is -

DO NOT WORRY ABOUT ALL THIS!

The speed, location and color classification mainly applies if you are follow a "Kratom Lifestyle" and need rotate different types of Kratom based on your agenda for the day.

NO REASON TO COMPLICATE THINGS.

Here is how you figure out what will work best for you -

- **Just try all 3 speeds**

(start with 4 grams and see how it goes)

The only way to learn and improve your Kratom IQ is to try the different types, in different amounts, in different situations.

While that seems like a pain -

Kratom trial and error is blast.

Start with smaller amounts (3-5 grams), wait 30 minutes and only take more if you don't feel anything.

Sometimes it will be good.

Sometimes it will be great.

You'll figure it out!



Good Kratom vs. Bad Kratom

The last thing I want to mention is -

There is a HUGE DIFFERENCE in the *quality* between different Kratom vendors.

Your experience will almost reflect the quality of leaf you have.

A lot of people try Kratom from a random inexpensive headshop, end up disappointed and completely dismiss the leaf.

JUST LISTEN TO ME ON THIS.

Get quality Kratom or no Kratom at all.

Again, Happy Hippo is my store, but there's a reason that we have made well over 50,000 sales and 50% of the sales are Happy returning customers.

If you have further questions, please post your questions in our Kratom forum .
(we are happy to answer whatever questions you may have)

- ***Continued in***
"How to Use Kratom, Lifestyle & Dosing (Part II)"

Interview with Scotty (August 2013)

August 17, 2013 | by Good Looking Loser | Link | Original Link

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Interview with Scotty (August 2013)

Interviewed Scotty today.

Here it is-

Download this interview on for your iPod-

- **August 16, 2013 Interview with Scotty**
  (Download .zip)

Topic #1: High-Quality Kava, Getting Good With Women: Do Levels Exist?

- 0-5 minutes: Hippo Kava
- 5-12 minutes: Do Levels Exist? "I'm not at that level!" "I want to get to that 'level'!"
- 12-14 minutes: "Any Given Sunday" (any given night you can be more successful than us)
- 14 minutes-end: Numbers game = No Levels, Desire
  (insight on what the numbers game - find girls that ALREADY dig you)

Related Post

- Recommendation: "Yogi Kava Tea"
  (this is not the stuff that we are discussing, but this is decent)

Topic #2: Training with Scotty (What to Expect, What you Guys Can Do)

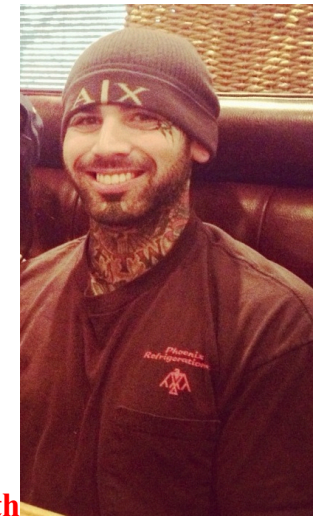
- 15 minutes: What you can do with Scotty, Student-directed training schedule
  (Private message Scotty on the forum)

More information on- Scotty's Training Page

Topic #3: One Goal = Get Laid (Not Meet Women)

- 15 minutes: Why getting laid should be your ONLY goal, if you actually want to get laid.

Related Video: "Us vs. Them (Getting Laid vs. "Meeting Women"/"Picking Up Girls"



Topic #4: Be Aggressive, Not Smooth

- 8 minutes: Being smooth is not your goal

Related Posts

- "Mr. Pussy Inspector vs. Mr. Funny Man"
- "Don't Smooth, Be Aggressive'"

Topic #5: Kratom Discussion, Picking up Girls w/ Kratom

Check out our super awesome Kratom Guide.



Topic #6: What If I Live At Home with My Parents?
(Having Sex in Your Car, Killer Instinct/DTF Window)

- 0-7 minutes: Scotty's logistics, living at home with his parents. (an advantage?)
- 7-14 minutes: Scotty's "Love Shack" (Car/Truck) (another advantage?)
- 14-25 minutes: Stop "gaming" girls that already want to have sex with you. (Window: Killer Instinct and Sexual Availability discussed)
- 25-32 minutes: "False Pretenses" (Hey, I'll give a lift home)

Topic #7: Scotty Only Approaches/Gets Aggressive with Girls That Give Eye Contact

- 0-6 minutes: All About Scotty's Aggressive Approach (The Eye Contact)
- 6-9.5 minutes: Why EYE CONTACT might be the best screening tool
- 9.5-11 minutes: Eye contract/Social anxiety Drills

Topic #8: Training With Scotty (Extended), Validation Seeking New Guys, Perspective on Anxiety

- 0-2 minutes: Training with Scotty over the course of year, etc.
- 2-15 minutes: Seeking Validation Was a Major Obstacle for Chris, How to Remove Your Need for Validation (Illuminatus), "This Process Will Strip You Down and Force You to Confront Your Real Issues"
  Check out Illuminatus' Website- "Personal Power Meditation"
- 15-17 minutes: Hero Worship of "Dating Gurus"
- 18-23.5 minutes: Perspective on Anxiety (it will NOT go away forever)



Mean Girls Robbing Guys in Vegas (Lexy)

August 19, 2013 | by Good Looking Loser | Link | Original Link

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Mean Girls

I shouldn't have waited 7-8 months to hit you with this post.

btw- I don't know any of the girls in this photos.

If you are familiar with GLL, you'll know that we are about "screening" girls with physical advances simply to determine if they are sexually available. Girls that reject you/get lost, are generally rejecting your invite for sex because they aren't sexually available, girls will also get lost a lot if they know their logistics won't work. It's not necessarily you, they are just rejecting sex. If you looks and style are tight, it's pretty much always a rejection of the approach and not you.

We have no idea what this girl is like.

That's not a fucking "reframe," it's the truth.

Some of my friends out here are on magazine covers on underwear commercials (kinda gay) and they get "rejected" by lesser girls. It's not because of their looks. I'll put on my life on that.

Remember, she's probably fucked a guy uglier and less cool than you anyway.

Screening is a much healthier approach than the "Mr. Funny Man" or "I Hope She Likes Me"- for a number of reasons.

Okay cool. You knew that.

Girls That Mean To You (Video)

Please listen now.

I want you to turn off the analytic voice in your head right now.

I don't ever ask you to accept the shit I say without comparing it to your experience or the other stuff you might have heard.

For this, however, I'm going to ask you to accept what I say.

It comes from experience, a lot of it.

You won't find this type of insight from a "PUA" guy that doesn't have experience with actually fucking a lot of really hot girls, hanging out with them, having them as fuck buddies on and off, being part of the same social circles, pool parties, concerts, going on road trips with them to Las Vegas, watching me pee on road trips, watching them pee on road tips then having to find a bathroom anyway, having them meet some of my friends, going to the gym with them, going to the beach with them, partying with them, getting ice cream with them at 1am, having me talk with their little brothers about working out, etc.

I understand what makes hot girls tick. Some are my friends, some are my fuckbuddies, some I just have a "professional" relationship with.

- I understand how excited they are when they meet a guy they like.
- I understand how devastating it is when their haircut turns out average.

- I understand what goes through their head when they post a hot picture on Facebook and less than 20 people "like it".
- I understand how upset some of hot girls get when they see another hot girl flaunting her perfect fake boobs.
- I understand how they panic when they turn 27, out of their prime, with no top 10% boyfriend or husband.
- I understand how a lot them are living week-to-week and doubting if they'll ever be famous.
- I understand how some of do adult film gigs (even the nice girls, not necessarily porno), just to pay rent and how bad they feel after.

I understand this stuff, I know don't just "know" it. If that makes sense... It's not from an eBook.

I've actually always had hot girls in my life, but prior to 2007ish- I rarely scored with them.

I've since been with a whole host of pretty girls, some bitchy girls, some nice girls, some shy girls, some goofy girls, etc. etc.

I have really learned a lot because I've able to keep a lot of them around for months and months, usually because I'm thought to have good boyfriend potential (not boyfriend material). Girls would spend months trying to convert me [from a player] into a boyfriend, some made a good case actually.

I really got to see what every girl was about when they became regulars.

Some of them were huge disappointments, carrying so much emotional baggage it was fucking sad.

Others was absolutely great and would probably come over right now if I texted them, if they were available.

With nearly every fuck buddy, we'd have 1 or 2 day a months when we'd, drink/do drugs, go to a club, and come back and have sex.

I got to see how they treated other people, particularly other guys that tried to talk to them.

I began seeing a pattern after I started seeing this girl, Jamie.

The pattern holds nearly perfectly consistent to this very day. I've also seen it with girls that are just my friends. Honestly, I have not seen an exception to this rule.

The girls that are rude/mean to guys (within 5-10 seconds) of meeting them- HAVE PROBLEMS.

The girls that are ALWAYS polite to guys- DON'T HAVE PROBLEMS.

Keep in mind that most guys aren't touching or being crude to women when they approach, girls have no reason to be mean to them. We are aggressive and crude, so it's a bit different.

Again, this is something I figured out and not something I was ever told.

Lets compare 5 obvious girls that stand out-

K- Super hot. My best buddy for most of my life, until about 2011, we are still close though. Nice to me, on and off. Comes to LA to visit me, we'll always have huge incident that reminds me/us why we never got in a relationship again. We agree. Bi-Polar on guys. Sometimes very flirty, sometimes completely rude. She once put out a cigarette on some guy's neck, as the story goes. I'm guessing she'll see this and laugh. ~~***Stable***~~

M- Hot. Nice girl. Another long-term fuckbuddy, friend. Southern Belle, sorta. Always sucks up her mood for everyone, even when she should cry. She happy most of the time though. Takes work very

seriously. Never had an argument with her in 5.5 years. Super polite to guys, even the rude guys. ***Stable***

K2- Above Average. Drug addict. Family problems. Sweet girl when she tries super hard. Drama 50% of every phone call. Serious issues. Is only polite to guys when the drugs are right. Even when I took her home she was somewhat rude to me. ~~***Stable***~~

T- Very hot. Fitness freak. Body dysmophia, not necessarily a health freak though. Constantly goes back to her ex. Always brought meaningless drama to my apartment (her workout partner flaked out, people can't drive, the 24 hour gym closes at 10pm on weekends... shut up.). She is absolutely disgustingly rude to guys that aren't in shape. ~~***Stable***~~

S- Very hot. Sexy girl. Another long-term fuckbuddy, friend. She's down to hook up with no strings attached when she's single. In fact, I count on it and get excited because she body is ridiculous. Unlike 'M', the nice girl, S has a 'sexy' side.. but she's a not bitch. She's absolutely nice to every guy and is appreciative of all the attention. ***Stable***

So there's five girls.

We have no idea what they are like.

How each treated random guys who approached them was **always** a predictor/indicator of their personally and things to come.

I haven't seen differently. Honest to God. Every fucking time, eventually.

Every single girl (friend or fuckbuddy) that I saw being a bitch to a random guy-- **HAD BAGGAGE** that eventually showed up on my doorstep (or voicemail).

After I saw this pattern, I'd fucking cringe when one of my girls was rude to another person.

Oh no, another fucking psycho. And I'd be right.

Once I realized this I tried to preemptively thwart a potential attack on 1 or 2 occasions, "I don't know what that was about, but we aren't going to treat each other that way." They'd agree, only to later prove to a be psycho seemingly in need of heavy medication. I'm less than half-joking.

Sometimes a polite girl would later turn out to be crazy headcase, but this was way less common.

So, if you run into some girl that acts like an unemotionally unhealthy bitch, it's because she.
Or will be. Even the ones that have big public blow ups and apologize later, they're nuts too.

Don't blame yourself for one Goddamn second.

It took me like 20+ fuckbuddies to figure this out.

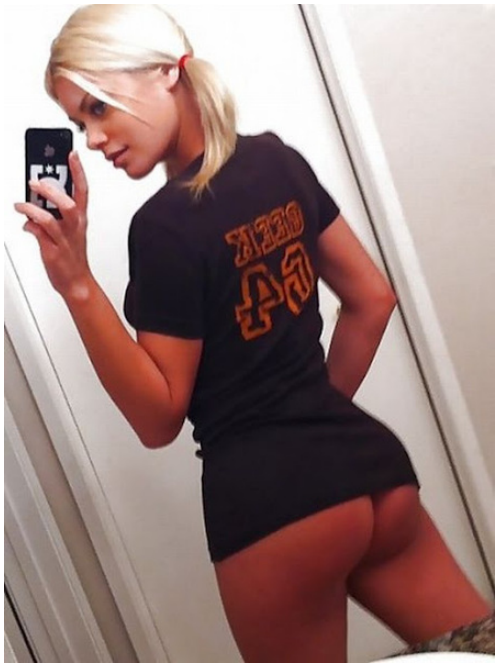
Early on, I'd get upset with myself if someone was mean to me. In 2006, I actually went home and cried one time.

Later on, I'd get into verbal sparing matches and call the crazy girls with big boobs "fat" and the girls with small boobs "flat." haha

I still was bummed out though.

I remember PUAs/dating gurus saying "oh that's her fault," "it's her loss," etc. etc. I knew what they were saying, but I didn't really believe it because I didn't know from personal experience.

I'm here to tell you- girls that are boring, weird or rude.


We have no idea what she is like.

ARE BORING

ARE WEIRD

ARE RUDE

and the last two tend to have major have baggage.

Seriously, trust me on this one, I'm friends with some of these girls. It a shame. But don't play Dr. Phil and try to fix them.

If you encounter this type of stuff- my advice is get **super physical** with them, you have nothing to lose.

You don't actually want to get emotionally attached to them (or vice-versa), they make HORRIBLE fuckbuddies (for the most part) and they are nobody that you would want to be in a relationship with.

If you are able to spark something up, treat them like you'll never see them again.

The good news is- there's TONS of healthy, happy, super hot girls out there (and others that bring only a minimal amount of drama) into your life.

I want you to keep this in mind when you are screening.

You'll have more of a "Mr. Pussy Inspector" mentality, which is good.

Is she a weirdo? You really don't know. Honestly, after 3.5+ years of this stuff, I can't really predict it.

You don't know anything... Neither do I.

again... we have no idea.

If I were to approach 10 girls, and have you and I predict the outcome of every approach, I guarantee- you and I would get over 50% wrong, most of the time.

I used to think that the girls that smiled with their mouth open after I touched them weren't psychos, there's no correlation whatsoever.

The psycho girls will let you know that they are damaged. It's not your issue.

Sure, you're screening to see who's DTF.

But frankly, you're gonna figure a lot more in the process-

- Some girls DTF and will be polite.
- Some girls aren't DTF and will be polite.
- Some girls aren't DTF and will have emotional problems.
- In rare cases, some girls are DTF and will have emotional problems, and you'll run into them later in the night and they'll be drunk apologize. Fuck them (literally) if you won't and don't call them. This is pretty rare though.

The emotionally unhealthy girls aren't worth adding to your life.

You may or may not believe this yet, you will though.

This might not be overly insightful, you've probably heard it before too. I'm confirming that it's true and it's one of the reasons that "rejections," "get lost," completely stopped bothering me. If you can grasp this, you'll be able to do unlimited approaches without much of shift in your own state.

Try screening (with touching) by saying- Are you are a psycho?

Emotional healthy girls get kick out of it because they know that other girls are lunatics.

Happy Hippo Kava Review

August 24, 2013 | by Good Looking Loser | Link | Original Link

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Hippo Kava

As I mentioned in "All About Kava," my experience with commercial (dietary supplement) forms of Kava has been quite disappointing.

At best, these forms have made me tired/groggy.

More often, these forms would just do absolutely nothing, besides making my mouth numb (something that I hate).

This stuff, however, passes the test in a big way.



Click Me to See Hippo Kava

Background

I've used Happy Hippo Kratom for years (before they had the name "Happy Hippo," they had no name at all) and I'd almost always receive a sample of their Kava with my orders.

Since Kava did virtually nothing for me, even from other reputable vendors, I didn't even try their product.

I had about 30 samples in a box.

Just ~3 weeks ago, I was getting some general anxiety and decided that I'd give it a shot since I don't want to be taking Phenibut on a daily basis.

I dumped a full sample bag (1/3oz. ~10 grams) in this inexpensive Organic Carrot Juice (not an affiliate link) and I could not believe the feeling that came over me.

Not only did the anxiety go away, but I was super happy, eager to talk to people (bummer it was 4am) and smiling from ear to ear. I didn't feel tired and the carrot juice masked the taste fairly well.

I immediately told Scotty and he tried it the following day and reported the same thing.

BOTH OF US didn't have much faith in Kava and were completely surprised.
(we discuss Hippo Kava in the first part of our August Interview)

As I've gone through the rest of the sample, the result has been basically the same each time.

What Can I Expect?



Since I'm fairly new to this specific Kava, I haven't had the chance to give it to all of my friends to try.

I'll do my best to tell you what you can expect though.

The fact that it's worked so well for Scotty and I, however, means it is REALLY PROMISING.

We've tried just about everything on earth and the vast majority "natural" compounds usually do NOTHING for us.

I'm confident that the average person will really love this stuff, it's so much better than regular Kava that we both were skeptical that it was actually Kava.

At a dose of 8-12 grams, you will feel-

- A drastic reduction in anxiety.
- A noticeable increase in mood and well-being.
- A possible increase in the desire to be social.
- A numb mouth, this is true of all Kava products.
- "The Warm Hug" or happy rush as Kava begins to kick in.
  (this seems to depends on how fast you drink it and how much food you've eaten)
- A possible alternative to alcohol for some guys.

It works like Kava is *supposed* to work, and arguably better.

The noticeable effect will last 30-90 minutes, with *sometimes* of an 'afterglow' for a little while after.

Kava is decent for sleep, if you took more- I would supposed it would make you tired. At a 8-12 dose

(one of their 1/3oz. sample bags), I don't get tried, if anything it wakes me up.

Again, I never thought I'd be recommending Kava to anyone, let alone to the readers of my blog.

I take all my recommendations quite seriously and I think you'll be pleasantly surprised, especially if you've tried other forms of Kava before.

Just so you know- *"Hippo Kava"* and what you can expect is much different than the *"Stress Relief Kava Tea"* that I also recommend, the Yogi Kava tea is MUCH LESS powerful and is just a little super inexpensive helper to 'take the edge off'. It's not in the same league.

Why Is Hippo Kava Better Than Other Forms?



Most Kava products are simply ground up Kava root and contain very little juice.

I got the 411 on this Kava today.

Their product is dehydrated organic Kava juice that is extracted from fresh Kava plants.

You are straight up drinking the juice from the center of the plant, the part that produces the vast majority (if not all) of the effects.

Most Kava (certainly everything I've tried) is simply Kava roots (little brown sticks) that have been shredded up. The roots don't do much, I've chewed them for hours and it did nothing for me.

The juice is where it's at, literally.

Their Kava is "instant Kava", a lot of it will mix with whatever beverage you are mixing it in, but their will be some clumps that you'll just have to break up with a spoon.

It doesn't mix perfectly, if you wanted- I suppose you could put it in a blender with a protein shake.

Tips on Preparing Hippo Kava

Dosage

8 to 12 grams (or 1/3oz.) seems to be a solid dose that has worked every time.

Eventually you'll be able to 'eyeball' a dose that works for you and just use a spoon and toss it in there.

Like Kratom, there will be a little bit of trial and error. This stuff is easy to figure out though.

Masking the Taste

Even though some people don't care and even like it- I'm not a fan of how Kava tastes (or how it numbs your mouth).

Unfortunately, Hippo Kava is no different.

The organic carrot juice powder I mentioned earlier is a solid way to mask the taste. 1-1.5 tablespoons of carrot juice, 12+oz. unsweetened almond milk and stevia. Stir it good. This stuff is the best stuff I've found for masking the taste.

Either Barlean's formula, the Chocolate Silk or Superfruits (Strawberry-Kiwi), is pretty good too. (not affiliate links)

You could mix it with protein powder too.

Making it Last Longer

The duration of the effects has seemed to vary.

On an empty stomach it tends to last 45-60 minutes.

With food in the stomach it tends to last longer and the potency doesn't seem to be effected.

I'd suggest having a little food in your stomach when you take it.

Mark (the ADMIN on the forum) seems to like it better and says it lasts just as long on an empty stomach.

You'll have to find what works for you.

Final Thoughts

It's good stuff.

Try it out sometime.

No, it's not as good as their Kratom, but nothing is as good as their Kratom.

It offers some advantages over Kratom because there's no potential for dependence or addiction.

Unlike Kratom, if you take too much in any one serving, you won't feel like crap.

At worst, you'll probably just get tired.

With that said, while you are figuring out how to dose/mix it, you can be a little more liberal with the amount you use.

Official Link-

- **Happy Hippo Kava**

(I receive a commission if you make a purchase. I am recommending it because you'll really like it, not solely for the commission.)

Official Discussion Forum-

- **The Happy Hippo Forum**

(I encourage you to post in the forum, unfortunately I'm too busy to answer your blogpost questions in a timely manner. Thank you.)

Good Looking Above Average Loser

September 1, 2013 | by Good Looking Loser | Link | Original Link

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B+ is Good Enough

As a "self-improvement guru" (that's what I told the IRS I am), I'm always supposed encourage guys to be the best they can be (MAX OUT).

Reach for the stars.

Big dream.

Be your very best self.

While that is certainly ideal, one of my slight knocks on just about all self-improvement communities is that it's often slightly exaggerated just how good you *need* to be.

At some point it's less about "learning", "improving" or "working on yourself" and simply just enjoying yourself (and repeating the benefits of your hard work). The positive experiences alone will lead to improvements.

Truth is, at least when it comes to nailing a lot of HOT girls, you just need to have 'above-average' fundamentals.

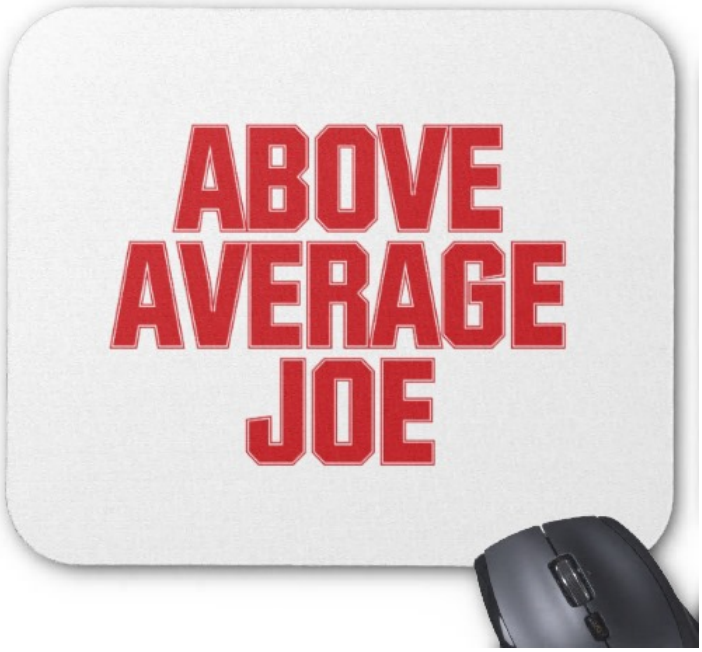
That means-

- Above-average sex appeal - Looks and Style.
- Above-average Social Freedom or Killer Instinct.
- As well as above-average Swag Factor.
- And Above-average confidence, namely - Sense of Entitlement.

You need to be a decent looking guy, with above-average sex appeal (looks & style) who can talk to women and cool enough to be seen with/meet her friends.

And This is just with the hotter girls. You don't have to have all these things together for girls that don't have these attributes either.

The interesting thing is - very few guys are above-average in all these categories.



In fact, it's very rare.

Even if you aren't "Top 10%" in any ONE category, if you are above-average in all of them, you easily qualify as a Top 10% guy.

Like I said, it's pretty rare.

Most guys are skinny-fat (or slightly overweight), dress like they haven't had sex in years and can't talk to girls.

0 for 3.

Some guys have 1 of these attributes.

Few guys have more than 1.

As I explain a bit in this post - there a lot of guys that are "elite" but they don't believe it, so they behave like they aren't and don't have a solid sense of entitlement. The result is underachievement.

I've been there. Perhaps that was my biggest problem.

Elite guy on paper, average self-esteem.

I want you to give some consideration to that.

Maybe it's time to start getting loads of pussy instead of improving yourself.
(you'll improve yourself in the process)

That was one of the main reasons you wanted to improve yourself in the first place.

Myth-

"You have to be a 10, to get a 10!"

A few months ago, on a different community, an enthusiastic guy was explaining what Good Looking Loser was all about (sorry no link).

He made some great points but he somewhat misrepresented our views on this issue.

He said (something to the effect of)-

> ***"Good Looking Loser knows - to get the 10's, you got to be a 10."***

I appreciate the enthusiasm but that's not quite true.

You don't have to be a "10" to nail the hottest girls.

You need to be above-average.

(so few guys are above-average at the ALL of mentioned fundamentals, so arguably a guy who is - is a "10 or a top 10% guy")

The vast majority of my friends (there are very few) that sleep with 20-25 quality girls a year are hardly "10's", some of them are average in some (usually just one) area of their fundamentals.

- A lot of them don't have shredded abs (but they aren't overweight though)
- A lot of them don't dress to stand out. (but they don't look like shit)
- A lot of them are pretty timid until they slam down a few drinks. (but they get moving once they do)
- A lot of them keep talking to girls when the girls are ALREADY DTF. (but they eventually move things along)
- A lot of them don't believe they are elite. (but they don't have low self-esteem)
- A lot of them don't even have jobs. (but they don't give a shit)
- A lot of them have no ambition whatsoever. (but they don't give a shit)

(again it's usually just ONE of these)

Being a "10" or an "elite guy" plays a greater factor in retaining hot fuckbuddies and relationships, but not in having a quick fling with a hot chick that is looking for just that.

Trust me on this.

(Okay Chris...)



When I was getting the most results (and dedicating the the most time to) with hot girls, I had no job, had a little more body fat an I'd like and didn't have "total" social freedom.
(read my life story)

When Scotty was plowing 2 or 3 girls a week, he was living at home and hardly concerned about having a "career".

What we were is-

Above-average.

I was "hotter" in my early 20's but I was too scared to hit on girls.
"Good Looking Loser" is a reference to that period

I'm not as cute now but I'm able to hit on girls so I can get them.

I don't want you to think that I'm trying to pretend I'm the 'average guy' I'm not, far from.

Reach for the stars but realize that above-average will do, at least in terms of having a great sex life with quality women.

So Now What?

Hopefully reading this (and hopefully coming to believe it) will be a relief.

You don't have to be Superman.

In fact, Superman probably spends too much time being/staying Superman.

If you are average or below with one of your fundementals (looks, style, social freedom)- work on that.

In fact, shoot to MAX that out.

If it's your weakness, try to make it your strength.

Obsess over it. Work on it EVERY DAY. Make it your #1 goal and #1 priority.



Make sure you define success before you chase it.

Maybe it will become your strength, maybe not.

Regardless.

If it's above-average, you'll be just fine.

You just need to believe it.

September 2013 Newsletter

September 2, 2013 | by Good Looking Loser | Link | Original Link

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Whats happening Losers-

(this email will be in your in-box, perhaps your spam box- it's posted online for the guys that don't have HTML in their email)

Hopefully summer is treating you well.

I like to shoot out an email every now and then if there's some stuff I feel a lot of people will enjoy/benefit from.
Hopefully it will find you and not your spam box. I'm not quite a pro at this stuff.

We've added bunch of stuff (and in-field videos) that you'll probably like.

The links below are to some of the more popular stuff we've done recently (enjoy)-

New In-Field Videos (takes you to YouTube)

I'm officially single for the summer and have an shooting some in-field videos-

- "Loser/Douchebag Puts Sweet Teen Girl in His Car In 3 Minutes"
- "Loser/Bodybuilder Takes Sexy Red Head into the Bathroom at the Mall"
- "Douchebag Meets Sexy Jersey Girl and Takes Her to His Car to Have S3x" (complete uncut video)
- "Girls Digs Me But Then Accuses Me of Sexual Harassment"
- Here's a link to all of our in-field videos, it takes you to GLL "Pickup Videos on GLL"

New Stuff on Good Looking Loser to Check Out

"Kratom - God's Plant"

It's just the beginning but Rooster and I want to introduce you to a special little compound called "Kratom".

You might have heard of it and you might have even tried it. I encourage you to reserve judgment until you've tried REALLY GOOD Kratom.

It's fantastic and it's really helped a lot of guys drastically increase their quality of life.

We are so excited to make this a part of Good Looking Loser and encourage you to have a look.

It's a long guide so you might want to take a few days to go through it. I don't say stuff like "it's Life Changing!" unless I mean it. For some guys, this wonderful little incense will be just that.

- "Good Looking Loser and Rooster's Guide to Kratom"

"Interview with Scotty G"

I finally got some Scotty time for you.

He is the guy that has been the biggest influence on my life in terms of "meeting women".

Without him, the whole idea of "screening" would have never been put into words.

He's one of my best friends and you can learn a bunch of the guy. I sure have.

- "Interview with Scotty (August 2013)"

"In-Field Audios: All Sorts of Different Approaches/Goals"

At the beginning of summer, I did a host of in-field audios with several different goals in mind.

From putting a party together, to asking girls for their phone numbers within about 20 seconds, to getting basic phone numbers to asking girls on a same night date.

The audio recorder is solid and these came out quite well. It's easier for me to do these because the .mp3 files are WAY smaller than the video files.

What I like about them is that the majority are what I call "Basic Guy Game," something that just about anyone can do, even guys with approach anxiety.

Just like the aggressive approaches, just do it over and over until you have some girls that are down.

- "Asking Girls on a Date" (Basic Guy Game)
- "We're Having a Party- How We Got 50-60+ Girls to Chill With Us"
- "Asking Girls for Their Phone Numbers In 20 Seconds or Less"
- "Various Approaches: Gym Approach, Boring Guy, Groups of Girls, No-Game Game"

"Sense of Entitlement"

Last but not least, I did a discussion (with videos) on 'A Sense of Entitlement'.

It's quite a comprehensive topics and it's what separates guys that sleep with the hottest chicks vs. guys that only sleep with above-average girls.

I feel it's one of the most insightful articles/discussion that I've ever written.

Right along the lines of "Killer Instinct" and "Swag Factor," seldom discussed, very important, difficult to pinpoint attributes that make a big difference in if you are successful with the caliber of women that you are trying to get.

We really like looking into these topics because it's not something that "dating coaches" can even comprehend or knows that it exists.

It comes some years of successes and failures.

- "Sense of Entitlement"

I hope you enjoy this stuff, we enjoy making it.

More importantly- I hope it accelerates your life.

That's the most important thing.

Love,

Chris

I'm not one to spam or try and sell you stuff via email, but you are always welcome to unsubscribe-

- Unsubscribe from the Good Looking Loser Newsletter

A No-Bullshit Analysis of Martial Arts: Conclusion & Advice 4/4

September 3, 2013 | by Good Looking Loser | Link | Original Link

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A No-Bullshit Guide To Martial Arts

By: Ethan X (Good Looking Fighter)

In Part I, II and III we took a look at-

- "A No-Bullshit Analysis of Martial Arts: Legit Styles" 1/4
- "A No-Bullshit Analysis of Martial Arts: Questionable Styles" 2/4
- "A No-Bullshit Analysis of Martial Arts: Bullshit Styles" 3/4

Conclusion

So there it is.

Those are the martial arts that are bullshit, and those that are not.

If I had to give you my top choices on what martial arts to learn if you actually wanted to fight, they would be **Muay Thai** and **Brazilian Jiu Jitsu**.

I would also learn some self-defense moves and dirty tricks (eye gauging, finger breaks, etc) from Krav Maga.



Before I leave you, I?m going to share a couple things that I?ve

learned from first-hand experience-

First:

People don't start fights they think they're gonna lose.

Most guys don't have the balls to attack someone by themselves.

If a guy is trying to attack you, he most likely has backup, or for some other reason thinks he's gonna win. (He's bigger, has a weapon, has experience, etc.

Remember that.

Second:

Hit first and keep on hitting.

Once you legitimately think there's going to be a fight and there's no way out of it, hit first and hit hard.

The guy who hits first is gonna win the fight 90% of the time.

An eye strike is a good opening move if someone is getting in your face.

Put your hands up in front of your face with your fingers extended like you're saying "No, no. I don't want to fight."

Then with both hands jab your fingers straight into their eyes.

When they reflexively throw their head back and close their eyes, follow it up with a barrage of punches to the face. Don't stop after one punch thinking it's gonna finish them off. Keep on punching, keeping a forward momentum pushing them backwards.

Go all out.

Remember, if you can't get out of the fight, get into the fight.

Beat them until they scream or until they no longer can, whichever comes first.

Third:

Work out to get bigger and stronger.

All things being equal, the bigger and stronger guy has the advantage in a fight.

He also has the intimidation factor.

Fourth:

Don't ever try to fight a guy with a knife.

At the beginning of this post, I mentioned that I?ve witnessed multiple stabbings and have been assaulted with a knife myself.

Here?s what I?m going to tell you about knife attacks-

Run.

Run as fast and as far as you can. I don?t care what anyone else tells you. If you have the option, run.

My experience happened when I was about 16. I already had my black belt in Tae Kwon Do at this time, and I was a high school wrestler.

One day, I was cornered by three people who mistook me for a guy who had attacked a friend of theirs.

When they approached me, I didn?t think anything was wrong at first, it just looked like three people who were trying to hit me up to ask for the time or something. After they started talking though I realized what their objective was, and by that time it was too late I had a wall behind me and these three people in front of me. At first I thought I could talk myself out of it and tell them they had the wrong guy.

Then the one in the center pulled a medium sized knife out of his pocket and opened it, exposing the blade. I'm pretty sure they were just trying to scare me and they weren't actually going to attack me, but it was still terrifying at the time. The guy with the knife stepped towards me within stabbing distance. I gave him a solid kick to the stomach that knocked him back about four feet, then dodged between the other two people and ran. Keep as far way from knives as you possibly can.

Don?t try to be Jason Bourne.

What If I Don't Have the Time/Desire to Style an Entire Style but I'm Still Interested?

That's fine.

It's takes a significant amount of desire and time to master an art.

Ideally, it should be your number 1 goal AND number 1 priority.

If you don't feel like actually studying a martial art, and just want some tips and effective moves that actually work, here's a short list-

Some of them (especially the throws) you really need to practice if you want to learn to do them properly, but they are well worth the effort.

- **Tie up/clinch [Wrestling, MMA]**
- **Hip throw [BJJ, Judo]**
- **Head and arm throw [Wrestling]**
- **Duck-Under from the tie up [Wrestling]**
- **Mount Escape [BJJ]**
- **The Guard [BJJ]**
- **Sprawl [Wrestling] Use an eye gouge after you sprawl to stop the attempted take down.**
- **Rear Naked Choke [MMA/BJJ]**
- **Basic punches [Boxing, Muay Thai]**

And remember: Hit first and hit hard.

If you learn those few things, you'll be much better off in a fight.

There you have it.

A list of legit (and not so legit) martial arts.

I know some of you will disagree.

I know some of you will whine and say that your master is the best. That's okay, you can leave a comment about it if you want. Just be respectful.

Before I end, I should say though, that there is a time to fight, and a time not to fight.

If you are legitimately protecting yourself or someone else, sometimes violence is called for.

However if a drunk guy is getting in your face, you don?t always have to throw down right there. Don?t let your ego get in the way. Let?s be honest, when most guys fight, it?s about protecting their ego.

It's very rare for a true self defense situation to arise that a person can't talk their way out of by apologizing or leaving the area. It's just that nobody wants to be the one to back down.

Remember, there are other ways to protect your ego without fighting.

If a guy is really getting in your face, something that I?ve done before is to yell to everyone in the bar-

?This guy?s really drunk and says he 'Hate?s fucking faggots.' And wants to ?Beat my faggot ass.? because he thinks I?m gay.

"I don?t know if that?s the kind of guy you want in your bar, but can someone get this asshole out of here????

The dude didn?t actually say any of that to me, but the fact is, now everyone in the bar thinks this guy is a gay bashing, drunk, asshole, so everyone in the bar is on my side, so my ego is protected and the guy really can?t do anything about it.

He got thrown out a few seconds later and I protected my ego by making the guy look like an asshole without having to fight.

So remember, there are other ways to defend yourself rather than getting in a fight.

If you guys have any questions or comments, I?d be happy to receive them.

I?ll probably do another post where I talk about actual fighting and self defense techniques that really work.

I?ll leave you now with one of the coolest fight?s I?ve seen on camera. This security guard knows how to throw down. Notice the cover-up block the security guard uses against the first punch. Solid defense.

*Suk Mai Wang is not a real martial art.

Questions? Comments? Hate Mail?

Hit Ethan Up in Our Martial Arts Forum.

A No-Bullshit Analysis of Martial Arts: Bullshit Fighting Styles 3/4

September 3, 2013 | by Good Looking Loser | Link | Original Link

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A No-Bullshit Guide To Martial Arts

By: Ethan X (Good Looking Fighter)

In Part I and II we took a look at-

- "A No-Bullshit Analysis of Martial Arts: Legit Styles 1/4"
- "A No-Bullshit Analysis of Martial Arts: Questionable Styles 2/4"

Bullshit Fighting Styles

Tae Kwon Do/Karate/Tang Soo Do/Suk Mai Wang*



[Bullshit]

Here?s where I?m gonna catch flack from guys saying, ?No man, you?re wrong!

At Flaming Cobra Fist Dojo where I trained there were a bunch of legit dudes who would beat your ass.

In fact, I?ll beat your ass right now.

I?ve got a red belt mother fucker!!!

My sensei could kill your sensei!!!?

I have two things to say to that. First, cobras don?t have fists, so your master should seriously consider a new name for his dojo. Second, I?ll give you this, Karate and Tae Kwon Do are better than

nothing, depending on who you learn from and provided you don't get overconfident or think that your sparring sessions in any way resemble an actual fight.

I don?t dislike Tae Kwon Do. In fact I studied it for many years and have a black belt in it, and I know everyone says this about their instructor, but mine was actually pretty good and could actually fight. He?s about 6?3?, 220, and was former military police who graduated top of his class in MP school. He has also worked as a security/door man. I know for a fact that if I ever got into a fight with this guy, I would get my ass handed to me on a silver platter.

Here are the limitations of Karate and Tae Kwon Do. They just don?t mimic a real fight. I?ve seen people sparring in class and I?ve done it myself many times. It?s fun, and there are some benefits to it. But all in all, it?s not what a real fight looks like. I?ve seen real fights and been in real fights. Sparring is composed and thoughtful and tactical. A fight is all out rage and aggression and adrenaline. They look nothing alike.

Check out this video if you want to see what some real fights look like. Many of the fights in this video are women, but I think it demonstrates fairly well that two people actually going at it looks nothing like a Karate match.

If you?re a big guy, Tae Kwon Do is better than nothing. My instructor was big enough, strong enough, and fast enough that he could pull off moves effectively that a guy who wasn?t his size just wouldn?t be able to do in the same situation. If he wanted to put a joint lock on you, he could use his size to get you into position and put it on you no problem. Technically, all these techniques worked for him, and he was better off for knowing them, but he was also 6'3" and very strong. The fact is though, I would put the average high school wrestler up against most Karate or Tae Kwon Do black belts.



Whenever I hear the word "Sensei" (it's rare) I think of this guy- the old rat from Ninja Turtles. - Chris

Let me put it this way. If there?s a guy smaller than me who is better than me at BJJ, he might take me in a real fight. But if there?s a guy smaller than me who is better than me at Tae Kwon Do I?d probably take him. The skill of Tae Kwon Do doesn?t make up for size difference very effectively. It does a little, but not enough to where I would say it?s legitimate for learning to defend yourself against a real violent encounter.

And before someone comments on this (because I know they will). Yes I realize Tae Kwon Do and Karate are different and come from two different countries, but they are similar enough that I am lumping them all into the same category.

Tiger Style/Crane Style/Mantis Style/Monkey style (Kung Fu) [Bullshit]



I apologize, but aside from Wing Chun, the rest of the Kung Fu (Wushu) styles are bullshit. They may look really cool, have long proud histories, and be important pieces of Chinese culture, but if you want to learn how to defend yourself and fight on the street, Kung Fu is bullshit.

Now let me clarify something. Shaolin monks are legitimate. The guys that have spent the past 20 years punching pieces of iron to strengthen their bones, and doing two finger handstand pushups all day could probably put a beating on a lot of people. But you're mistaking the man for the art. The Kung Fu itself is not what is making these guys better fighters. They are better fighters because most of them have literally spent the last 20-30 years of their life doing nothing but working out and practicing punches against trees. Of course they're going to turn into tough sons of bitches with the kind of crazy training regimen they have. But the Kung Fu itself is bullshit.

There are too many styles of Kung Fu to debunk one by one, but I'll just say that almost all of them are completely unrealistic and my reasons for calling bullshit are too numerous to mention. The moves and strikes and defenses don't work in a real life fight. The crazy stances they assume you and your opponent will be in are absurd. The idea that your opponent won't react to you attempting to put a joint lock on him is ridiculous. I could go on.

??????["Kung Fu is bullshit."]



Aikido

[Complete Bullshit]

Aikido is another Japanese style descended from Aikijujutsu, although unlike Judo and Brazilian Jiu Jitsu, Aikido is complete bullshit.

While I'll admit that it's very beautiful to watch in demonstrations, Aikido has no practical applications in a real fight. In fact, I would rank Aikido as one of my least favorites in this regard, just above those guys who claim they can knock someone out without even touching them just by throwing their chi energy at them.

Just to give you an example of how ridiculous the idea of Aikido is, one of the founding principles behind Aikido is that in an ideal encounter with an attacker, both the Aikido practitioner AND THE ATTACKER would be unharmed at the end of the engagement. You read that right. Aikido was originally developed as a way to AVOID injuring your attacker.

The founder of the system (Morihei Ueshiba) was basically a pacifist and tried to devise a way for both people to walk away from the attack unharmed.

While it's a nice sentiment, and Morihei Ueshiba seems like a very nice man, you can see how this would be complete bullshit in a real fight. In all the demonstrations you see of people using Aikido, the "attackers" are just going along with it and not putting up any resistance. The attackers are basically throwing themselves to the ground. I have actually taken a couple of Aikido classes. I can confirm that from first hand experience. Not once did I ever feel like the instructor actually threw me. Some Aikido practitioners would say, "Exactly. He was so good that he made you throw yourself. That's real Aikido man." That's bullshit. Aikido is basically a bunch of guys pretending to get thrown around by their instructors, when in reality, if they ever had to use those techniques they wouldn't work in the slightest. Anyone who thinks otherwise is fooling themselves.



There is a style of Aikido called Shodokan Aikido.

Shodokan Aikido is basically a competitive form of Aikido.

Usually I'm all for martial arts techniques proving themselves in competition, but the result of competitive Aikido is just a very weird looking shoving match that I can't quite explain. It almost looks like grab ass and really lazy sloppy Judo had a baby. And while you may think that would be pretty cool to watch, trust me, the baby grew up to be a huge disappointment to both of it's parents and now smokes crack in a van down by the river. I'm not even gonna waste any more time talking about Aikido. It's complete bullshit.

The "No-Bullshit Analysis of Fighting Styles" by Ethan X continues-

- "A No-Bullshit Anaylsis of Martial Arts: Conclusion, Advice 4/4"

Questions? Comments? Hate Mail?

Hit Ethan Up in Our Martial Arts Forum.

A No-Bullshit Analysis of Martial Arts: Questionable Fighting Styles 2/4

September 3, 2013 | by Good Looking Loser | Link | Original Link

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A No-Bullshit Guide To Martial Arts

By: Ethan X (Good Looking Fighter)

In Part I we took a look at-

- "A No-Bullshit Analysis of Martial Arts: Legit Styles 1/4"

Questionable Fighting Styles

Jeet Kune Do

[Somewhat Legit]

There are two things above all else that you never do as a martial artist. You don?t use your skills to prey on people??? And you don?t talk shit about Bruce Lee. Don?t worry. I?m not gonna hate on Bruce or Jeet Kune Do. This is just a couple criticisms that I have with the way Jeet Kune Do is taught.

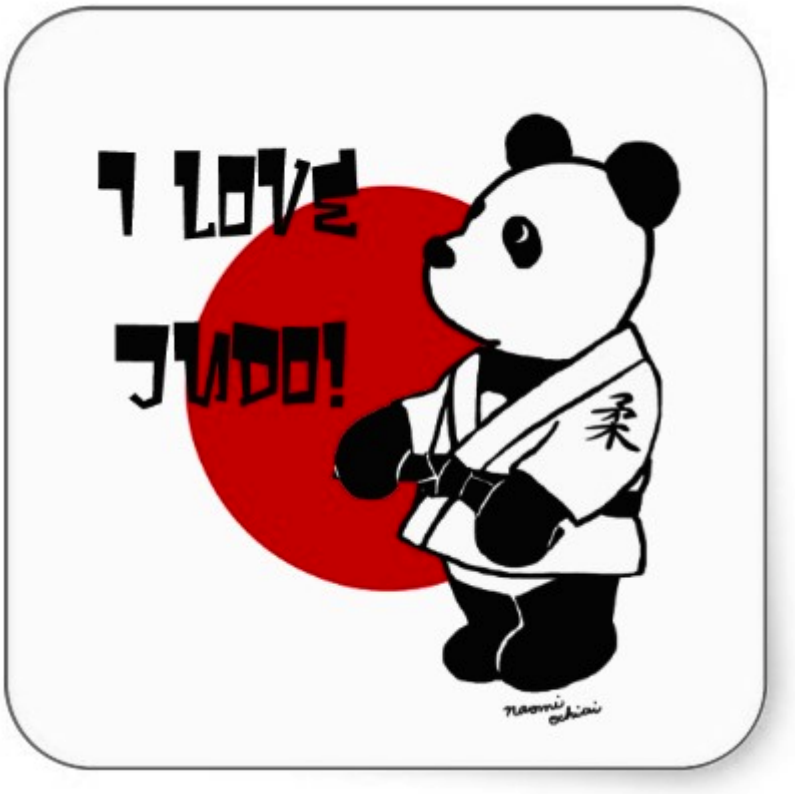
First of all for those of you who don?t know, Jeet Kune Do isn?t a style, it?s more of a philosophy on combat that was ?created? by martial artist and film icon Bruce Lee. As Bruce practiced it, it was heavily influenced by Wing Chun and western Boxing, and it took much of its footwork from fencing. The main principle of Jeet Kune Do is to use whatever is effective no matter where if comes from and discard everything else. So biting a guys finger off is allowed, eye gouging is encouraged, and today shooting someone in the face is widely accepted as a legitimate Jeet Kune Do technique. Sounds pretty legit right? Well, yes and no. And here?s where it gets complicated. The problem isn?t really with Bruce Lee?s philosophy of effectiveness above all else, it?s with the people who have taken over his legacy. That?s right. The problem with this ?style? is that it?s not a style; therefore anyone can claim they teach JKD. This leads to a lot of shitty instructors.



Bruce Lee himself was an amazing martial artist. Some people think he was just an actor that couldn?t really fight, but in reality he was probably one of the greatest fighters of all time. Many people don?t realize that he was actually an amateur boxer with a 14-0 record. Of those fourteen fights, all of them were first round knockouts except for two. Of those two, one was a second round knockout and the other was a third round knockout. That?s a fucking insane record for anyone. This is amateur boxing we?re talking about. The one in which people wear headgear specifically to protect them from getting knocked out! Every single person he fought he knocked out. It was said that had Bruce gone professional, he would have been one of the top five boxers in the world. Bruce Lee was as legit as they come.

If you?re a competitive boxer, I would highly recommend Bruce Lee?s book [i]Jeet Kune Do: Bruce Lee?s Commentaries on the Martial Way[/i]. His thoughts on rhythm, timing, closing distance, and angles of attack will blow your mind and take you to another level. He was a true innovator. However many of the techniques and strategies he discusses suffer from the same problem that other martial arts do. First of all, Bruce Lee was a big fan of boxing, and talked a lot about rhythm and timing and stuff like that. This is all well and good if you?re studying fighting from an academic perspective, or if you are a competitive boxer, but most of that stuff is useless in a 30 second violent encounter where a drunk guy charges you. So while the philosophy of effectiveness is good, a lot of the techniques Bruce talks about only really work in a certain kind of fight. Bruce himself would say that I am absolutely correct, and in an encounter in which a drunk guy charged someone, rhythm and feinting all go out the window and you need to adapt to the situation at hand. Bruce never meant for any of his thoughts to be taken as the gospel truth, but many of the people teaching it look at it that way. They insist on learning about spinning kicks and trapping and a bunch of other stuff that just isn?t useful in a real life encounter. I would still highly recommend his book [i]Jeet Kune Do[/i] because it does give good information on using effective moves such as eye and groin strikes, hitting first, biting to escape from ?impossible holds? and much more. But some of the more academic strategies just aren?t useful in a real violent encounter.

So really what I?m trying to say is, the philosophy of Jeet Kune Do is legit. You should view all other martial arts through the lens of Jeet Kune Do. Ask yourself, ?Are these moves actually effective? When could I use these techniques?? The problem isn?t with the philosophy, it?s with the people teaching it. There are a lot of shitty instructors teaching bullshit.



Judo [Somewhat Legit]

Some aspects of Judo are bullshit, others work.

Judo is a grappling art based on throws.

It is very similar to Brazilian Jiu Jitsu. They both have a common ancestor known as Aikijujutsu, the martial art of the Samurai.

However, it still has a lot of techniques that aren?t quite as effective as its cousin BJJ. If you?re going to study a grappling art I would recommend wrestling or BJJ.

Everything that is taught in BJJ is taught in Judo, but BJJ has stripped out a lot of the difficult and unrealistic throws and moves that Judo sometimes teaches.

I took Judo for a year in college. I already had years worth of BJJ and wrestling under my belt, so I was at an advantage when it came to learning Judo. Many of the techniques were the same, but some of them are a little unrealistic and not very effective.

I remember one day, we were taught a move that was supposed to allow us to flip someone from their stomach to their back if they were lying on the ground. They had one of the black belts lay on their stomach and try to resist while we practiced the move on them. Nobody in the class was able to successfully do it. When my turn came I told the black belt that I was going to attempt another move on him to try to roll him over. I did a basic wrestling half nelson and flipped him in under five seconds. The wrestling moves were much more effective than a lot of the Judo moves.

I don?t say that Judo is complete bullshit though because many of the techniques do work. I would play (that?s what they call wrestling in judo) with one of my instructors, and even though I had done wrestling and BJJ for many years and was bigger than him, he was still able to out wrestle me and throw me to the ground. Judo is one of those styles that I wouldn?t recommend as a first choice, but it?s better than nothing and it?s not complete bullshit.

Wing Chun

[More bullshit than not, but better than nothing]



This one is going to be a little controversial.

I originally was going to call full out bullshit on Wing Chun, however I decided not to even bring up this style in the article due to the fact that I don?t really have first-hand experience with it.

I changed my mind after I received a couple questions about Wing Chun and really started doing some research.

The more I looked into it, the more legitimate it started to look. I will premise this by saying that I am not a Wing Chun practitioner, so my judgment is based purely off my knowledge of the art, research of Wing Chun techniques and concepts, videos of Wing Chun fights on the internet, and a single Wing Chun lesson I had about 10 years ago.

Wing Chun is probably the most legitimate from of Kung Fu from what I?ve seen. I can honestly imagine a good Wing Chun practitioner using what he has learned to help him in a real fight against an unskilled attacker. That being said, it's not very good, and if a guy is a lot bigger than you, or has any real fight training at all, your Wing Chun probably won't help.

Wing Chun is a form of Kung Fu (more accurately Wushu) that is based on the concepts of extreme simplicity, controlling the center line, and continuous forward attacks.

It was the first martial art the late Bruce Lee studied under Grand Master Ip Man. Bruce borrowed heavily from Wing Chun, and his personal adaptation of the art paved the way for Jeet Kune Do.

I would recommend watching this video (Season 1, Episode 13 of Fight Quest) to see what Wing Chun sparring looks like. The sparring actually mimics certain unskilled fights somewhat well in that it is basically focused on a barrage of punches and forward momentum to maintain the advantage. This video is somewhat long, but if you have the time, give it a watch.

The techniques of Wing Chun aren?t what is effective about the art.

Most of the punches thrown are very sloppy and not very powerful. However some of the principles are good. Continuous forward momentum, constant attack, maintaining your balance and simplicity. You can see when they are sparring in the video, most of their techniques go out the window, but what works is the continuous barrage of attacks to overwhelm their opponent. I can actually see these principles being applied in a real fight. In fact, other good martial arts use these same principles.

I think Krav Maga would be the best example as it also places high emphasis on continuous attacks and forward pressure.

Should Wing Chun be your first choice if you want to learn how to fight?

No, absolutely not.

Will it give you some experience having punches thrown at your face and teach you to be aggressive and continuously attack your opponent? Yes. I therefore announce, that from what I've seen, Wing Chun is more legitimate than most traditional martial arts systems against an unskilled opponent. If you have your heart set on a learning a traditional Kung Fu style, Wing Chun would be your best bet provided you do full contact sparring to practice these concepts against a real opponent.

The "No-Bullshit Analysis of Fighting Styles" by Ethan X continues-

- "A No-Bullshit Anaylsis of Martial Arts: Bullshit Fighting Styles 3/4"

Questions? Comments? Hate Mail?

Hit Ethan Up in Our Martial Arts Forum.

A No-Bullshit Analysis of Martial Arts: Most Legit Fighting Styles 1/4

September 3, 2013 | by Good Looking Loser | Link | Original Link

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A No-Bullshit Guide To Martial Arts

By: Ethan X (Good Looking Fighter)

This comprehensive, well-written discussion was written by Ethan, a Good Looking Loser contributor.
The original post was on this thread in our Martial Arts Forum. I encourage you to leave your questions, comments, praise or hate mail there.

This article doesn't necessarily represent the viewpoints of Chris (Good Looking Loser).
I have no qualified view of Martial Arts, it's cool stuff that I know virtually nothing about.
I carry a semi-automatic gun and/or knife, where legal and when appropriate.
I did pick most of the images for this article though, some coming from one of my video games- Mortal Kombat.



Introduction

By Ethan X

I?m going to start off by saying that I don?t mean for this post to disrespect anyone or anyone?s preferred martial arts style. What I do want to do is give a realistic, no bullshit look at martial arts. I see guys all the time asking what kind of martial art they should learn. Most of the time when guys are asking this question it is because they want to learn how to take on another guy and win in a fight, not because they want to learn discipline or respect. Guys want to have a sense of confidence knowing that they can take care of themselves if they ever got into an altercation. So while there are other aspects to martial arts that can be beneficial (learning discipline, getting fitter, etc) I?m primarily going to be judging the following martial arts on their ass kicking potential.

I don?t pretend to be some expert on handing out beat downs, although I do have a long history in the

martial arts and like to think that I am very objective with regards to the things that I learn, so I have no problem calling out bullshit when I see it. Again, I mean no disrespect to anyone, I just call it like I see it.

Before I really begin telling you what martial arts are bullshit and what martial arts are legit, I should probably give you some background about me-

- I?ve been involved in martial arts since I was very young.
- I am a former high school and college wrestler.
- I hold a black belt in Tae Kwon Do and am a certified instructor.
- I have studied Judo, Brazilian Jiu Jitsu, Krav Maga, and boxing.
- I have competed at a low level in local MMA.
- I also grew up in a pretty rough neighborhood and have been involved in numerous real fights and self defense situations.
- I witnessed my first stabbing at school when I was 12 and my second when I was 14.
- I myself have been attacked with a knife, and I can tell you that no matter how cool the Hollywood makes it look, there is nothing at all glamorous about defending yourself from one.

So while I may not be some guru, I do have a lot of practical experience, and I have thrown down on the street with both skilled and unskilled fighters.

Let me call out some bullshit straight out of the gate because I see people spreading it all the time.

It goes something like this-

> *?It doesn?t matter how big you are. It?s all about the training.?*



These are the same people who say that looks don?t matter at all but haven't been getting laid.

Yeah, if you?re super smooth and really confident, an ~~ugly~~ not-as-good-looking dude can pull hot chicks and out game a good looking guy with ease.

But all things being equal, it?s better to be good looking than not.

In the same way, in a fight- it?s better to be the bigger and stronger guy.

Yes, if you?re really well trained, it?s possible for a smaller dude to take out a bigger dude. I?m positive a 155 pound wrestler who got to the Olympics could beat the shit out of an average 220 pound frat guy. But if that 220 pound frat guy was also a college level wrestler, now you?ve got a real fight on your hands, and there is a good possibility that the 155 pound Olympian is gonna get a beat down.

All things being equal, it?s better to be trained than not trained. And all things being equal, it?s better to be the bigger guy rather than the little guy in a fight. Anyone who says otherwise is full of??.. you guessed it??. BULLSHIT!!!

So here we go. This is a list of martial arts that are actually legit, and will actually teach you how to fight.

Legitimate Fighting Styles

Freestyle Wrestling



[Legit]

Western Wrestling started in ancient Greece. It was one of the original sports in the Olympics Games and today is a common sport offered at almost all high schools and colleges. I myself wrestled in high school and college. I can tell you for a fact that wrestling will help you in a fight. Western wrestling has the advantage of being a competitive sport meaning that after thousands of years of trial and error, only the best, most effective techniques that work against a real human being who is actually fighting back are taught.

A few of wrestling?s strengths are that it mimics certain aspects of a fight pretty well, while being relatively safe. The goal of wrestling is to get your opponent to the ground, and control them well enough to get them to their back and hold them there. Most real fights occur at the grappling range, and a good percentage of them do end up on the ground. Much of the time two guys going at it in a bar are just throwing themselves at each other with as much aggression as possible trying to hit the other person as hard as they can, so learning how to fight in close, take control of your opponent?s body, get them to the ground, and hold them down is a very useful skill.

Some limitations of wrestling are that its primary focus it to get someone to their back, not necessarily to submit them. It therefore doesn't actually teach you how to end a fight very effectively. Wrestling can also be dangerous if there is more than one opponent. You don't always want to take a fight to the ground. You never know if a guy has a knife on him or if his friends are ready to kick you in the head after you're on the ground.



Muay Thai

[Legit]

Even if, like Chris, you don't know much about fighting, you've probably still heard of "Muay Thai".

Muay Thai is basically kickboxing in which elbows and knees are also allowed.

If you are a real Muay Thai fighter, you?re carved out of wood. I don?t think I can really do justice to how tough these guys are.

Just watch this video. It speaks for itself.

Boxing

[Legit]

Boxing will teach you two things really well. How to throw a punch (important), and how to take a punch (more important). If you put a skilled boxer in a real street fight up against your average guy of the same size that doesn?t know anything, the boxer will win 18 out of 20 times.

Like I just said, boxing will teach you how to throw a punch, and how to take a punch. However there are some limitations to boxing, and some aspects that just don?t work on the street. Boxing has the positive aspect that it is a sport and therefore is rigorously tested in actual competion against an opponent who is fighting back. Certain strategy aspects of a 12 round boxing match however are unrealistic. In a real fight, there is hardly any strategy going on. It?s usually a violent engagement that lasts anywhere from five seconds to two minutes. There are just two people trying to land punches. Guys may square off and trying to gauge distance, but very rarely to guys actually use any real strategy like feinting, or rhythm, or energy conservation. Those things are fine in an athletic competition, but are sort of useless on the street. Boxing also doesn?t teach you how to fight on the ground or how to avoid getting taken to the ground by a wrestler, so if the fight ends up there, all your boxing skills are basically useless. That being said, boxing is a legitimate ass kicking skill, but you should probably learn some ground fighting as well.

Pros:



- Effective.
- Will teach you to throw a proper/powerful punch.
- Will teach you how to take a punch.
- Will give you the experience of actually being punched in the face.
- Will teach you how to cover up and stay standing when a big guy is wailing on you.

Cons:

- Certain strategy aspects are good for a competition, but are unrealistic on the street.
- Doesn?t teach you how to avoid getting taken down or how to defend yourself on the ground.

Here?s a video of a Turkish boxer fighting against a bunch of guys.

Notice that as soon as he is engaged in a real fight, all real strategy goes out the window.

What was really helping him in the fight was his ability to maintain his balance, throw more solid, accurate punches than his opponents, and his ability to stay somewhat collected. Boxing will teach you all this.

BJJ/Submission Wrestling/Sambo



[Legit]

A descendent of traditional Japanese Jiu Jitsu, Brazilian Jiu Jitsu made is claim to fame in the mid 90's in the Ultimate Fighting Championship by defeating every other martial art at the time in a no holds barred cage fighting competition aired on TV.

The premise of the show was to pit masters of every martial art against each other to decide once and for all what the most effective fighting art was.

Sumo masters fought boxers.

Wrestlers fought Karate black belts.

Tae Kwon Do Olympians fought Judo players.

The ultimate winner of the competition was Brazilian Jiu Jitsu.

BJJ is still regarded as the most effective grappling martial art in the world and is studied by every professional mixed martial arts fighter in the world.

It specializes in submissions during grappling between two opponents via chokes, and joint locks. BJJ is a very technical and scientific style that actually works.

Here?s a video of two members of the Gracie family demonstrating and explaining some fascinating BJJ moves (as well as a wrestling move) that they saw used in a couple UFC fights.

From this video you can see how technical and scientific BJJ is, and maybe get an appreciation for how much of a chess match submission wrestling really is.

Sambo is a Russian martial art very similar to BJJ. It's also a submission wrestling style, but puts more of a focus on leg locks. It is also legit.

Mixed Martial Arts (MMA)

[Legit]



Mixed Martial Arts.

The fastest growing sport in the world. Made famous by the UFC in the mid 90's, the art has evolved much since then. While every fighter has his own strengths and weaknesses, most professional fighters now incorporate Boxing (Western and Muay Thai), Brazilian Jiu Jitsu, and Wrestling into their arsenal. As such, there is no such thing as "pure MMA" because most of the moves from MMA are taken from other arts.

I mentioned earlier that I have been involved in MMA fights. I am by no means a UFC fighter. When I say that I competed, I mean in small little local things where all the surrounding gyms came together for a little competition. I am not a professional MMA fighter. I do have a lot of experience in it though and can tell you (as you probably knew) MMA is legit. It has the best of everything. It teaches you all the elements of combat (throws, strikes, takedowns, chokes, joint locks, etc), it is a competitive athletic sport, so only truly effective techniques are used, and it comes as close to mimicking a real fight as most people would like to come.

Where MMA might fall short in the street (and this is very minor). Is that MMA doesn't allow certain moves such as eye gauging, hair pulling, groin strikes, stomping on a downed opponent, etc. This means a lot of very effective moves that could save you in a real fight can't be used. For example, if you're mounted on top of someone, you don't always after to finish them off with strikes or a submission like you do in MMA, you can always grab their head and smash their skull into the concrete. If you train too much in MMA you might start thinking too inside the box and forget that there are a lot of other really effective ways to defend against an attack if you're willing to fight a bit dirty. That being said, MMA is fully legit.

Dog Brothers Martial Arts



[Legit]

While you may think MMA is pretty hardcore, I?ve got something for you that is even more extreme.

In fact, this style proudly displays their UFC rejection letter stating that their art is "too extreme for the UFC."

In my opinion, the Dog Brothers are some of the toughest fighters on the planet.

As such, their martial art is probably too extreme for most people.

They teach VERY realistic knife, stick, and hand to hand fighting. Their philosophy is "Higher consciousness through harder contact." and as such, they practice with real wooden sticks at full contact in real fights with each other. They are based in Southern California, but travel all over the world teaching what they've learned from thousands of realistic fights to military, police, and prison guards all over the world.

While they may appear to untrained observers to just be a bunch of guys wailing on each other with no skill or finesse, they are in fact highly trained martial artists who are scientifically studying how real fights work with regard to fear, aggression, and the adrenal response on individuals during life or death encounters.

These guys are truly on the cutting edge of martial arts. Most people don't have the mental fortitude to train at this intensity. If you don?t watch any of the other videos in this post, watch this one.



Krav Maga

[Legit]

The original ?Jew-Jitsu.? Krav Maga started in Israel. In Hebrew it means Contact Fighting. It?s a realistic, highly aggressive system of self defense moves and fighting concepts that have been battle tested throughout the world. Krav Maga is taught to every Israeli citizen during their military training. It is used around the world today by police, military, and counter terrorist units. Krav Maga is the closest you?re going to get to a top secret, super spy, military fighting style. I would recommend it as the best all around system along with MMA. It?s will teach you a lot of really effective moves in a really short amount of time.

Training in Krav Maga won?t get you as good at ground fighting as BJJ. It won?t get you as good at stand up fighting as Boxing or Muay Thai. It won?t get you as good at throws or takedowns as Judo or Wrestling. But you?ll get intermediate level training in all those aspects of combat, with all the fluff removed and only the useful techniques remaining. In other words, you probably won?t beat a specialist, but you?ll learn to beat your average Joe who decides to take a swing at you. Where Krav Maga really shines though is its weapons defense techniques. It is one of the only martial arts in the world to have such a heavy focus on realistic weapon defenses. If you want to learn how to defend yourself from a gun/knife/machete/baseball bat/grenade/machine gun, Krav Maga is your style. You think I?m kidding with the machine gun and grenade thing. I?m not. Krav Maga was designed as a military combat system. They can teach you techniques to use against grenades and machine guns.

Some Krav Maga studios can be a little ?McDojo-y? but they are better than nothing. Find a legitimate school. Most of the really hardcore places are in Israel where they train professional counter terrorist teams and body guards, but there are some good places all over the world. One of the best things about Krav Maga is that it doesn?t take very long to become proficient in the techniques.

The "No-Bullshit Analysis of Fighting Styles" by Ethan X continues-

- "A No-Bullshit Analysis of Martial Arts: Questionable Styles 2/4"

- "A No-Bullshit Anaylsis of Martial Arts: Bullshit Fighting Styles 3/4"
- "A No-Bullshit Anaylssi of Martial Arts: Conclusion, Advice 4/4"

Questions? Comments? Hate Mail?

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Why Getting Punched in the Face is the Best Thing That Can Happen to You

September 13, 2013 | by Good Looking Loser | Link | Original Link

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The Hits You Take, Not The Ones You Land Define You

by: Lubomyr
(Light Heavyweight Muay Thai Maryland State Champion)

Forward by Good Looking Loser

I don't know much about Martial Arts but thankfully I do know some guys that do.

Not only do they "know" about it, they ACTUALLY fight.
(I'm big on people talking from experience and not the eBook they read, can you tell?)

One such guy is a guy is Lubomyr, I've known him since high school.

He just happens to be the Maryland State Light Heavyweight Muay Thai Champion. He teaches Muay Thai and also punches people in the face. Although I'm too busy to ever invest a significant amount of time in Martial Arts, I love and more importantly- respect the mentality of these athletes. Make no mistake, these guys are athletes.

I totally encourage you guys to get involved, if nothing else- you become more of a man.

Think- Killer Instinct.

You can fire off your questions to Lubomyr in our new Martial Arts Forum.

Here's a video of Lubomyr taking about 30 seconds (not counting the time the guy in laying on the ground) to demolish the former Maryland State Champion.
(Lubomyr is a pretty humble guy, this is ME bragging for him)

When I Won The Maryland State Championship

My goal, as any serious athlete (or goal-driven individual) should have- is to be the very best in my sport.

Two years ago, I achieved a milestone that suggested that I was on my way.

I spent the days, nights and years prior thinking, training, fighting and obsessing for my opportunity.

The fight kicked off and my mind went blank.

The months of preparation for this moment were forgotten, and I was just thinking "Engage."



It was on.

He threw a jab that I immediately slipped, and I returned with a right and then a double-jab. He goes to kick with his left, which was to set up his knockout right hand, and his foot kicks me in the balls.

No matter; his right hand never gets there as I smash my own right cross into his temple.

A flurry of punches later and he's on the ground.

He gets up, looking pissed, and lunges for me trying to clinch and knee.

I back up without thinking and just hear ***Crunch, Crunch, Crunch, CRUNCH*** as another right hand sends him falling backwards. My coach is screaming for me to take him out. I figure he will expect my hands, so I fake with a kick and then stampede towards him with hard rights and lefts until he does a Pete Rose slide into the canvas.

The fight is over and I get a flash in my mind of Mike Tyson jumping up on the ring post after his fight. I do the same and raise my hands to the crowd.

In 57 seconds, I become the new Light Heavyweight Muay Thai Champion.

Other than the kick to the balls, which hurt for 20 minutes afterwards, I didn't take any hits from my opponent that night.

But that doesn't mean I haven't been on the receiving end of a fist.

Anyone who has ***earned*** the title "FIGHTER" has, if not in a match- then in sparing or training.

Any real fighter has had his chin and his heart tested by getting hit, whether it be in a gym or in the ring.

I've had my nose broken 2 or 3 times, my jaw dislocated, and have been rocked so hard that I couldn't remember whether I lost by knockout or decision.

No regrets though.

Show me a guy that hasn't had his nose bleed, I'll show you a guy that only plays non-contact sports.

In fact, I would say that the hits I've taken have done more to build my attitude and confidence than any hits that I've dished out. Tasting your own blood, not being scared and knowing your just fine is a powerful feeling and worth any temporary pain.

Lets talk about this feeling...

(you'll probably have to get hit it the face to feel it though...)



> ***?EVERYONE HAS A PLAN UNTIL THEY GET HIT.?***
>
> **- Mike Tyson**

People can have a love and enthusiasm for fighting and the martial arts, and then have that enthusiasm immediately diminish once they?ve been punched in the face for the first time.

As a striking coach who works at an MMA academy, I?ve often seen very tough grapplers turn into a nervous wreck after one sparring session that involved getting hit.

These are the same guys who could roll around the Jiu-Jitsu mat for hours getting choked, slammed, and put into painful joint holds.

Why then is it that, as soon as they put on a pair of gloves and start striking, their love for fighting turns into anxiety?

The answer, in my opinion is pretty straight forward: People?s reaction to getting hit is 90% emotional and 10% physical.



> ***?PAIN DON?T HURT.?***
> **- Patrick Swayze, Roadhouse**

Being pushed and shoved has always been regarded as a step down from being punched or kicked.

 A guy might nudge you with his shoulder, and things might not escalate beyond that.

However, if he were to hit you, then all bets are off.

We?ve grown up to look at getting punched as the ultimate insult/trauma.

The way most people react to getting hit is what separates them from fighters.

People tend to forget that the human body has been able to endure blazing heat, freezing cold, hurricane winds, sand storms, car crashes, boot camp, football, and fraternity hazing.

At some point, while living in a relatively safe society, we?ve become fearful that we might break if pushed too far outside of our comfort zone.

Why then do we see fighters who are able to take painful hits and remain calm under pressure?

Were they just born that way, and if not, how were they able to grow out of the fearful shell that many people live in?

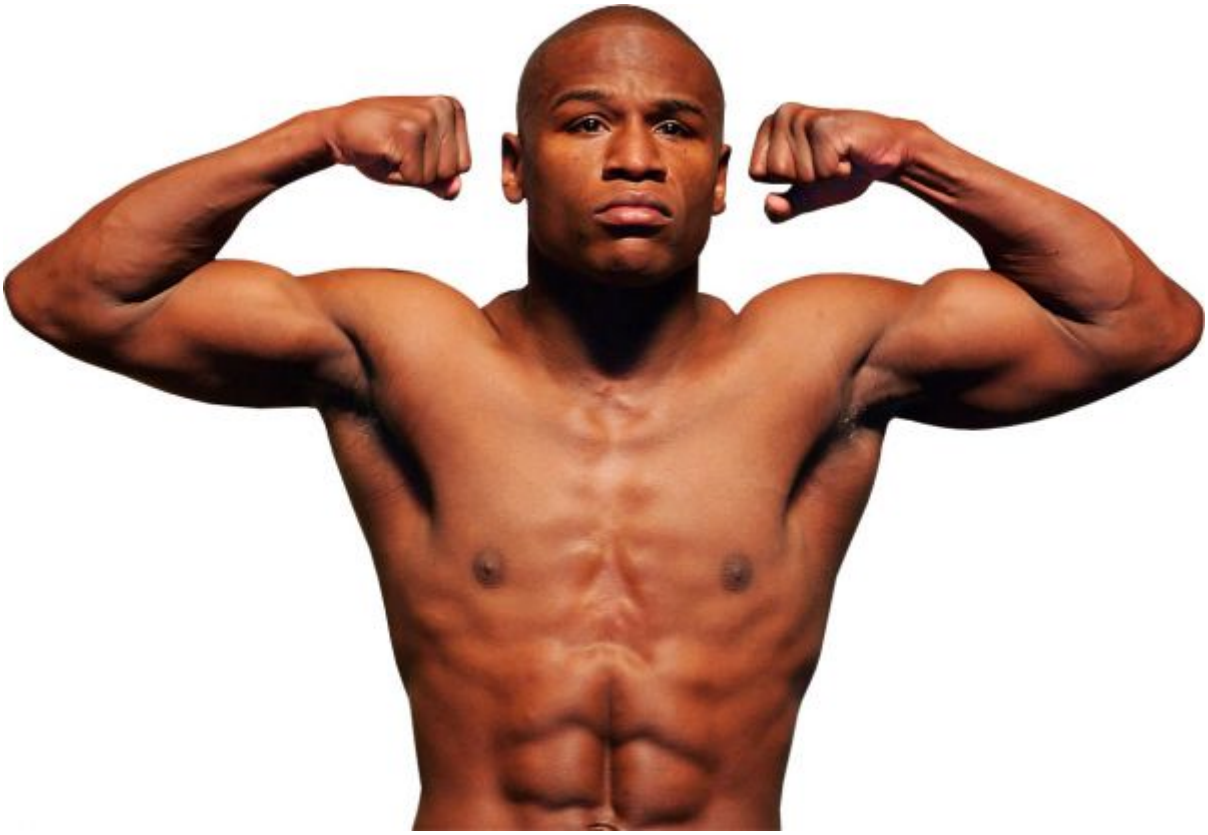
The reality is that growth is simply a matter of going through certain experiences, and interpreting those experiences in the correct way.

I once had a student who grew up in the Philippines, and was constantly beaten down at school because of his short and frail stature.

He told me that those experiences taught him two things-

1. **You learn what you?re made of.**
2. **You never want it to happen again.**

Here is a young man who understood what life was teaching him, and he decided to take control of the situation.



> ***?A TRUE CHAMPION CAN ADAPT TO ANYTHING.?***
>
> **- Floyd Mayweather**

We see guys like Muhammad Ali or Floyd Mayweather take countless punches to the shoulders, ribs, chest, and top of the head, and still remain calm as they try to protect their chin, temple, face, and liver.

The punches to their body and shoulders definitely hurt, but these guys aren?t concerned with that.

They are only concerned with the punches that can HURT them; meaning, they care about the punches that can take them out of the fight.

They?ve learned to disregard ?pain? as something that has nothing to do with their objective.

The objective is **to win**.

Guys like Ali and Floyd didn?t think about losing when they fought.

If they felt pain, they saw it as a nuisance and nothing more.

Their objective was **to win**, and so they focused on how they were going to overcome a dangerous situation, as opposed to how they were going to survive it.

There are many ways to get your head in the right place to fight back, and you can pick whichever works for you; but you have to have something to spark the drive to win. Otherwise, your brain will tell you that you?re an idiot for staying in a situation that?s causing you pain and trauma.

My motivation when I?m training, sparring, or competing is very simple: **My woman?s safety and**

welfare depends on my win; not just my survival.

This puts me into a desperate and driven mindset that won?t quit until I?m dead in the ground. As I?ve looked at better known fighters, and their approach, I?ve found the same pattern?



> **?Years ago, we hardly had anything to eat. Now I earn more money and I see every opponent as a man that tries to put me back to that poorer period. That man has to be eliminated.?**
>
> **- Fedor Emelianenko**



> **?In the ring, my thoughts are pretty pure. I?m gonna hurt him before he hurts me; and if he hurts me, I?m gonna hurt him twice as bad. Like, I?ve gotten punched, and there are two reactions you can have from it: you can cower away or you can want to punish the person for punching you.?**
>
> **- Mark Kerr**

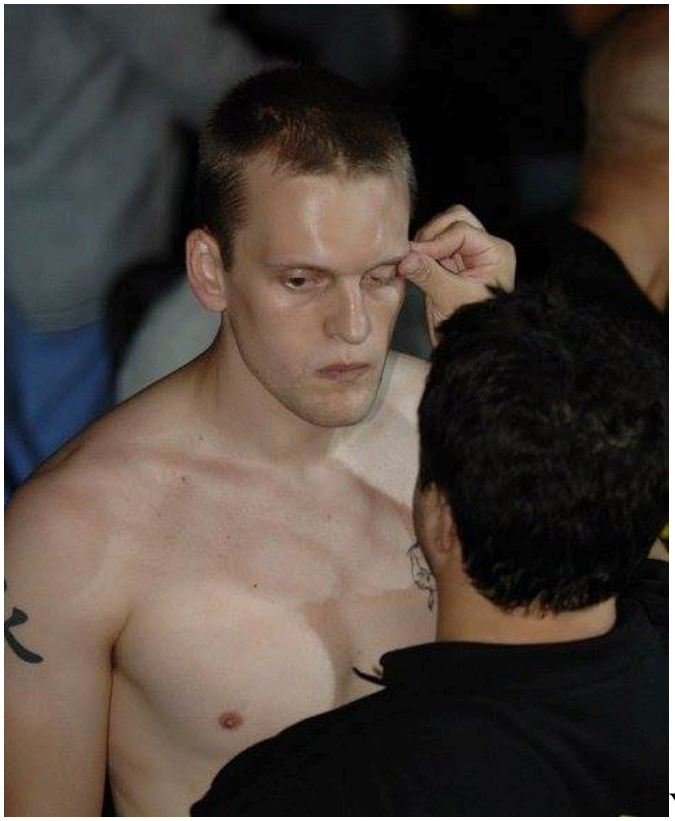
The best way to deal with being hit is to remember that blood clots, bruises heal, and bones mend.

The human body is a vessel for the human spirit, and the spirit is meant to be challenged.

This is why we still practice martial arts in a society where it?s simpler to shoot someone instead or, better yet, sue them.

In a fight, your challenge is standing right in front of you.

Your opportunity is right in front of you.

 Your opponent isn?t giving you an opportunity to surrender, he is giving you an opportunity to remain calm under pressure and focus on a winning strategy.

Arnold Schwarzenegger said that he became great after he learned to re-associate himself with the pain he felt while lifting weights.

To him it meant progress, and he learned to like the pain of progress. The next time someone decks you in the mouth, you?ve just grown and developed a stronger understanding of what you?re made of.

Relish those opportunities and grow from them.

Soon, you?ll be the guy that other men fear when they get hit.

You are welcome to ask Lubomyr anything you want in our MMA Forum.

It doesn't matter if you've never been hit in the face.

He teaches MMA and is quite busy, so sometimes it might take him a little while to get at you.

He's going to contribute a lot of stuff that he's learned so you'll definitely get the chance to learn from him and get your questions answered.

"The New Guy" How I Would Always Make Friends With Random Girls Over 9 Different Cities

September 14, 2013 | by Good Looking Loser | Link | Original Link

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Mr. New Guy

This is a slightly more official writeup of an old post and video in our fourm and a video I made for one of the original members (who lost his V-card last summer with *some* help from us).

This is an extensive topic and I won't even attempt to cover it all on this page.

In the future- we will certainly discuss how to make friends. Unfortunately, the blog can only move so fast if we are going to give you quality information, so some subjects are less of a priority. I want to give you what I got, it will help some guys in the meantime. Believe me, my discussions on college and making cool friends will be bomb. The best stuff on the Internet like *most* of other stuff.



Background

As mentioned in "About Good Looking Loser," I've lived in 9 different cities for periods of at least 6 months. I'd also spent some summers (usually periods of ~3 months) in a few different cities too. I have lived in all 4 corners of the United States.

Even before I got good at meeting women and having sex with them, I always was able to make friends with random girls. Often very pretty girls, who probably wanted to sleep with me, but I was too busy telling them my life story.

I transferred colleges several times and often found myself starting over in cities where I knew virtually no one.

In some situations, I put together/was invited into a social circle of cute girls (and some cool guys) in as little as 3-4 days (San Diego, Law School orientation) and in other situations I found myself alone

in the gym at 11:35 pm on a Friday night, daydreaming of the life I was "going to have" once I had a pretty body.

I also learned a lot from moving to a city (Los Angeles) where there was no college community waiting for me.

The 'method' I suggest to make friends with random girls, I call-

> ***"The New Guy"***

... because that's what I was, every 1 or 2 years it seemed.

This type of thing also resembles what we call "basic guy game," easy techniques that just about anyone without moderate social anxiety can do. There's an element of screening in it as well.

But again, this discussion is to solely make friends with girls.

For more information about social skills, including live audios of me putting together a Hollywood Hills house party of 60+ girls, check this section out.

Why Have Girls As Friends?
(or Friends at All?)

I can see the majority of you guys, who aren't socially retarded, rolling your eyes.

Just give me a second, I'll be short.

Thanks to the authorities around the seduction community who don't have a lot (or ANY) cool friends that aren't Internet marketers that dress up like pick up artists, simply 'having social skills' isn't emphasized.

In fact, methinks- it's substantially minimized by so often suggesting that guys commit suicide rather than end up in a girl's 'friend zone'.

The net result is-

- **Socially retarded kids.**
- **Who can't make friends.**
- **Who can't get pussy.**

The same as they were when started.

(often worse)

Although we like to lump this entire concept into the 2 words- "Social Skills," the issue, necessity and effects are rather complex.

I dig into it in "Swag Factor", one of the most important posts on this entire site.

If nothing else, it is important to have girls as friends because your social skills will otherwise erode and not develop.

There's about 500+ reasons- including, a having a strong sense of self-worth, sense of entitlement, understanding the female psyche (no an eBook can't teach you that), being able to relate/sympathize to girls on issues such as popular culture, fashion trends and their own sexually.

I've never met a guy that had ZERO female friends that was a normal person or had much of a sex life.

Video - The New Guy

(again- the video is kinda raw, it's got good stuff but you'll have to do/think of 'your version' of Mr. New Guy)

I haven't done this stuff since 2009, I have enough friends.

Enjoy [Good Looking] Losers.

Table of Contents

(clicking thumbnail won't stop video)



Click to Enlarge

Basic Concept

You're the ENTHUSIASTIC new guy.

And Most reasonable humans (especially cool/nice girls) treat the new guy nicely.

He's new in town. A baby.

You wouldn't be mean to a baby.

It's acceptable for the new guy to ask basic questions. How else will he find his way around?

It's a good deed to help the new guy, maybe point him in the right direction, make his life a little easier.
Maybe Jesus, Allah, Buddah will hook you up with some drugs or you'll win a subscription to Dollar Shave Club.

It's not cool to be impolite to the new guy, how would you like it if you were new and someone was rude to you?
God frowns upon people that are mean to the new guy, the afterlife certainly doesn't not contain any people that were rude to the new guy. There is a LAKE OF FIRE for people like that.

Mr. New Guy doesn't have many/any friends, but he's not necessarily a fucking loser- he's just new.In fact, Mr. Social New Guy will have a lot of friends. Probably more friends than most people.

hint: People that aren't nice to the new guy ARE FUCKING WEIRDOS. YOU DON'T WANT ANY PART OF THEM.

Unless you are Mr. *Super Creepy* New Guy, the only way that people will appear impolite to the new guy is if-

- You AREN'T being genuine and trying to make a friend.

(you want something else- like to lick her labia or money)

- They are fucking losers themselves.
- You are super good looking.*

* in which case- eventually a confident, but not necessarily hot, girl will relentlessly befriend you and introduce you to ALL of her friends while secretly "claiming" you.



Whether you are actually NEW or not, cherish your time as 'The New Guy'.

For some of you- it'll be the only time society cuts you a fucking break. (joke, sorta)

The rest is in the video, use the table of contents to find the parts you want to listen to.

Since this was a video for a specific GLL guy, it's not super organized (that's what the table of contents is for). I did it off the top of my head.

I still think it's really good.

So do you guys-

Uploader Comments (Good Looking Loser)



Thefuturedash 3 months ago
Thanks for this Chris, best advice I've heard.
Reply ·



Good Looking Loser 2 months ago
Thanks dude, I appreciate it. Most people, understandably, will be less interested in the 'make friends' thing, but its a useful one for that.
Reply ·   in reply to Thefuturedash



Josh Ousley 3 months ago
Good advice man thanks.
Reply ·



Good Looking Loser 3 months ago
thank u
Reply ·   in reply to Josh Ousley



genius2005 3 months ago
Great video Chris. I posted a video with this very situation and I wil follow up with a part 2 with me hopefully getting this cute girl's number so we can hang out sometime.
Reply ·



Good Looking Loser 3 months ago
thanks dude, this video is strictly on 'making friends' so I encourage you to be more aggressive when u see her
Reply ·   in reply to genius2005

We'll expand on this further another time.

(honestly- now 99% of you don't have any excuses to have ZERO friends)

If you Improve Your "Value", Will You Get Laid Significantly More? (Not Exactly)

September 16, 2013 | by Good Looking Loser | Link | Original Link

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Improve Your Life! Get Laid! (right?)

featuring: Danger&Play and Krauser

Mark (Forum ADMIN), Scotty and I have talked about this topic a lot.

If you Improve Your "Value", Will You Get Laid Significantly More?

This is interesting timing, the topic of ***"Self-Improvement = Get Laid,"*** was one that I was going to cover in the past week until I got hit with an onslaught of Martial Arts discussions that I wanted to get up on the blog ASAP. The more people we have around here that can beat the shit out of people, the better. Martial Arts, arguably, is the opposite of "I Hope She Likes Me" Mainstream PUA.

Our new friends over at Danger & Play beat us to it, so I feel it appropriate to encourage you to check their write up on the subject-

- "Is Krauser Right about Value and Cold Approaching?"

D&P is actually responding to a tweet from Krauser-
(I had not seen Krauser's blog until 45 minutes ago, I still don't know a lot of these guys)



Basically he's saying that guys pour hours into lifestyle/self-improvement so they have a 'reasonable' excuse to not hit on girls.

Subconsciously, or even intentionally, guys will set "lifestyle" goals to avoid hitting on girls.

They tell themselves- after I accomplish [insert lifestyle goal] I will hit on women.

It's a form of approach anxiety.

First off-

> ***I absolutely agree. I did that. For about 26 years.***

Toward the end I knew it too and it made sick.

The issue resolved itself slowly when I ACTUALLY wanted to get pussy (put penis into vagina) and not get validation. I began to act completely different. Not just to girls, I cut off every single unhealthy/less-than-healthy relationship in my life. I was free, the people in my life would be their

for all the right reasons.
(For more on that, click the link in the prior sentence)

Although I put such an emphasis on achievement and self-improvement, once I beat my approach anxiety and slowly left the Mr. Funny Man PUA stuff (and moved to the beach and later up the hill from 5 popular nightlife venues)- I started getting results.

Big time results- bringing home attractive girls *almost* more days/nights than not.

Just so we keep our brains organized, the concept of "value" or "status" falls into our category of "Swag Factor".

The fundamentals for a good sex life are-

- Looks
- Style
- Social Freedom (and Killer Instinct)
- Swag Factor (Social Skills and Status)

It can be simplified to the 3 S's-

- Sex Appeal (Looks, Style)
- Social Freedom
- Status [perceived]

AND EXPERIENCE, of course.

We are shooting for ABOVE-AVERAGE in these categories.

If you TRULY have above-average ***SEX APPEAL, SOCIAL FREEDOM, STATUS***- you will be light years ahead of most guys that have, at most- 1 of these going for them.

I thought Kauser's point was insightful, although I am well aware of how guys deflect their time and energy to avoid approaching women, Kauser brought full awareness to it in 131 characters on his Twitter.

Danger&Play didn't fundamentally disagree but he noted that-

> ***"To take your game to the highest levels, you must spend considerable time building value."***

To which- I also agree.

So we probably aren't in disagreement-

1. A lot of guys intentionally work on themselves in order to not hit on girls. (Krauser)
2. To take your game to the highest levels, you must spend considerable time building value. (D&P)

Obviously.

But wait...

It's actually not so cut and dry.



Not exactly. You succeed by having definitive, quantitative goals and working on them one at a time.

PERCEIVED VALUE vs. ABSOLUTE VALUE

Time to go into geek mode for a second.

There's two different types of "value".

This is an important distinction.

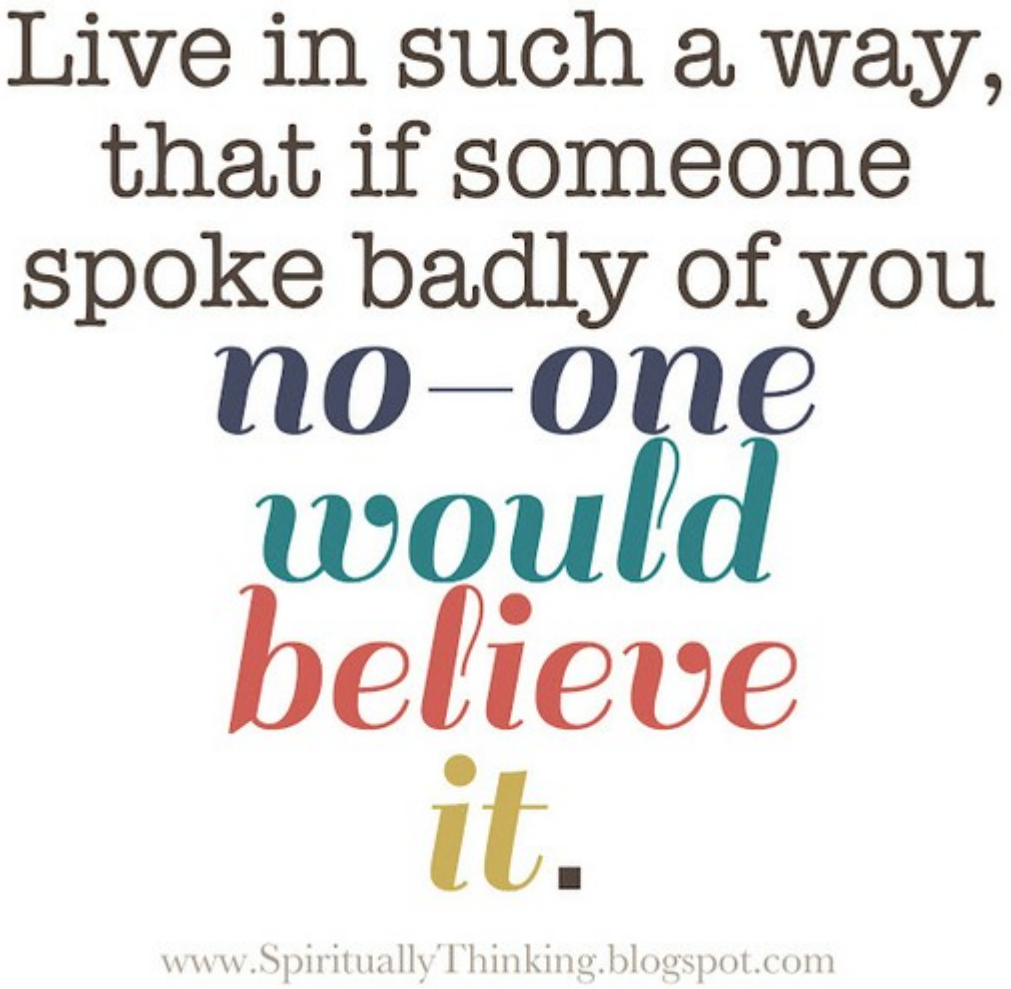
PERCEIVED VALUE is your "social" value. Or your SOCIAL STATUS. This is largely based on your appearance, assumptions people make about out and not on your actually accomplishments, achievements or lifestyle. You might be a loser but if you look like you are important, you'll be treated like that on first impression.

ABSOLUTE VALUE is your "actual" value. Or your REAL STATUS. This is based on EVERYTHING from appearance, to career, to intelligence, to sense of humor, financial status, education, lifestyle, etc. You can't completely fake this for too long.

When it comes to **JUST GETTING LAID** (especially the SAME day/night) and first impressions, **PERCEIVED VALUE** is what matters.

When it comes to relationships and keeping fuckbuddies, **ABSOLUTE VALUE** matters more.

Again- this is an important distinction, read it over if you need to.



My advice- Life whatever way you fucking way to live and stop caring what average people think.

Get Laid vs. Meeting Women

I make a point of telling everyone that Good Looking Loser is the "GET LAID" community and not a "Pickup Girls" or "Meet Women" (what does that even mean?) site.

A lot of people don't know what this means.

Stick around, you'll figure it out.

I didn't comprehend the difference back in 2008 when Scotty was trying to trying to explain it to me.

I was too busy trying to figure out how to- make her laugh, make her comfortable, make her see my value, make her not reject me, etc. SAFE GAME, as it's called.

Going forward- if you read other sources for "Dating," you *really* need to separate what advice is "GET LAID" advice and what advice is "MEET WOMEN" (dating) advice.

On this blog, unless noted- the advice IS and **ALWAYS WILL BE is to GET LAID**.

When you try to get busy with a hot blonde in a fucking gross janitor's closet at the mall, it's not about "meeting women" or "demonstrating higher value" so she'll let you meet her parents. I can be a fucking lowlife, that's why girls dig me.

The Difference Between Getting Laid Advice vs. Meeting Women Advice

It's not significant.

The truth is- your actual self-improvement resume, your accomplishments, your lifestyle, your 'identity' and your **ABSOLUTE VALUE** aren't significant factors in Getting Laid.

You just have to give the impression that you are "high value" - your appearance is your resume.

Your appearance, unless you have a specific/known status in a venue, is your resume.

When I moved to Los Angeles- I was considered "high-status" guy when I had no job, dropped out of Law School and was living off my parents. My appearance suggested I was "a somebody and not a nobody" or just cool in general. In-crowd. Though I was still playing PUA Wizard Monkey, girls gravitated toward me.

I was Good Looking Loser.

Arguably, it's better NOT to share your accomplishments, or at least certain ones that suggest your "relationship guy".

It sets off "boyfriend material" or "provider".

This is why I don't believe this one kid I know who. He is below-average looking, doesn't approach girls, doesn't dress "cool", was timid to remove his pants when we played strip poker (no homo- 5girls and 3guys) but claims gets laid a ton because he tells girls, *"he's a doctor"*.

Bullshit.

Even the dorky PUA students know that bragging about or discussing in-depth- your accomplishments/achievements doesn't make women horny. It makes them further profile you as boyfriend.

Girls that are DOWN TO FUCK don't give a shit about your resume, they are largely only judging your sex appeal. Much like guys, but with higher standards and some more criteria.

Plenty of Good Looking Losers (Deadbeats)

Scotty is the perfect example of this and he's even proud to say it.

For the better part of his "career", especially when he was smashing AA- Scotty did nothing but goto the gym, get "fucked up" afterward and try to have sex with girls. During the day, he drove a truck for his Dad's business.

He's never actively worked on his "fucking identity" and it never matter a bit. He laughs at the guys that take yoga or a cooking class (I did that, haha) to "improve their value".

Scotty, remember, has a significant amount of **PERCEIVED VALUE**- good looking, tattoos, edgy as fuck, muscular, etc.

Although I don't really know anyone like ScottyG - I do know at least 2 handful of guys in Los Angeles that would make Scotty look like Tony Robbins. They wake up at 5pm in their Hollywood apartments, only workout their biceps, have no job and are drunk by 10pm every night looking for a party/getting together with a new girl. In fact, my lifestyle resembled something like that in from 2009-2010, only I trained much harder in the gym.

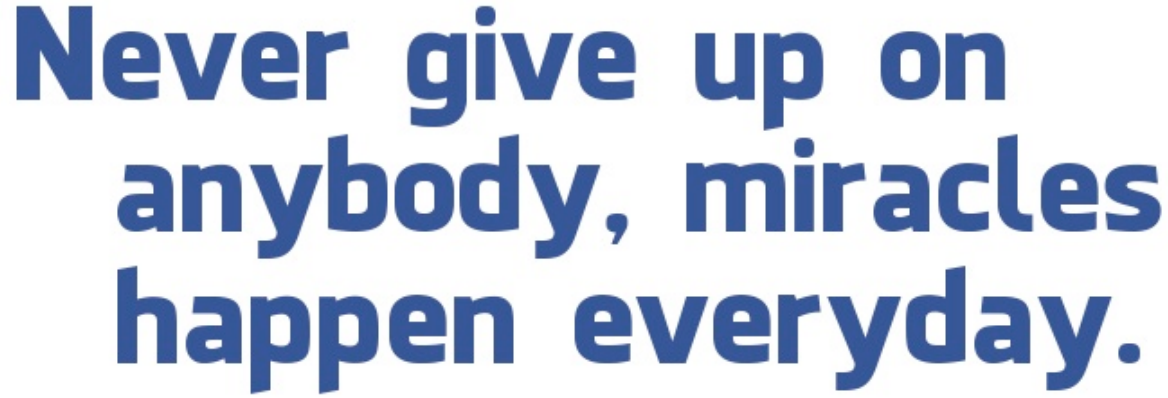
But again, generally- good looking guys that have social skills and are REALLY COMFORTABLE in the scene.

I'm not suggesting that you guys see or use this blueprint as a recipe for success.

I'm just saying that-

> ***Status/Value when it comes to getting laid is just an illusion.***
> ***Your sex appeal is your resume.***

Getting Laid is all about **PERCEIVED VALUE**.



I don't even have to explain why this one is bad.

Relationships/Fuckbuddies:
How Significant is My "ABSOLUTE" VALUE?

ABSOLUTE (or actual) VALUE/status that goes beyond your perceived value (appearance) definitely matters more when it comes to keeping fuckbuddies around and having a successful committed relationship.
(check out the discussion on Retention, among the best articles on Good Looking Loser)

You have to have *some* 'boyfriend potential' to keep the majority of girls cumming back for more.

It's best to show them your 'boyfriend potential' in bits and pieces. Don't present yourself as 'boyfriend material'; it's completely different.
(see the retention article)

The fun challenge for them is to get you into a relationship if you are a player.

The HOTTEST, younger girls get OBSESSED with this challenge. You get to stretch their little pussies for weeks/months with your overgrown cock while they are busy playing their little game. It's quite fun for both parties, sometimes moreso for the girl, although she might be sore for the first month if her cooter can't adapt quickly.

Generally speaking-

Your **ABSOLUTE VALUE** (actual status) matters more to older girls (25-30), that are more often looking for a boyfriend and avoid guys that aren't attainable.

Your **PERCEIVED VALUE** (social status) matters more to younger girls (18-24), that are more often in party mode and will fuck a guy for months to "see where it goes". The hottest younger girls, especially, want to fuck the hottest guys.

Back to the original topic-

If you Improve Your "Value", Will You Get Laid Significantly More?

Not necessarily.

If the improvements are strictly to your resume **(ABSOLUTE VALUE)** and not to your appearance **(PERCEIVED VALUE)**, any improvements that you see are probably from increased self-esteem that may help attract girls that are DTF.

The actual resume isn't doing that much here.

You don't have to be accomplished, well-rounded or even ambitious with your life to Get Laid on a given night.

She doesn't care if you graduated 14th out of 261 in your Law School class at Columbia University, she's probably never even heard of Columbia.

And guess what?

Even if she went to Columbia- unless you have a really masculine vibe (not boyfriend material vibe), you are one step closer to taking her on a date to talk about "Why a semester of 'Torts' was more interesting than a semester of Contracts" instead of taking her home and shoving your dick up so far up her that she feels it in she stomach.

You can be a total douchebag loser with nothing going for him and get laid plenty, it might be harder to keep the hotter girls around but it's not going to stop you from getting into their pants.

We needed to put this "value thing" in perspective. Hopefully we did.

You might have to look at yourself, if your goal is to GET LAID and you're already *look* cool- maybe it's time you GOT LAID (emphasize numbers game) instead of working on yourself.

On the flip-side, like D&P pointed out, if you are perceived as a reject or un-masculine you need to address your **PERCEIVED VALUE**/appearance and stop mindlessly walking up to girls wondering what you are "doing wrong".

This might be the only "self-improvement" site in the universe that encourages [certain] guys to NOT work on themselves.

That's because the "dating" stuff on Good Looking Loser is about GETTING LAID. Simply "improving yourself" doesn't necessarily translate into the ability to take girls home with you on the same night.

If you can do both at once, that's great. But don't underestimate how much pussy you can get or how socially free you can get if you devoted 100% of your time to hitting on girls.

There's only so many hours in the day.

You better know what your GOAL is.

You better know what "The Secret to Universe" is.

There might be some negative response to this post because a lot of guys think this website "should be all about self-improvement," it's not.

It's about results.

I'm going to tell you the most efficient and productive ways to Get Laid are rather than simply just

encouraging your to "improve" yourself over-and-over-and-over. Unless you are 10 years old, you don't have a decade to 'work on yourself' and then go hit on women. If you are 10 years old, that wouldn't even be my advice to you anyway.

Confusion

Somehow, there's been some confusion on what this post concludes. I'm not sure why, I don't think I can be any more clear.

I'll try to be though.

I'm not saying-

> *"NEVER EVER WORK ON YOURSELF EVER."*

I'm saying-

A lot of guys hide behind only-somewhat-related self-improvement goals to avoid approaching women. (credit: Krauser)

There's a difference in **PERCEIVED VALUE** vs. **ABSOLUTE VALUE**.

You don't need a ton of **ABSOLUTE VALUE** to take a bunch of girls home on the same day or night.

You just need to have sex appeal (looks, style) and hit on women (social freedom).

And Ideally, have a place to take them within 5 or 10 minutes.

Certain guys (WHO WANT TO GET LAID MORE) actually need to work on themselves to become better, cooler men.

Other guys, who are already above-average, (WHO WANT TO GET LAID MORE) do not and they need to focus on playing the numbers game.

14 Red Flags That You Should Probably Be Aware Of (Uncommitted Relationships/Fuck Buddies)

September 21, 2013 | by Good Looking Loser | Link | Original Link

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14 Red Flags To Be Aware of

(Uncommitted Relationships)

These red flags apply to girls that you have ALREADY slept with whom are your fuckbuddies or girls that you've been hanging out for *at least* a month or so and *at least* been naked with.

This does not apply to girls you just met and don't really know too well.

I don't want guys to use any of these red flags as an excuse to avoid calling back girls that they want to nail.

That's called a ***convenient excuse,*** stemming from anxiety or fear of rejection.

Reserve judgment until you ~~know~~ fuck the girl.

With that said-

> ***"If it looks like a rat, if it smells like a rat and if it acts like a rat...***
> ***It ain't a damn mongoose."***

While these are generalizations, more often than not- I've seen these red flags eventually reveal a girl with a lot of baggage that will bring a significant amount of drama into your life.

Especially if they like you.

Girls are crazy and emotionally healthy ones admit it.
(it's a hormonal thing (PMS); many of them don't have a choice in the matter for at least 3-5 days a month)

These are all based on my experience and I've seen these themes repeat themselves. Over and over.

One red flag shouldn't make you draw conclusions but *more than one* is significant.

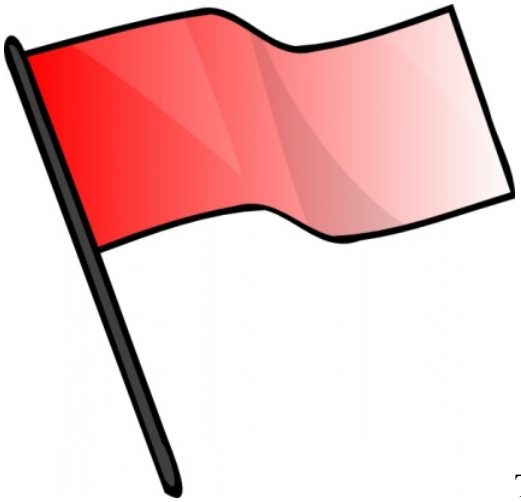
If the sex is good and the girl is cool- don't kick the girl out of your life just because she raised a red flag. In fact, I encourage inexperienced guys to put up with a lot of bullshit until they beat most of their sexual anxiety.

If you are considering a relationship (ideally after SIX months of her being your fuckbuddy, chasing you and earning you), a higher degree of consideration should be given to these flags. After six months (or more) of sleeping with a girl, once a week or two times every 10 days, there shouldn't be any surprises and you don't need us to evaluate if the girl is relationship material. You'll know.

I thought of these 14 flags in about 10 minutes, there's obviously more.

I felt these were slightly-less-than-obvious and perhaps insightful as you reflect on your past relationships and current uncommitted flings.

Red Flag #1: She Is Mean to Random People



This applies to people in general, but especially girls.

Emotionally healthy girls aren't mean to random people if that person isn't TOTALLY creeping them out.

Most girls will still be cordial and flattered when a guy they aren't interested in hits on them. Most girls won't be rude even when another person is rude to them. They might talk about it later but usually they won't get into verbal (certainly not physical) sparring matches with other people.

If it happens once, it might be a bad day.

If it happens more than once, it's a red flag.

Girls that are mean to random people generally aren't where they want to be in life.

There's a host of reasons why this could be, but it's not your job to be their therapist.

"Girls that are nice vs. Girls that are mean"

Red Flag #2: She Boasts That She Can't "Get Along" With Other Girls
(or Claims That Other Girls "Hate" Her)

This is ALWAYS a red flag in my book.

Nobody should be bragging that they can't get along with others, especially within the same gender.

Emotionally healthy girls try to get along with everyone and often put up with a lot of bullshit, even if the other person is a drama queen.

I haven't had a fuckbuddy that was emotionally healthy that openly boasted that she "doesn't get along with other girls," or "gets along better with guys because other girls *hate* her [for some reason]."

To this day, the most glaring example of this was a hot skier from Venice Beach named Jaime that I used to sleep with from time to time.

Often these girls will tell you about their drama and claim that they are "real" while everyone else is "fake".

While that alone isn't a red flag, if you hear it more than once- it's a pretty good sign that they can't maintain healthy relationships- with anyone.

Besides the obvious social competition, girls generally like to have a lot of friends, even if the relationships are superficial or on the "acquaintance" level.

Red Flag #3: She Constantly Talks Shit About Her Best Friends

This is an extension to #2.

Regardless of how much a girl is into you and how good the sex has been in the first month or so, the truth is- you don't know her and she doesn't know you.

Emotionally healthy girls won't rip their best friends to a guy that they have been fucking for a couple weeks.

Again, one incident isn't a red flag but if this theme repeats itself- you probably have an emotionally unhealthy girl on your hands that is a very negative person.

Unless the other person has seriously wronged them- the shit-talker is the person with the problem and will eventually be one of your problems.

This generally applies to all humans and animals.



Red Flag #4: She Has No Friends

Emotionally healthy people have friends.

Emotionally unhealthy people don't.

Especially girls.

There's a reason they don't have friends and the reason isn't society.

It's them.

This one doesn't necessarily apply to girls that are new in town, but girls that aren't doing the *normal* stuff like going shopping, meeting up for appetizers/drinks, doing a "girls night" with friends - should raise a red flag.

They have no emotional support network and will look to you to fill that void.

Girls without friends will often become SUPER CLINGY and demand to know where you are at all

times.

While this makes for a predictable, easily controllable fuckbuddy- it usually doesn't end well.



Red Flag #5: She Doesn't/Didn't Have a Good Relationship with Her Father

(and they tell you about it when you didn't ask)

This is a sad one because it often isn't her fault.

Girls that are close with their father (Daddy's Girl) usually have healthy relationships with guys.

The ones that announce that they "hate" their father, generally have problems and a negative view of the male gender.

I can't remember the last time when I had a lasting, healthy uncommitted relationship with a girl who hated their father (even if their father is a legit shitbag).

Anytime I hear a girl that I recently meet rip their father, I know that these issues will eventually surface and the issues will be transposed onto me because I have a penis.

I have tremendous sympathy for rape and victims of sexual abuse - but they generally don't make good partners for a stable uncommitted relationship.

Red Flag #6: She Often Talks Negatively About Ex-Boyfriends

Generally when girls talk about their ex-boyfriends, they are searching for a replacement or a rebound fuck.

While that isn't a huge deal and certainly hasn't stopped me from sleeping with them- it's an indicator that they have lingering issues or sometimes a negative view of uncommitted relationships.

For some guys (not me necessarily), it might be an indicator that she is picturing you as "Boyfriend Material" rather than a guy who has "Boyfriend Potential" or a "Scumbag". It's better to be profiled as the latter 2 if your goal is to get laid.

See the Retention article to understand why this is.

Red Flag #7: She Posts About How She "Hates Guys" and Her Ongoing Relationship Difficulties on Facebook/Twitter



Girls that feel the need to vent their frustration that they "can't meet a guy" or that "men are pigs" on social media ~~generally~~ always have issues.

It's so obvious and everyone knows it.

Emotionally healthy girls won't volunteer their relationship difficulties on social media and blame their problems on an entire gender.

I can't tell you how many girls I've fucked that have passive-aggressively tried to send me a message/make me jealous via their Facebook status.
(As I've gotten more selective in the past 3.5 years, this happens less and less. I don't add girls to my Facebook, unless we are close.)

Emotionally healthy girls have FRIENDS for emotional support that they can talk to about their relationships. Drama Queens and Trouble Makers use social media to campaign for sympathy.

Red Flag #8: She Talks About Feminism or Extreme Left-Wing Views

Hey Man-o-Sphere- here ya go!

I haven't had a fuckbuddy do this in years, but it should be a major red flag if you see it.

Hopefully I don't have to explain why Real Alpha Males and Hillary-Clinton-Hero-Worshipping "women" aren't compatible in the long term.

I highlight feminism and left-wingers, but just about any girl that goes on-and-on about her political/religious views (even if you agree with the views) tend to be trouble. They consume an overwhelming amount of negativity (aka "news") on a daily basis and they are giddy to bring "awareness" into your life.

Thankfully, the not-so-smart girls in Hollywood have no idea what's going on in the political arena and very few opinions about it.

This specific red flag can apply to girls you just met.

Unless they are a legit activist, if they volunteer their political/social views (when not asked) in your first interaction, they are passionate about it. Try to skip over the topic if you can.

Red Flag #9: She Goes Missing 2 or More Times a Month



I think it's rude when a girl that I've fucked doesn't text me back within 24-48 hours.

It is.

I make it clear that I'm too busy for that kind of stuff (I run a business, have a life and they usually think they aren't the only girl in my life).

I'm not a huge fan of long text threads with ***anyone,*** so when I want to set up plans- I'll call them and make it happen.

In my experience- if you keep it real with a girl [you've ALREADY fucked], she'll do the same if she respects you, likes you and thinks you might be sleeping with other girls. (different subject, another time)

After you bang a girl for a few weeks, you'll generally know before/when her period is.

During that period of time, don't worry if they are MIA; they can be moody and it's better if you don't hang out. Most girls I know make it a point to avoid guys during and slightly before their period; they are emotional and feel "dirty," and it's better to not spend time with them.

(I'll even straight up ask them "Is it your time of the month?" and get a yes or no. Most girls are cool telling you if they know you are comfortable with your sexuality.)

If they go missing more than once a month, it's a red flag.

Sometimes they want you to chase, but it's often an indicator that they aren't respecting your time and the whole thing might be trouble to manage and stressful for you.

Sometimes it has nothing to do with you- I've had a handful of girls go completely MIA because they went to rehab.

There's nothing worse than staring at your phone and being on another person's timetable, especially a flakey girl.

This type of thing can be avoided by having other girls to sleep with and setting up HARD PLANS via phone.

Once you get a feel for how to communicate with your fuckbuddy(s), you can set up plans via text.

Once you get a fuckbuddy- GET ANOTHER ONE ASAP.

My late best friend, Keith, told me that when we were 17. RIP buddy.

Red Flag #10: She Lets You Take Her Into a Bathroom To Have Sex With Her

ha.ha.ha. on this one

It's true though-

If she's willing to go into a bathroom (or janitor's closet), then she probably isn't relationship material.

She probably thinks the same about you.

Might make a good fuckbuddy though.



Red Flag #11: She Thinks You Should Pay For Her (All The Time)

This one isn't air tight, but in general- you don't want to be seen as a total provider and willing to pay

for a girl all the time.

If you have money, don't give a shit, the sex is good and you don't see a committed relationship in your future- it's a different story.

I have a lot of friends, Trevor Kidd comes to mind, that nail a lot of hot pussy and pay the girl's way every time. They aren't necessarily looking for a girlfriend though and they enjoy taking girls out.

There's a part of the "courting" process where girls want the guy to pay for stuff; I don't think that this is a sign of a toxic gold digger or needs to be totally avoided if you are considering a committed relationship. Just make sure you aren't paying for everything and certainly not paying for stuff that you don't want to. She needs to put in *some* financial effort, even if she's poor.
(true gold diggers go where the real money is, no offense- if you are in your 20's, you probably aren't their target)

It's important to realize that simply "paying for something," doesn't make you look like a provider/boyfriend material.

If you are aggressive (touching) the girls you pick up, they will know in 5 seconds that you aren't Mr. Provider. How a girl sees you is largely based on the first impression you make.



Red Flag #12: Ms. Complicated, Her Life Is "Crazzzzzzzy!!!"

(There's Always Some Issue... Never a Dull Moment)



I guess the term "Crazy" is relative, but the majority of ~~girls~~ people live a completely mundane life.

Some girls like to talk about their "Crazy" lives to impress you and sometimes you'll meet a girl who does have a fun life.

Most of the time, however, this "Crazy life" is simply because she is a delusional drama queen and she feeds/lives off of fictional exaggerated subplots to try and feel alive and significant.

If a girl is constantly talking about her "Crazzzzzzzy" life when nothing is actually happening- she's got excess baggage and you'll be paying to stow it.
(nice metaphor Chris)

Telling her to shut up sometimes works.

The final two red flags are just things that you should note or be aware of.

They aren't necessarily evidence that the girl would make a lousy fuckbuddy/relationship but these two flags came to mind because they generally provide insight on the girl's lifestyle.

* Red Flag #13: She Asks You For Drugs

Unless you've done drugs with a girl as part of your uncommitted relationship, if they ask you for a specific substance or a connection, especially early into your relationship- they generally have substance abuse issues.

I've especially noticed this in California, where marijuana is legal and you don't need to be trying to find a weed connection.

In my party up days, this would happen a couple times a month.

If you are in party-mode, I don't see anything wrong with hanging out with girls that do drugs. If you are considering a committed relationship, however, having a partner with substance abuse issues can be a major problem.



* Red Flag #14: She Won't Eat In Front of You

(not even a salad)



This one isn't a huge deal and you shouldn't arrive at any conclusions, but girls that won't eat in front of guys generally/obviously have body image issues.

While this won't necessarily spell trouble for you, body dysmorphia can have a profound effect on a girl's life and her relationships.

It's *somewhat* understandable if they don't want to eat a burger, fries and fart the smell out in front of you; some girls will literally sit there and won't even eat a salad or bread.
(you take girls/fuckbuddies on dates?!? yeah, I do)

I once told a fuckbuddy that I was going to withhold my thick penis from her if she didn't order an

appetizer. For some reason, she responded really positively to it and we are actually good friends today, even though we don't hookup anymore.

Talking about weight/eating is almost always a LOSE-LOSE.

Don't talk about it if you can't be really lighthearted and the girl is at least somewhat secure with herself.

In fact- never talk about it.

Conclusion

So that's it.

This list obviously isn't EVERY red flag.

Just be on the lookout for these, especially if you foresee a committed relationship with a girl.

If you take my advice and sleep with a girl for 6+ months in an uncommitted relationship while she chases knowing/suspecting that you are seeing other girls, you'll see her true colors.

The hottest girls LOVE the challenge of trying to convert a "player" into a boyfriend; that's the excitement and chase for them. Even though it drives them fucking crazy.

It's rare that a guy can hold out for longer than a couple of months. Only emotionally healthy girls can chase for 6+ months and not go bonkers. While it's possible to get a good girlfriend after only a month or two of dating, it's a way more secure relationship if she has to spend 6+ months earning you.

I just noticed I didn't have any "red flags" about a girl's sexual history. You might however - and that's understandable. I honestly don't. Once you sleep with more girls than you can count (or remember), you might not care whatsoever. Maybe one day like me - once you grow a big dick and the majority of girls you sleep with tell you that you are by far the best lover they have ever had- you might not care anymore either.

If you have a Red Flag that you'd like to add (based on REAL LIFE, not some eBook), talk about it in the comments below-

So You Want to Be a Fighter?

September 27, 2013 | by Good Looking Loser | Link | Original Link

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So You Want to Be a Fighter?

Good Looking Loser contributor, Lubomyr, is the Maryland Light-Heavyweight Muay Thai Champion.

He also teaches it for a living.

He's not just a guy that talks about MMA online and critiques other's YouTube videos. In the day and age of the Internet, it's rare that you'll come across someone that actually has legitimate experience with what their talking about. Just like very few guys online have experience with picking up women and holding their legs up in air, even fewer guys have experience in kicking the shit out of people for a living.

If you are interested in Martial Arts, I suggest you take his advice to heart.

He knows what he's talking about and has the scars and championship belt to prove it.

So You *Really* Want to Be a Fighter?

The rise of Mixed Martial Arts in the United States has helped rekindle the American fighting spirit, and people are starting to associate themselves more with martial arts.

Society is beginning to realize that fighters are people just like everyone else, and that maybe we too could be fighters in the big league. A mean stare followed by a sucker punch can make you a tough guy on the street, but there?s still that itch to test yourself in the ultimate arena.

When a guy walks in to my class and tells me that he really wants to be a fighter-

I always ask him-

> ***"Why?"***

He often says-

> ***?Because I love to fight.?***

Wrong answer.

If you want to be a REAL fighter, you had better love to TRAIN.

 While I?m currently making a career in MMA, Boxing has always been my first love, and I currently work part time as a Boxing coach at the Yamasaki Academy in Rockville, MD.

Aside from Boxing, I also compete in Muay Thai, Mixed Martial Arts, and Jiu-Jitsu. I?m the reigning Light Heavyweight Champion for a regional Muay Thai promotion in Virginia, and was a member of the US Men?s Thai Boxing team at the WKA World Championships last year; I was lucky enough to earn a Bronze medal for the United States. During my time with the US Marines, I worked as a Marine Corps Martial Arts instructor where I taught the basics of Judo, Muay Thai and Tae Kwon Do to incoming Marines. Prior to going into the Marines, I earned a 1st degree black belt in both Aikido and Hapkido.

If you ask me what I do, I don?t say that I fight; I say that I?m a fighter.

It?s a lifestyle that has taken over the momentum and direction of my life.

I have had to change my career twice in order to allow myself the proper time to pursue my training.

I left a job with the federal government in order to be a group fitness instructor. The work was less stable, but I had the opportunity to exercise at my job, and this complemented my martial arts training better than sitting behind a desk for nine hours.

While I have no regrets about my decision, I would ask all would-be fighters to consider what they are willing to sacrifice in the pursuit of this goal.

It?s not a failure if you decide that this isn?t worth your time and effort.

The payoff can be small and infrequent, the road is long, and there has to be a greater purpose in your heart than just loving to fight.

But let?s say that you?re comfortable with the requirements and you?ve got the discipline to go the whole way.

What?s the first step, how do you balance your training, and what should you do to give yourself the best head start possible?

First and foremost, you have to find a good school.

Brazilian Jiu-Jitsu schools are opening up everywhere these days, and this is usually a good place to start.

Ideally, your academy would have a grappling, striking, and MMA coach.

However, be wary of the striking programs at certain Jiu-Jitsu schools, as some of them are taught by people who have minimal experience in the ring.

(Good Looking Loser says: Do you see why I like this kid so much?)

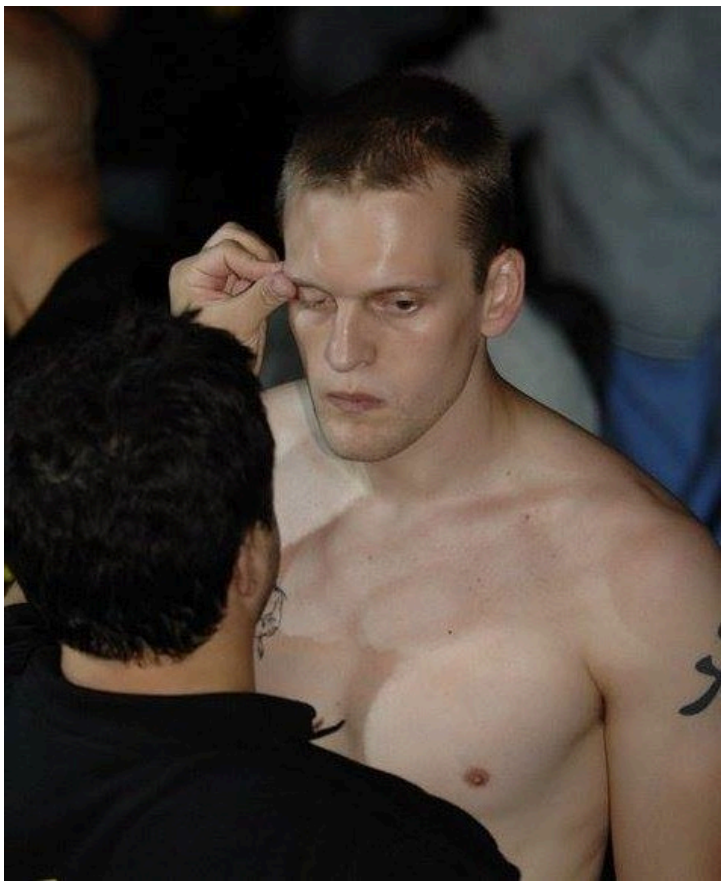
Many grappling based martial arts academies are trying to branch into MMA, and are quick to name someone ?head instructor? provided that he/she looks the part.

Basic knowledge is good, but it isn?t nearly enough.

A mediocre striking coach might not know that the best way to beat a rookie opponent is to put the pressure on until he breaks and starts to doubt himself, or that you need to sit back in your defensive stance in order to keep your field of vision from narrowing too much. These are skills that are best taught to you by a true expert of his field, not by someone who?s had a handful of amateur kickboxing matches.

Remember that even the highest ranking instructor is still a human being.

Everyone makes mistakes, but the mistakes of a coach will hurt his fighters.



I?ve separated a rib, broken my sternum, torn my quadriceps, and have suffered a major concussion all because of the negligence of a trainer. These people didn?t intend for me to get hurt, but an honest mistake in the fight game can have heavy repercussions.

Experience is key, and many instructors have an online paper trail that you can follow and see what they?ve actually achieved. Someone?s online profile on their own website may not tell you everything you want to know. Some martial artists simply lie about their accomplishments because it?s hard to substantiate certain claims.

However, competition records are a good way to look back and see if your would-be coach has walked the path that you?re about to walk. If your coach was never a competitor, then be wary of their methods. Granted, there have been good fight coaches who have never fought, but they are few and far between.

They don?t have to be a former world champion, but they have to have walked the walk.

It makes more sense to seek out the best coach in each respective discipline, and then have a veteran

MMA fighter/coach to help you put your skills together.

Second, you need to have a productive (yet efficient) training schedule.

I train 4 days a week at an academy that teaches Brazilian Jiu-Jitsu, Muay Thai, and MMA. However, I also spend 2 days a week with a very seasoned Boxing coach at a different facility, and spend 1 day per week training with a local university Wrestling team.

While I don?t knock the quality of my MMA academy, I realize that I have to give proper time and respect to each fighting style involved in MMA. I can?t just learn Boxing or Wrestling only as it applies to a Mixed Martial Arts fight because an MMA fight can quickly turn into a Striking Only or Grappling Only match. Your opponent may be a superb college wrestler, and your Jiu-Jitsu coach may not know all of the tricks taught at Iowa State Wrestling.

While this type of schedule seems like a tall order (and it is), **I recommend that you start with three martial arts training sessions per week**, and an extra day in between to do your own strength & conditioning.

I would recommend **two days of grappling**, and **one day with a striking coach**.

The reason that you want to train more grappling at first is because striking can be practiced on your own as well. Spending an hour in front of the mirror, or a punching bag, is time well spent. While mitt work and sparring are essential to developing your striking skills, you can still make up a lot of ground by working solo. However, it?s very tough to develop good dexterity and flow without a training partner. It?s easier to understand the technique of striking by watching it.

Grappling has a lot of subtle pressure and balance factors that determine how you react; these are harder to understand by simply watching a grappling match. A good coach that you can bounce ideas off of is vital especially at the beginning of your grappling training. You will quickly learn whether or not this type of lifestyle is worth your time and effort. Like I said, fighting for the sake of fighting won?t be enough to keep you motivated and disciplined as your grind through months and months of training in preparation for a single fight. I?ve had fights that have lasted less than 1 minute, but the work that went into preparing for that 1 minute fight was extremely demanding and time consuming.



The good news is that you don?t have to be a professional fighter in order to fight.

Fight gyms (whether they be Boxing, Muay Thai, or MMA) give you the luxury of fighting right away.

It?s called sparring, and it?ll quickly test whether you?re emotionally ready to fight someone who is going to hurt you. Before you decide to throw your hat into the cage, make that sure you?re psychologically ready to walk into a gym every day knowing that there are people ready to put pain

to you.

By the time you step into the cage for your first fight, you should have already sparred hundreds of rounds.

It takes a while to become the best guy at your school and, when you finally do, you will have to then travel to another gym where you?re not the best. Essentially, you?re on the constant lookout for people that can kick your ass because that?s the only way to get better.

This is why I would recommend AT LEAST a year of constant training before you?re ready for your first amateur fight.



Maintaining this kind of schedule day in and day out will take a toll on your body and energy level. A clean diet doesn?t have to be Spartan; it just has to be common sense-

- Healthful protein rebuilds muscle.
- Healthful complex carbohydrates give you stamina.
- Grease slows you down.
- Animal fat slows you down.
- Refined sugar slows you down.
- The lack of water slows you down.
- Get the diet together before you ask, "What supplements should I take?"

Keeping these things in mind will help your body recover faster, and will keep you feeling stable. (We'll talk specifics on a fighter's diet sometime)

You will be able to stay focused on success and not on how drained you feel.

A bit off topic but my personal recommendation: hard liquor is better than beer.
Beer always leaves me feeling tired the next day, whereas liquor just leaves me feeling hung over. A hang over I can deal with; but feeling bloated, hazy, and sluggish is no good.



Third, learn about and appreciate your sport.

To top everything off, it would be wise to become well studied in the history of your sport.

Youtube has become an encyclopedia of Boxing and MMA fights. You can spend hours simply watching different fights, and it?s all for free. The sport has evolved over time, but the fundamentals have not.

All great fighters have made their own claim as the prototypical martial artist, and it?s a good idea to see them in action when they were in their prime. Guys like Frank Shamrock, Bas Rutten, and Kazushi Sakuraba are a good start if you?re looking for whom to research. To put it in perspective, Mike Tyson?s managers bought him the largest video collection of boxing matches in the history of the world. Why? They wanted him to know absolutely everything he could about the sport. Knowledge is power, and it starts by you making a concentrated effort to learn everything you possibly can about your craft.

With this, I wish you all good luck in your training.

From my experience, the best memories I?ve created from my fighting career haven?t been from the fights themselves.

Instead, I value who I?ve become through this lifestyle, and I value the friends that I?ve made over the years. It really is a band of brothers, and it?s good to know that your brothers can wreck shit if

things get dicey. We win together and we lose together.

Like Renzo Gracie said-

> ***?A good friend doesn?t break up a fight.***
> ***A good friend comes in with a flying kick.?***

For further MMA discussion or to reach Lubomyr, check out our MMA Forum and/or leave a comment below.

Good Looking Loser's Penomet Before and After Pictures

September 29, 2013 | by Good Looking Loser | Link | Original Link



Good Looking Loser's
Penomet Before and After Pictures

The pictures below are NOT SAFE FOR WORK!

As with my other before and after pages, you can see the immediate result of increased in size (mostly girth, also length) after using the Penomet.

- "Bathmate Before and After Pictures, Overall Penis Progression" (2010-2013)
- "Results from the Bathmate Hydropump and Blowjob"

Essentially, you can expect the exact same thing from the Penomet penis pump-
(when using a FULL erection while pumping for at least 10 minutes)

1. **Increased flaccid/erect girth. Of about .5" to 1+"**
   (temporary pump that lasts 4-24 hours)
   (the more experience you have, stronger erection while pumping, longer the session - the longer the pump will last)
2. **Slightly increased flaccid/erect length. Of about .25" to .5"**
   (also will last 4-24 hours)

(Don't expect an inch in immediate length)

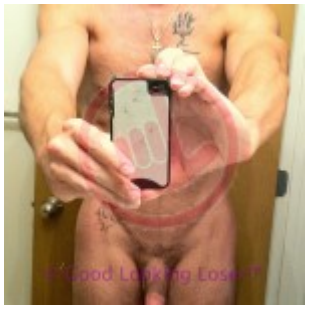
3. **Dramatically increased flaccid size and hang.**
   (believe it or not- my start flaccid size was a sad ~2.25", definitely a "grower" but hardly grew to an impressive size)
4. **Immediate (temporary) results to later to become permanent with committed use and adequate rest.**
   (pumping expands and fatigue the tissue in your penis, when it repairs itself- it become bigger and stronger)

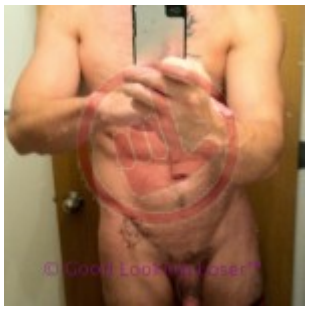
The pictures below feature images from before, during and after various Penomet sessions.

Certainly I've selected generous pictures that display a dramatic increase in size - but the result is undeniable and shows what's possible following a good session.

Some pictures are from a 10-minute Penomet session on 9/29/2013.

Others are just good photos.
(some pictures are high-definition and might take 5-10 to load)


High Definition Picture ? Before Penomet Session (9/28)


A 2nd High-Definition Picture ? Before Penomet Session (9/28)

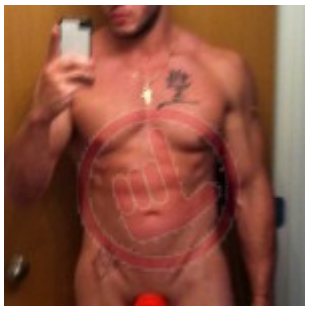

Close-up Picture of Flaccid Size Pre-Penomet Session (9/28)



During a Penomet session, about ~7.5?



During a Penomet session, about ~7.5? (better angle)



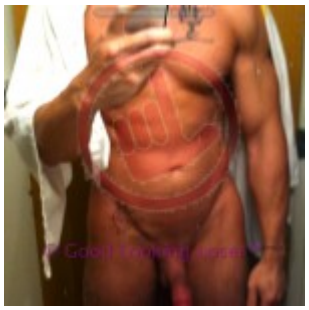
Wearing the Penomet (9/28)



After a 10min Penomet session (9/28)



Another picture after a 10 minutes Penomet session, noticeable increase in flaccid hang and girth



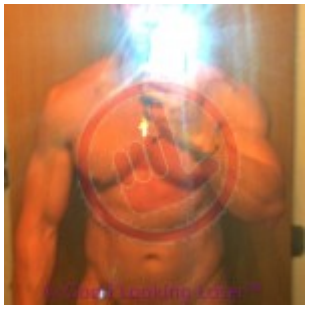
Picture from after a Penomet session on a random day.



Another picture following Penomet session



Generous flaccid hang shot after a Penomet session



June after picture when I had less body fat



Nice Getting-Erect Shot After a Penomet Session



Another generous erect picture after a random Penomet session

You Got 99 Problems But Her Orgasm Ain't One

October 8, 2013 | by Good Looking Loser | Link | Original Link

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Her Orgasm Is Also Her Responsibility

Thankfully, when I was inexperienced, I've never decided to blame myself if a girl couldn't have an orgasm.

As I built more experience through the years, I realized FOR CERTAIN that if a girl couldn't orgasm - that it wasn't MY FAULT.

Certainly there's been times that my performance lacked for one reason or another (drugs/alcohol, lack of sleep, etc.) but I would still ALWAYS make the effort to get the lucky girl off either orally or simply with my left hand.

The girls that couldn't climax from that - simply couldn't have an orgasm that day.

Often, they couldn't have orgasms at all.

Sometimes it was a random occurrence (just like guys get ED) when they were preoccupied, nervous or not feeling sexy.

But like I said - there were plenty of girls that simply didn't know how to reach climax via intercourse (or at all).

We'll get into why that is and give some suggestions for ~~you~~ her.



But first I want to MAKE SURE, ONCE AND FOR ALL, that you guys *DO NOT blame yourself if a girl can't get off.*

Notice I said-

> **If *a girl* can't get off.**

I didn't say-

> **If *you* can't get a girl off.**

It takes 2 to orgasm.

1. **You to provide the majority foreplay and stimulation.**
2. **Her to mentally take herself from sensation, to pleasure, to ecstasy.**

You can only judge how good you are in bed from the girls that are able have orgasms.
(it's similar to sexual availability, not all girls are able at any given time)

- If you've gotten any girl off in the past whether via intercourse or otherwise - you can provide orgasms **to the girls who are able to have them**.
- If you can engage in adequate foreplay (7-20 minutes), enough to make her pussy wet and produce sensations once you are inside of her (whether by intercourse or other) - **you can provide orgasms to the girls who are able to have them.**
- If you have dick that 6" or more in length and over 5" in girth, slightly above the average penis size - you should have no worries that you have the equipment to provide orgasms **to the girls who are able to have them.**
- If you can keep your dick erect for about 2 or 3 minutes straight, you can provide orgasms **to the girls who are able to have them.**
  (the girls that know their pussy the best will literally orgasm upon entrance of your penis, especially if it is thick)

It's the inexperienced guys that particularly need to hear this.

A lot of guys really beat themselves up if some random girl isn't satisfied after some random fuck.

A lot of guys in committed relationships blame themselves if their girl that can't orgasm.

Even though they know full well they that have brought their girl to the brink - but she couldn't translate it into an orgasm.

Ironically, the girls that don't/can't have orgasms USUALLY KNOW IT.

Rarely do the bring up this fact or take any responsibly for it.

The inexperienced/worried guy is made to feel like inadequate shit.

He begins to hallucinate about some well-hung stud in her past that had a Coke bottle for a dick, balls the size of jumbo eggs that sprayed genetically superior DNA everywhere that she had to clean up with brand name paper towels.

Not the case.

Probably not anyway.

Before we ~~start~~ continue playing the "blame game," I just want everyone out there (ladies and gentlemen) to know that it indeed-

> ***Takes 2 to orgasm.***



Girls That Can't Orgasm, Don't Masturbate

While I'm sure there some exceptions, the girls that can't get off from intercourse, oral, etc. don't masturbate very often or at all.

If they do masturbate, they don't achieve orgasm frequently.

If they can't themselves off, how in the world can you get them off?

Through the years, I have made it a habit to find out how often (and to what point) just about all my fuckbuddies touch themselves to.

I can't remember a single time where a bed buddy told me that she couldn't orgasm from my dick, tongue or hand - but yet she masturbated a lot.

Girls that don't touch themselves to the point of orgasm, on at least a bi-weekly basis, often can't get off with a partner.

The general trend is-

- **Girls that orgasm, also masturbate.**
- **Girls that don't or can't orgasm, do not.**



Some Basic Suggestions If She Can't Get Off or She's Inexperienced

Here are some suggestions, at the end of the day (or night), it's on her to 'pull the trigger' and reach orgasm. You can only do so much.

More Foreplay

This one is obvious, but it's especially important if she's inexperienced and nervous. Once you sleep with a lot of women, you'll literally be able to tell how experienced they are or aren't before you even take their clothes off. If you are hung, this is super important and probably that only downside to owning a large sexually-active penis.

It also a pretty good idea to engage in a significant amount of clothed foreplay (dry sex, I guess it's called), make sure they are pretty wet before taking their clothes off. Inexperienced girls tend to be more comfortable when clothed, so it's not a bad idea to get them wet before removing their clothes. I know this sounds very "high school" but some girls are very inexperienced and nervous - especially if they like you.

Drugs/Alcohol

This might not be the one that most people "want" to see listed 2nd, but we're here to tell you what works and not just give you crap theory that you'll never be able to apply.

Just years ago, my friend Lexy couldn't orgasm and now she has violent orgasms that literally leave her dizzy. If you hook up with her, it's quite a show.

In the early stages she would take small amounts/doses of alcohol or certain compounds that made her relax and intensified the sensations. Before we knew it, she was cumming. It wasn't long until she could do it on her own without drugs or alcohol.

Less Dirty Talk

This is a 180 from what all the inexperienced "sexperts" will tell you in their eBooks and DVD series.

They insist that "dirty talk" helps lead girls to orgasm and it can be a hugely effective catalyst to build sexual tension during foreplay or intercourse. While this may be true with experienced girls, in my experience (with more inexperienced girls than you'd think) - this is NOT THE CASE.

The dirty talk is distracting and prevents them being in the moment. Inexperienced girls are often nervous, worried about pain, worried they are doing an okay job and just caught up in the fact that "sex is really happening," even if they aren't virgins.

The last thing they need is for you to be yelling at them about how hard you are going to fuck them.

If you have a young, inexperienced girl in your bed, you are way better off playing "doctor" than pornstar.

Ask them, from time to time, "does this feel good?" "Do you want me to rub it slower or faster?" "Don't worry, you'll be safe with me I'm not going to go any faster than you can handle." "You are doing a good job."

Being on the same page with an inexperienced girl is important (if you give a shit about her experience, some guys don't). Often that page is at the very beginning of the book.

Besides complimenting the girl on how ~~sexy~~ beautiful she looks naked, save the dirty talk for your more experienced chicks.

Here are some suggestions for outside the bedroom-

Be Her Guru

It doesn't matter how much sex you've had or haven't had.

If you are more experienced than the girl, appear more experienced or she just generally looks up to you - you can be her sex guru because she is at the beginning stages while you have been getting yourself off for years to pornography and reading creepy websites like Good Looking Loser.

Tell her that you want to give her her first orgasm and it will be a group project (you and her) that you'll work on until you succeed.

It will fun. No pressure.

I've done various forms of this type of thing with inexperienced girls and it's really helped them relax.

They are inexperienced.

They know it.

You know it.

You are okay with it.

They will be okay with it.

This type of dynamic is pretty powerful and they see it as a huge opportunity to learn about their body, even if they aren't fully onboard with having sex.

This type of thing sometimes requires a little amount of time reading stuff on the Internet together and watching videos.

Once they become pretty comfortable being naked around you, it's usually not long until they are able to get off (and want you as a boyfriend).

Remember this saying-

> ***"I'm proud of you."***

Repeat it often to her, even if she doesn't climax.

If she is taking steps (see below) you should provide positive reinforcement.

Assign Homework & Bubble Baths (Masturbation)

Encourage the girl to masturbate when she is alone.
(inexperienced girls will generally be afraid to touch themselves in front of you)

If she's never really done it show her the basic motions.
(grab her hand and rub her pussy in a circular motion until it's wet, then put a finger inside of her and touch upward over and over)

Tell her EXACTLY what you want her to do.

This is good and where I encourage most guys to begin-

Require her to take bubble baths and not shower until she orgasms. Tell her to sit in the bath, with her legs up in the her, letting the hot water hit her pussy for 10 to 15 minutes. Tell her just to relax and think of nothing more than that the hot water between her legs. For beginners, this type of exercise really seems to build mind-pussy connection. If they don't masturbate (or don't know how to achieve orgasm) it is quite possible that they have never felt anything like this before.



Although the following advice is only insightful to 8th graders - I suggest that you have her read a mainstream/socially acceptable masturbation guide like this one.

Follow up with the girl to see that she has completed her homework and give her a sticker as a prize.

Since I've been asked-

I suggest that an inexperienced girl should avoid using toys or vibrators until get can get herself off manually.

But what if she won't listen and won't follow my advice?

You probably don't have a girl with healthy attitudes toward her body or sex on your hands.

If she isn't willing to get herself off while enjoying the privacy of her own home, you ain't getting her off either.

"Screening" girls generally filters out these types instantly.

While even I like to believe that I can lead ANY GIRL from inexperience to orgasm over a couple weeks, the fact is - it's not true.

Although it's nice and quite rewarding to offer an inexperienced girl her first orgasm, it's not your job nor your fault if ~~you are~~ she is unsuccessful.

It takes TWO to orgasm.

I once had a girl come visit me in LA for an entire week and she wouldn't get naked once. Believe me, I tried... I'm pretty good at this stuff.

Feminists will have a problem with this type of thinking, but most have never had an orgasm (that's why they are feminists) so we really can't take them seriously, as much as we'd like to.

Does Kratom Work? (Kratom Hyper-Responders vs. Non-Responders)

October 9, 2013 | by Good Looking Loser | Link | Original Link

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Kratom Newbies - Will It Work For Me?

This is not medical advice and subject to our medical disclaimer.
You should not consume Kratom unless you are in a country or jurisdiction where it is not prohibited.

Does Kratom Work?

In Rooster's Guide to Kratom, we outline EXACTLY what you can expect from Kratom.

This assumes, like the majority of guys, that you are a "Kratom Responder" and aren't a non-responder that either gets nothing or adverse effects.

It also assumes, through a process of trial and error- you find your 'sweet spot' (or near to) and you can really reap the full benefits.

The vast majority of guys will respond quite favorably to QUALITY Kratom.

Like I said before, I ask everyone to reserve judgement until they try quality Kratom.

Between Scotty, Rooster and I - we've probably tried 40+ vendors, with vast majority of the vendors having good feedback. The quality and the experience still greatly varied.

- All three of us recommend you check out Happy Hippo Herbals (this is my store)

Will It Work For Me?

Likely yes, but I'm coming to see a bit of a pattern that separate the guys (and girls) that respond favorably and the minority that do not. The sample size comes from the people that I've burned Kratom with in real life and guys on the various forums.

I have a little theory, it should have been obvious, but I just thought of it so I wanted to tell you.

This is not a guarantee but rather a *possible* predictor.

Kratom tickles your opiod receptors, but it doesn't stimulate the mu-opiod receptors as much as morphine-based opiates do. That's why it's significant less addicting (and also less powerful).

- The guys that respond great *generally* also get energy hyper-energy and euphoria from opiates (e.g. vicodin, percocet, etc.).
- The guys that respond good *generally* get euphoria (but not necessarily hyper-energy) from opiates.
- The guys that don't respond or have adverse effects *generally* are put to sleep or get nausea from opiates.

Your response to Kratom will *probably* be like you respond to synthetic opiates, even though Kratom is a botanical and structurally quite different.

Some people, like my friend Erik, get hyper-energy from a small dose of vicodin - needless to say, he

always gets a solid aroma from Kratom.

Other people, like my friend Danni (girl), get knocked out from a small dose of vicodin - she's tried burning about 5 different strains of Kratom and none have never produced an aroma like the rest of us get.

There be will be exceptions to this rule (Mark, the forum admin, get floored by opiates but likes Kratom) but-

- **If you respond well to opiates - Kratom will burn well for you.**
- **If opiates knock you out or make you nauseous - you probably won't find that Kratom smells good.**

But What If I'm a Minority or Fat?

It makes no difference.

That question was meant to be a joke but in all seriousness - if you are under 160 lbs, you don't want to burn over a 2 gram serving to start with.

I thought of that because this one Asian kid (weighed 140 lbs) was throwing up all over the ground at Trader Joe's - ~~he took~~ I gave him WAY too much back in 2008.



Don't Prematurely Declare Yourself a Non-Responder

You might have a lot to gain from Kratom, even if you don't make it a lifestyle.

It's worth some trial and error in our opinion. You might have to burn it on a empty/full stomach to see what works for you.

Rooster suggests that newbies burn a small amount (2-3 gram) on an empty stomach for starters. Evaluate the aroma 30 minutes later.

The vast majority of newbies that get nausea from Kratom are either-

- **Burning WAY TOO MUCH Kratom (over 6 grams)**
- **Using shitty quality Kratom**

Quite a few people believe that Kratom doesn't work for them when they have simply burning way too much (or using old, dirty, shitty Kratom).

I've burned this stuff for years. Even I, if I were to burn too much - I'd feel dizzy and tired.

This isn't unless any other compound.

If you go overboard with any compound - you'll open the door to undesirable side effects.

The Story of Your Enslavement (Video of the Week)

October 28, 2013 | by Good Looking Loser | Link | Original Link

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"The Story of Your Enslavement" from Stefan Molyneux

I have a bunch more stuff on the way, including source/information about RU 58841 (the miracle hair loss compound), pick up videos, parts 2 and 3 of our series on depression, How to Stop Smoking (guaranteed), more about Kratom and more.

Every week or 2, I'm going to post an interesting video that makes you think.

If you are working on your goals, particularly social/sex goals, you might want to ignore these videos. If you have time to kill or are genuinely interested in "Red Pill" philosophy, you'll like these videos.

I suggest you watch this video on human enslavement first however, it is probably the most insightful piece on "How the World Really Works," that I've ever seen.

A fresh change from the typical Democrat vs. Republican political sideshow/propaganda that is called "news".

If you are interested in more of this stuff, including a ton of free podcasts and eBooks, check out-

- **Free Domain Radio**
  (as intelligent Stefan is, a lot of stuff he discusses isn't super positive, so be warned)



Feel free to contribute your opinion of the video below.

Be sure to watch the other video too, it's along the same lines and perhaps more engaging.

The Emotions Controlling You - Relationships & Oneitis (Rooster)

November 2, 2013 | by Good Looking Loser | Link | Original Link

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Controlling Emotions

Relationships & Oneitis (Part 1)

(By Rooster, Good Looking Loser Contributor/Livestock)

Forward by Good Looking Loser

There is always a demand for us to talk about relationships and don't worry- I hear you, we will.

While relationships are no doubt relevant, my main focus to cover nearly all the topics that are related to GETTING LAID since there are VERY FEW websites/guys that specifically cover this topic or even know the difference between GETTING LAID and 'Meeting Women'.

The criteria, strategies and overall approach to **GETTING LAID** differ from meeting women, dating or "picking up" girls.

Rooster, today however, is going to talk to you about relationships, why guys sweat one girl too much and how he dug himself out.

This advice might apply to guys that broke up with their girlfriends months/years ago but are still in slumps. Plenty of you guys read our site.

I estimate that 100% of guys will experience something like this and could use some good advice or hope.

No matter how many sexual options you have or how many girls you do, once you meet a special one (or convince yourself of that) - your shit can get twisted.

I've even experienced this with fuckbuddies, who in most cases- liked me more than I liked them.

No matter how secure you are or how many options you have, no one is immune when real emotions become involved and the thought of never seeing someone again is a reality.

I don't want to exaggerate but- a breakup, to a lesser degree, can trigger the SAME FEELINGS and the SAME EMOTIONS as when someone you love dies.

I unexpectedly buried my brother when I was in 4th grade, my friend Keith when I was 28 and both grandparents on my mother's side. I also had an ex-girlfriend that "disappeared" for almost 3 years. While the lasting impact of those cases was more significant, at the time- I experienced the same feelings in some shape or form when relationships ended before I wanted them to.

It's natural if you aren't a sociopath.

The part that isn't natural or acceptable is the *fear* that controls your emotions and behavior before anything actually happens.

Oneitis Defined

> *Oneitis is a psychologically unhealthy condition, often mistaken for 'love', in which an*

> *insecure guy obsesses, worries and acts compulsively toward and for a girl that he is emotionally and/or physically infatuated in.*
>
> *The resulting behavior eventually sabotages the relationship and/or leaves him in a completely subservient vulnerable position where he may be emotionally, sexually and sometimes financial exploited to compensate his masculine inadequacies in order to preserve the failing relationship.*
>
> *It occurs for various reasons, sometimes including but not limited to- a lack of self-esteem, sexual inexperience, social inexperience, poor physical condition and appearance, underdeveloped penis size and nice guy syndrome which has resulted in a lack of sexual options.*
>
> **- Good Looking Loser**

In normal terms-

He believes the girl is perfect and perfect for him.

This belief makes him emotionally invested and heavily attached.

He will do "anything" to make it work. Since HE is not enough, he begins gives all the emotional, physical and sometimes financial support he can.

This generally affects inexperienced guys. But can happen to anyone if a hotter than usual girl comes into a his life. Oneitis could stem from a bunch of things like: dry spells, being single for a long time, wanting validation, being emotionally unstable, and/or if the guy?s a type who craves relationships.

GLL Says:
Some guys even become obsessed with the vision of another guy with a bigger cock fucking her while she screams in pleasure. Believe it or not, this type of thing can become a lifetime obsession for some guys, drastically reducing their ability to move on or even become sexually active or emotionally healthy again. I'll tell you about how/why I know this another time, what the guys were like and what their relationships with their girlfriends/wives (if any) were like.

The main fear of oneitis comes from the thought of life if "perfect" girl leaves you.

The guy has unyielding belief that he will not find another girl like her, or have MAJOR troubles doing so.

Some guys think they will not and cannot find another girl whatsoever.

Logically, most guys knows that this is not true.

Emotionally, however, it is very real to them and this feeling can last for numerous years if not destroyed.

There are two types of Oneitis: Initial and Relationship.

Both have a negative impact on your life built up from false beliefs, low self-esteem and general inexperience.

Initial Oneitis

Initial Oneitis is an overwhelming obsessive crush on ONE girl.

Sure, crushes can be okay, but this can start when you **don?t even know the girl at all or worse- if she is your friend and better looking/cooler than you.**

Some guys end up feeling this with almost all the girls they date; and every one of their new crushes they believe she?s amazing and truly one of a kind. Most of the time it?s happens within the first few months of dating, but it can even start with just some friend you?ve become infatuated with.

For a lot of guys, this has likely happened to some degree with their first committed relationship. ?The first cut?s the deepest?. That?s almost expected with basically no experience ? but the issue is that it continues for some guys for most or their entire lives with women.

If you fall for girls easily, you?re going to hit the ground hard, almost every time.

Overtime with gaining experience you?ll realize a lot of girl will come and go, if you were to become invested in girls too easily and quickly, you?re setting yourself up for an emotional roller coaster of disappointment and breakups.

GLL says:
On the flip-side, girls usually have a way better feel on their 'initial oneitis' - if they believe a guy is TOO COOL and TOO GOOD LOOKING for them, they will consciously pull away from the guy, so they don't get hurt. (we'll talk about how to get these girls back sometime, it's possible because they still like you). Most guys, however, will naively chase heartbreak and become very bitter.



Relationship Oneitis

Relationship Oneitis is a near total dependence on your girlfriend for all of your social and emotional needs.

You enjoy what she provides for you in your relationship, which is great. But there can be an

expectation that she always will.

You might not feel the same powerful emotion as **Initial Oneitis**, but when your relationship with her becomes strained, shit hits the fan. You realize how much you ?need? her and become a controlling/whipped emotional wreck trying the get her to stay with you.

GLL says:
An emotionally healthy girl will talk to you about this and later break it off with you if you continue being a dependent.
An emotionally unhealthy girl will leverage this against you to justify cheating and claiming "her stake" of your assets.

When you meet and start dating a really cool girl, it can be awesome. There are a lot of positive emotions that start and continue to build overtime.

The issue is that there are also negative feelings that we often just bundle as ?normal? for a relationship, and part of the process.

These negative, controlling, obsessive emotions are unhealthy and do not have to be a part of dating.

To remove them, you first need to realize it?s largely from?

BEING DEPENDENT ON HER FOR:

SEX

The dreadful thought of having to ?get back out on the market" meeting, dating, and building new relationships is hard work to the guy that?s inexperienced. It?s much easier for him to just rely on one girl for his sexual needs. If there is only one sexual girl in your life, this would likely be the biggest reason of dependence.

COMPANY

If you don?t often hang out with friends or people for that matter, she might be your only contact of someone who you enjoy spending time with regularly. People require contact with others. Make a priority to have a life outside of her.

LONELINESS WITH WOMEN

General feeling of just wanting to have a relationship. There?s some belief with guys that they might always be alone if they don?t ?lock a girl down? while they?re young. If you despise being single, bouncing from one relationship to the next is not the way to do it. Put significant time with improving yourself and your standards, with the right direction (GLL) and effort you could have both quantity and quality of women in your life before you know it.

EMOTIONAL SUPPORT (and self-worth)

Someone to count on with relating to how you feel. This relates more to your independence as a person. Are you one who relies on your girl to make you feel better? Having emotional support is great, especially when it?s close friends/family that care a lot about your well being. But the more you depend on with a girl, the more a negative impact a potential breakup can be.

SOCIALIZING

You might be close with her group of friends as well as dependent on that social circle for socializing. There can be a fear of an ended relationship with her is an end to socializing with all her

friends. This might not always be true, or be a big deal to you, but it?s just another added daunting thought of consequences of a break-up.The more you make your life around her, instead of a great part of it, the more you have to lose.

This is a large part of what creates the neediness that becomes 'oneitis', and also the first step to being able to control your emotions. If you change to reliance on different people or girls for these needs of yours, the negative effects will go down.

Signs You Have Oneitis:

General Signs of Oneitis include, but not limited to-

(By Rooster and Good Looking Loser)

- **Wanting to be with her 24/7**
- **Contacting her too much / Wanting to contact her / Examining ways to contact her but not get "caught"**
- **Calling her with something pointless to say with the intention of "checking on her"**
- **Over-thinking or analyzing what she says, texts, voicemails, Facebook status or the people in her life**
- **Fantasizing of a long-term future with her without having any commitment whatsoever (leave this for the girls to do)**
- **Trying to set rules on uncommitted relationships**
- **Wanting to always know where she is**
- **Wanting to always know who she is with**
- **Not being able to go to sleep if there is a text that hasn't been replied to**
- **Looking at photos of her on Facebook/Instagram more than 1 times a week, especially older photos that contain ex-boyfriends**
- **Neediness / Dependence (listed above)**
- **Contacting her when she said a specific time that she'd call you**
- **Wanting to control her or implement 24/7 surveillance over her**
- **Checking her cell phone when she sleeps over (GLL used to do this, even in 2009)**
- **Often worrying on daily basis if she "likes" you anymore**
- **Staging moments so you can look good or "help" her**
- **Posting tagged photos with her the same day they are taken**
- **Volunteering time, resources or money to her that you can't afford to give away**
- **Ditching your friends more than 2 times a week to hang out with her**
- **Driving to a location nearby her place, hoping to "randomly" run into her**
- **Coming to where she works, after you've already done that once before**
- **Calling her after a date to make sure she still likes you**
- **Doing nothing on your weekends if you aren't with her**
- **Purposely not washing dirty sheets if she's been in your bed**
- **Significantly caring about her past sex life**
- **Talking bad about her friends because you want her all to yourself**

If you have any more than 2 of these, you have significant oneitis and SHOULD NOT pursue a

relationship of any sort with the girl until you fix your shit NOW or after you get your heart broken.

Signs of Obsessive Oneitis include, but not limited to-
(By Good Looking Loser)

- **Writing a letter to the girl**
- **Stalking**
- **Online stalking**
- **Trying to impress her with gifts you can't afford**
- **Wanting to show up and "surprise her" more than 1 time in 30 days**
- **Knowing that she will make a lousy girlfriend and still pursuing her for a relationship**
- **Stealing panties/dirty panties/socks/lingerie**
- **Not throwing her used cigarette butts, tissues with snot, gum, trash away**
- **Jerking off to pictures of her after you've messed around with her**
- **Smelling/licking the outside of the used condom that was inside of her**
- **Looking for her pubic hairs in the bed or on the toilet rim**
- **Plugging her name into all search engines, social media platforms, etc.**
- **Bi-Polar thoughts of the girl (She is perfect... I hate her... I don't care... She is perfect...)**
- **Wanting to kill yourself if you can't be with her (get help)**
- **Wanting to kill the girl if you can't be with her (get help)**
- **Wanting to kill any guys that are in her life (get help)**
- **Rigging a toilet to catch and trap the girl's waste***

** GLL says:*
one of my hot friends, Danielle, claimed that she was certain that a friend (who liked her but later proved to be a freak) was doing this to her.
There's a whole story behind it that I won't go into but I just wanted to point out that is probably a sign of ***Obsessive Oneitis.***
When we go out, I make sure to tell the story to people we just met to see their reaction in front of her.

All these signs/symptoms/behaviors are extremely unattractive and are damaging to the relationship, regardless of how far it has progressed.

But if you realize that this is not a healthy or usual part to dating/relationships and that it can be avoided or controlled- then you can rid yourself of this disease and start to have emotionally healthy relationships for the right reasons.
(assuming the girls don't have similar issues)

The negative emotions drive you to want to do more to protect the relationship (or what you had before the relationship). It?s usually from the thought of her leaving you/being with another guy that brings upon your insecure, controlling feelings; which feeling then results in your controlling and overprotective actions which inflicts further damage.

These actions (the signs listed), drive the girl away.

Ironically-

The feelings that guys act upon to try and keep the girl in the relationship results in being the reason why it ultimately ends.

This can happen to both guys and girls, but it?s usually is the men who struggle with it the most.

This is why the majority of time - it's the guys (not the girls) who want to establish, label, and enter the relationship. And Also why majority of time girls are the ones who first decide to end it.

?But she?s not like other girls!?

Yes she is.

I?m not saying your girl isn?t somewhat special, but if you haven?t been with a lot of women, can you really confidently say she?s that rare?

You can't.

If you were to spend a bit of time improving your sex appeal, social freedom, and actually hit the numbers?

Do you honestly believe you won?t find anyone better, even though odds are in your favor you will?

GLL says:
The truth is - you are totally compatible with hundreds of thousands of other people, most of which you will never meet.
Odds are that you will ultimately have better chemistry with some of them than whichever girl you are currently sweating.
The chances are low that the traits, dreams, looks, etc. in whichever ONE GIRL you are obsessed over aren't replicated hundreds of thousands of times over the entire population. If you nail even 20 girls you'll come to see this.

Oneitis happens most often to inexperienced guys.

Inexperienced guys believe their girl is rare? and they don?t have the experience to change their mind.

Yet Their Belief Still Stands?

The average (slightly more than totally inexperienced) guy isn't in much better shape.

- The average guy doesn?t approach.
- He dates and fucks girls that were made available to him through social circle and perhaps his work.
- He then gets laid a handful of times in his life. He ends up marrying the girl that is safe and looking for a relationship at the same time he is.

Odds are-

If he put a bit of time improving sex appeal and hitting the numbers he could find a lot new women who are just as or higher quality than his wife... but that pushes the comfort zone a bit so it?s easier to just settle for a safe choice that isn't that much worse looking than he.

This average/normal lifestyle may be just right for some guys, that?s totally fine and up to you.

If you do find a girl that you really like, or already have been for awhile that?s cool.

Just be aware of what you depend on her for, as well as your real potential if anything were to happen.

Don?t assume you?ll never get a girl like you again; odds are overwhelming you will with some

effort and direction.

GLL says:
And you if don't, you can always consent to financial slavery with a gold digger that is past her prime and contact me on Adult Friend Finder and I'll fuck her in front of you if she won't give you any action. Getting your shit together is probably a better idea for the long-term however.

continued in-

- **"How to Control Your Emotions & Avoid Oneitis" (Part 2)**

The Emotions You Can Control to Avoid Oneitis (Rooster)

November 3, 2013 | by Good Looking Loser | Link | Original Link

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How to Control Your Emotions & Avoid Oneitis

Relationship and Oneitis (Part 2)

(by: Rooster, Good Looking Loser Contributor/Livestock)

continued from-

- **Part I "Controlling Emotions - Relationships & Oneitis" (Rooster)**

Here's some strategies and thoughts that Rooster complied from his own journey-

- **Ask every girl that you are interested in for her number. And Call her with intention to meet up and sleep with her.**
  The #1 way to control oneitis is to ALWAYS be dating and/or fucking multiple women at a time until it mostly goes away.Preferably each of these girls is similar to each other in the quality of their looks.If you?re inexperienced, and have yet been able to fuck more than one woman at a time, I highly encourage you to make that your main goal.Even establishing a "rotation" of 2 fuckbuddies can do WONDERS for most guys' confidence.The only reason that 'screening' was born for Chris was because he had 2 fuckbuddies and didn't give a shit about how anyone treated him at the time. The attitude remained.If you?re a monogamous guy, looking for a rewarding relationship, you need to prove to yourself that you?re able to get laid and that you have sexual options.
  If you were dumped tomorrow, you need to ACTUALLY BELIEVE that you can go fuck a new girl within a month, preferably sooner. If you?re able to fuck a girl without investing a lot of time and effort, it will help greatly.
  For the best guide EVER WRITTEN on managing uncommitted relationships, see- "Retention by Good Looking Loser"

- **If you?re currently still ?hurting? from a oneitis breakup, go fuck as many women as you can.**
  You need to prove to yourself that you can Get Laid so that is no longer one of the reasons that you need/get/stay in relationships.
  "Proving" something to YOURSELF is NOT superficial. I don't give a shit what any beta says about this (hah).
  You have A LOT you need to prove to yourself if you are going to be anything special in this life.
  Trying to prove stuff to other people for validation can be. But we aren't talking about that.Most guys that are stuck on their ex-girlfriend are in no state to approach women.I recommend using "Rooster's Guide to Plenty of Fish" until you are back on your feet.Even going out with a girl, being seen in public

with her and giving her a good night kiss will significantly help move the healing process along.



- **Identity dependancies.**
  Often ask yourself if you?re dependent on any girl (or person) for anything, where the need comes from and how you can fix it.Be aware of these negative emotions.Don?t accept those feelings as a normal part of the process.You can analyze past relationships (which probably suggest the same conclusion) but be on the look out for needy behaviors with the new girls you meet.Its one thing to feel some negative/needy emotions, that?s almost guaranteed to happen. What's most important to not act on them and take it as a sign that you need to bring other chicks on board. Be aware that it?s not a part of a healthy relationship, why it happens, and how to fix it.

GLL says:
In my early 20's, I used to stare at my phone for hours, calculating the time in between calls (there wasn't texting back then) and brainstorming/daydreaming about what the girl was doing. Now, I don't even remember if I called the girl or if I even thought she was cool. I literally don't care about the girl until she impresses me. So turning obsession to authentic 'indifference' is COMPLETELY possible, you just need to get some action.

- **Continually update and improve your sex appeal.**
  Always look for different ways for improvement.Continue to workout, diet, and embrace an at-least-somewhat edgy style.



- **Slowly increase your standards and find more quality women.**
  Even if you don't bang them, you'll see that they are at least interested in you and not super scary.Oneitis often always comes from a girl that?s much more attractive than what you?re used to. With improved sex appeal, social freedom and hitting the numbers you can fuck just as hot or hotter girls than you previously did.For more information, see - "A Sense of Entitlement"

- **View your personal life with women as constant progress.**
  The more you date, and the more women you fuck, the better you become with women, as well as the higher quality and quantity will become available. As time goes on, more meaningful longer-term solid relationships can develop. If a break-up happens, you learn from it. You accept it. And you move on.

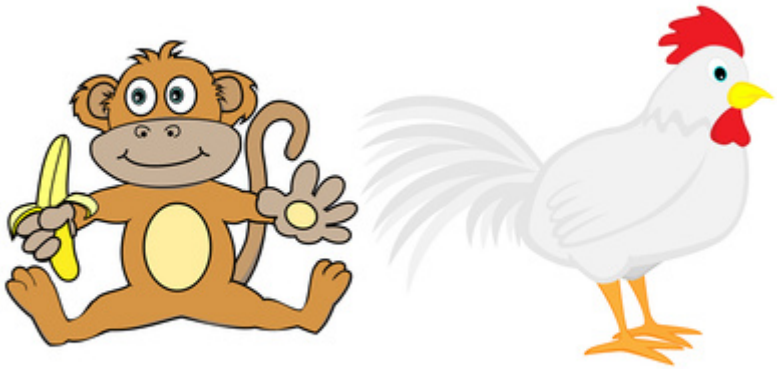
GLL says:
I'll talk about this in detail later.
The ONE MANDATORY REQUIREMENT for being in a relationship is- YOU CAN GET LAID and the girl knows it.
You'll both know that you are in the relationship because you WANT to be and not because you NEED to be.

- **Get some Kratom!**
  As I have mentioned many times over, kratom helps out for a lot of different things? and this is definitely one of them. It stabilizes and increases your mood.Even if you just got dumped and have no sexual experience, kratom is going to make things a lot easier to deal with.It gives you the needed positive mood and helps you focus on getting some experience!!

- **Have a contact list of old fuckbuddies or even old relationships always on your phone.**
  (not your latest ex, only add her if she contacts you)This may take some time to build up a list like that, but knowing there?s a good chance pussy is just a phone call away can really help.Mass text them "hey sexy" and call the first one that bites.

- **Have big goals and drive in life. Have a life.**
  Don?t make her the center of your life.Think of her more as just along for the ride in your

awesome life.This is a topic all to itself, and developing a passion is easier said than done. You might have to try a few things.Have something you?re always legitimately excited about.



What it comes down to though is...

Fucking more than one girl at a time is the best solution to avoid and destroy oneitis, but if you don?t know how to have girls stay around in your life, you?ll likely have a lot of difficulty.

Learning how to do so can be the result of girls chasing you, instead of the other way around.

Simple things like you not labeling a relationship, seeing her just once a week and fucking her very well can make all the difference.

If you are really starting making significant progress and sleeping with a couple of women a month, be aware of all that we've discussed.

If you are pretty inexperienced, be even more aware, you are at the highest risk.

If you want a monogamous girlfriend, the same still definitely applies, if not more.

Being able to control your emotions will only make your relationships better.

An end to any relationship can suck, but how much it sucks can really varies on how you can deal with it, and your lifestyle.

Your reaction could be-

> *?Oh well, on to the next one!!?*

Or

> *?That?s okay; I?m excited to meet more women.?*

Instead of the usual-

> *?Oh no... this is going to drastically affect my mood for the next weeks or months...?*

Or

> *?I?m never going to find another like her...?*

I?m not saying to try and block out love or anything like that.

It?s definitely possible you could date a lot of these girls long-term, but the issues are becoming overly emotionally invested quickly before spending significant time with her.

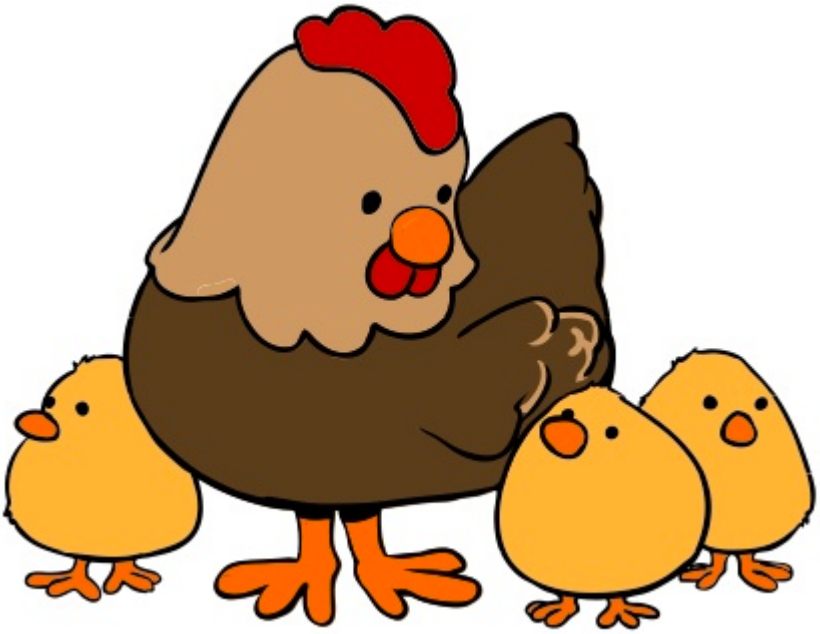
It?s like having a governor on your long-term happiness.

Be aware of these negative powerful emotions, and stop them from controlling you.

Go Get Some!

Love, XOXO,

~ *Rooster*



A Rooster with Options is a Happy Rooster.

A Fighter's Psychological War with His Mind - Pre-Fight Anxiety (Lubomyr)

November 5, 2013 | by Good Looking Loser | Link | Original Link

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A Fighter's Mind

(by Lubomyr, Professional Light-Heavyweight Maryland State Champion)

Forward by Good Looking Loser

Although we'll get into specifics at a later date, I have always thought that competitive athletes (and bodybuilders) have tremendous potential when it comes to meeting or sleeping with a lot of women.

For one, this "crowd" is usually in good shape.

For two, this "crowd" generally has an authentic 'Sense of Entitlement' and believes they deserve to be messing around with the hot girls. They cringe when they see smaller, less masculine guys with hot girls and come home and write about on Facebook/bodybuilding forums, etc. If they aren't in denial, they probably also believe that they are underachieving and most would like to do something about it.

For three, and most importantly for anyone who has legitimate potential, they have a strong work ethic.

I've always said-

> *If an athlete or bodybuilder put as many hours into simply talking to women (see: Basic Guy Game) has he did into training or working out, he'd have a sex life that was better than 98% of all humans.*
>
> Ironically, a lot of these guys don't even care that much about their sport, they just want pussy.

How do I know?

That was me and most of my friends.

Most of us did okay with girls, all of us knew we could do better. No one would admit it.

However, for some reason, a fair amount of athletic guys view meeting random attractive women completely different than playing a sport or a game.

It's not a fucking game.

It's much more serious and there's a lot more on the line.

I certainly felt this way- willing to send 14 hours in the gym a week in hopes of somehow getting the girl I liked, rather than just walking up her and introducing myself.

While all that changed as I progressed through my late 20s, I remember the days I when I took laps around the mall and the nights when I felt literally felt like I was going to war as I walked from my

car up to a nightclub in Hollywood. I even remember the days when I was "excited" to have Math class because I got a chance to see the girl I liked but too timid to ask out.

In reality, my mind was playing tricks on me.

You probably know what I'm talking about.



Fight Night

I?m pacing back and forth in the locker room, trying to shake these thoughts out of my head.

I can feel my temples pulsing and my heart pounding.

The shortness of breath only added to my already nervous demeanor.

I?ve been like this since getting to Philly earlier that day, unable to shake the nerves.

My coach asks me if I was ready.

I lie that I am.

I had trained hard and had spent months promoting this fight to my friends and family. A three hour drive to Philadelphia, including tolls and gas expenses, should have made me want to make the most of this night. The weeks of dieting in order to make weight should have been enough to make me want to go out there and fight my hardest.



I hear a loud *CRACK* and a sudden eruption from the crowd.

Seconds later the bell rings and the crowd goes wild; must have been a knockout.

A man working for the promotion comes into the locker room and calls my name.

I?m no longer on deck; I?m on...

Walking to the ring, my friends judge by the look on my face that I?m ready to kill someone.

I?m glad that this is what it looked like on the outside, but the truth was that I simply didn?t want to be anywhere near the ring that night.

The nerves and anxiety had won, and I stepped into that ring ready to lose. 34 seconds later, it happened.

After 2 quick knockdowns, I had lost by TKO.

This wasn?t my first fight in the ring, but it was my first fight in years.

Somehow, I was no longer a seasoned veteran. I had regressed to the kid who doubted himself and his preparation. Time can do funny things, and you can quickly forget certain truths about fighting and competing; truths that can mean the difference between coming in ready to coming in overwhelmed.

Whether it?s walking into the ring or walking up to a girl, the reality is the same: It isn?t overwhelming until you add anxiety to it.

Hard work takes hard work, but that doesn?t mean the effort needed is unreasonable or out of reach.

When you look at a situation for what it is, you can look for how to solve it.

When you look at a situation with anxiety and fear, you look for the possible ways for you to fail.

With respect to fighting, it should be noted that if you don?t feel ready to fight, you might not be. It?s easy to register for a fight, and a trainer may sometimes give you the benefit of the doubt if you say that you are ready. If you?re a grown man, and you say you want to compete, who?s to stop you? The trouble is that, if you didn?t do all of the work to get yourself as ready as humanly possible to fight your guts out, it?s possible that your opponent did.

A good way to relieve SOME of the pre-fight anxiety is to make sure that you did absolutely everything within your power to be physically, mentally, spiritually, and technically prepared for war. Men have died in the ring on more than one occasion. If you think that competitive fighting isn?t deadly serious, then you?ve no business being anywhere

other than a bleacher seat.

Fights are won in the gym and success is built on preparation.

To be in the best possible shape of your life is step one, to learn everything you can about your style and your opponent?s is step two, and training until you?re fighting in your mind every second of the day is step three.

However, there are still people who do these things and still fold when it comes time to compete.

Sun Tzu said-

> *?Victorious warriors win first and then go to war, while defeated warriors go to war first and then seek to win.?*

The reality is that, for you to win, your opponent has to lose.

For you to win, your opponent must get physically hurt.

For you to win, you need to strike him as though you want to kill him.

You?ve got to give yourself the permission to take what's yours.

Otherwise, he will.

You?ve got to give yourself the gift of being a winner.

Once you?ve done that, it?s a matter of being better prepared than your opponent; and if you aren?t, fake like you are. Maybe he?ll fall for it.



May 2013

Fast forward to last May.

My managers want me to stay active in between my MMA fights. Competing in things like Boxing, Kickboxing, and Jiu-Jitsu will keep me competing and gaining experience without risking any damage to my MMA record. With this in mind, they enter me into ?The Good Fight? tournament in Baltimore, MD. It?s a submission grappling tournament and it has all the feel and smell of a fighter?s playground.

Fighters from schools all over the tri-state area are walking around and staring each other down. Some are making jokes with each other, but most are in their own world.

Fights have been going on since the early morning, and will continue to go until the early evening. Different age groups, different belt ranks, different fighting styles are competing under the same roof. Brackets are being put up and taken down.

Again, I?m in the slow and tense pace of Fight Day...



Realizing that it will be hours before I have to fight, I decide to walk outside and sit on a park bench. I spend 20 minutes staring at ducks on the pond, as the sun reflects off of the water. I decide to stroll back into the building and check the brackets. Nothing yet.

The atmosphere is too tense and unsettling for me, but I don?t want to wander too far away and risk being late to my fight. I figure I?ll snooze next to the announcer?s table. I figure I?ll be jarred awake any time there?s a new announcement, so I can let my guard down and sleep a bit. The bottom line is this, fellas: If thinking about the fight stresses you out, don?t think about it.

Fighters such as Muhammad Ali, Fedor Emelianenko, and Ernesto Hoost will spend the entire fight day watching movies, playing cards, and telling dirty jokes until it?s literally time to go out and fight. A few minutes before hand they will start to loosen up and shadowbox, but that?s just to get a little sweat going.

I did the same thing, and all of a sudden the task wasn?t overwhelming.

When time came to fight, I didn?t feel like I wanted to be somewhere else because I didn?t give the thought enough time to stress me out.

The outcome of the story?

I ended up waiting 5 hours before my first fight, and then ended up having 3 fights within 20 minutes.

I won the first, lost the second, and won the third.

Bronze medal? not bad.

Imagine if I had spent those 5 hours pacing back and forth, stressing about not being ready or what everyone would think if I didn?t perform well?

I would have been too emotionally exhausted to win and probably too emotionally exhausted to compete.

The moral of the story?

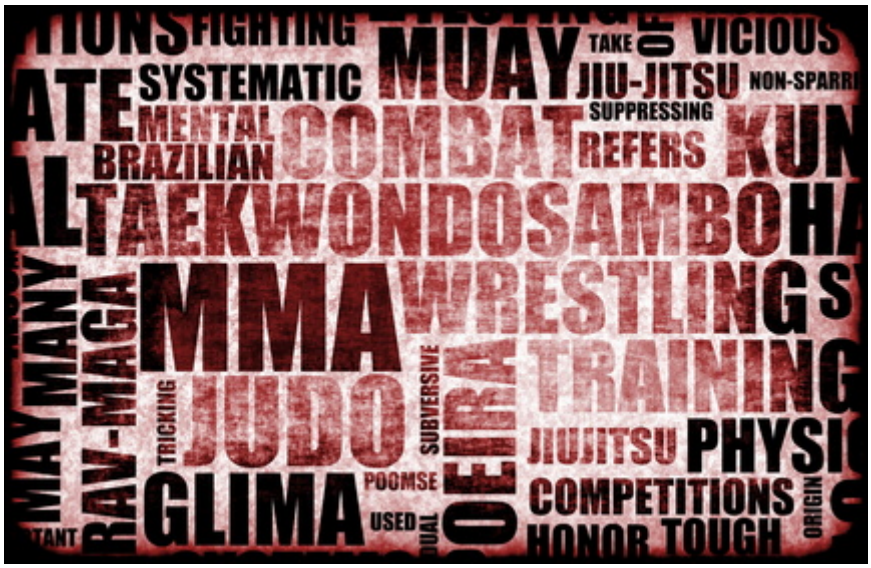
Your mind can be your best friend or your worst enemy.

Make it work for you and not against you.

You can look at your increased heart beat and quick breathing as a sign that you?re having a panic attack, or you can look at it as a sign that you?re excited and ready for action. It?s your call on how you interpret your feelings, so take charge of your thoughts and make them work for you.

It takes time, patience, and faith.

It also takes FACING YOUR FEARS (exposure therapy) until you have absolute control over it.



Further Discussion-

If you want to talk to Lubomyr, post below or hop aboard our New MMA Forum

In his next post, Lubomyr is going to tell you about his diet and how fighters need to eat.
(I'm curious to learn about this myself)

Phallosan Forte Review - The PE Length Device You Can Wear While You Sleep

November 9, 2013 | by Good Looking Loser | Link | Original Link

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The Phallosan Forte

The PE Device You Can Wear While You Sleep

(updated: July 31 2015, GLL Special Coupon Added)

In my review of the Phallosan Forte, we shall discuss-

- **What it is, How it works and why it works**
- **Who this device might be good for**
- **Why I am recommending this device (what to expect)**
- **My results and veteran perspective (Full Phallosan Review Video)**
- **How it looks, how to put it on (NSFW video)**
- **Comparisons to high-end penis extenders such as Sizegenetics**
- **Special Lowest-Price link that gets you 4 Free Condom sleeves *NEW GLL Special Link***
- **Additional tips and advice and Phallosan FAQ**

Starting in July 2013, I decided to give the new Phallosan Forte a try since there has been a decent amount of buzz around the device.

I wanted a device that fulfilled 2 main criteria-

1. I could recommend it to guys that are 6" (or less) - since our extender is most comfortable for guys that are slightly longer than average.
2. You can wear it while you sleep.

This device does both.

It's a solid device and is a good solution for guys that want LENGTH but don't have the time/willpower to do 4-6 hours of manual stretching a week or just don't like the idea/hassle of wearing an extender in public.

You comfortably and SAFELY wear the Phallosan while you sleep and for that reason - this device will be a homerun for a lot of guys.

To be clear, this is the exact device I'm talking about -



(If you order via

GLL - you will receive an additional FOUR free condom sleeves)

I'm going to keep the "product information" section short, since most of you guys understand how this PE stuff works.

Official Phallosan Forte Video

What is the Phallosan Forte?

It's a male enhancement device that targets LENGTH.

It attaches to your penis and comfortably and safely keeps it in a moderate stretch.

How and Why Does the Phallosan Work?

By keeping your penis in a moderate stretch, a conservative resistance slowly breaks down your penile tissue. If allowed adequate recovery time, your penile tissue will heal (and regrow) bigger, stronger and in the case of this device - LONGER.

The concept is the EXACT same as manual penis stretching, however the pressure is less but the duration is significantly more. You are basically doing a low-moderate manual stretch - for hours at a time.

If you are still confused, look at it this way -

It's like lifting weights. Though penile tissue is not identical to skeletal muscle tissue, it's response to resistance training is pretty much the same.

When the Phallosan fatigues your penile tissue (and you let it recover) it will get bigger.

(For more information, look here - "How Does PE Work?")



Good Looking Loser's Phallosan Video Review

(there is nothing in the video that is not on this page)

Table of Contents

0:00 Phallosan is a male enhancement device for LENGTH
0:35 If you want to see me put the device – go to GLL
1:00 Phallosan coupon code (if available) – go to GLL
2:30 Big advantage to Phallosan – WEAR IT AT NIGHT
3:00 Phallosan Forte is the new 2013 Phallosan model
5:00 4 groups of guys that can benefit from the device
5:15 "Newbies" will gain from this (and anything else)
7:20 "Lazy Guys" can wear this device when they are asleep
9:20 "Experienced Guys" might help them – if they have slacked on length work
10:50 "Smaller/Average Guy" guys under 6" will really like this since extenders tend to be a little too big sometimes
13:00 Main Reasons I Recommend it – WEAR AT NIGHT
13:45 Main Reasons I Recommend it - COMFORT
15:00 Main Reasons I Recommend it – PRETTY EASY TO USE
16:20 My results, how I have to evaluate this device
21:00 Phallosan vs. High-Quality Extenders (Sizegenetics)
25:00 Criteria for considering this devices – Don't buy it if you don't have the money

Table of Contents *Click to Enlarge*

Who Might Benefit From This Device?

There's 4 groups of guys that may want to consider it -

1. Total Newbies
2. Lazy Guys
3. PE Veterans (that HAVEN'T focus on length)
4. Smaller Guys



Newbies (Never done PE)

While I'd love for newbies to get this device (or do one of our Penis Enhancement Routines), gain

size and give me credit, the reality is-

> ***If you have NEVER DONE PE, just about ANYTHING will give you size.***

It's true, the first half-inch is the easiest one to get.

You can easily do that for free with Jelqing and Stretching. That's where I generally recommend guys to start.

A device like this one will just speed up the process and make it easier because you don't have to do anything other than wear the device.

Newbies, specifically looking for length, will certainly benefit.

It's not a "sexy" or super fun device like the Bathmate (mainly for girth) but it's comfortable enough that wearing it every day, for hours at a time, isn't a hassle.



Lazy Guys (Can't stay committed to PE)

Lazy guys will really like this device.

To be honest, I fell into this category from when I started in ~2001 until when I got serious about it again in 2008 since I was sleeping with a lot of girls.

Though PE is therapeutic for some, most don't enjoy the endless hours of tedious manual exercises and barely noticeable gains.

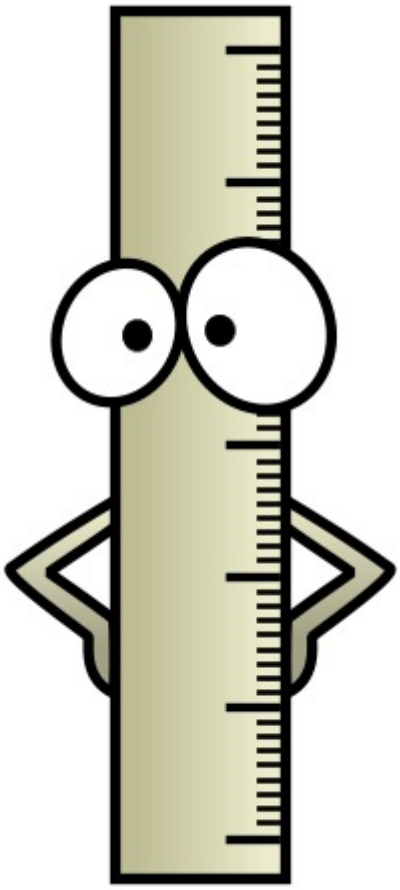
The Phallosan makes the process hands-free so you don't have to put in any/as many hours into manual training.

The big advantage, particularly for Lazy Guys, is that you can strap on the device and safely sleep in it. You can't even feel it.

While wearing an extender during the day is pretty easy and certainly less demanding than daily manual stretching, you still have to readjust it/take it off to pee.

Wearing it while you sleep is a Lazy Guy's dream.

This is the autopilot that we've been waiting for.



Veterans (1+ Year of PE, but limited length gains)

It's hard to "promise" gains to experienced guys that have already achieved the standard 1.5 - 2 inches in growth.

I will say though -

Like myself, most experienced guys usually have put most of their time into Jelqing and fun, quick-to-use devices such as the Bathmate.

Both are just more fun and less time-consuming than their respective counterparts - stretching and extending.

There's a chance that their length isn't MAXED out (if you haven't gained 1.5", I'd bet you have more to grow) even though their girth is.

If you have done PE for a year or more - but for whatever reason - you haven't given a FULL and CONSISTENT effort toward gaining length, this might be something to consider.

Average/Smaller Guys (At 6" or Below)

I recommend the Phallosan (over Sizegenetics) to guys at or under 6" in length.

It simply will fit a 6" dick better than Sizegenetics.

The Phallosan Forte condom sleeves are more on the average/smaller side as compared to Sizegenetics bars and strap.

Sizegenetics works great but can give guys that lack the adequate length and girth trouble if they are unable to snugly fit into the device.

While our suggestions to fit in the Sizegenetics penis extender usually solve this problem, the Phallosan is just better made to work for guys that are average or below.

Conversely, if you are well hung or big (beyond 6.5") - I recommend Sizegenetics instead.

The Main Reasons I'm Recommending This Device

Beyond the obvious "it works", there's a few reasons that I'd like to highlight.

First - YOU CAN WEAR THE DEVICE AT NIGHT

I keep repeating this but -

This is big - especially for guys that rather not wear the extender during the day.

For that reason alone, I think it's a worthwhile investment if you are looking for length.

Obviously the BEST combination is wearing it both day and night (and doing manual exercise) but that is not always practical.

As any seasoned veteran will tell you-

> *PE TAKES HOURS and MONTHS.*
>
> *It is a marathon, not a sprint.*
>
> *It requires almost daily commitment and needs to be a top priority in your life and not just a weekend hobby.*
>
> *Otherwise, it's honestly not worth doing.*

The Phallosan, hypothetically, can let you take advantage of the 8 hours (sleep) that would otherwise be wasted or meant solely for recovery.

While wearing it, it's best to sleep on your side or back. Some guys are able to sleep on their stomach but that's harder. I've never had it fall off in my sleep; the times you need to watch for is when you are getting up from your bed or naturally rolling over.

Second - IT IS REALLY COMFORTABLE

To describe how it feels (once you have it setup properly, which takes some trial-error), this is what I'll tell you -

> *You don't.*

You don't feel much at all.

I'm not saying, "once you get used to it, you won't feel anything,"

I'm literally saying - YOU WON'T FEEL ANYTHING (for the vast majority of the time).

You can move around, get up, sit down without much worry.

I can't emphasize how important 'comfort' is.

No matter how ambitious you may be about your male enhancement goals, you need to wear these length devices for HOURS at a time.

A device that isn't comfortable will end up on the shelf, in the trash or on eBay for some poor soul to buy.

I've gone through several devices (2 extenders, 1 hanging device, 1 'rope' device) that were less-than-

comfortable and I abandoned all of them within about a month.

Once you figure it out, slippage is rare and pinching is non-existent (the device can't pinch you).

Third - IT IS FAIRLY EASY TO USE

Although not as simple as the other devices, the Phallosan is pretty easy to use once you get the hang of it.

This is important if you are wearing it during the day, need to pee and have to take the device off.

In my experience, I can put on Sizegenetics faster (10-20 seconds) but the Phallosan isn't hard. (see the video below)

My Experience and Veteran Perspective



Starting early July 2013, I started testing the Phallosan Forte.

Since I've been doing PE for a number of years (pictures here), I've pretty much maxed out my natural growth. Although I still plan to inject IGF-1 into my penis to see if I can achieve further growth, I'm not counting on any device to give me any additional natural size.

I can't *quantitatively* measure how a device/exercise works and take legitimate before and after pictures since I'm at my natural ceiling and any "growth" is generally from losing weight.

I'd love to tell you - this [device] gave me 1 inch in 5 weeks! But I'd be lying and misrepresenting what the average PE veteran could get.

I have to go by how a device "feels" (resistance, comfort, easy-of-use, etc.) to properly evaluate it.

I know how good devices feel and I know how shitty ones feel.

This one is really good one and most guys will be able to wear it for hours (if they are serious about gaining length).

I can confirm that it's comfortable and you can sleep with it without worrying about the blood-flow to

your penis.

Perhaps the most telling observation was-

> *When I don't use the Bathmate (or Penomet) for 7 days, my flaccid size goes from 5.75" (close to 6") down to 5.25"*
> *(or closer to 5").*
>
> *For the first ~3.5 weeks, I used the Phallosan and NOTHING else.*
>
> *My flaccid size never fell below 5.75" and was to close to or over 6" most of the day and always in the morning.*

This tells me that there is certainly adequate resistance to stimulate growth (if you haven't hit your ceiling) or at the bare minimum - preserve all your length gains.

Also notable -

I also gained some garbage weight (6-8 lbs) which usually takes .1 or .2" away from me.

During that time, my erections were the regular 7.25-7.3". (no loss in size whatsoever)

I can't confirm that Phallosan was the ENTIRE reason why. I was surprised by it. I have no doubt that this device will be solid for a lot of guys, it's just like the extender - but you can wear it to bed.

What Does the Phallosan Look Like?

How Do I Put It On?

This is me putting on the Phallosan on.
(NOT SAFE FOR WORK)

(try a different browser if you see no video)

It's pretty simple after you figure it out.



Phallosan has its own 'resistance gauge' that show you how much force that you are stretching your penis.

Comparisons to Sizegenetics (Quality Length-Extender)

The devices are quite similar -

- They both work.
- They both enhance length.
- They both prevent "turtle dick".
- There is little to no water retention from either.
- They are both comfortable (full Sizegenetics system).
- They both will fit any size. (see below)
- They both require HOURS and HOURS of use.
- They both are expensive and I don't suggest you buy either unless you have the money.

? I consider the comfort of these devices to be EQUAL or insignificant. If you are considering a length device, it should be the one that better fits your lifestyle.

? I consider Sizegenetics the 'Day Time' Extender and Phallosan the 'Night Time' extender.

Keep in mind - to REALLY get good results, you'll want to wear one or both for 8-10+ hours a day.



Phallosan Advantages

The big advantage to Phallosan is you can wear it at night.

While you *can* wear Sizegenetics at night, you need to do so on the lowest tension possible and even still there's possible lack-of-blood-flow issues. Regardless, Phallosan will be more comfortable if you are lying on your back or your side.

Phallosan is more 'boner' friendly. If you get an erection it won't be painful like it might be in an extender (erections are rare in extenders).

I recommend guys under 6" take a look at the Phallosan Forte if they want to add length.



Sizegenetics Advantages

Sizegenetics is slightly more discrete than the Phallosan, so if you are going to wear it during the day (and you are out in public), Sizegenetics is probably the one you want.

Sizegenetics, the full system, has more comfort options than the Phallosan - but both are ultimately equal in comfort.

Phallosan (because of the condom sleeves) is more delicate so most guys will be able to put on Sizegenetics faster, which is important if you are hitting the bathroom a lot.

This is why I wear Sizegenetics during the day; I can take it on and off in about 20 seconds.

I recommend guys at or over 6" take a look at Sizegenetics if they want to add length.

Here's a picture of me wearing the Phallosan, it's slightly more visible than Sizegenetics, but not significantly.



Click to Enlarge (Adult)

Which Is Better? Phallosan or Sizegenetics?

They are both good and will work if you really wear them.

To be clear -

> ***The device that is "better" will be the one that you WEAR FOR THE MOST HOURS.***
>
> ***Neither device "gives you more gains".***

How much you wear is it is the one and only factor.

What If I Own Bathmate or Sizegenetics Already?

Again, you don't *NEED* any of these devices to gain size.

They will make the process faster and more fun.

The Bathmate is primarily for girth. If you have already gained beyond 1" in length, it's unlikely that the Bathmate will help you gain significantly more length and you may benefit from a length device.

If you already own Sizegenetics, ONLY consider the Phallosan if you plan on wearing it at night. There's no point to buying it for the daytime if you already own Sizegenetics.

While it's nice for me to make some money on these recommendations - I only want to do so by being straight up with you and not misrepresenting any of these products.

If you DON'T have the money - DO NOT buy any of them.

How Does "Hanging" Compare to the using the Phallosan?

If you are new to male enhancement you might be surprised (or not) to hear that guys buy different devices to hang weight plates from their dick.

I only suggest this for advanced guys that have *already* gained their first inch or more.

It's fairly safe *IF* you know what you are doing (and have built up strong dick ligaments and tissue), but it's absolutely not something I suggest for beginners.

If you haven't yet gained your first inch or are completely new to male enhancement, you will gain

quickly from Phallosan and don't need to do jeopardize your safety.

How Will It Be Delivered?
What Will My Bank Statement Say?

It will be delivered within 3-5 business days in a brown UPS box that looks like this -



Click to Enlarge

Neither the mailman or your mom/housemates will know what's in the box unless they open your mail.

You credit card statement statement will not say anything that indicates the nature of the product.

It will say -

> ***Orbisan Ltd.***

Other real person feedback -

- "Got My Phallosan - Already in Love" (Curious George)
- "PhilTheBeard's Phallosan Forte Review" (PhilTheBeard)
- "Results After 570 Hours" (Jackbdsmfun)
- "1 Month Review of the Phallosan Forte" (NewRed)

Here is our coupon -



Just so you know-
AT NO EXPENSE to you I receive a commission if you purchase the Phallosan Forte. I am recommending the device because in an industry full of trash, this is one of the good ones. It is safe, effective, comfortable, well-made and I feel the majority of guys will like it. Thank you if you purchase through my link; this is how our community makes money.

4 Free Condom Sleeves Included

(Exclusive Good Looking Loser Offer)

If you order through our link - you will get 4 free condom sleeves.

You will need these. The condom sleeves hold you in a stretched position, they are soft and make the device comfortable - but they can rip.

Approved by the Food and Drug Administration

I'm not going to make a huge deal out of this but on November 4th 2013, the FDA approved the device and currently lists it on their website.

I'm not sure what the process is for getting a male enhancement device approved, but I do know that 99% of the other device/pills in this industry wouldn't stand a chance at receiving FDA approval.



Click to Enlarge - FDA Approval

Additional Tips for Using the Phallosan Forte

Here is our complete Phallosan FAQ -

- **"The Ultimate Phallosan Forte FAQ"**



Condom Sleeves

If you have questions, leave feedback or check out other reviews, join us -

- **Good Looking Loser Phallosan Forum**

A 5 Foot 1 Inch Guy That Gets Laid More Than You Do

November 16, 2013 | by Good Looking Loser | Link | Original Link

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Fundamentals on Steroids

In the upcoming year I'll focus more than on select 'groups' of guys.

This list will include (but won't be limited to)- minorities, short guys, older guys (39+), bodybuilders/athletes, club scene and guys with fetishes.

For starters- their focus is not *drastically* different than other guys.

They need to make ***every effort*** to maximize their fundamentals, which getting the following to be at least above-average-

- Looks, Style (sex appeal)
- Social Freedom (ability to play the numbers game)
- Swag Factor (coolness, social standing)
- Killer Instinct (ability to finish)

These are **particularly important** if you are limited by some sort or form of genetic ceiling such as height or your current age.

For the purpose of this discussion, we are going to focus on shorter guys - even though the following advice will helpful to just about everyone.

I know a handful of guys that are below 5 foot 8 inches that tag/can tag 30+ attractive girls a year, one of which is one of my oldest friends- Kevin, who's slept with an Oakland Raiders cheerleader and girl that was in Playboy's 2009 college girls issue (not a centerfold or "Playboy Bunny").

 The model in this article IS NOT the guy discussed in the article.

These short(er) guys have the following in common, with any exceptions noted-

- They are not usually above 10% body fat and generally have FULL ABS during the Spring, Summer and Fall months.
  They all look 'athletic' and none of them look like bodybuilders (not anymore). They are not scrawny either.
- They wear shoes or insoles in their shoes to make themselves at least 2.5 inches taller, even up to 4 inches.
  They laugh at others guys that have too much pride to give themselves an obvious, major advantage.
- They all "Dress Like Their Somebody" and often get asked (or their friends get asked) if they are some level of celebrity.
- They all rock a 'more-edgy-than-average' style OR simply an "I have money more money than you" style.
  Not one of them would be confused for boyfriend material or a provider.
- They all standout in style and presence and often have average, undersexed guys referring to them as "douchebags".

- They all know how to dance, REALLY WELL.
- In bars and clubs - they are REALLY aggressive, often grabbing girls and using their dance moves before speaking to them.
- Most of them know how to fight.
- They speak loudly and often annoy taller, more passive guys.
- They make eye contact with girls from a short distance, rather than trying from long-range.
- They don't concern themselves with issues like, "who should pay for that coffee/drink/sandwich", "what does this text mean", they are solely focused on Getting Laid, should that be their goal.
- Most of them have tattoos.
- Nearly all girls would agree that each of them was at least *above-average* looking.
- They take pride in holding their own and embrace competition even though they are the 'underdog'.
- They shamelessly hit on a lot of girls. Sometimes upwards of 30 a night.
- NO ONE mistakes them for being not cool or a submissive dweeb.
- All of them "faked it until they made it," just like every other guy does.

If you asked them, the majority would still admit their height was their biggest insecurity.

Yes, it's true.

Insecure, shorter guys can get laid too.

You don't have to mindfuck yourself into being 100% SECURE with everything to nail a bunch of girls.

In fact, *some* insecure guys Get Laid all the time.

Why? How?!

Because they look good and talk to women.

Something that *most* insecure guys aren't doing.

Most insecure guys are too busy...

Being insecure.

We'll have to pick this up another time.

Just know that short guys can get attractive girls and can in some cases- even get attractive girls that are taller than they are.
(YES I SWEAR ON MY FATHER'S LIFE I HAVE SEEN THIS, IN LOS ANGELES TOO)

But it's not the average short guy that doing this-

It's the top .1% short guy.

There's usually 1 in every other bar, nightclub, cooler fraternity/social circle with hot girls, etc. but there's not too many of these guys.

Rather than saying, "What a douchebag..."

You might want to take notes.

I'm going to turn things over to a guy that been around the Good Looking Loser community for about a year.

Like *most of us* - at one point in time, he found himself addicted to a specific girl and in a submissive position (which he called "a relationship") trying not to lose her for fear he'd never have sex with a human again.

When things ended, like *some of us* - he found himself in an even more hopeless position being single, unattractive and feeling invisible to the opposite sex.

Like *very few of us* - he stands only 5 feet, 1 inch tall.

* it is notable that, once he got himself in shape - he became quite masculine and good looking. He is not your average short guy. He is not your average any-height guy. Nowhere in my writing or his story should you have any faith if the only thing you have in common with him is your height. And That's the point... SOME GUYS WILL REQUIRE MAJOR CHANGES. If you are in your mid 20's and haven't been getting action- you might need to look like an entirely different person.

Just so you know-

The guy looks like Scotty.

Actually he's a cross between Scotty and the "Bearded Model" (Ricki Hall, posted throughout).

Edgy style, tattoos, masculine face.

For privacy sake he didn't want his pictures or identity to be on our site.

So you'll have to go by the examples, which are pretty close to what he looks like - minus the exaggerated beard.

"Scotty Meets Ricki Hall"

And Just so you know-

He's a believer - with the exception of the dick exercising (I think), he's run with just about EVERYTHING we ~~preach~~ obsess about here.

This type of guy is RARE. I'm going to repeat that a few times. RARE.

I know less than a handful of other shorter guys that have a similar lifestyle and enjoy the same kind of success- so it is possible.

If you are viewing GoodLookingLoser.com - chances are- you're RARE. So that's a good start.

My Dearest, Shortest Losers-

I've seen a lot of posts regarding height insecurities lately.

Although on first impression you might think I'm taller...

- I'm 5'1.

I was in the exact same position about 9 months ago, when I first found GLL, so I'd like to share my story.

9 months ago, my girlfriend of 4+ years broke up with me. My life revolved around keeping her happy, and I thought the best way to do that was to give her all my time. I had sacrificed law school, going out with friends, creative goals, gym time - anything to satisfy her need for more attention.

Without her, my life was empty.

After the breakup, I went out with the intention of sleeping with someone.

I remember the **anxiety** I felt just thinking about introducing myself to women. The few times I built up the courage to start a conversation, I was ignored. This pattern repeated itself for the next few weeks, and it was slowly chipping away at what little confidence I had left.

I decided I needed a new plan.

I knew I wanted to lose weight. I wasn't fat, but I wasn't ripped. Somehow, after hours of googling, I ended up finding **GLL's Fat Loss Diet**.

I followed it 100%.

I kept a scale in my living room, directly in front of a large mirror, and I nailed a piece of paper to the wall where I tracked my weight daily. I kept a notecard in my pocket with the words "GLL Fat Loss" written in sharpie. Every time I sat down to eat, I placed the notecard on the table, reminding myself of my **#1 Goal**. I was unstoppable.

As I lost weight, I felt myself slowly transforming, physically and mentally.

My abs began to pop, and my face became more angular. I had to buy smaller clothes, and I took this opportunity to upgrade my **style**.

I started reading other GLL articles and realized I had **approach anxiety**, so I made a point to chat with women every day. As I lost weight, my interactions with women completely changed. If I asked for directions somewhere, many would offer to walk me there. Women at bars would tell me I was attractive, introduce me to their friends, and give me their number without me asking. All of this **validation** was intoxicating, but I was still just **meeting women** - I was too scared to make a move.

Then I tried **Kratom**.

The first night I took it, I went to a bar and made out with three different women. It was a revelation to what talking to women was like without anxiety. The next weekend, I met a beautiful photographer. I made eye contact with her at a bar, smiled, and chatted with her for a couple of minutes. All of Chris' advice came flooding into my brain. I touched her, brought her outside to kiss her, drove her to my house, and slept with her. All of my self-improvement paid off- it was effortless.

Over the past 6 months, I've slept with about 20 women, I have 4 women I sleep with regularly, and 1 of these women I see 1-2 times a week. I know I can go out any weeknight and have a decent chance at bringing a woman home, and this abundance mentality lets me **do what I want 100% of the time**.

I'm still a sweetheart.

I fall in love with every woman I sleep with, if only for a night, but they know I won't tolerate bullshit. Sometimes I miss having a girlfriend, and I think about having a family someday, but the next relationship I have will be entered into from a position of power.

So, how does my height effect my success?

Well, many women bring it up at some point, especially the ones over 5'8. "I'm so much taller than you", "You're really short". I've learned, though, that the ones that bring it up are usually interested in me. Some women will straight up not get with shorter guys, but they ignore me, and I don't see

any point in dwelling on that.

When I'm out, I get shit from guys. "Who does this guy think he is?", "What's up little man?".

I used to get angry about it, but now I just smile, introduce myself, and I generally befriend them. I've found that most guys talking shit aren't happy, and I feel sorry for them. The rare times this doesn't work, I stop talking mid-sentence, step into their personal space, look them straight in the eye, and say "What's up?". I've never had anyone fuck with me after that. Will this get me punched in the face someday? Maybe, but it would make a great story.

All the time guys waste moaning about their height could be spent at the gym, talking to women, and working on life goals. It still boils down to **looks, style, and social freedom**. My life improved dramatically when I let go of insecurities, got out of my head, and committed to **getting shit done**.

Final Thoughts From Good Looking Loser

In order to explain why this "short guy" is nailing a bunch of women, it's important for me to reiterate that-

This guy isn't your average short guy.

This guy isn't your average anything.

He's cool.

He's in good shape.

He's attractive as can be.

His look screams "SEX, DRUGS and ROCK & ROLL".

He's got A LOT of cool friends.

He has his own nightlife "scene".

On his Facebook, 20+ girls have "liked" his profile picture that he put up 2 days ago.

Equally as important- he's motivated to improve upon all he has.

There's nothing average about him.

And That's the point.

He made the choice along time that he wasn't going to be average and it's all paying dividends for him today.

If he wasn't attractive, cool, in good shape, popular among his circles - none of this would be happening. Not even if he was 6 foot 3.

To be quite honest, and I haven't chilled with him personally, VERY FEW guys are on his level.

If you are motivated by his story, before you start debating "can this be me?" - recognize that it won't happen overnight, possibly not in a year - but *IT'S POSSIBLE.*

update: The guy in this discussion goes by the name 'JimWendler' in the forum.

Your Penis and Her Vagina on Phenibut

November 17, 2013 | by Good Looking Loser | Link | Original Link

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Phenibut in the Bedroom

If you've hung around GoodLookingLoser.com for a little while, you may have seen us talking about a dietary supplement called "Phenibut".

In fact, I did a whole review of it here-

- **Phenibut Review from Good Looking Loser**

Quite a few of you have just arrived from this post, Ladies and Gentlemen- Keep Reading.

It's good stuff, but not something you or your partner want to take everyday because of the potential for dependency/tolerance issues.

I'm pretty knowledgeable about how "performance enhancing compounds" work in the bedroom.

I will admit that I underestimated Phenibut when Lexy and I discussed how different compounds affect her libido and vagina earlier this year. (scroll to the bottom)

Among the benefits that include- relaxation, a drastic decrease in general and social anxiety and high-quality sleep (only at higher doses), there exists another benefit-

> ***Intense, Sometimes Mind-blowing Orgasms***

It's true.

Particularly for girls, although some guys say that sex is incredible too.

For Him

For me, personally, Phenibut makes sex and my eventual climax slightly better.

Almost all girls will LOVE it though.

Other guys, however, report that their experience is INCREDIBLE-

- "Also, this shit is fucking amazing for sex"
- "Nothing besides high dose diphenhydramine produces a more intense orgasm... 2nd and 3rd orgasms..."
- "Sex was amazing, Diablo was amazing, taking a walk so amazing, and music was super amazing."

Like any compound, if you take too much it can negatively effect you in bed.



For Her

Rather than eloquently writing about how Phenibut effects women in the bedroom and demanding that you to believe me, perhaps an easier, more convincing means would be to simply let you hear to girls in action with me.

Each girl had 1-1.5 grams of Phenibut, by all means- a very modest serving. I didn't have any.

This particular girl tried it for the very first time with Diet Dr. Pepper.

In addition to feeling "nice", "floaty" and "relaxed", she also felt like this-

This particular girl uses Phenibut a couple of times a month, sometimes before her auditions (she's a dancer) and sometimes when we hook up-

In addition to feeling "amazing", she also felt like this-

Both girls (and all the other ones that have used it and had sex with me) report that both the initial sensation (sensitivity) increased as well as their climax.

This is different than some other compounds (for example, alcohol) that may provide a significant increase in initial stimulation during foreplay but *can* make it harder to [focus and] orgasm.

If you are curious why/how my orgasms are so strong - it actually has nothing to do with Phenibut. From countless Kegels (and experience) my PC Muscle is quite strong and when I finish the job... it's absolutely insane most of the time.

Wait So Just Phenibut is Making Them Scream in Ecstasy?

No, not necessarily.

As much as I'd like to tell you, "This is 100% Phenibut, You need to buy some from our friends at Happy Hippo and your chicks will never want to sleep with another guy!", there's other things in play.

For one, foreplay.

Those 5 or 6 minute audios are just some highlights of what was probably a 50 or 60 minute session, which included a good 15 or 20 minutes of foreplay.
(I watched a movie with the 2nd girl and was teasing her the entire time)

As most women will confirm, the foreplay is what leads to the quality of the orgasm. To women, sex and her orgasm is just a culmination of foreplay.

Although I'm told that I'm "good in bed", I realize a huge part of taking girls to new heights, with or without other compounds, is the foreplay.

For two, **my dick**.

Maybe you are getting sick of hearing about my penis but in my early 20's I definitely wasn't able to make girls scream in pleasure for 5 to 10 minutes straight.

Once I beefed up my penis (literally, the girth) these type of climaxes became regular sounds from my bedroom.

It totally makes a difference, in the 2nd audio - I'm literally just lying on my back doing nothing while the girl is enjoying the girth like she'll never find a thick penis again.

For three, the girls.

Like I mention in "You've Got 99 Problems But Her Orgasm Ain't One," a girl is mainly, if not almost entirely responsible for her orgasm.

Most of what makes "her experience/pleasure" with you is based on her own sexual health - something that you have virtually nothing to do with.

- If she's never given herself an orgasm in the privacy of her own home, chances are- you probably won't be giving her one either.

- If she doesn't masturbate on *at least* a bi-weekly basis, chances are- her mind-pussy connection is pretty weak and she's unlikely to have an orgasm with a partner, no matter how endowed he is.

Although the majority of girls I've slept with through the years lean closer to *"more-experienced"* than *"less-experienced"*,? these two particular girls both masturbate, do kegels, eat a healthful diet, are physically fit and know how to orgasm.

? The majority of girls/guys having sex on ANY RANDOM NIGHT will tend to be more experienced rather than less experienced. That's why they are having sex in the first place. These 2 girls and myself are not unique in this manner. For more information please see, "Chris Only Gets Sluts???".

It's not a challenge for them to orgasm off a thick penis, especially after foreplay and Phenibut.

Don't get me wrong though, Phenibut will be tremendously beneficial for lesser experienced girls too, if not *more* beneficial since they've probably not been fucked by a thick athletic male after pussy-wetting foreplay.

Unless she's tried something really hardcore such as MDMA before sex - a gram or two of Phenibut will provide for the most insane experience and orgasm she's ever had.

You'll be the one to thank! All of those sensations (and emotions) will be transposed onto you! Wooo!

How to Use Phenibut for Sex (Males and Females)

Use it as directed. (it will come with directions)

Timing is important though.

- Take it 4 to 5 hours before sex.

(Phenibut lasts a LONG time so don't worry about it wearing off, unless it's been 10+ hours)

As I mentioned, through the years, my girls generally felt that 1 to 2 grams was perfect. Some insisted on taking upwards of 2.5 grams if we were going to a club earlier in the night.

I don't recommend that you take any more than 1 gram at a time. And Definitely don't take more than 1 gram at a time if you are a girl or weigh less than 150lbs.

If you take 1 gram, wait an hour or two and take another serving if you feel it is necessary.

Also - the "Phenibut sensation" is not something you "feel" until your a getting busy and in the moment. This is unlike something such as Cialis, which you can feel or notice just by touching yourself.

Happy orgasms Ladies and Gentlemen, hopefully you are sharing the moment.

The Numbers Game - A Comprehensive, Definitive Look At Your Real Odds v1.0

November 19, 2013 | by Good Looking Loser | Link | Original Link

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What Are My Odds?

(updated June 9th 2015)

This will be one of the most comprehensive pieces on "numbers game" on the Internet.

Hopefully it will be a "once and for all" post where we don't have to visit this again, or you can just refer new guys here for the answers to all their questions.

There's a bunch of stuff I need you to realize before we tackle this subject and start spitting out numbers.

First off-

In my opinion (and I've said this for 5 years)- the guys that have an overwhelming desire to discuss and debate these types of statistically analyses - are usually not getting much action in real life.

I would have been giddy to study this in 2005-2006 - the same period where I wasn't sleeping with too many girls.

Hooking up with a lot of girls, let alone - a lot of hot, POPULAR girls is not a "game" for geeks that make excel spreadsheets and graphs of this kind of stuff.

Discussing this kind of stuff, at best, is the equivalent to "fantasy football".

Do you understand what I mean?

Thinking about the subject in-depth for more than 36 hours is not super cool to me or productive for you...
(I much rather talk about my dick or something like that)

I'm only getting into it because there's a few points worth highlighting and I've been asked for the past 3.5 months to give some perspective on it.

In the period where I was taking girls back to my apartment 2 or 3 days/nights a week - I wasn't on ANY pick up forums, analyzing ANYTHING or playing fantasy football.

I only started GoodLookingLoser.com and resumed playing fantasy football again in Late 2011 because Scotty talked me into it.



This "Numbers Game" discussion covers my 5+ years of personal experience in a host of venues and environments with PUA, 'basic guy' and more aggressive approaches with the gameplan of either getting a girl's number or taking her to some nearby location to have sex.

It covers my experience in college as a transfer student when I seemingly needed to approach random girls. It also covers the period when I wasn't getting girls or when I was leaving a lot of pussy on the table.

It also covers observations I've made from seeing the results (or lack of results) of friends that fit into one of these categories- PUA geek guys, "day game" guys, normal guys, club/party guys, good looking guys and aggressive Legit Dirtbags such as Scotty.

I reserve the right to modify it if I think of something or need to add/retract something.

I'm only ONE person, and although I've picked up girls weighing anywhere from 170lbs to 242lbs - I don't claim to have ALL the answers.

There are SO MANY factors in play that not offering the disclaimer "results will vary," would be irresponsible.



What are the Factors in Play?

(well since you asked...)

- The BIGGEST factor is HER sexual availability, if this term is new to you - read about it before you continue.
- How good looking you are in comparison to her.
- How good looking she is in comparison to you.
- How good you look *at the time.*
- How good she looks *at the time.*
- Did you make eye contact with her and smile? (warmer approach, not part of this analysis)
- How cool you are.
- How cool she thinks you are.
- How cool she feels in comparison to you.
  (are you both part of the "In Crowd" or are you/her a total loser?)
- How cool you are dressed.
- If you are perceived as boyfriend material, a good guy, or a scumbag.
- Whether you are being aggressive or not-so-aggressive.
- If her judgmental friends are there.
- What she thinks of your friends.
- Your social status.
- Her social status.
- Where you meet her.
  (how acceptable it is to talk/sleep with a random stranger in your city/country/Indian reservation)
- Are you taking her number or trying to take her somewhere for sex?
- Are you actually going to call her?
- Your Swag Factor and Social Skills.
- Your Killer Instinct. (sexual freedom vs. sexual anxiety, sexual experience)
- Other lesser significant assumptions and lifestyle characteristics (do you smoke/does she, do you use drugs/does she, etc.)

This list could literally continue for another 10000 words.

- A bigger list of these factors/characteristics can be read in "Swag & Social Status Factors".

Somewhere on the list, stuffed in the 'lesser significant' category is how good your "game" is.
since everyone's definition of "game" is different- there's no point in ranking it.
I consider "game" to be how dominant, masculine and assertive a guy is. His KILLER INSTINCT. That is a fairly significant factor. But others consider it to be "how smooth" a guy is, how much the girl laughs, how funny you are, how quickly you can think of a comeback/joke, how interesting you are. Largely meaningless factors when it comes to how attractive you are to her.



My point is-

The numbers and circumstances I'm about to give you ARE NOT air tight.

They are estimations.

The estimations are based strictly on-

> ***asking a girl for her number and then trying to sleep with her sometime thereafter***.

A more aggressive style or gameplan for trying to Get Laid on the spot (without exchanging numbers) is much less predictable, has a *lower overall success rate* but can be done much more efficiently - and will result in *more overall success*.

Like I said, legit "players" that REALLY tag a lot of girls aren't usually doing the "number-close, text-game, phone-game" thing, they are trying to sleep with the girl THAT NIGHT.

Relying on or celebrating getting a phone number is simply yet another pick up artist manifestation that you should eventually be laughing at.

Moreover, on the West Coast, where girls are quite friendly and fake - they will give guys they aren't interested in their number and even become their text buddy if the guy is harmless and willing to give them compliments or entertain them.

In my opinion- that hardly counts as a "success" and I will adjust the percentages accordingly.



The Odds Are In Your Favor?

Some of our very first articles included numbers and statistics, these posts actually got GoodLookingLoser.com its first real *buzz*-

- "If I Approached 100 Chicks, Would I Get Some Pussy?"
- "If I Approached 100 Chicks, Would I Get Some Pussy? (A Closer Look)"

I said in those posts that-

> ***"The Odds Are In Your Favor."***

By that I mean-

If you approached 100 girls...

- Would it be *more likely* that you'd get ONE of them?
- Or would it be *more likely* that ALL 100 would reject you?

For most guys, regardless of how anxious they are about the whole thing- they would be *more likely* to get action from at least ONE girl than be rejected by ALL 100.

So in that sense-

The Odds Are In Your Favor.

You have UNLIMITED TRIES and eventually you'll score.



Categories of Guys & Success Rates "Levels Theory"

There's two things that we need to generalize about to come up with some meaningful numbers-

1. Looks Comparison (your hotness/coolness vs. her hotness)
2. Experience Level (with hitting on girls)

Looks Comparison

This is how it sounds.

How does ***YOUR* SEX APPEAL** (how attractive, masculine and cool you appear) compare to ***HER* SEX APPEAL?**

It is virtually impossible to pick up women that are ***more than* +3 "levels"** above you in sex appeal.

Any ugly guys that you see chilling with super hot girls, the more likely explanation is-

- they aren't fucking each other (friend, colleague, servant, gay, etc.)
- she was willing to accept a committed relationship since she prioritizes other factors (money, status, resources, etc.)
- he met her in a social group rather than "cold approaching" her on the streets of Hollywood outside her model agency

Like I said, it is virtually impossible to score women that are ***much greater than*** **"3 levels"** (very significant) ***via straight cold approach***.

It does happen however but it's extremely rare.

Picking up chicks (and sleeping with them) that are more than "4 levels" greater in sex appeal is next

to impossible.

The "Looks Comparison" will always be the main factor in picking up random girls that are sexually available.

And that is why I tell guys to do everything they can to BE ABOVE-AVERAGE.

If you can get to a "7" in sex appeal, you have a shot at nearly all women.

Being a "7" is enough to meet the "Looks Threshold" of 90+% of women - at that point, the vast majority of the time, you won't be getting rejected for your looks, but rather her lack of sexual availability.



Experience Level

How comfortable you are with approaching women will certainly be a factor.

We'll classify these levels as-

- Beginner - hit on less than 500 girls
- Intermediate - hit on less than 1000 girls & slept with less than 10 of those girls
- Advanced - hit on over 1000 girls & slept with over 15 girls via cold approach
- Legit Dirtbag - slept with over 45 girls via cold approach

The more experience you have, the less anxiety you will have and the more likely you will be successful.



Numbers, Numbers, Numbers

Sorry I made you read 1440 words before I got to the point.

The preceding information was important because it gives perspective and clears up most of the obvious questions.

This is how it is likely to go if you are taking the basic approach of getting a girl's phone number and trying to sleep with them at a later date.

Again, these numbers are entirely hypothetical.

It is not always obvious if the girl is REJECTING YOU for your looks or she isn't sexually available.

Since phone numbers don't reflect success I'm only counting LEGIT NUMBERS, where the girl responds to the text and *appears* interested.

Success rates can vary based on any of the social, cultural or environmental circumstances I listed above.

These estimates pertain to ***cold approaches*** where there is NO EYE CONTACT or invite made.

Allow a [+/-] 2% for margin of error and natural variance over 100 approaches.

EQUAL SEX APPEAL

If the woman has EQUAL Sex Appeal (LooksMatch)

Beginners

- 8 legit phone numbers per every 100 approaches (8% total, 1 out of 12.5)
  * this number can be increased by asking EVERY GIRL you speak to for her number - something that beginners don't do.
- 1 of 3 of those phone numbers will meet up with you (2.64% total)
- you will sleep with 1 in 2.5 (40%) of these girls that meet up with you (1.056% total)

Beginners will fuck ~1 of 100 girls that are EQUAL to them in sex appeal by taking phone numbers.

Intermediate

- 14 legit phone numbers per every 100 approaches (14%, 1 out of 7.14)
- 1 of 3 of those phone numbers will meet up with you (4.66% total)
- you will sleep with 1 in 2.25 girls (44%) that meet up with you (2.053% total)

Intermediates will fuck ~2 of 100 girls that are EQUAL sex appeal to you in sex appeal by taking phone numbers.

Advanced

- 19 legit phone numbers per every 100 approaches (19%, 1 out of 5.26)
- 1 of 2.5 of those phone numbers will meet up with you (7.6% total)
- you will sleep with 1 in 2 girls (50%) of these girls that meet up with you. (3.8% total)

Advanced guys will fuck ~3 to 4 of 100 girls that are EQUAL sex appeal by taking phone numbers.

Legit Dirtbag

- 20 legit phone numbers per every 100 approaches (20%, 1 out of 5)
- 1 of 2.3 of those phone numbers will meet up with you (8.69% total)
- you will sleep with 1.5 in 2 girls (75%) of these girls that meet up with you. (6.52% total)

Legit Dirtbags will fuck ~6 to 7 of 100 girls that are EQUAL sex appeal by taking phone numbers.



MORE SEX APPEAL

If the woman has 1 LEVEL MORE Sex Appeal (1+)

Beginners

- 2.86 legit phone numbers per every 100 approaches (2.86% total, 1 out of 35)
  * this number can be somewhat increased by asking EVERY GIRL you speak to for her number - something that beginners

don't do.

- 1 of 5 of those phone numbers will meet up with you (0.572% total)
  * beginners usually give up on girls that don't meet up with them right away
- you will sleep with 1 in 3.3 (33%) of these girls that meet up with you (0.1906% total)

Over 100 approaches, beginners (less than 500 approaches) will not usually bang any girls that are +1 in sex appeal by taking phone numbers.

Beginners that randomly get laid within their first 500 approaches usually do so via some sort of warm approach (eye contact, smile, wink, etc.). It is possible and that would be the more efficient route to take rather than indiscriminately hitting on random women that have higher social status.

Intermediate

- 9 legit phone numbers per every 100 approaches (9%, 1 out of 11.11)
- 1 of 3 of those phone numbers will meet up with you (3% total)
- you will sleep with 1 in 2.25 girls (44%) that meet up with you (1.31% total)

Intermediates will fuck ~1 of 100 girls that are +1 in Sex Appeal by taking phone numbers.

Advanced

- 15 legit phone numbers per every 100 approaches (15%, 1 out of 6.66)
- 1 of 2.5 of those phone numbers will meet up with you (6% total)
- you will sleep with 1 in 2 girls (50%) of these girls that meet up with you. (3% total)

Advanced guys will fuck ~3 of 100 girls that are +1 in Sex Appeal by taking phone numbers.

Legit Dirtbag

- 18 legit phone numbers per every 100 approaches (18%, 1 out of 5.55)
- 1 of 2.25 of those phone numbers will meet up with you (7.99% total)
- you will sleep with 1.5 in 2 girls (75%) of these girls that meet up with you. (5.99% total)

Legit Dirtbags guys will fuck ~5 to 6 of 100 girls that are +1 in Sex Appeal by taking phone numbers.



If the woman has 2 LEVELS MORE Sex Appeal (2+)

Beginners

- 1.66 legit phone numbers per every 100 approaches (1.66% total, 1 out of 60)
  * this number can be slightly increased by asking EVERY GIRL you speak to for her number - something that beginners don't do.
- 1 of 5 of those phone numbers will meet up with you (0.33% total)
- you will sleep with 1 in 2.5 (40%) of these girls that meet up with you (.13% total)

Beginners rarely sleep with any +2 girls by taking phone numbers within their first couple hundred approaches.

Intermediate

- 2.5 legit phone numbers per every 100 approaches (2.5%, 1 out of 40)
- 1 of 3 of those phone numbers will meet up with you (0.83% total)
- you will sleep with 1 in 2.25 girls (44%) that meet up with you (0.37% total)

Intermediates will fuck 1 (+2 girl) in 300-370 approaches by taking phone numbers.

Advanced

- 19 legit phone numbers per every 100 approaches (19%, 1 out of 5.26)
- 1 of 2.5 of those phone numbers will meet up with you (7.6% total)
- you will sleep with 1 in 2 girls (50%) of these girls that meet up with you. (3.8% total)

Advanced guys will fuck ~3 to 4 of 100 +2 girls by taking phone numbers.

Legit Dirtbag

- 19 legit phone numbers per every 100 approaches (19%, 1 out of 5.26)

- 1 of 2.3 of those phone numbers will meet up with you (8.26% total)
- you will sleep with 1.5 in 2 girls (75%) of these girls that meet up with you. (6.19% total)

Legit Dirtbags will fuck ~6 of 100 girls that are +2 levels above them by taking phone numbers.

Guys that are "7" and "8" (above average) do bang top-shelf girls.



If the woman has 3 LEVELS MORE Sex Appeal (3+)

Beginners

- .66 legit phone numbers per every 100 approaches (0.66% total, 1 out of 151.5)
  * this number can be slightly increased by asking EVERY GIRL you speak to for her number - something that beginners don't do.
- 1 of 6.5 of those phone numbers will meet up with you (0.10% total)
- you will sleep with 1 in 2.5 (40%) of these girls that meet up with you (.04% total)

Beginners rarely sleep with any girls +3 levels above them by taking phone numbers within their first couple hundred approaches.

Intermediate

- 1.5 legit phone numbers per every 100 approaches (1.5%, 1 out of 66.6)
- 1 of 3 of those phone numbers will meet up with you (0.49% total)
- you will sleep with 1 in 2.5 girls (40%) that meet up with you (0.198% total)

Intermediates will fuck 1 girl that is +3 levels above them over 500 approaches by taking phone numbers.

Advanced

- 12 legit phone numbers per every 100 approaches (12%, 1 out of 8.33)
- 1 of 2.5 of those phone numbers will meet up with you (3.33% total)
- you will sleep with 1 in 2.5 girls (40%) of these girls that meet up with you. (1.333% total)

Advanced guys will fuck 1 of 100 girls that are +3 levels above them by taking phone numbers.

Legit Dirtbag

- 15 legit phone numbers per every 100 approaches (15%, 1 out of 6.66)
- 1 of 2.5 of those phone numbers will meet up with you (2.66% total)
- you will sleep with 1.5 in 2 girls (75%) of these girls that meet up with you. (1.98% total)

Legit Dirtbags will fuck 1 or 2 of 100 girls that are +3 levels above them by taking phone numbers.

An important note here is that Advanced guys and Legit Dirtbags are way more assertive in asking for phone numbers.

They tend to ask EVERY girl that appears even *slightly* interested in them for her phone number.

Over 100 approaches - both groups can hope to fuck 1 or 2 girls.

It's also important to note - most guys don't approach +3 girls. It generally takes 7 to 10 months to rack up 100 +3 approaches.



If the woman has 4 LEVELS MORE Sex Appeal (4+)

It is rare for any level guy to sleep with a girl that +4 levels above him from trying to take her number on a cold approach.

In the situations where it happens- it will usually take 3+ weeks because the +4 girl is almost always looking for a boyfriend and her 'looks threshold' is lower than if she were sexually available and DTF.

- Looks Matter More To DTF Girls



LESS SEX APPEAL

If the woman has LESS Sex Appeal (-1)

Beginners

- 14 legit phone numbers per every 100 approaches (14% total, 1 out of 7.14)
  * this number can be increased by asking EVERY GIRL you speak to for her number - something that beginners don't do.
- 1 of 2.5 of those phone numbers will meet up with you (2.8% total)
- you will sleep with 1 in 2.5 (40%) of these girls that meet up with you (1.142% total)

Beginners will fuck ~1 of 100 girls that are -1 to them in sex appeal by taking phone numbers.

Intermediate

- 18 legit phone numbers per every 100 approaches (18%, 1 out of 5.55)
- 1 of 2.5 of those phone numbers will meet up with you (7.2% total)
- you will sleep with 1 in 2.25 girls (44%) that meet up with you (3.168% total)

Intermediates will fuck ~3 of 100 girls that are -1 in sex appeal to them by taking phone numbers.

Advanced

- 23 legit phone numbers per every 100 approaches (23%, 1 out of 4.34)
- 1 of 2.5 of those phone numbers will meet up with you (9.2% total)
- you will sleep with 1 in 2 girls (50%) of these girls that meet up with you. (4.6% total)

Advanced guys will fuck ~4 to 5 of 100 girls that are -1 in sex appeal to them in sex appeal by taking phone numbers.

Legit Dirtbag

- 25 legit phone numbers per every 100 approaches (25%, 1 out of 4)
- 1 of 2.3 of those phone numbers will meet up with you (10.86% total)
- you will sleep with 1.5 in 2 girls (75%) of these girls that meet up with you. (8.15% total)

Legit Dirtbags will fuck ~8 of 100 girls that are - 1 in sex appeal to them in sex appeal by taking phone numbers.



If the woman has LESS Sex Appeal (-2)

Beginners

- 16 legit phone numbers per every 100 approaches (16% total, 1 out of 6.25)
  * this number can be increased by asking EVERY GIRL you speak to for her number - something that beginners don't do.
- 1 of 2.5 of those phone numbers will meet up with you (2.5% total)
- you will sleep with 1 in 2.5 (40%) of these girls that meet up with you (1% total)

Beginners will fuck ~1 of 100 girls that are -2 to them in sex appeal by taking phone numbers.

Intermediate

- 20 legit phone numbers per every 100 approaches (20%, 1 out of 5)
- 1 of 2.5 of those phone numbers will meet up with you (8% total)
- you will sleep with 1 in 2.25 girls (44%) that meet up with you (3.52% total)

Intermediates will fuck ~3 or 4 of 100 girls that are -2 in sex appeal to them by taking phone numbers.

Advanced

- 25 legit phone numbers per every 100 approaches (25%, 1 out of 4)
- 1 of 2.5 of those phone numbers will meet up with you (10% total)
- you will sleep with 1 in 2 girls (50%) of these girls that meet up with you. (5% total)

Advanced guys will fuck 5 of 100 girls that are -2 in sex appeal to them in sex appeal by taking phone numbers.

Legit Dirtbag

- 28 legit phone numbers per every 100 approaches (28%, 1 out of 3.57)
- 1 of 2.3 of those phone numbers will meet up with you (12.17% total)
- you will sleep with 1.5 in 2 girls (75%) of these girls that meet up with you. (9.13% total)

Legit Dirtbags will fuck ~9 of 100 girls that are - 2 in sex appeal to them in sex appeal by taking phone numbers.

Worthwhile Fact

This is honestly where the BEST OF THE BEST usually pile up their big numbers from.

Most guys that have nailed 50+ girls from cold approach will nail -2 girls most often.

Don't let the -2 give the wrong impression. The girls can still be quite pretty.

The BEST OF THE BEST guys are "9" or "10" themselves and sleep with girls that are quite attractive but not true top-shelf or super popular babes.

Although I've slept with girls that are UNDENIABLY 9s and 10s via cold approach, most of the girls I've been with via cold approach would be rated 7s or 8s by most humans.

My videos generally reflect this, although some of the above-average looking girls are legit "9s" or "10s" when they dress up to go out for the night. Accessorizing can do a lot for girls.

The majority of the super hot girls I've slept with are via warm approach, club scene, social/work circle, or something else.



If the woman has LESS Sex Appeal (-3)

Beginners

- 17 legit phone numbers per every 100 approaches (17% total, 1 out of 5.88)
  * this number can be increased by asking EVERY GIRL you speak to for her number - something that beginners don't do.
- 1 of 2.5 of those phone numbers will meet up with you (2.32% total)
- you will sleep with 1 in 2.5 (40%) of these girls that meet up with you (.92% total)

Beginners will fuck ~1 of 100 girls that are -3 to them in sex appeal by taking phone numbers.

Intermediate

- 22 legit phone numbers per every 100 approaches (22%, 1 out of 4.54)
- 1 of 2.5 of those phone numbers will meet up with you (8.8% total)
- you will sleep with 1 in 2.25 girls (44%) that meet up with you (3.87% total)

Intermediates will fuck ~3 or 4 of 100 girls that are -3 in sex appeal to them by taking phone numbers.

Advanced

- 27 legit phone numbers per every 100 approaches (27%, 1 out of 3.7)
- 1 of 2.5 of those phone numbers will meet up with you (10.8% total)
- you will sleep with 1 in 2 girls (50%) of these girls that meet up with you. (5.4% total)

Advanced guys will fuck 5 or 6 of 100 girls that are -3 in sex appeal to them in sex appeal by taking phone numbers.

I criticize the "PUA Authorities" a lot.

The ones that are "legit" and average looking usually fall into this category. They nail about 5 girls for every 100, and the girls are significantly less attractive than they are.

Legit Dirtbag

- 30 legit phone numbers per every 100 approaches (30%, 1 out of 3.33)
- 1 of 2.3 of those phone numbers will meet up with you (13.04% total)
- you will sleep with 1.5 in 2 girls (75%) of these girls that meet up with you. (9.78% total)

Legit Dirtbags will fuck 9 or 10 of 100 girls that are - 3 in sex appeal to them in sex appeal by taking phone numbers.

I only have one example of a Legit Dirtbag that fucks -3 girls.

Lets call him 'Matty'.

Unlike most legit dirtbags that eventually set their sights on QUALITY (relative to their appearance), my Legit Dirtbag friend will fuck girls that are -3 and -4 below him in sex appeal.

He's only a 5 on a good day, so you can imagine what the girls are like.

He admits to this, so that makes him cool.



If the woman has LESS Sex Appeal (-4)

Like the +4 category, this one isn't worth discussing that much.

Most guys that are "9s" or "10s" don't have interest in cold approaching girls that are significantly below them in sex appeal.

I suppose it's a shame though.

If you are a good looking, inexperienced guy- these girls would be pretty open to sleeping with you.

Also- girls that are -4 will do their very best to satisfy you. Most aim to please guys that they still have no chance with and are okay with it.

If you have fetishes or some sort of bizarre role play fantasies, these girls are more likely to go along with it without getting to know them.



Final Thoughts

Okay Losers - so there you have it.

I can tell you to the exact .00% how many girls you are going to sleep with.

Disappointed?

You shouldn't be.

The eventual odds are in your favor to Get Laid at least once in a while (which is more than 90% of guys) if you talk to women.

If you work your sex appeal into shape - and hit on 20-30 girls a week with 'Basic Guy' (lemme get your number) game, you'll never be without sex.

My goal is to motivate you to look decent, approach women, protect your ego and eventually you'll write in telling me-

> **"Chris you are amazing, everything you said was true! I got laid and there's another hotter girl trying to meet up with me!"**

I know that if I can get you looking good, out of the house and make you speak to girls that a certain percentage will want to give you a phone number and eventually let you hold her feet.

I know this shit so well because I've lived it.

Although we'll always discuss 'Numbers Game', hopefully this is the LAST TIME we discuss specific quantitative percentages.

This is geek shit.

In the amount of time that it took me to write this (and put up the wonderful pictures), I could have gotten laid with a girl that is above-average looking.

You might have too.

As a final note, these percentages are rough estimates.

But I've looked them over several times and I believe they are close as it gets to reality.

Remember this applies strictly to-

> ***"Basic Guy" Game***
> ***Cold approaching random non-celebrity females and asking them for their number as the means to try and sleep with them.***

Things change when you warm approach and/or trying to hook up without taking their number.

Maybe we'll discuss that someday, but not today.

This week you walked by 28.21 girls that would have given you their number and 5.39 would have slept with you.
(I'm just bullshitting with ***these* 2 numbers above** - the point is there's girls out there that would rather chill with you rather than play on Pintrest or hang out with their usual friends and bitch about how they can't meet guys)

Instead you are reading my creepy blog.

Conclusions-

- Look good
- Talk to women

In that order.

Hopefully this was beneficial.

Happy Hippo Black Friday Sale (November 20 to November 30th)

November 20, 2013 | by Good Looking Loser | Link | Original Link

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Happy Hippo's
Black Friday Sale

Hey Losers, Happy Hippo just announced their first sale for GLL users.
(I didn't know that they were planning on this).

- Forum Post: Happy Hippo Black Friday Sale

Here is the coupon and info

Coupon Code: BLACK15



NEW YOUTUBE CHANNEL

November 25, 2013 | by Good Looking Loser | Link | Original Link

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NEW YOUTUBE CHANNEL

As most of you guys know, the GoodLookingLoser YouTube was terminated without any warning last Monday morning.

The channel was in good standing and there was no notification or explanation given.

I've hired attorney that specializes in Intellectual Property and Copyright to work with my current attorney to track down any person(s) responsible.

We will pressing charges and seeking full compensation as well as further damages.
(assuming the channel was intentionally sabotaged)

As you might understand - I have full intention of bringing charges to the fullest extent of the law anyone tries to harm my business, no matter where in the world they are.

We just received a promising lead and we will probably be resolving this matter sooner than later. Youtube (Google) has been cooperative even though, per policy, the original YouTube remains suspended until we settle it legally.

So long as I'm not totally advised otherwise - I'll be letting you guys know how this turns out, who was responsible, what laws were violated and what the what their punishment is going to be.

This, like everything else, is a learning experience - I plan to let you guys know just how it goes down. One day, you may face the same thing.

If you have any information to give us, please PM me or Mark in the forum.

Any tips or information that leads to the eventual prosecution of a guilty party - will be rewarded up to $5000.

As for now, I encourage you to sign up for our new YouTube channel, all the videos will be restored in this we.
(I'm keeping the more 'hardcore' stuff off the channel, that will be made available on this website)

Please subscribe-

- **Good Looking Loser's New Youtube**
- **Get Hung By Good Looking Loser**
  (I'm going to keep the PE stuff away from the main YouTube channel)

Hollywood Loves Your Inferiority Complex - You Aren't That Ugly (Part I)

December 3, 2013 | by Good Looking Loser | Link | Original Link

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Stop Comparing Yourself To People That Don't Exist

Although Los Angeles was big and scary when I got there, there's one thing that I saw within the first 4 months that actually gave me a nice bit of confidence.

If you live in or around the "coolest" (or "hottest") part of Los Angeles (Hollywood, West Hollywood, Beverly Hills, Century City, Westwood, etc.) you'll eventually see some celebrities.

While it might be neat to see your favorite childhood celebrities that are in their 40's (Mario Lopez, Pamela Anderson, Julia Roberts) or musicians that you listen to, there's something that happens when a guy or girl in their 20's sees a actor or model that is in or around that same age.

They IMMEDIATELY compare themselves.

I know I ~~did~~ do.

I know that my friends do.

I know the girls I live with do.

I know girls that I've been out with do.

What's interesting, is, on average - is the average Los Angeles "hot person" in their 20's matches up quite favorably with the untouchable celebrity in REAL LIFE.

I'm serious.

On average, me, my friends, my roomies, my girls and most attractive people in their 20's in Los Angeles are both BETTER (or equal) LOOKING and TALLER than any random celebrity in their 20's.

What's more, the average celebrity generally isn't spotted with "whoa, who's that cool guy???" "whoa, who's that hot girl???" until someone actually recognizes them.

If they weren't famous, they probably wouldn't get picked out a crowd.*

The average 20-something, pretty-attractive Los Angeles scenster, generally but not always, stands out as much or more than the 20-something celebrity that is the same age.
*in their defense, a lot of celebrities are underdressed during the day so they don't get spotted.

This is one of the reasons that I never recognize celebrities. They don't look like "themselves" (and I don't wear my contacts too often).

But while I kinda knew this, it's another thing to SEE IT and BELIEVE IT.

Obviously there are exceptions.

I used to see Fabio at Equinox fitness all the time. He looks fantastic, he is 215lbs and maybe 7% BF. That's as big or bigger than I am.

Ironically, that "Matador" guy (Mystery's right-hand man) was built like a NFL free safety too. (no joke)
Hypnotica was jacked and could wreck someone, but I think we knew that. He's a decent and good guy in my book.

By and large, however, when people see their favorite celebrity- they are usually underwhelmed if they can get over the "OMG OMG OMG" factor.



But How Can This Be?

At this point you are thinking one of two things-

1. **Chris, you are a just liar/hater, and you finally have dug your own grave.**
   You've said some controversial stuff before (looks matter, being boyfriend material isn't sexy, it's possible to enlarge your dick) but now you have gone too far. I quit. You're a douchebag.
2. **Chris, you aren't telling me anything I don't know.**
   People incorrectly think that celebrities are superhuman freaks that literally look like their photoshopped, airbrushed photos and have "Brad Pitt Fight Club" body language so they radiate presence and swag factor wherever they go.

#2 is the right train of thought.

That is the secret that I know (and now you know) that the rest of the world doesn't.

Although it may seem like "everyone knows that Hollywood isn't real," very few people BELIEVE IT.

The vast majority of girls willingly allow themselves to get intimidated by professional, Photoshopped photos where they are trying live up to a computer generated image of an airbrushed celebrity in perfect lighting that is wearing $100 of makeup , $300 of hair and $1000 of clothing shot by a camera crew that costs $5000 a day.

It's not just girls though. We do it too.
(Guys do too, even though we generally have slightly better perspective)

Bodybuilders that "read" muscle magazine or mindlessly surf the internet look at professional photos of their heros are often disconnected from reality.

The more you care about your looks, the more likely that you are guilty as well.

Members of PUAHate, a forum thats critical of "pick up artists"/everyone, are smart enough to know that "Looks" are the primary element of *sexual attraction* between men and women - constantly

compare themselves to professional photos of male celebrities that they have never seen.

Even in our forum, I think we sometimes have a skewed version of what "hot" is.

We tend to underrate the people around us, especially ourselves.

We compare self-photos taken on webcams in poor lighting or from cellphone taken inches from our face to professional pictures.

Remember - you ONLY NEED to pass the looks threshold, which is to be every girl's "7".

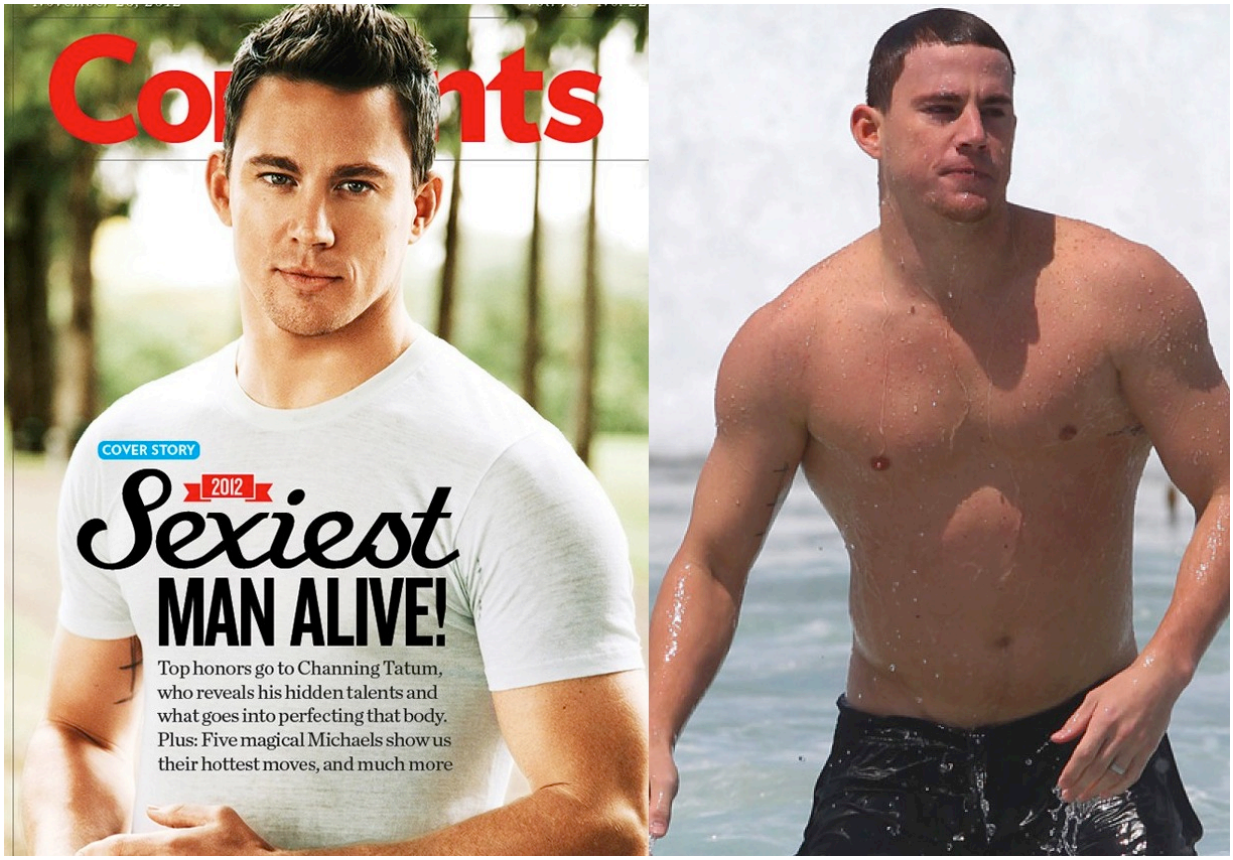
Be above-average, like I always say, play the numbers game and you'll NEVER be without sex for more than a week or two.

When you compare your to airbrushed pictures or people with makeup on. You are going to lose.

Channing Tatum

Channing Tatum, by all means, a totally photogenic heartthrob who was even awarded "Sexiest Man Alive", got caught on a bad day, at a bad angle looking out of shape.

Only his signature tattoo on his right arm suggests that it's even the same person.



Justin Timberlake

You can say what you want about Justin Timberlake.

Even I remember trying to convince girls that he wasn't "that good looking" when I was a jealous little 6th grader. I remember on TRL when one wanna-be groupie said that Justin Timblerlake was so strong that he should play professional football.

Regardless.

But he was Justin Bieber, before Justin Bieber.

The girls that a lot of you guys hook up with now (18-25) - had a crush on him when they were in 4th or 5th grade.

The girls that masturbated at that age - touched themselves and thought of him.

These pictures below date all the way back to when Justin Timberlake was considered a full-on sex symbol in his prime with the tale-end of the band NSync, rivaled ONLY his female counterpart- Britney Jean Spears.
(give me a break, I live in LA much of the year, I know this stuff)

Unlike some of the others pictures, professional editing gives Justin Timberlake an extreme upgrade in edge and masculinity, instead of making him look smoother and younger.



Matthew Mcconaughey

Matthew Mcconaughey is often thought of as an good example of guy that has aged gracefully and looks flawless [for his age (44)].

In my opinion, he looks good, even when the paparazzi caught him at the wrong time.

The guy on the right doesn't look like the guy on the left though.

The guy on the left can sleep with girls in their 20s, the guy on the right would get the police called on him.



Jonathan Goldsmith

(Most Interesting Man in the World)

Is there a more handsome man in the world? I don't think so.

Anytime I see a Dos Equis commercial, I think to myself-

Damn, I hope I look that way when I reach my 60s and 70s.

Turns out professional videography and makeup do quite a bit for Jonathan Goldsmith.

He is still quite a fine, handsome man though. Nice teeth too.



Even I can't compete with myself.

The picture on the left is from August of 2013, the photo on the right is from August of 2012.

All it took was a little professional photography and a little supplement I use to kill bloat.



These are only a handful of examples that show what Hollywood can do to trick you.

There are HUNDREDS more - just Google any celebrity and you'll see what I mean.

Celebrities, especially women, have specific photo, media and public relations specialists that show them and remind them HUNDREDS of times a year to be "camera ready" so the unexpected photo-ops don't land them on the cover of some shitty tabloid magazine with the title, "Is _____ addicted to Meth?" "Does _____ have an eating disorder like Lindsey Lohan?"

There's reason they don't tweet photos of themselves from less-than-perfect angles or "no makeup

selfie pictures" without wearing AT LEAST SOME coverage concealer.

There's a reason that celebrities try to avoid the daily spotlight and alert the media when they are making "surprise appearances" at some nightclub, party or movie premier.

It is very much a game.

But You already knew this.

Right?



My Point

My main point is that you need to to stop comparing yourself to ideals and people that don't even exist.

Having high standards for yourself is one thing, developing an inferiority complex from chasing rainbows is another.

How you look in random photos or on a webcam is not how you'd look if Hollywood wanted to promote you or even if you were on television.

It might not even be how you look in person.

If you are better looking than 80-90% of people at any given moment, wherever you live, than you probably look as good as any guy in Hollywood. Try to look your best; but you certainly have NOTHING TO WORRY ABOUT. If you don't look better than 8 or 9 out of 10 guys, cut your body fat until you face has full features. Generally once you get visible a 6-pack - your facial aesthetics are close to maxed out and you are better looking than just about everyone.

Take before and after pictures, use our Fat Loss Diet if you don't know where to start - you might not even recognize yourself in a couple of months.

Most male celebrities, even the models and sex symbols, are *generally* only above-average looking and make sure their team makes them look as good as possible for when the cameras are flashing.

There are obviously some exceptions, but you CANNOT judge from their professional pictures. You'd have to see them in person, I have seen more names than I can think of.
(supposedly, I'm usually just going by what the others I was with say if they recognize a celebrity)

The reality is, even celebrities that have supposedly "lost their looks" or "gone crazy" might still look exactly the same and you are just recently seeing their unedited pictures. They might have gained a couple of pounds or just got caught looking less than their six-figure photo-op team demands. A picture is worth 1000 words and bad pictures can create ridiculous stories and assumptions.

A lot of people seem to think that celebrities are untouchable "genetic freaks" that hit the .00001% genetic lottery. While that is true in some cases, that is definitely not the case for every guy that hits a magazine cover. Many male celebrities are shorter than advertised and have a very thin frames. By thin, I mean *weak* not just "lean".

NFL athletes are genetic freaks, not celebrities.

In the 2nd part of "Hollywood Loves Your Inferiority Complex" we'll talk about how the issue is even worse for girls, how they are sometimes made more insecure by their own shots of perfection and how that "sorta hot" girl you talked to with ease at the book store is a perfect 10 that you are scared of when she dresses up to go party at night.

Help Me, Help Someone In Need (Good Causes)

December 4, 2013 | by Good Looking Loser | Link | Original Link

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Help Me, Help Deck

Hey guys, I hope you are doing well.

This past month has been stressful for us, we lost BOTH YouTube channels (Good Looking Loser, HairLossFromSteroids) that were both in 100% good standing from an intentional sabotage (confirmed).

While I need to let YouTube's investigation and the legal proceedings play out, I'll keep you updated.

Everything is a learning experience and once I really get working on the "Get Paid" (it will be called "Get Rich") section of the website, I'll have 1st hand experience and be able to tell you how to handle people that intentionally try to sabotage your business (and how to prevent it from happening).

Things move slowly, but I CAN GUARANTEE that I'm going to make a lot of you guys wealthy and let even more of you guys escape the 9-5 life. Until then, just keep hitting on women, getting in shape and pulling on your dick (if you are into that part of GLL).

We have a great team of guys working for us and a lawyer (well, legal team) that jumped at the chance to take on a case like this and see that justice is served.

The Good Looking Loser community is getting a much needed facelift and will debut early next year. It will be sexier, easier to navigate and a treat you to a better overall user experience.



Though my web team is now exclusively in the United States, I still hire international contractors to do certain things.

Many of the contractors are in the Philippines - and I totally suggest that you hire from there in the future. Filipinos are EXTREMELY HONEST, hard working people that speak excellent English (that is their native language). I wish I hired from there when I started, there wouldn't be random problems with our website and words in the header misspelled.

As bad of a month as it was for us, it was worse for one hard working kid that I've had the pleasure of working with.

As you know, the Philippines was hit with a massive Typhoon that left thousands of people dead and hundreds of thousands displaced. Hundreds of thousands are still without power and without work, many of them are grieving over the losses of loved ones, their homes and everything they owned.

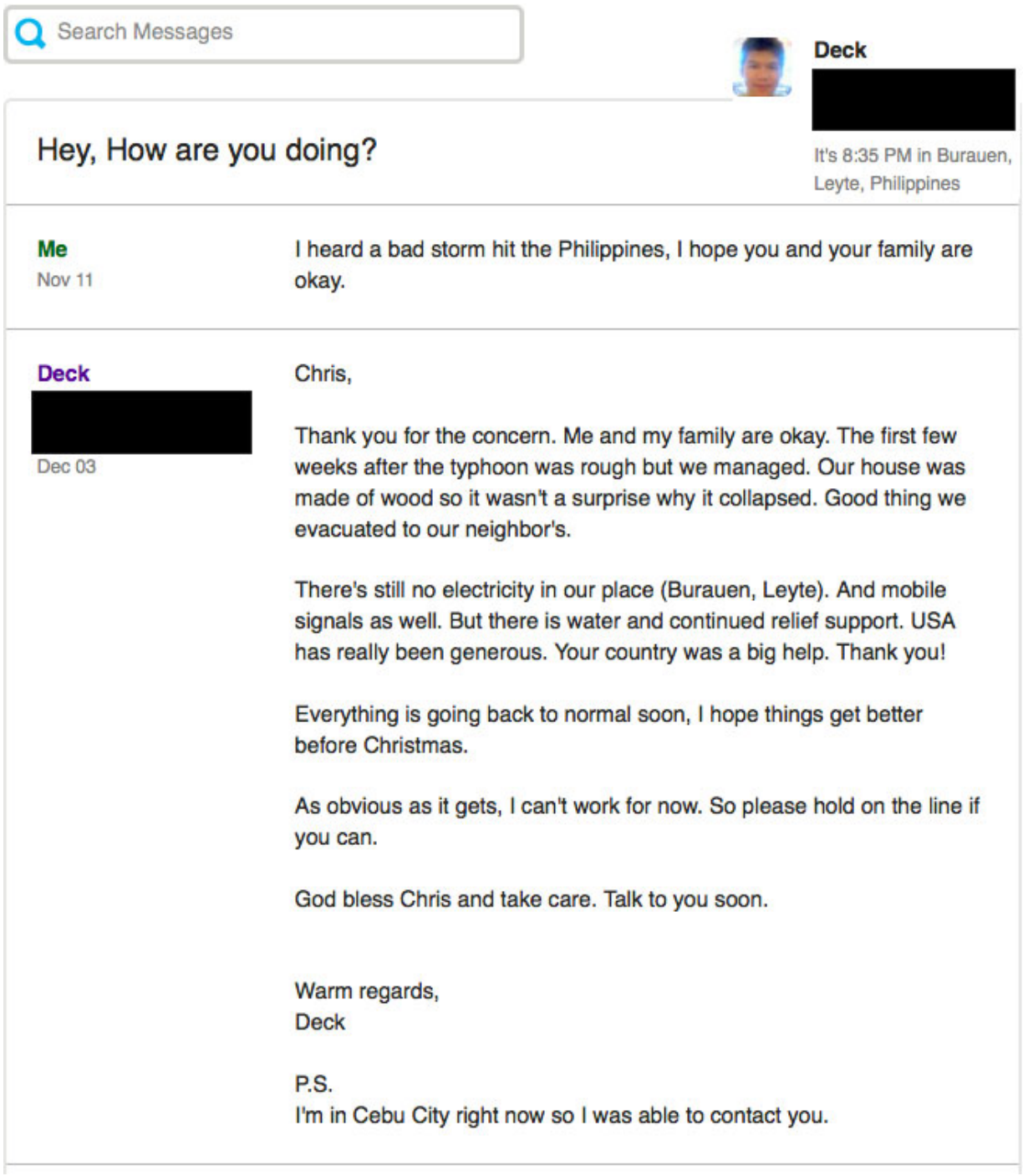
After the typhoon hit, I immediately messaged all the Filipino contractors that work or have worked for us.

2 of 3 of them told me that they were okay and their families were still alive. They both expressed gratitude for the humanitarian aid from the United States.

One was missing.

His name is Deck.

Thankfully, I got a message from him last night, he is alive.



As you can see, Deck and his family are displaced and their lives have been turned upside-down.

Because of Good Looking Loser, I have the chance to help he and his family out.

I'm going to try and do just that.

Like I promised a 15 months ago, mentioned recently and will always stay true to- ALL of our content will remain FREE FOREVER. I will never charge you for my information. Selfishly, I know that Good Looking Loser has the ability to change more lives if it is free. I don't even like the idea of raising money for GLL and probably never will.

I only ask for donations to benefit someone else who needs it.

Our friend Deck and his family need our help.

For the next week or so, I'm going try and raise some money for him so he can have a good Christmas.

100% of the donations will go straight to him and his family.

(I will even post the screenshots of how much was raised and transferred to him. Like me, some are rightful skeptical if their charity ends up in the intended hands)

As cliche as it sounds- ANYTHING will help.

Even if it's just $1.

If we can raise a couple hundred dollars, that will be A LOT for him and his family.

I cordially ask you to consider donating to our *Help Deck* project.

Seriously, even if it's $1.

If you have recently expressed interest in or considered donating to GLL - I want you to donate to him instead. It means a lot more and will do a lot more.

Thank you for your consideration and have nice day!

[wp_paypal_payment]

(Make sure to indicate that your donation is to 'Help Deck' if you donate. I'm going to give any donation over the next few weeks straight to him anyway, but it's helpful for my accountant)

Fundamentals For Getting Laid A Lot/Same Night & Definition of Game

December 8, 2013 | by Good Looking Loser | Link | Original Link

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Fundamentals for Getting Laid

Updated: August 26 2014

Hey Losers, I'm coming at ya from 10,000 feet high in the sky on Delta flight D147 headed to Atlanta, GA. The wonders of technology.

Perhaps a future discovery might be an airplane seat that fits humans that weigh more than 130lbs.

Rather than watching "Elf" (Will Ferrell), generally considered the very worst movie of all time with the very worst actor of all time - I'm going to discuss "Fundamentals". These 5 fundamentals are the core attributes that are involved in Getting Laid the SAME NIGHT and being attractive in this "game".

Being a Top 10% guy, as we say.

Generally speaking - if you have 2 or 3 fundamentals at an above-average level, you'll be far ahead of most guys - who, at best - have only 1 of them. Most have none.

If you have 3 or 4 at an above-average level, you'll easily be in the "top 10%" of guys - and rightfully have a shot at doing, retaining and pursuing a relationship (with or without strings attached) with nearly all women that are sexually available and/or DTF.

In fact, most guys that end up doing 100+ chicks in their lifetime (which is maybe 1 in every 1000 guys?) - generally only have 3 of these Fundamentals down - unless they are sleeping with girls that are 3 or 4 levels below them.

Strive for 5, but you'll do very well with 2 or 3 - provided you play the numbers game and actually hit up a good 20 girls a week (at least).

The 5 Fundamentals are-

- **Looks (how hot you look, including height)**
- **Style (how cool you look)**
- **Social Freedom (ability to play the numbers game)**
- **Swag Factor (how cool you are, including perceived social status)**
- **Killer Instinct (ability to 'pull the trigger')**

* Looks and Style can be combined into a single attribute called "Sex Appeal".

** Likewise, Killer Instinct (advanced Social Freedom) can be attached to Social Freedom.

In which case, an abbreviated list is-

- **Sex Appeal (Looks, Style)**

- **Social Freedom (including Killer Instinct)**
- **Swag Factor (Coolness/Social Status)**



Now, lets note that the importance of these 5 fundamentals will vary given the circumstances.

For example-

With Getting Laid [A LOT] and the SAME NIGHT, there is a higher emphasis on Sex Appeal (Looks, Style). Whereas in committed relationships (or the later stages of retention), there is a higher emphasis on things like lifestyle factors (including money).

As usual, we will be covering the Fundamentals for GETTING LAID (specially the SAME NIGHT) and not "meeting women" or characteristics that make you an attractive boyfriend candidate.
(we will discuss the latter in the future)

If you can Get Laid the SAME DAY/NIGHT, you can Get Laid a lot.

While collecting phone numbers definitely "works" and it's where I suggest most guys begin (Basic Guy Game), it's actually not a super efficient way to Get Laid. The guys that nail a ton of girls (usually in bar/club/party scene) finish the job THAT NIGHT.

Before we discuss the Fundamentals, it's important to note that there are 2 factors that are **ABSOLUTELY MANDATORY** to Getting Laid the SAME NIGHT (therefore, a lot).

In fact, arguably, each of these is MORE IMPORTANT than any of the five Fundamentals - and possibly more than all 5 of them combined.

Without these, it doesn't matter how tight your Fundamentals are - you won't be hitting your potential - simply because you won't be nailing girls that SAME NIGHT.

2 Mandatory Factors to Get Laid A Lot

Sexual Availability

Without this, nothing else matters.

If the girl IS NOT DTF, for whatever reason (has work in the morning, on her period, has a

boyfriend, etc.) - neither you or I will be getting in her pants.

In many cases, the girl might be sexually available (single and looking) but not DTF (looking for a boyfriend).

This factor is largely decided well before you even set eyes on her.

It is completely outside your control.

One of the very worst things that the pick up artist community teaches people is - ***if you don't get the girl, YOU did something wrong*** and your "game" needs fixing, an eBook and a $5,000 workshop.

This is ridiculous.
(I believed it to some degree, even though my experience repeatedly showed otherwise)

The vast majority of girls that you bang within 24 hours were DTF or at least considering/open to some sexual encounter. There might be some that you feel that you "convinced" to sleep with you - but chances are - they had an idea in their heads (and some alcohol), at least a little bit. A lot of girls shave their pussy, go out and are willing to "see what happens".

Although hardly exciting after the first few times it happened, I've slept with girls who had/claimed to have boyfriends.

While I could credit my amazing "game" and off the fucking chain "Looks", the reality is that these loosely committed girls were probably going to cheat on their boyfriends anyway. I just passed their "Looks Threshold" and cashed in at the right time. I didn't "change their mind" or "make them bad", I just slept with a girl that was looking and willing, which is no different than the average single girl that is open (but not necessarily looking) to Get Laid.

This is why, per definition, "seduction" does not actually exist.

Coined in early 2012, the term "Sexual Availability" appears to be a revolutionary concept, Scotty and I have never heard this discussed anywhere in any capacity beyond "well you can't expect to get like - every girl".

The fact that this is ignored or not understood by the mainstream authorities leads us to believe they haven't been with or even talked to too many girls. Sexual Availability is clear as day to ANYONE that has picked up a lot of chicks by doing the EXACT SAME THING each time.

Screening is the most efficient approach to measuring Sexual Availability. Girls that are DTF react positively or don't leave when they are touched, girls that are not DTF, don't.



Logistics

As with Sexual Availability, this is mandatory if you want to Get Laid the SAME NIGHT.

Ideally, you should have a pre-planned spot that is no more than ~10 minutes away from where you are meeting women.

It is often the difference between sleeping with a girl and never speaking to her again.

It also bypasses things like phone-tag, texting, dating and compromising your schedule.

Guys that Get Laid a lot aren't taking phone numbers and following up with "text game" - they are tagging girls the SAME DAY or NIGHT.

If you hear some expert bragging about his "text game" or posting hour long text threads on forums to impress people - you'll know that he's actually pretty inexperienced.

When I lived at Santa Monica Beach, I always had 25-50+ girls within 5 minutes of my apartment just off the beach.

When I lived on Kings Ave. (Sunset Blvd.), I always had 1 or 2 night spots packed with 25-50+ girls within 5 minutes of my apartment.



The Five Fundamentals

Assuming the above are in play - **THE GIRL IS AVAILABLE** and **YOU HAVE A PLACE TO TAKE HER**, these five factors contribute to 99.9% of being an attractive guy that Gets Laid a lot via cold approach.

Looks

"Looks" is how good looking you are.

This is the primary factor in **attracting** women.

In fact, I argue that "looks" are more important to women than to men.

Men will sleep with girls that are 2, 3 or 4 levels below them and brag about it.

Girls generally will not sleep with a guy that is not at least on her level or above her.

If she does, she'll usually try to cover it up so her friends never find out.

In relationships and social circles, however, "looks" are still significant but admittedly of lesser importance.

If you aren't convinced that "looks matter", have you ever heard a girl say *"He's hot..."*?

That's because looks matter. A LOT.
(especially to younger girls, who sit around for hours talking about which guys are hot and why they think so)

The good news is there is a something called a "Looks Threshold" that is in play when you approach a girl that you don't know.

The "Looks Threshold" is generally about a 7 or 8 for most attractive DTF girls, even the super hot ones. Above-average looking, usually not more than 1 or 2 levels below them.

If you aren't "good looking" by definition, you can still 'look good' or appear extra masculine.

If you see hot girls with ugly guys that are out of shape (I DON'T), chances are- these guys did not **pick up** these girls and they might not even be together in the first place.

There are obviously exceptions, but EVERY guy that I know who is successful with approaching women is at least above-average looking.

Approaching attractive women if you have more than 15 pounds to lose (or more than 20% BF) is basically useless.

You are better off approaching girls that are overweight or better yet- losing weight.

The part that is sometimes overemphasized about "Looks" is - while it is the main factor in attracting girls, there's two other factors (Social Freedom, Killer Instinct) that are more important to actually Getting Laid.

Trust me, I know, I was pretty much a 9 or 10 to most girls in my early and mid 20's - and I still had an average sex life.



Style

Style is how good and cool you look.

(if you are not "good looking" - you can still make yourself "look good" or masculine)

There's not really a lot that I need to tell you that you don't already know.

There is not a single guy I know that has an outdated style that has much success with women outside of his social circles in Los Angeles.

- "Dress [and Present Yourself] Like You Are a Somebody, Not a Nobody"

Good looking guys can sometimes get away with poor style choices and still have an average sex life.

But why the hell would you want that?



Social Freedom

Social Freedom is your ability to approach and interact with women, both verbally and non-verbally.

I know guys that can do wacky Jackass stunts in public and make a fool of themselves in front of large groups of people but can't talk to girls. While it might take social courage to act like a freak in public - how "wacky" you can be is not our definition of Social Freedom.

While "Looks" and "Style" involve "attracting" women, Social Freedom involves making things happen and Getting Laid.

I consider a guy who can approach 90% of the girls that he wants to talk to (finishes the AA Program) to have Social Freedom at around an 8 or 9. Killer Instinct fulfills the last 1 or 2 points.

Remember, the average guy cannot speak to an attractive girl he doesn't know without 2 or 3 drinks in him, so the bar is pretty low.



Swag Factor

Swag Factor is how cool you *really* are (social skills) and your social status.

While Style is how cool you look- Swag Factor is how cool you actually are.

It is environmentally dependent.

A bodybuilder with 22" arms is considered cool at the gym, but not necessarily at a nightclub.

Likewise, a skinny dirtbag who always walks around with a cigarette on his ear might be considered cool in Hollywood club circles - probably looks like a little bitch at the gym.

The discussion on Swag Factor is extensive but it is one of the most ignored (or unrealized) Fundamentals.

Like everything else, you just need to be "pretty cool" or "cooler than the average guy" - not a rockstar or an A-list celebrity.



Killer Instinct

Killer Instinct is your ability to "pull the trigger" and can be considered "advanced Social Freedom".

In involves escalation and leading the interaction toward the bedroom. It also covers "sexual freedom" vs. "sexual anxiety".

It is a display of dominance and raw masculinity. In mentality and action.

While it may seem like Killer Instinct is only in play when a girl is sitting on your bed, that's certainly not the case.

Killer Instinct is part of every interaction, from beginning to end.

An interaction with a girl you like is all just foreplay anyway.

Simply grabbing a girl by the hand and saying "lets go over here" is a display of Killer Instinct.

Telling a girl "Shhh..." and kissing her is Killer Instinct.

Moving FAST is Killer Instinct.

Getting RESULTS is a direct reflection of your KILLER INSTINCT.

In our opinion - **KILLER INSTINCT IS THE DEFINITION OF "GAME".**

A guy can tell all the jokes he wants, be smooth, playful and use flashy techniques - but when it comes down to it does he grab the girl, take her home and do her? Does he DOMINATE HER

physically and psychologically? Or is he busy "spitting game" and being smooth?

That the only thing that matters. Results.

Although sometimes overemphasized, when evaluating "how good" an NFL quarterback is - the question most often asked is- **DOES HE WIN (in the playoffs)?**

Does he win meaningful games?

Or does he fall flat on his face when it really matters?

At the end of the day, does he get the job DONE?

Or is it all just flashy statistics (Tony Romo) and ESPN highlights (Michael Vick)?

The parallel could be-

> **Does the guy fuck a lot of girls that are *on his level or above him?***
> ***Does he get results?***

There's your definition of "game" and Killer Instinct would be the primary factor involved in getting A LOT of results. There's a ton of good looking guys that can't pull the trigger and will forever underachieve.

Winning.

Results.

Not being flashy.

Not being smooth.

So many people evaluate "smoothness" and "style" to measure game - completely ignoring the only thing that matters- RESULTS.

Looks being equal, the guy that is clumsy will sleep with girls has better "game" than a guy that is smooth, but doesn't get laid as much with the same caliber girls.

This is very different than whatever most people think "game" is.

In my opinion- a guy that bangs 1 out of 100 girls and takes 0 phone numbers has better "game" (aka results) than a guy that take 100 phone numbers and doesn't Get Laid once. (extreme hypothetical, but you know what I'm saying)

Not surprisingly, the term or theme of Killer Instinct is rarely discussed or even mentioned among the mainstream.

It doesn't take Killer Instinct to meet women.

It DOES takes Killer Instinct to fuck them on the first night though.

I will talk about the 4 or 5 Killer Instinct moves you need to know in the near future.

Surprisingly, you can fake some of these pretty well so long as you are willing to try. If a girl likes you, she'll follow your lead. Remember, "Killer Instinct" is just advanced Social Freedom, it's not a totally new language and chances are- so long as you've taken a girl into your bedroom, the moves won't be too foreign either. Sometimes, it's just a matter of trying to do it faster.

For specific information, click on these specific topics (change to tags)-

- **Looks**
- **Style**
- **Social Freedom**
- **Swag Factor**
- **Killer Instinct**

Thank You For Your Donations to 'Help Deck'!

December 13, 2013 | by Good Looking Loser | Link | Original Link

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Thank you!

I'm happy and proud to announce that Good Looking Loser has raised **$506.30** for Deck and his family.

I'll add an extra $100, so the total is **$606.30**.

This is quite significant - especially given that the average donation was about $3.



Given the circumstances (see below), EVERY donation will significantly help Deck and his parents.

Here was Deck's response to me on oDesk (again, he's been without the Internet and power) so a good 8 days went by without hearing from him-

(this was a total surprise to him)

Me
Dec 04

see previous messages^^^

btw- if you have Paypal, thats probably the best way to send you what we raise. I know oDesk makes you wait a week or two to receive (and takes 10%)

so if you have paypal, let me know your email. I'd like to give it to you before Christmas.

oh also, if you want to leave a comment on the blog post, feel free to do so. it sometimes help to see that there's a "real person" on the other side of the fund.

http://www.goodlookingloser.com/2013/12/04/help-deck-typhoon-aid

Deck
[redacted]
6:33 am

Chris,

Thank you sooo much man! It would really help, without a doubt. Thank you for this kind effort. I can say I'm blessed with great friends.

Any amount will do.

I'm currently working in this "work for cash" program from the government. 6usd for 8 hours. It's not much though but it helps. The job requires labor work. It is stressful but I have no choice since electricity is down.

I'm planning to move to a more suitable and stable place where I can feel a more normal economy, not like here where prices are high because of low supply and high demand. I will secure my family first then be off ASAP.

It may seem tremendously difficult for many of us here but this is life and we got to face it.

Anyway, I hope you are doing fine there. God bless. I'll keep in touch man. Thanks again!

PayPayl ID is deck ı@gmail.com

and here is his response specially to you guys-
(it's pretty deep, originally posted here)

Deck December 12, 2013 at 2:06 PM [edit]

Tears literally fell as I read your email Chris. Guys, I'm really a nobody, just another contractor working for a great boss. I felt special for a moment knowing that somebody out there will do an effort such as this. It is tremendously heart warming and I can't stop thinking about it.

For a moment I thought everything was done and gone. I could pretty much say that as I struggle in terror during the typhoon. Situations were pretty sick after the typhoon. You could see dead bodies everywhere and hear cries rumbling as if it was normal. People were overwhelmed by the damage and loss that they don't know what to do, where to start, including I. Despite the horror, many were out to take advantage of the situation. Many establishments were looted, some got raped and others were killed to steal supplies and money. Yes, the deployment of soldiers were delayed.

I am not against my government in any particular way, I'm just saying what I've heard, seen and experienced.

To all the guys who donated and to Chris and this website, thank you soo much for the kindness. This cause will really help me and my family big time.

REPLY

> **Good Looking Loser** December 12, 2013 at 6:33 PM [edit]
> Nice dude!!! I hadn't heard from you in a while again!
>
> talk to you soon, you have a nice Christmas present
>
> REPLY

Again, I want to thank you guys for donating - you have made a HUGE difference in Deck's life and for his family.

Seriously, I'm honored and humbled to be in a position where people are willing to contribute to causes that I feel are significant.

Perhaps no amount of money can replace what they lost, but $606.30 can bring a huge to their faces (and significantly help them) and that was my goal.

A special thanks goes out to-

- **Good Looking Loser Connor**
- **Victor at Bold & Determined**

who both contributed $50 to our fundraiser.

Thank you!

For those concerned that I am *actually* using the money to supply feminists and transgenders with arms.

I'm not, 100% of it goes to Deck-



Receipt

Sender	Recipient
Christopher	Magsambol
goodlookingloser@yahoo.com	deck @gmail.com

Money will be available to your recipient on: Dec 13, 2013

Note: The recipient can send or spend the full amount on this date. If the recipient wishes to withdraw money, limits may apply.

Description	Amount
Payment amount (in currency funded):	$606.30 USD
Your fee:	$3.03 USD
Your total charge:	$609.33 USD
Payment amount:	$606.30 USD
Magsambol will receive:	$606.30 USD

Thank you again.

There will be a lot of awesome content coming in 2014, an update (and conclusion) on the YouTube situation/lawsuit soon and if anything- I plan to do plenty more videos in 2014.

As I did mention before though- the more "hardcore" videos will be only on GoodLookingLoser.com the more basic guy videos will be on YouTube.

And also - this blog is getting a makeover and will premier early 2014.

If you haven't already, please subscribe to my YouTube channels.

The "Get Hung" channel will never do 'newsfeed updates' so you'll never see male enhancement stuff among your subscriptions or vlogroll - even if you aren't interested in male enhancement, it helps us out if you subscribe to the channel.

- **Good Looking Loser Reloaded (New YouTube)**
- **"Get Hung" by Good Looking Loser (New YouTube)**

Update 12/19

(Response from Deck)

Deck | **via oDesk** <mc-e2er23rm20@reply.odesk.com> Dec 16 (3 days ago)

to me

Conversation with Deck |

Chris,

I have seen the donated amount on my PayPal account. It was overwhelming! I wasn't expecting such response. Thank you Chris! Please tell my regards to all the people who helped me.

The money will be used in rebuilding our house. That is my priority for now. We dont need a big one, just enough to shelter ourselves.

I hope I can repay the kindness you've shared to me sometime in the future. It might not be financial repayment but something of essential that will also move your heart, just as mine now.

Likewise, my family was overjoyed by the cause. This means a lot to me. My prayers were answered.

Thank you again Chris! Talk to you soon whenever I can. I'll keep in touch.

Sincerely,
Deck

View message on oDesk to see the entire conversation. Reply to this email to send a message.

Thanks again to all that donated!

Update 12/23

Deck <mc-e2er23rm20@reply.odesk.com> 3:11 AM (7 minutes ago)

to me

Conversation with Deck Rasleigh Magsambol

Chris,

Hey man what's up?

Just want to greet you a merry, merry Christmas! Thank you for the jumpstart. We're still a long way ahead though.

The money you've sent was used in rebuilding the house. The materials here are much expensive than usual because of low supply, like what I've told you before. And the labor cost triple compared before. It's like spending a few dollars for just one room made of wood.

But we are still happy and contented. At least we get to spend Christmas on a house with a roof. And we get to serve something delicious on this special occassion. I am grateful for your help Chris, and to the GLL community. I will not be tired of telling you that.

I'll send you pics whenever the connection here gets stronger and stable. Uploading takes ages and errors. I only use my phone to upload pics.

There is still no electricity here. I'd have to go to a shop to charge my phone.

Hope you 're doing fine there. Talk to you whenever I can.

Regards,
Deck

View message on oDesk to see the entire conversation. Reply to this email to send a message.

Chris 3:18 AM (0 minutes ago)

to Messages-oDesk

Merry Christmas to you too! Yes, please keep us updated. The guys definitely want to see that you get back on your feet. I appreciate you checking in and look forward to hearing how things go.

There's a few more bucks that guys donated after they heard about the fundraiser - so I'll send you those in a few days.

Thanks Again Guys!

Two Main Reasons the Approach Anxiety Program Works and Works Forever

December 15, 2013 | by Good Looking Loser | Link | Original Link

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Why the Approach Anxiety Program Works

The most frequently asked question I get on the Approach Anxiety Program (and Bathmate, ironically) from guys that considering investing their time it is-

> ***Will My Approach Anxiety Go Away Forever?***
> ***Will My "Gains" Be Permanent?***

Despite varying definitions of "approach anxiety", "go away" and "forever", the short answer is-

Yes.

I define 'beating approach anxiety' as being able to approach 90% of the girls you want to with Basic Guy Game.

If you can look good and ask 90% of girls you are interested in for their number (basic guy game) - you will NEVER be without *at least* several options of girls to chill with.

You don't *need* aggressive stuff or even a screening mindset/approach to have a good sex life - but it does help if you are trying to hook up the FIRST day or night with a girl you just met.

What do need is to LOOK GOOD and enough social freedom/skill to speak to a stranger for about 3 minutes.
Fundamentals are the name of the game.

If you **ACTUALLY COMPLETE** the Approach Anxiety Program, your approach anxiety, as you currently know it - will go away forever.

The doesn't mean you will live an anxiety-free live - I don't.

All it means is that you will no longer have a drastic (or even low-moderate) physical or physiological response when you see and/or approach a woman you are interested in. And If you do - that response is usually dissipates entirely after you gain some social momentum which usually occurs after talking to just 1 girl.

Basically your "fight or flight" trigger is *disabled* or can be very quickly.

There's 2 reasons for that.



Exposure Therapy

The concept of exposure therapy is not my own.

It's been around for a long time and involved in too many clinical cognitive and psychological studies to count.

Exposure therapy is how you would beat approach anxiety whether not you did our program.

Anytime you are able to face one of your fears (and ideally - have a positive or neutral experience) - the anxiety of being in an identical or similar situation is diminished.

Exposure to low-moderate amounts bouts of anxiety lessen the overall anxiety.

The very best example and parallel of this is skydiving.

Whether you are afraid of heights or not - you probably would have some anxiety about jumping out of a plane if you had never done it before.

The unknown, uncertainty and the potential for "something really bad to happen" creates way more anxiety and excitement.

If you did end up jumping out of the plane or took a 'baby step' approach like going parasailing, hang gliding or indoor skydiving - the ***second*** time you considered jumping out of a plane would be easier and not as scary.

If you jumped out of a plane again - the ***third*** time would be even easier.

If you went skydiving for a ***fourth*** time - you probably wouldn't be significantly anxious at all. Not even during the lead up, which can be very stressful for newbies.

At some point - just about ALL of your fears would dissipate and be replaced with either excitement or indifference - both nearly polar opposites states of anxiety and fear.

That's exposure therapy and that is what the Approach Anxiety Program does.

Constant, little controlled bouts of social anxiety and tension - until your comfort zone expands.

Like I boast - it is PHYSIOLOGICALLY IMPOSSIBLE to have approach anxiety, as defined above,

if you take the Approach Anxiety Program seriously and see it through to completion. Seriously making an effort to beat your approach anxiety not just "doing" the drills.

By the end of the general program, Week 8, it will be easier to confidently approach a girl and ask for her number than to do some of the harder drills.



Confidence - Been There, Done That.

While the effects of ***exposure therapy*** are direct and obvious, the second reason that you will rid yourself of approach anxiety forever if you complete the program is less obvious.

It can be described simply as -

Confidence

When you are trying to do ANYTHING that you have **ALREADY DONE BEFORE** - you are more confident that you can succeed than if you had no experience whatsoever. Even if you aren't totally confident about possible success, there is some confidence instilled if you know that "failure" won't be the worst thing ever.

Confidence isn't black or white. Even being 20% confident can be powerful. The next time around you might be 30% confident.

This is also why a drill will get easier after you've done it one or two times.

You are confident you can do it for a third or fourth time - simply because you've already done it one or two times.

You will probably also be confident that you will do even better than your initial attempts/successes and that you stand only to improve.

During the program there will be days and moments where you consciously convince yourself that you have the courage to do something **simply because you have done it before**.

You've ALREADY PROVED IT.

This rationalization is powerful and it will be one that will carry you through the harder days.

Confidence from experience is also a huge part of why approach anxiety, as you once knew it, will not ever return.

Even if, hypothetically, you completed the Approach Anxiety Program and for some reason - took 2 years of from talking to women - you wouldn't be entirely "starting over".

There would be a conscious part of your brain that you could turn to and think-

> *"I've done this before."*
> *"I've made small talk with a girl for 2 minutes and asked for her number."*
> *"I've made small talk with a girl for 3 minutes and asked for her number."*
> ***"I did this and it's only going to get easier."***
> ***"I can do this. I already have."***

There would also be an unconscious part of your brain that would limit the fight or flight response once you did a few approaches.

It's like "muscle memory" for your brain.

The concept isn't foreign or limited to neuromuscular movement.

If you've heard the saying, "It's like riding a bike..."

Meaning - once you learn to ride a bike, you can pick it up very quickly again.
You aren't "starting over".
(ironically, I never learned to ride a bike - I was always rollerblading because of hockey. Skating is the SAME way.)

Your brain, central nervous system and peripheral nervous are designed to recognize familiar circumstances based on a past exposure.

An aside to confidence is "pride".

Somedays, you'll need to PROVE to yourself that you can do something and do it again - once you finish the Approach Anxiety Program you can legitimately take pride that you are a top 10% guy when it comes to social freedom.

The drills you did in weeks 6,7, and 8 are not things that the average guy can do without a significant amount of preparation.

You have that preparation.

You earned it.

You are better than the other humans that surround you.

You'll have too much pride to stand on the sidelines with the other chumps and you won't.



Conclusion

This is 'beating approach anxiety' (aka overcoming a slightly irrational fear) is not brain surgery.

It's not insightful why our program works or even hard to do once you get the ball rolling.

I only thought it was productive to discuss our Approach Anxiety Program in this fashion to reassure you that it's effects would be nearly everlasting.

It's just like anything else that legitimately you take the time to get used to.

I haven't swam in about 4 years.

If you threw me in a pool I wouldn't sink to the bottom and die. I'd eventually swim to the side, get out of the pool, grab a machete that was sitting poolside and chop you up.

It's not hard to understand why **exposure therapy** works and how **confidence from the program is built and retained.**

Hopefully that clears up any questions about the lasting effects of program.

The program is free (and always will be) and will be updated and refined every few months if we decide there's a quicker way to get you from point A to point B.

It is CRITICAL that you trust me if you have previously "quit" approaching women because of fear of rejection or anxiety.

I need you to **FOLLOW THE DIRECTIONS** as you agreed to on Day 1 in the approach anxiety petition and **LEAVE** at the end of the drill.

To successfully complete this program we need you to put the agenda of "beating approach anxiety" far ahead of "getting laid" - there will be plenty of time for the later at later date.

Though I try not to make promises or guarantees - I also like to structure our stuff in a manner of **DO THIS ---> GET THIS.**

Our Approach Anxiety Program is no different.

If you legitimately complete the program from **START to FINISH-**

You will no longer have approach anxiety.

If I had approach anxiety, my #1 Goal in 2014 would be to finish this program.

I'd section off the first 5 months of the year to do virtually nothing but our program and hit the gym.

By June (at least), I'd be ready and able to have the best summer of my life. I'd also be in a good shape.

Shut Your Mouth Rookie (Redshirt Year)

December 19, 2013 | by Good Looking Loser | Link | Original Link

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Your Redshirt Year

Coming in 2014, I've vowed to do shorter posts - simply because I can tell you MORE by telling you LESS, MORE OFTEN.

There's some stuff that needs a comprehensive head-to-toe discussion and examination and will receive just that.

This is one of the shorter ones.

If you are familiar with the NCAA and college athletics, you might have heard of the term "redshirt".

Long story short - a "redshirt" is a designation where a student-athlete (almost always a 17 or 18 year old Freshman - in his first year of college) can practice with the team, learn most of the skills of his sport, acclimate himself to the university/life as a student-athlete, get his body and mind in shape to compete with 20-22 year old athletes and not lose a year of eligibility with the team.

Nearly ALL college football players take (or are told to take) a "redshirt" during their Freshman year simply because they aren't good enough or physically strong enough to contribute to the team.

The move to redshirt (only practice but not play) is also a psychological one - Freshman that play (and don't redshirt) almost always get their asses kicked and can get very down on themselves and think of transferring or quitting altogether.



Johnny Manziel redshirted in 2011 and didn't play in a single game. He won the Heisman Trophy in 2012.

For example-

A young 17 or 18 year old kid receives a scholarship to play Division I college football.

At 17-18, while he may have the potential to become a great athlete, he is not physically ready to play

with the older players (grown ass men) that have been lifting weights, practicing and been with the team for the past 2 or 3 years. He will take a "redshirt" so he can work on his fundamentals and not be forced into game competition where he would otherwise be counted on to produce.

The redshirt designation still allows him to have an additional 4 years to play with the team.

Basically - the year is not counted [toward his eligibility].

Instead of being a Sophomore (only allowed to play for 3 more years) the following season, he is a "redshirt Freshman" and can still play for 4 years.

The redshirt year is a "throwaway" year where he can somewhat relax and just practice so he can contribute sometime in the next 2, 3 or 4 years. Since he's not allowed to play in real games (otherwise he'd lose his redshirt) - the pressure is off and his can just work on his "game".

There's VERY FEW "True" Freshman playing college football that don't receive a redshirt and mainly spend their time with the practice squad and in the weight room.
(I know some schools like Notre Dame, etc. never redshirt players - but the vast majority of college programs look to designate all their incoming Freshman with a redshirt since the move makes them better football players in the long run)

Although the redshirt year is considered a "throwaway" year- the amount a player learns and develops as a Freshman is MORE THAN ANY YEAR.

- He gets bigger.
- He gets stronger.
- He gets faster.
- He gets acclimated to life as a student-athlete and being away from home.
- He gets used to practicing with (but not playing in real games against) other kids on his level.
- He gets familiar with the team's playbook, system, coaches and teammates.
- He gets the opportunity to watch the older players play in the real games so he can learn how to do things without the pressure of having to produce in real games.

The transition from high school athletics (where the kid was probably by far the BEST PLAYER on his team) to college athletics (where he is playing again kids that are BIGGER, STRONGER, FASTER and noticeably BETTER than him) isn't an easy one.

Most 17 or 18 year old athletes have no business playing against athletes that are 21 or 22 years old.

The redshirt takes the pressure off, gives the player a chance to develop and an extra year of eligibility.
(there's also a separate 'medical redshirt' where injured players can request another year of eligibility and just focus on their rehab)

- However good a player is as a Freshman - he'll be better as a Sophomore.
- However good a player is as a Sophomore - he'll be better as a Junior.
- However good a player is as a Junior - he'll be better as a Senior.

When most college football players graduate - they will have practiced with the team for 5 or 6 years and only played competitively (in real games) for 2 or 3 years.

Basically - the redshirt year allows them to become men.

All of my friends that played college athletics (not just football) looked like completely different people after their Freshman year. They all grew up. Even myself, who didn't attempt to try and play college football until my Senior year, make huge strides physically in my Freshman year of college (I

gained a good 20lbs of muscle mass).



Like Manziel, Jameis Winston redshirted his Freshman year and didn't play in 1 real game. 4 Days ago, he won the 2013 Heisman Trophy as the best college football player in America.

You might see where I'm going with this.

If you haven't had much of asocial life beyond 1 group of friends, never experienced what it's like to be in better shape than 90% of guys, never really talked to girls you didn't know and are generally inexperienced (95% of all guys fall into this category - even if you were fairly popular in your younger years) - the chances that you turn ALL of that around and "Get Your Life Handled" in your first year of trying are slim.

Even if you make good progress, you'll be better the NEXT YEAR and you'll be better the YEAR AFTER THAT.
(if you don't take long periods of time off)

That's how REAL learning happens.

Way too many guys think they are going to get awesome results [at anything] in their Freshman year.

They start focusing on expectations, lack of results, pointless numbers and comparisons to more experienced guys instead of just getting better.

Since there's no coach or "redshirt" designation that helps you manage expectations - you can quickly get discouraged that you aren't "on the level" of guys that have been at it for YEARS.

Rookies aren't on the same level as experienced guys - BECAUSE THEY AREN'T ON THE SAME LEVEL.

If this has crossed your mind even ONCE in your first 365 days of trying to accelerate your social and sex life - it might be time to give yourself a redshirt and stop worrying about actual results for the next year.

(ironically - this type of attitude generally produces results)

This is the type of thinking we have in the Approach Anxiety Program and is why I ask guys to forget about the idea of taking girls home if you are a rookie.

Too many guys that have approach anxiety are measuring their results by how much they get laid.

Their goal gets shifted from **BEATING APPROACH ANXIETY** to GETTING LAID, which is MUCH HARDER to do as a rookie.

They focus on how they aren't GETTING LAID and begin to ignore the legitimate strides they have made to conquer their social anxiety.

Eventually, the lack of results discourages them and they quit.
(usually to return 4-6 months later with the same agenda and mindset)

If this is you (or if any of your self-improvement pursuits have gone this way) it is time to accept your redshirt and focus on simply "getting better" on a daily basis instead of "getting results" on a daily basis.

Progress and results are not the same thing.

Progress happens on a daily basis, results take longer.

Results are a culmination of daily progress.

The results will come, obviously - as you get better on a daily basis.



Very few "True" Freshman even see the field in college football. Brian Cushing (#10) earned a starting role for USC as a Freshman.

"Getting Your Life Handled"

One popular self-improvement concept/marketing is *"Getting Your Life Handled"*.

While that is a nice long-term vision, far too many people make it their short-term (one year) goal.

Wherever you are socially/with women is a result of 18-20+ years of action (or non-action), decisions and social conditioning.

To think you can reverse all of it in 365 days is ludicrous.

In 2008, I moved to Los Angeles with the goal of "Getting My Social/Sex Life Handled".

I was part of a program where we tried to pick up girls on a regular basis. When the year ended and I had been with 12 decent looking girls (the vast majority in the final 3 months) - I was discouraged.

I thought the program was going to be an ENDING and my life would be "handled".

It turned out that year was nothing but a BEGINNING.

Once I put things in perspective - I felt way better about things.

If I had the option - I'd redshirt almost every one of you guys.

I'd require you to hit the gym and get down to a muscular but athletic 8-10% bodyfat and concurrently do the Approach Anxiety Program until you proved to yourself that you could approach women without much anxiety.

Then you could move onto 'Basic Guy Game' (compliment, introduce yourself, small talk, ask for number, repeat until you have 3-4 fuckbuddies) which is easier than the later parts of the Approach Anxiety Program.

After a year in total - you'd almost be certain to achieve good results as a Sophomore (in your 2nd year).

Better results than if you anxiously and mindlessly approached women for a year without any structure only to quit-resurface-quit on a monthly basis - always coming back with the same gameplan.

In your first few months, unless you ACTUALLY feel cooler than the girls you are hitting on - don't even consider "screening" - it takes a lot more than that to understand to internalize it and actually believe it.

But that's what your redshirt year is for- progress, not results.

Maybe you'll get some good results - but that shouldn't be your focus until you actually know what you're doing.

The Most Popular Posts On Good Looking Loser in 2013

December 28, 2013 | by Good Looking Loser | Link | Original Link

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The Best of 2013

I'd like you thank you guys for a great 2013.

It was a great year.

We went through a lot that a 2nd year blog rarely encounters - multiple negative seo Google sabotages, YouTube sabotage/channel removal (lawsuit pending), other copycat blogs stealing content/pictures (that's why I had to disable the right-click), Malware attacks (never successful) and 174 failed logins to the WordPress admin (ip addresses, location are recorded), etc.

It's a bummer when we have to spend our time dealing with that stuff.

All in all, however, this year was fantastic.



As measured by our 2 analytics programs and a couple other factors, here are the most popular posts of 2013-

--The Top 10 Posts of 2013--

(non Male Enhancement, Drugs, doesn't include posts on Lifestyle by Good Looking Loser)

#10 Typoon Relief Fundraiser for Deck

Fundraiser for our Filipino friend that had just started working with us before the typhoon hit his city.

- "Help Me, Help Deck" (fundraiser surprise)
- "Thank You For Your Donations!" (our response and his response)

#9 "Rooster's Guide to Plenty of Fish"

Rooster's guide is where I suggest that ALL guys start when they begin online dating.

#8 "6 Hardcore Secrets That I Learned From Mr. Tampa"

For a little over 2 years (2005-2006) I trained at the University of Florida with a kid that went on to be Mr. Tampa (Heavyweight Division) and this is what I learned from him.

#7 "Will Screening Work For Me?"

(What 'Game' Really Works?)

If you want the inside story on which "game" works and which doesn't - check this out.

Hint: your results largely have nothing to do with your "game" style.

#6 "Why Are Black People So Loud at the Movies?"

My advice for Black guys, based on my Black friends the are successful with non-Black women and the ones that are not.

#5 "The Swag Factor (Coolness)"

(The Missing Piece for Hot Pussy)

The never discussed critical "coolness" factor.

The Swag Factor includes your social skills, how cool people perceive you as in a socially competitive environments and how well you know and can relate to the women you are hitting on.

This specific post set a really high standard.

I'm going to have to think about the best ways to improve this attribute - a lot of this stuff I REALLY have to think about.

#4 "The Numbers Game"

(A Comprehensive Look At Your Real Odds)

Estimations on how often you will Get Laid by just asking for phone numbers and following up later. Also known as "Basic Guy Game".

#3 The Ultimate Guide to Kratom

Our wildly popular comprehensive guide to the magical incense. (YOU DON'T SMOKE IT)

Special thanks to Rooster for his help on this.

#2 Killer Instinct

(Advanced Social Freedom)

Killer instinct is arguably the very definition of "game".

How come it is never discussed?
(could it be that the usual suspects have no concept of it because they don't Get Laid?)

The guys that Get Laid the same night have Killer Instinct, the guys that go on 100's of dates - don't.

#1 The Approach Anxiety Program

The world's only free and comprehensive approach to beating approach anxiety forever.

If you have approach anxiety - make it mandatory that you put yourself through this process in 2014.

--Honorable Mention--

"Sexually Available for Unknown Reasons"

A look at the insane reasons that women go from DTF to "I hate men" to DTF in a matter of hours.

"Internalizing a 'Screening' Mentality"

Screening becomes real when you ACTUALLY believe it.

"Where to Frugally Invest Your $$ If You Want to Get Laid A lot" (Sam's Lists)

Combining the Spartan Lifestyle and the Good Looking Loser Lifestyle.

"A Sense of Entitlement" (Advanced Confidence)

As 'Killer Instinct' is to Social Freedom, a 'Sense of Entitlement' is to confidence.

"Fundamentals For Getting Laid A Lot"

1. Looks (sex appeal)
2. Style (sex appeal)
3. Social Freedom (game and sense of entitlement)
4. Swag Factor (social skills and status)
5. Killer Instinct (advanced social freedom)

"A 5 Foot 1 Inch Guy That Gets Laid More Than You"

Good Looking Loser's own 'JimWendler' discusses how he gets laid a ton - one year removed from not getting laid at all.

--The Top 5 Videos of 2013--

5) "Give Your Permission to Approach Women (Claim that Pussy)"

This is one of the very first steps you need to take if you are really going to do this stuff.

4) "How to Get a Date the Same Night" (Pickup Video)

An easy, repeatable process to get a date, every/any night of the week.

3) "What to Say If Girls or People are Mean to You"

Sheer brilliance, right?

2) "Girls That Are Nice vs. Girls That Are Mean to You"

What's going on with people that lash out on others.

1) "Good Looking Loser Puts Sweet Teen in His Car" (Pickup Video)

First video of several more aggressive videos that I did this summer when I was completely single.

--The Top 10 Posts of 2012--

since we had to reset on YouTube, the number of views/view retention doesn't represent it's all-time viewership.

10) "The Numbers Game Explained: Sexually Available vs. Not Available"

The concept of 'sexual availability' explains "rejection" for guys that look above-average.

9) "What is Screening?"

Screening is a mindset, not a technique.

8) "How to Take a Pretty Girl Home from Starbucks" (video)

It was nearly impossible to get one of these on video with my friend(s) loitering around (it's hard enough to find a DTF girl 10 minutes from your place during the day). But we did it and I'm clearly excited at the end.

7) Picking Up Chicks - What Body Type is Best?

I'm picked up girls at weights between 170lbs to 240lbs. I'll tell you what works best.

6) "What If I Approached 100 Girls - Would I Get Some Pussy?"

The post that put GoodLookingLoser.com on the map back in early 2012.

5) "How to Pickup a Hot Girl By Stealing Her Grocery Cart" (video)

Nicole was by far my favorite girl from the 2012 videos - for a number of reasons.

4) "Retention: How to Keep Fuckbuddies Coming Back for More"

Of any subject discussed on Good Looking Loser, I know and have more experience with 'Retention' than any other.

3) "How to Pickup a Nervous Teen and Take Her Home" (video)

The Reddit viral video that earned us 40,000 undersexed haters.

2) "How to Get Laid on Plenty of Fish"

The most popular YouTube video we had and an approach to online "dating" that most aren't ready to hear about.

1) "Mr. Funny Man vs. Mr. Pussy Inspector"

Narrowly the most popular discussion on Good Looking Loser, ironically I wrote it in about 45 minutes.

... so there it is the Top 10 Posts of 2013 and more.

Thank you for you support, it means a lot!

Please subscribe to our new YouTube channels if you haven't yet.

It helps a lot!

- **Good Looking Loser's New YouTube**
- **Get Hung by Good Looking Loser**

More Importantly

We Wish You a Happy 2014!

Rooster's Kratom Reviews (Updated)

December 30, 2013 | by Good Looking Loser | Link | Original Link

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Rooster Talks Happy Hippo

updated: May 2014

Rooster, co-author of the 'Ultimate Guide to Guide', discusses how the various Happy Hippo strains fit into his life and what you can expect.

We encourage you to learn about Kratom and ask whatever questions you want in our Kratom forum. Rooster will be there to answer.

As I always remind people - the difference between Kratom vendors can be night and day. Average/low-quality Kratom is most often bunk or worse- an anxiety attack waiting to happen. High-quality Kratom can be incredible and make you very social and productive.

Our official vendor 'Happy Hippo' carries the highest-quality Kratom I have found over 6 years of near daily use. They carry no extracts or "enhanced" blends which are temporarily nice but cause your tolerance to absolutely skyrocket. While not EVERY Hippo strain will be a total homerun for EVERY person - I feel it is the best collection of safe, clean, non-extracted Kratom that is available in the world.

Our endorsement of Happy Hippo is in no way to suggest that other vendors are "bad".

Any experienced Kratom user will tell you that even the VERY BEST vendors will have strains that will be hit-or-miss, as even natural seasonal variations can effect quality. I like to think that EVERY strain from Hippo will be *at least* very good for you. That is why I recommend them and put my name on line.

When you read Rooster's thoughts below - don't be surprised if he speaks glowingly of nearly all of the strains. They are all money.

For more information, please see-

- **The Ultimate Guide to Kratom**
- **Kratom Article (Index)**
- **Additional User Reviews of Happy Hippo**
- **Happy Hippo News**



---Table of Contents--

Navigate directly to

- **Happy Hippo I**
- **Happy Hippo II**
- **Hyper Hippo**
- **Magic(al) Hippo**
- **Red Hot Hippo**
- **Sleepy Hippo**
- **Bali Hippo**
- **White Hippo**
- **Malaysian Hippo**
- **Viet Hippo (Wild)**
- **S&V Hippo (Stem & Vein)**

Happy Hippo's Kratom Strains

Interesting Facts by Good Looking Loser

Happy Hippo I

(Premium Bali/Indo)



What Rooster Thinks

This is one of the most balanced/moderate strains out there. A lot of moderate strains available tend to be a little bit more fast (energizing) or a little bit more slow (relaxing). Hippo I is right in the middle. Happy Hippo I gives a glimpse of all sides of what quality Kratom can offer- a little euphoria, motivating, energizing, anxiety destroying, and more. This means you could go to the gym, chill out, socialize, or even be productive and get work done.

This is why I suggest Happy Hippo I to be the first strain you burn, especially if you?ve never tried Kratom before. There?s a very low, virtually non-existent chance for anxiety. And Unless you take too much - there's virtually no chance of it making you drowsy, unlike some of the slower strains. Odds are, you?ll like it.

Happy Hippo I is the staple of Hippo. It may not be the best for working out or the best for relaxing ? but it can still work well for almost any situation.

What You Can Expect

A little of everything described in the Kratom Guide.

- **Speed: Balanced-Moderate**
- **Mood: Slight Increase**
- **Energy: Slight Increase**
- ***Anxiety Potential: Very Low**

Especially For

- **Anyone new to Kratom.**
- **Everyone. This is the universal strain. Unless you?re trying to go to sleep,**

HHI can be applied to many different situations/times throughout your day.

Best Used For

1. **Getting Work Done**
2. **Socializing/AA**
3. **Working Out**

Interesting Facts

- **Happy Hippo I comes from an area of Indonesia that doesn't experience significant changes in humidity or temperature - the aroma should be remarkably similar year-round.**

Happy Hippo II

(Red-Vein Indo/Kali)



What Rooster Thinks

Happy Hippo II stands out more than any other strain. The aroma is unique when compared to most.

The strain has an above-average euphoric element to it, without it being a slower type.
(the euphoric strains are generally the slower ones)

With Happy Hippo II I have a sense of calmness.

I can still get work done, be productive, and have motivation ? but I go throughout my day being relaxed about everything. I may not have the most urgent actions, but my mind is focused on the task at hand. It gives a peace of mind, feeling content about everything. . It also gives a bit of warmth inside? though that could be what I just ate..

Happy Hippo II also has a unique pro-social aspect to it.

It kills anxiety, but not in a traditional way Kratom usually does.

For instance ? most strains that are pro-social gives an aroma that gives me motivation to go chat

some people up and enjoy doing so. With Happy Hippo II being a bit slower, I have a bit of a calm yet clear mind. I feel wiser almost. When I talk to people, I?m chilled out and I?m sure gives me more thought-out responses.

Rooster's Suggestion

When mixed with a stimulant (I usually just drink a coffee) it works very well with approaching women. Happy Hippo II gives you the calm, cool, and relaxed feeling & the caffeine gives you the extra energy boost to approach. I usually don?t recommend mixing things, but this is worth to give it a shot if you have some approach anxiety to combat.

What You Can Expect

A little of everything described in the Kratom Guide.

- **Speed: Balanced-Moderate**
- **Mood: Above-Average Increase**
- **Energy: Average Increase**
- ***Anxiety Potential: Low**

Especially For

- **Wanting to relax/chill out, without chance of becoming sleepy.**
- **Having a rough day ? needing a ?kick start? to start to get things done**
- **Everyone. Like HH1, this strain should apply to what most people burn Kratom for.**

Best Used For

1. **Relaxing / chilling with friends ? *low to high doses***
2. **General socializing/Approach Anxiety ? *moderate to high doses + caffeine***
3. **Motivation/Productivity**

Interesting Facts

- **Happy Hippo II has a alkaloid profile that differs significantly from all these other strains. Although 'Stem & Vein' Kratom is our main suggestion to reduce tolerance, burning Happy Hippo II for 4-7 days can reduce your tolerance as well.**

Hyper Hippo

(Elite Maeng Da Thai)



What Rooster Thinks

In my opinion, Hyper Hippo is the most uplifting and energetic Kratom Hippo offers. The leaf (Maeng Da) is likely one of, if not the most, fastest strains out there.

If you?re new to Kratom and wanting to try the different types, I recommend this one to represent the faster strains the best.

Basically, Hyper Hippo summed up by a significant increase in ENERGY and MOTIVATION.

You have the energy to do almost anything and you have the drive and the ?want? to actually do it.

This is what?s great about Kratom and this strain ? there are a lot of different drugs and stimulants out there that give you energy, but few help give you the drive and the desire to complete whatever is at hand.

You don't want to use this one everyday and begin a significant tolerance.

What You Can Expect

One of the fastest strains at it's very best.

- **Speed: Fast**
- **Mood: Significant Increase**
- **Energy: Significant Increase**
- ***Anxiety Potential: Low-Moderate**

Especially For

- **If you?re wanting to try a Fast Kratom strain.**
- **Need a ?pick me up? for drive & energy to start/complete something.**
- **Anybody who wants to wake up and not rely on caffeine & stimulants.**
- **Social situations.**

Best Used For

1. **Working Out**
2. **Going out & Socializing**

3. **Getting Physical Work done**

Interesting Facts

- **As you might expect, not all 'Maeng Da' is created equal. Although often marketed as "The Best Kratom," the quality will vary significantly from vendor to vendor.**
- **We designate the 'Anxiety Potential' as 'Low-Moderate' but the chances that you get anxiety from Hyper Hippo is quite slim.**

Magical (Magic) Hippo

(Java-Indo)



What Rooster Thinks

The Magical Hippopotamus.

I find it to be the most euphoric strain out there that doesn't have any effect on energy.

Often, when you want this elation from other Kratom you either have to burn a high dose of some any Kratom but might have a crash later on (depending on Kratom IQ) or take a slow strain which might make you tired. With Magic Hippo, an average-sized dose gives you the right effect.

The result is what I call ***'Euphoric Eagerness'***.

You feel amazing and have the drive and want to get things done as well as socializing.

Magic Hippo is comparable with the Happy Hippo II, except with a more euphoria.

If you?re dealing with some bad news, had a lousy day and trying to think straight, take Magical Hippo. You will start to look on the bright side of things and most important ? it will give you the drive to make a plan and fix it... rather than covering up negative emotions.

What You Can Expect

One of the fastest strains at it's very best.

- **Speed: Moderated/Slightly Slow**
- **Mood: Significant Increase**

- **Energy: No Significant Effect**
- ***Anxiety Potential: None**

Especially For

- **If you?re a fan of Happy Hippo II, you are guaranteed to enjoy this strain.**
- **Enjoys euphoria a lot/wants more of those types in their rotation.**
- **Magical Hippo's feel good and eagerness should apply to almost anyone.**

Best Used For

1. **Instant Anxiety Relief (relaxing without fatigue)**
2. **Socializing**
3. **Motivation**

Interesting Facts

- **As you have probably noticed - Magical Hippo is more expensive than nearly all of the other strains Hippo offers.**

  I want you to know why that is- Although Magical Hippo can be quite euphoric - it's not because the strain is overwhelming more euphoric than the other strains.
  The reason is because Magical Hippo is the *cleanest* Kratom on the planet and the potential for anxiety, during and after, is non-existent.
  The alkaloids are in a perfect ratio for nearly everyone and won't set off anxiety in those that are most prone.
  Although I use it part of my regular rotation - it's definitely my default "bad day" or "anxiety" strain.

Red Hot Hippo

(Red-Vein Thai)



What Rooster Thinks

I describe Red Hot Hippo as calm, clean energy.

It gives a definite uplifting boost to your day, yet not as intense as say Hyper Hippo. It?s even somewhat comparable to Happy Hippo I, just more stimulating.

Red Hot Hippo is a solid all around Kratom, great for almost anything ? and one of my favorites for productivity. It kills anxiety, can be used for the AA program or any kind of socializing.

Quality moderate Thai strains, or any for that matter, are hard to come by.

Most vendors just have Maeng Da which usually is their only option for a Thai strain. Since Red Hot is both Thai and moderate, it fits easily in to any rotation. If you`re currently unable to have a full Kratom week schedule of 5-7 strains, I`d still make sure this one is in your rotation ? even if you can only get a few different ones.

What You Can Expect

One of the fastest strains at it's very best.

- **Speed: Faster/Above-Average**
- **Mood: Increase**
- **Energy: Increase**
- ***Anxiety Potential: Low**

Especially For

- **If you?re looking to burn more than 3x/week ? it?s perfect for a rotation between usual Indonesian strains.**
- **Looking some or more Red-veined Kratom in your rotation.**
- **If you?re looking for Kratom that can be used in a large variety of situations.**

Best Used For

1. **Consistent Energy Through the Day**

2. **Socializing/Going on Dates with Girls from Plenty of Fish**
3. **Working Out**

Interesting Facts

- **For some people, Red Hot Hippo will be completely identical to Hyper Hippo - allowing you to rotate TWO super high-quality fast strains.**

Sleepy Hippo

(Deep Jungle Blonde/Light Green Kalimantan)



What Rooster Thinks

Sleepy Hippo is a great natural treatment for any trouble sleeping you might have. You burn a medium to high dose and in around 30 minutes you?ll be knocked out. Best part is unlike some other sleep alternatives; you wake up feeling refreshed, and not at all groggy.

I usually don?t issues falling asleep most of the time. Usually the only time I?ll have trouble falling asleep is when there?s something very important I have to do the following day. In this case, I?ll take some sleepy hippo, even when it means having more than one strain in 24 hours. Basically it would be like taking H1 on Monday, Sleepy Hippo Monday night, and then Red Hot on Tuesday. I haven?t founded it to affect my tolerance too much if it?s only once in awhile I?ll burn that single dose.

For smaller sleepy hippo doses earlier in the day, it usually doesn?t have any effect on my wakefulness. I can get a decent euphoria going and chill out for the day. If you want to have sleepy hippo apart of your 24 hour hippo rotation, it can be done. I do advise to stay away from the large doses as it might make you drowsy.

What You Can Expect

A slow strain that can be used for a euphoric aroma (lower dose) and high-quality sleep (higher doses).

- **Speed: Slow (lower dose), Very Slow (higher dose)**
- **Mood: Drastic increase**

- **Energy: Decrease**
- ***Anxiety Potential: None**

Especially For

- **Anyone with trouble falling asleep.**
- **Wanting inexpensive alternative to add to your rotation.**
- **Enjoys euphoric type strains.**

Best Used For

1. **Sleep**
2. **Lazy Happy Days**

Interesting Facts

- **Sleepy Hippo (and slow strains, other than Bali Hippo) are not part of my daily rotation. When my tolerance to my usual rotation seems high, I'll bring in Sleepy Hippo and it will be VERY STRONG.**
- **Some guys find that adding caffeine to Sleepy Hippo (and other slow strains) makes it "less sleepy" and noticeably stronger.**

Bali Hippo

(Top-Shelf Bali)



What Rooster Thinks

Traditional Bali is one of the most popular strains around - it's inexpensive and good Bali packs a happy punch.

I?ve noticed a large percentage of people use only Bali, several times per week after work to relax. Oddly, these people usually don?t burn Kratom to accomplish anything; they just sit there, take in the aroma, and stare at the television. If you search on most Kratom forums, you?ll often find that this

often is the primary use for it.

Hippo?s version of Bali is still a slower type of strain, but does have a bit of a kick to it for getting things done.

It's a "faster" Bali, so to speak.

Similar to Happy Hippo I, but probably closer to Magical Hippo without caffeine.

If you want to just feel the full effects and relax, the option is there with larger sized doses (burning around 30% more than average). This way you can enjoy an awesome way to relax on your own time with the ?warm Kratom hug?, while still be able to use Bali at other times for anything else.

Rooster's Suggestion

Just as with Happy Hippo II, when mixed with a stimulant (I usually just drink a coffee) it works very well with approaching women. Bali provides you the calm, cool, and relaxed feeling & the caffeine gives you the extra energy boost to approach.

What You Can Expect

A slow strain that can be used for a euphoric aroma (lower dose) and high-quality sleep (higher doses).

- **Speed: Moderate / Slow**
- **Mood: Significant Increase**
- **Energy: Average / Small Increase**
- ***Anxiety Potential: Very Low**

Especially For

- **Looking for your first few strains to start out with.**
- **Anyone wanting inexpensive option that works.**
- **If you want a strain that?s a bit slower than most others.**

Best Used For

1. **Relaxing / Lazy Day**
2. **Socializing / AA Program**
3. **Lower Tolerance to faster strains**

Interesting Facts

- **If you burn Thai and fast strains on a everyday/every-other-day basis, you can lower your tolerance by burning Bali for a week. It will be a quite euphoric aroma.**
- **When similar, Bali Hippo is not the same Bali that is in Happy Hippo I. Since Happy Hippo I only has a small amount of Bali, you can alternate the strains and not worry about a quick rise in tolerance.**

White Hippo

(White-Vein Borneo)



What Rooster Thinks

White Hippo is a white veined leaf from the island of Borneo in Indonesia. Borneo strains are more often a bit on the slower and relaxing side. White veined kratom on the other hand is usually faster and more of an energetic leaf.

Having both these qualities in a strain ends up producing an aroma that has a bit of a unique mix. When I burn White Hippo, there is a strong content, positive mood along with the energy and ?drive? to still get things done.

There may not be as much focus as in a strain like Hyper Hippo, but White Hippo can still be used for things like work or going out and being social.

The best comparison of White Hippo I can think of is a cross between Happy Hippo II and Red Hot Hippo aromas.

A bit of a sense of calmness yet packed with a bit of a punch.

A lot of guys don?t have much use for slower strains in their day to day schedule. White Hippo though definitely is a faster strain, still has the potential for a nice euphoria relating to the size of the dose. You can?t really go wrong with this White Hippo - it?s a solid option if you?re looking to put a new fresh strain into your rotation.

What You Can Expect

- **Speed: Faster / Above Average**
- **Mood: Increase**
- **Energy: Increase**
- ***Anxiety Potential: Low**

Especially For

- **Looking for a faster strain that can take the edge off.**

- **Those wanting a strain that can be used for nearly anything.**
- **Anyone considering trying a new strain that?s a safe bet to meet expectations.**

Best Used For

1. **Getting Things Done**
2. **Socializing / Chilling With Friends**
3. **Working Out**

Interesting Facts

- **White Hippo is a blessing to guys that like the faster strains. While it's not as fast as Hyper Hippo or Red Hot Hippo, it's alkaloid profile is significantly different and is a very close substitute for both. You can keep your Thai/faster tolerance down and still get the same effects.**
- **When Good Looking Loser was picking up girls this Summer - he scored 100% of the time that he burned White Hippo beforehand. He calls it "Lucky Hippo".**

Malaysian Hippo

(Green Malaysian)



What Rooster Thinks

Green Malaysian Hippo, is the less expensive version of Happy Hippo III, can completely change aroma depending on the size of the dose.

Smaller doses are uplifting and energizing.

With larger doses, the energy increase is less but the euphoria and mood increase.

This type of ranged effects does happen with most strains, but I find it more prominent with Green Malaysian.

Burning a medium sized dose is a great way to tell how a strain best affects you in terms of its speed. Doing this will

help you better decide what the strain is personally best to used for. When I burn a medium sized dose of Malaysian Hippo, I find the aroma to be a slightly more similar to a slower type strain. I believe this particular aroma could affect others differently, so it?s a good idea to experiment with it.

On average, I?m finding it?s best to use a little bit more grams per burn (around 20%) to help the aroma compare with some of Hippo?s most potent strains. The good part is even though you?re burning more, the strain still ends up being fairly inexpensive.

For those who ?Toss n Wash? or taste the Kratom in any way ? I prefer the taste a lot more than Happy Hippo III. This clearly isn?t a huge factor for most, but it does help when you burn several times a day.

Green Malaysian is a solid strain. I didn?t originally enjoy it as much in the beginning until I experimented with it and found out just the right amount of grams for my desired aroma. Once you get the hang of Malaysian Hippo, it can be a fantastic part of your rotation.

What You Can Expect

- **Speed: Moderate / Slightly Slow (varies)**
- **Mood: Significant Increase**
- **Energy: Average Increase**
- ***Anxiety Potential: Low**
  (oddly some people are sensitive to Malaysian strains)
  (on the flip-side, some people get dramatic euphoric effects from it)

Especially For

- **If you?re looking to burn over 3 times per week ? it?s perfect for a rotation between usual Indonesian strains.**
- **Anyone wanting to start off the morning feeling fantastic yet with energy.**
- **Those who are looking for an inexpensive kratom alternative that can still deliver.**

Best Used For

1. **Socializing (Not at Nightclubs) / Approach Anxiety**
2. **Relaxing / Chilling With Friends**
3. **Getting Work Done**

Interesting Facts

- **This particular strain, "Green Malaysian Hippo" has gotten the name "Funny Hippo" among longtime burners.**
  For some, the strain produces a drastic amount of pro-social behavior and euphoria.
  Others, however, don't get this effect at all.
  If Malaysian Hippo works for you - it can be an inexpensive, perfect strain to lower your tolerance to every other variety.

- **Unlike Happy Hippo III (Super/Ultra Malaysian or 'SUM' Hippo), Green Malaysian is in-season year-round.**

Viet Hippo *Limited Edition*

(Wild Vietnamese Mitragyna)



What Rooster Thinks

Unlike every other strain, Viet Hippo grows in the wild in Vietnam.

For some time, I didn?t know Vietnamese Kratom even existed. It?s hard to find any, and when I do? it can be expensive or even just an Indo-Blend with a different name. Quality Vietnam kratom is likely the most difficult type of strain to find.

The aroma from Hippo?s Viet is, for the most part, what you would expect from a standard quality Hippo strain. Viet aroma gives the range of effects from most moderate strains and has a nice social aspect to it.

I compare Viet Hippo closest with Happy Hippo III- which is a high end Malaysian.

The taste may not be the best, but it?s a strain that stands out positively. Great part about it is that it can fit well into a full Kratom rotation between any regular days of Indonesian strains (check Part 2 of the Kratom guide for scheduling examples).

If you?re a fan of Happy Hippo III or haven?t tried a Vietnamese strain before, Viet Hippo is definitely worth to try.

I encourage everyone to try it and let me know what they think of it. Viet does stand out as a bit different; but it certainly is the most definitive strain from Vietnam.

What You Can Expect

- **Speed: Moderate**
- **Mood: Significant / Moderate Increase**
- **Energy: Average Increase**
- ***Anxiety Potential: Low**

Especially For

- **If you?re looking to burn over 3 times per week ? it?s perfect for a rotation between usual Indonesian strains.**
- **Anyone wanting to start off the morning feeling fantastic yet with energy.**
- **Those who are looking for an inexpensive kratom alternative that can still deliver.**

Best Used For

- **If you?re wanting to try a strain that's not from Indonesia.**
- **A Sunday strain to relax yet still capable of being somewhat productive.**
- **Looking for a strain that stands out/is different.**

Interesting Facts

- **To be honest, we aren't 100% sure of the alkaloid profile or effects of Vietnamese Kratom.**
  It's the new Hippo on the block and still in the 'trial and error' phase for both of us.
- **This strain that grows along the Ho-Chi Minh Trial was supposedly used by US and Viet Cong forces during the Vietnam War to suppress depressive thoughts and reduce pain if morphine wasn't available.**

S&V Hippo

(Stem & Vein Mitragyna)



What Rooster Thinks

S&V (Stem and Vein) Hippo is an essential strain for anyone who has adopted the Kratom lifestyle.

The primary use for Stem & Vein Kratom is to lower your tolerance; ensuring the quality of your aroma always stays consistent. If you don?t know much about Stem & Vein strains or how to use it, I

encourage you to check out Part 4 of the Ultimate Guide to Kratom.

Out of all the different types of strains I?ve ever had, Stem & Vein varies the most in quality.

I?ve had some that produced a very dirty aroma (anxiety/felt gross) and/or some that end up having very little effect on my tolerance. I actually gave up on it a year ago, believing it was like a myth and didn?t work.

Fortunately, I was wrong.

The aroma from Hippo?s Stem & Vein is great and differs from any other strain.

It?s kind of tough to describe the difference, but the profound effect is a type of unique smooth euphoric aroma. Stem & Vein can be used to burn continually for almost any purpose (relating to the size of dose) throughout the week. The aroma might not last as long as some of the other regular strains, but it?s not at all a drastic difference (there?s always the option to add a bit more per burn to help compensate for this).

If you?ve adopted the Kratom lifestyle, I HIGHLY ENCOURAGE you get a quality Stem & Vein like this to burn periodically for maintaining a low tolerance. When you have a low tolerance, you won?t need as much kratom when you burn; saving you money in the long run. Best of all, you can take in the full effects like you?re burning again for the very first time.

Important Note

You need to burn MORE Stem & Vein to get an aroma. While a normal of Kratom is 4-6 grams, Stem & Vein is only effective at 7-10 grams.

Not to worry, the aroma won't make you dizzy, sleepy or sick. You'll feel the same as if you burned regular Kratom leaf.

Many people burn 4-6 grams of Stem & Vein, don't get an aroma and then feel it doesn't work for them. Try a higher amount.

What You Can Expect

- **Speed: Balanced-Moderate**
- **Mood: Average Increase**
- **Energy: Average Increase**
- ***Anxiety Potential: Low**
  (Dirty Stem & Vein can cause a full-blown anxiety attack)

Especially For

- **Anyone wanting to reduce/rest their tolerance.**
- **Anyone wanting to get the most out of Kratom.**
- **Those looking for a new, unique aroma.**

Best Used For

1. **Lowering Tolerance.**

2. **Relaxing with Euphoria.**

Interesting Facts

(by Rooster)

There's two ways to *continue to burn* Kratom AND lower tolerance while doing so-

Burning unique slower strain such as Happy Hippo II, Bali Hippo or Sleepy Hippo for 4 or 5 days will lower your tolerance to your usual strains.

The better option is Stem & Vein, which will produce a better aroma and lower tolerance significantly more.

I would not suggest burning Stem & Vein from ANYWHERE else. The vast majority of Stem & Vein on the market is a complete disaster - even from quality vendors.
(don't believe me? try it from another vendor... we dare you.)



For a faster response, find him in our Kratom Forum.

9 Things You Need to Do In 2014 - Primary Goals (Part I)

December 31, 2013 | by Good Looking Loser | Link | Original Link

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Primary Goals For 2014

This is the first installment of our "Dominate 2014" two-part series.

Part II is here -

- **"19 Things You Need to Do in 2014"**

Below are several **SPECIFIC PRIMARY GOALS** that you should be considering, diligently working on or have already proudly completed.

I suggest you PICK ONE and devote >75% of your free time to it until it is DONE.



Forward by Good Looking Loser

Success is never an accident.

In fact, even when "luck" legitimately plays a role - you created the luck. Or at the very least - got yourself to the RIGHT PLACE at the RIGHT TIME.

I'm not trying to pass that off as prophetic insight, you'll find that on plenty of mainstream sites, but we sometimes need a reminder.

If your life turns the corner (or goes 135 mph down a highway) in 2014 - it's because you are in the driver's seat.

If it doesn't, it's your fault too because "Everything Happens for a Reason and It's Almost Always Your Fault".

Make sure you DEFINE SUCCESS before you begin.

And Remember -

> *A "long-term goal" is simply a bunch of short-term goals strung together.*
> *So long as they are attainable, your short-term goals shouldn't overwhelm you.*

A goal without a plan is simply a wish.

1. **Pick ONE GOAL**
2. **Make it your #1 priority**
3. **Make a plan of short-term goals**
   (allowing a time frame that is longer than it *should* take)
4. **Work on it with *at least* 75% of your free time**
5. **Achieve it**
6. **Celebrate**
7. **Repeat**



Primary Goals
(>75% of Your Free Time)
PICK ONE

Overcome Depression *Varies*

If you have depression (or think you do) your FIRST GOAL and FIRST PRIORITY to be to beat depression.

Don't yet try to stop smoking.

Don't worry about "approach anxiety".

Don't even worry if you have a below-average penis.

That stuff is a small sideshow compared to depression that is destroying your life and hindering any effort to improve of it.

Unfortunately, we don't yet have a foolproof structured program where we can ~guarantee you results and success if you agree to follow the steps.

My understanding of depression isn't quite as solid as it is on women, health/fitness, male enhancement, performance enhancing drugs, etc. If we draw up a guide - it will definitely be something that I will have to think about and there will be a few people I'll need to speak to.

For many, addressing this goal WILL require a trip to the doctor and soon after - a psychiatrist.

You might have to see a few until you find one that you trust and respect.

This is where most people quit. Don't be one of them.

Don't let a couple disappointing trips to an out of touch doctor discourage you and keep you depressed.

Be open to medication, it's just temporary.
(if it works- who cares???)

Take a look at some of the legit natural remedies - Kratom was a blessing for me and so many other people.

YOU NEED TO DO SOMETHING OTHER THAN SLOWLY DIE.

The first steps are the hardest, once you get the ball rolling it will be easier.

Virtually nothing on this website will be possible if you have an ongoing ~~battle~~ WAR with depression.

You'll be in the same position a year from now - trying to get excited about another goal (distraction) for depression.

The steps to beat depression will vary from person-to-person.

Ultimately the process can involve-

- Identifying the primary cause of your depression.
  (What is the ONE THING could you do that would UNDENIABLY make you happier?)
- Identifying secondary causes of your depression.
- Accepting your current *temporary* position in life.
- Identifying and correcting chemical imbalances or hormonal deficiencies such as low testosterone.
- Setting and becoming healthfully OBSESSED with a SINGLE goal in your life.
- (ideally- this obsession should become your career and alleviate uncertainly of the future)
- Having, allowing yourself and learning how to have fun.
- Forgiving yourself for being depressed.
- Forgiving others.
- Improving your financial IQ.

- Letting go of the past.
- Slowly making over your looks, body, clothing and lifestyle.
- A daily conscious effort to be more positive and less negative.
- Identifying and trying to combat manic-depressive thought cycles.
- Looking good without your shirt.
- Addressing anxiety issues.
- Having ONE new experience *at least* every 15 days.
- Laughing from interactions with real people (not TV).
- Having at least ONE PERSON that you can talk to about anything.
- Having a role model or someone to look up to.
- Identifying and eliminating most time wasting activities.
- Abstinence from hardcore drugs or daily alcohol use.
- Gradual improvement of fundamentals (looks, style, social freedom, swag, killer instinct).
- Establishing a very loose 1 year, 3 year and 5 year plan that you are excited about.
- Eating high-quality foods.
- Feeling a DAILY SENSE OF ACCOMPLISHMENT.
- Having something to look forward to within the next 90 days.
- BEING PROUD of your accomplishments, no matter how small.
- Feeling love - even it's a just a pet that loves you.
- ... and more.

Although there's not an official measuring stick to determine when you have "beaten depression," you'll probably know.

You'll be excited about your life - at which point your #1 GOAL can be your primary focus.



Get Your Shit Together (Discipline) *30 Days*

You know if you have self-discipline.

You damn well know if you DO NOT.

If you don't, without any exceptions - that is what you need and the FIRST thing you should work on

in 2014.

Without it, 2014 will just be another forgettable year of procrastination and underachievement.

Victor at Bold & Determined has got you covered.

DO WHATEVER IT TAKES to survive, adapt and dominate his program-

- **"30 Days For the Rest of Your Life"**

If you aren't successful at completing it in January - you'll know what your goal is for February.

Ambition without self-discipline is pointless and even self-destructive. Get your mind right.



Approach Anxiety Program *6 Months*

(FINISH IT - NO MATTER WHAT)

If primary goal is to get really good at meeting random women - I suggest that you devote the first half of this year to crush approach anxiety once and for all.

Stop doing half-ass approaches that ultimately just discourage you and result in nothing when they do

"work".

Although the program theoretically only takes 8 or 9 weeks. Most guys need 3 months to complete it.

I suggest you take the unnecessary pressure off yourself and **give yourself 6 MONTHS to complete it**.

In the first few weeks you'll be doing some online dating and once you get to week 7 and 8, you'll be doing some 'basic guy' approaches. You'll be getting a little better every day and there's a chance you'll get laid.

Devote several hours a day to it but also take your time with the process.

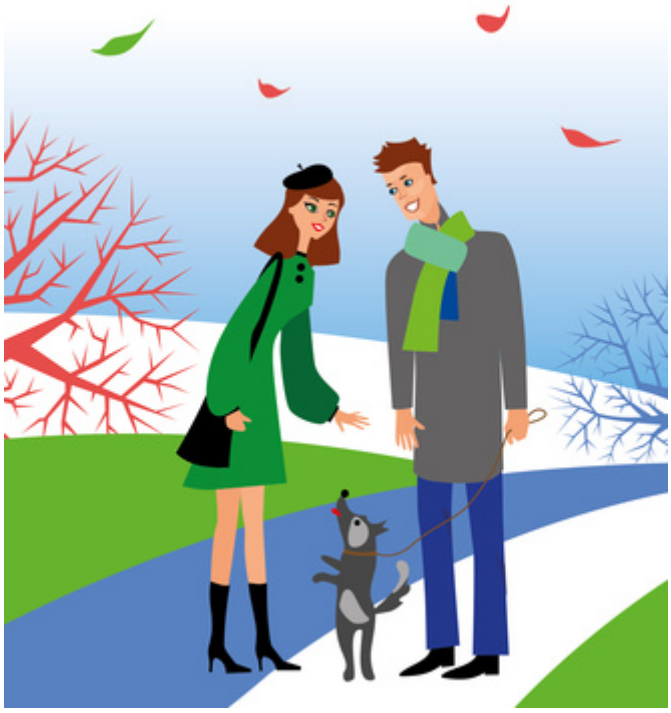
Push yourself and promise that you'll complete Week 7 (having successfully done 95% of the drills) NO MATTER WHAT.

There's not guesswork to it, finish the majority of the program - you will no longer have approach anxiety and it won't come back.

Lets not be talking about "beating approach anxiety" this time - next year.

Finish the job in 2014.

Even if it takes 12 months (it won't if you are serious) - it will be worth it and you know it.



Stop Smoking Forever *3 Months*

A large percentage of smokers that are still concerned about their health, physique and overall looks will decide they will stop smoking in 2014.

Many pick January 1st and last until about 3pm when a nicotine craving comes calling after a night of heavy booze and cigarettes.

Very few actually follow through.

A lack of willpower is always the main culprit but most have no plan whatsoever.

Addiction, of any type, is rarely between without a plan.

Followed correctly, our "Ultimate Guide to Smoking Forever" will have you smoke-free in 6 or 7

days.

The remaining days will be designated on a calendar that you and your doctor prepare.

By Week 12, you will have long broken the physical addiction and hopefully it will be the last of the toxic nicotine lifestyle.

Check out the guide - we couldn't make it easier.



Get Ripped (7-8% Body Fat)
However Long You Think + 45 Days

Unless you've seen your all 6 of your abs before - chances are, you haven't seen all your facial features before either. Furthermore, you probably haven't experienced girls staring at you and asking to take pictures with you.

It is my belief that nearly every guy can present themselves with 'above-average' sex appeal which is enough to pass the looks threshold of the vast majority of girls.

Remember, although we are shooting for the 'Ideal Body' - your face is what matters most.

Unless you have neither work or school, concurrently doing the Approach Anxiety Program and cutting down to 7 or 8% body fat can be overwhelming. I suggest you only pick ONE as your primary goal (75%+ of your free time) and devote 15-20% to the secondary goal.

We'll have more resources on fitness and nutrition soon.

Until then, if you goal is STRICTLY WEIGHT LOSS check this out-

- **Good Looking Loser's Weight Loss Diet**

If you are more interested in building lean mass and getting bigger, check this out-
(not recommended if until you are 15-20% body fat)

- **Body of a Spartan**

(we'll take a thoughtful look at this book sometime soon)
(don't combine with GLL Diet)

However long you think it's going to take - add 45 days to that date.

DO NOT STOP UNTIL YOU HAVE VISIBLE ABS and ARE AT 8% BODY FAT.



Sleep with 20+ Girls *As Long As It Takes*

Provided that you-

- **Have your shit together (Discipline).**
- **Have Beaten Approach Anxiety.**
- **Have or can have your looks/body above-average with the gym as your secondary goal.**
- **Can concurrently work on your fundamentals, which are average or above.**
- **Slept with *at least* 5 girls in the final 5 months of 2013 (or 10 on the year).**

I suggest making your primary 2014 goal - sleeping with 20+ women.
(doesn't matter how/where you get them)

If you haven't yet slept with 20 girls in a year - MAKE 20 YOUR GOAL.

Not 25, 30, 40 or 50.

20.

There's a lot of different approaches to this but I suggest focusing in on QUANTITY in the first few months.

For the month of January and February 2014-

Do as many approaches, ask out any girls in your social circles you are interested in, message as many girls online that it takes to get **5 of them** in bed.

GET 5 BY MARCH 1.

Run the sheer numbers. Don't be super picky. Get rejected and keep these hypothetical numbers in mind.

If you can tag 5 girls by March 1 - you will be 25% of the way there and off to a fast, encouraging start. You'll be on pace for 30.

Even if you tag 3 or 4 girls, you are ahead of the pace, but lets shoot for 5.

You'll probably retain a few as bed buddies and your confidence will be sky high.

The guys that fail to achieve this "20+ girls" (or similar) goal ALL get off to a lousy start.

They are picky, procrastinating, think they have "plenty of time" and try to pace themselves for "1.666 girls" a month. Before they know it they are behind and already down on themselves. It trickles down and the entire year can be a waste.

The way to STOP PLAYING FROM BEHIND is to GET WAY AHEAD.



Get 3 Fuckbuddies (Golden Age) *As Long It Takes*

My original goal with the whole "pick up girls thing" was to have 4 hot girls that I was messing around with on the regular.

I fulfilled it in November of 2009, which was actually before I slept with 20 girls (in a year).

For some guys retention/fuckbuddies will be easier than a 'one-night stand' goal.

There is a growth period that nearly all guys experience when they have 2 or more fuckbuddies and continue to hit on other women.

For many, it will be the very first time that they have almost ZERO anxiety and ZERO sexual or emotional neediness.

I call this the **"Golden Age"**.

You truly feel amazing, liberated and like your entire life is going to work out.

Not surprisingly, your results will SKYROCKET during this period of time. Too few guys take advantage of this period however. Most guys completely stop talking to new girls when they get 1 bed buddy and miss out on this period.

I would approach this goal in the same way as the "20+" goal.

Do whatever it takes to bring in **TWO girls** that you dig.

Your self-esteem will be sky high and bringing in the third girl will happen quickly.

This is how it goes for virtually EVERY guy that consciously or unconsciously fulfills this goal.

GET OFF TO A FAST START - YOU MIGHT HAVE THIS GOAL FINISHED IN JUST 3 MONTHS.

* If you are wondering why "Get a Girlfriend" is NOT among these suggested goals it is because - the goal should be "Meet # Cool Girls" or "Make the Hottest/Coolest Fuckbuddy my Girlfriend". Your girlfriend, ideally, is the girl that EARNS you after spending at least 6 months as your fuckbuddy and competing against other girls.

The goal of "Get a Girlfriend," with virtually no attention paid to the quality of girl and her emotional health - is a completely worthless goal if you have an self-respect.

If you are a virgin, however, I will have a plan of attack for you (in a few weeks) and it actually involves the 'Get a Girlfriend' goal. Your girlfriend will be strictly for sexual experience and not anything serious though.



Grow a 7" Penis *Varies*

Although 8" x 6" is the usual benchmark for a huge penis, 7" is all you need to throughly impress 99% of women - in my experience.

A healthy 7" dick is considered just "big" or "above-average" to guys.

Girls, however, will almost always qualify a 7" penis as HUGE. Especially if it's nice and pumped up from the Bathmate or Penomet.

Most women have no idea how to measure and or even what average is or looks like.

If you can reach 7" and pump it up before sex - you will likely be the biggest that any girl has ever had - especially if you are into girls in the 18-22 age group like I always have been

Any further pursuit of 8" will be more for you than for her.

(which is perfectly fine)

Although the sheer amount of hours you can safely devote to PE makes it more of a secondary goal, having the mentality of-

"It's not my first goal..."

"It's not the most important thing..."

... is a recipe for slower gains, procrastination and another year of underachievement.

Why did it take me ~8 years to gain ~1.75"?

Because I had THAT attitude. I wasn't serious about it.

If I could do it over, I'd set aside 10 or 12 months to get to 7+".

After I hit 7", I could easily maintain with Bathmate, which simply takes just ~10 minutes, 3 or 4 times a week.

You will gain a substantial amount very quickly if you COMMIT and INVEST your time in male enhancement just as if it was as important as building a business, getting your perfect body, getting 3 fuckbuddies or anything else that requires a significant effort.

Put your 6-12 months in.

Get to 7".

And Be done with it.

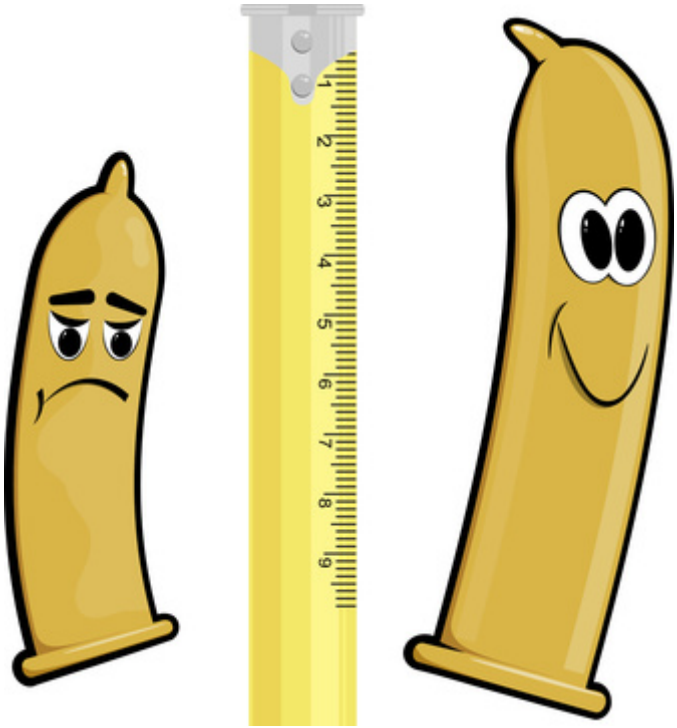
(maintain with Bathmate)

Here is a routine inspired by DoubleLongDaddy of MattersofSize.com that can help get you there-

- **"Wanna Be Pornstar Routine - Inspired by MattersOfSize.com"**

To grow as quickly as possible, you will need some of the devices we recommend-

- **Bathmate or Penomet (Mainly Girth)**
- **Sizegenetics or Phallosan (Mainly Length)**



Start a Business *Ongoing*

(and actively LEARN from REAL EXPERIENCE)

-TOTAL ADVERTISEMENT/SELF-PROMOTION-

The "Get Paid" or "Get Rich" section will debut near to Spring 2014.

Unlike when I created Good Looking Loser 2012, I can discuss **FROM LEGIT EXPERIENCE** how to build a successful online businesses and inactive community from the ground up.

I do not know how to write code (can you tell?) and I still haven't figured out how to use the majority of WordPress.

It doesn't matter.

It took just 3-4 months until I was able to pay all my expenses and retire from personal training.

The vast majority of "How to Make Money Online!" websites are made by Internet Marketers ***have not made a single dollar*** online before they claimed expertise. Like the Seduction Community, many "gurus" have no prior inexperience with what they are discussing and a lot of their advice is inefficient, counter-productive in the eyes of Google or simply WRONG at every level.

We will discuss "niche sites" such as HairLossFromSteroids.com (this shitty site has earned upwards of $4500/month) that strictly earn passive income and huge interactive communities such as GoodLookingLoser.com.

My suggestion is to FIRST dedicate 12 months to building a **niche site** using my specific instructions that I will give to you in the future. You can always combine traffic from your various websites - I have.

My advice for **'Start a Business'** is it make it your **ONE AND ONLY GOAL.**

Like the other sections, "Get Rich" will significantly change people lives and earn *some* a six-figure salary in passive income in a matter of years.

Most people should focus other goals for now, I got your back in the near future.



Still Clueless?

Here's what to do-

1. **Write out ALL your goals, wants and needs.**
2. **Take a day or two to write/think if you need to.**

Then answer this question-

> ***If you could achieve ONE THING in 2014 and ONE THING only, what would it be?***

Circle that goal.

Now you know where you should be spending *at least* 75% of your free time.

If you've completed all these goals - then you certainly don't need my help anymore.

Just decide what you want and go take it.

This 2-part series is continued here-

- **"19 Things You Need to Do in 2014 (Worthwhile Additions)"**



If you could accomplish ONE THING and ONE THING ONLY in 2014...

What would it be?

(tell us below)

Rejection, Dedication, Stages, Insecurity, etc. (Podcast 1 w/ Scotty - 2014)

January 8, 2014 | by Good Looking Loser | Link | Original Link

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Podcast 1 - 2014

Finally got decent audio hooked up.

Later this year, if Apple approves, we'll be on iTunes.

(it's long - download it and listen to it away from your computer)

You can download our 2 hour long chat for your iPod here-

- **DOWNLOAD PODCAST 1 2014**



Topics - Table of Contents

0:00 Introduction

01:30 Scotty's Training (UPDATED 2014 AGENDA)

04:00 Why Scotty got laid more when he STARTED (1st-2nd year) than now.

05:45 Above-average fundamentals + Obsession/Momentum = Get Laid a lot quickly

08:40 The "Golden Era"

10:30 Going out and hanging out a with a cool guy and seeing him WIN and LOSE is really helpful

14:15 No matter how much you read this website, watch videos - you may not be comfortable with the idea of hitting on girls until you do it (or see someone cool do it).

16:30 Eye Contact with Scotty

25:00 Good Looking Loser attitude - **BY ANY MEANS NECESSARY**

26:45 Kratom and Performance enhancement

39:45 Scotty doesn't ever approach girls in groups?! Why not?

43:30 Chris and Scotty differ slightly on the importance of a "gameplan" & "Sexual Intent"

49:15 On "sexual vibe"

54:40 If you can LOOK GOOD and SAY HI (basic guy game) - you can get plenty

55:15 What is the ONE THING a beginner should focus on?

56:40 Scotty Scumbag is also a Gentleman

58:30 Scotty's "Fuck the World..." attitude that got him started - results and got him in trouble.

1:02:40 Stages in your life: "It's pathetic that your life revolves around girls!" Not true.
It perfectly NORMAL and HEALTHY to be in your 20-30s and want to dedicate several years to getting pussy and partying.

1:06:40 Insecurity is a great motivator

1:13:00 Scotty living at his parent's house

1:17:00 Small victories should be appreciated

1:19:00 Beating fear of rejection: It'll always be there but gets easier and you don't care anymore

1:25:40 After you fuck that FIRST GIRL (from approach) - you'll okay on your own

1:31:30 If Scotty hits up 70-100 girls and doesn't get laid, will he get down on himself?

1:38:30 What do we wish we heard when we started in 2006-2007?

- Chris: Sexual Availably & Looks Threshold
- Scotty: Worry about yourself

01:46:00 You can be insecure and get laid. Just LOOK GOOD and TALK TO GIRLS.

Mr. Juxtaposition is So Hot Right Now

January 13, 2014 | by Good Looking Loser | Link | Original Link

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"That Guy"

We're going to talk about what "type" of guy (lifestyle) is most appealing to the hottest, coolest and usually - most popular girls.

Hot women meet a lot of guys.

Most are nice guy pushovers that might provide for a nice husband or loyal boyfriend but lack excitement, edge and sexual experience.

Other guys are "bad boy" types.

These guys are certainly the type that hot chicks tend to sleep with - but often they lack the necessary characteristics to be a long-term boyfriend (or fuckbuddy).

Though polar opposites - both these "types" are often one-dimensional and generic.

The hottest *sexually active* girls usually experience several guys of both types before they are 21.

After a while, these girls become somewhat disinterested in both types and aren't as apt to sign on for an uncommitted 'Fuckbuddy' relationship unless the guy has *serious* Boyfriend Potential. Many of these girls even stop getting excited about meeting "random guys" and leave the club/bar scene - often turning back to their social circles to find an attractive, cool guy to get serious with.* Not surprisingly, around this age (22-25), girls are starting to watch their friends get married and feel additional pressure to get serious.

*this is a trend among hot, popular girls (22+) that think "bad boys" only want to fuck and "nice guys" are only boyfriend material.



AS YOU SHOULD KNOW-

Your lifestyle/achievements/resume, plays a factor in "retention" (fuckbuddies aka uncommitted relationships), and committed relationships but not as much in how much you Get Laid.

(Logistics and Killer Instinct play a MUCH greater factor)

Your lifestyle, among other factors, is a significant factor in determining whether you are seen as Boyfriend Material (Nice Guy), Boyfriend Potential (Well-Rounded Player) or a Scumbag (Someone to use for sex).

It is somewhat of a misconception that you will Get Laid simply by "improving your lifestyle".

In fact, Krauser argues that "improving your value/lifestyle" has become the #1 excuse to procrastinate and not talk to women, and therefore a significant reason why a lot of guys aren't Getting Laid. With only a few exceptions, I concur.

It may help, but you will Get Laid more by improving your sex appeal (looks, style) and talking to more girls.

A lot of guys take up girl-friendly hobbies, such as yoga and salsa, dancing thinking it will help them Get Laid.

It might, but ultimately that is because he is talking/has access to more warm girls (numbers game) and not because "he is hotter because he does yoga".

With that said, after dissing "Self-Improvement Strictly For Pussy", I feel it's good for you to know what "type" (lifestyle) of guy gets the hottest girls most excited.

The *type* of guy who hot girls brag to her friends about.

The *type* of guy who can keep a hot girl staring at her phone for 16 hours at a time.

The *type* of guy who hot girls will ditch her friends for - even when she knows there will be social consequences.

The *type* of guy who has hot girls stalking his Facebook profile and comparing herself to his ex-girlfriends.

The *type* of guy who causes a hot girl to drunk text/call him on the weekends because she doesn't know what he's doing and it's driving her CRAZY.

The *type* of guy who has 4+ hot girls wanting to sleep with him.

The *type* of guy who hot girls masturbate to - even *after* she's slept with him.

The type of guy who hot girls get ABSOLUTELY OBSESSED WITH.

The *type* of guy who can keep hot girls in an uncommitted relationship for 6+ months - with no freakouts or DTR (determine the relationship) tantrums.

The *type* of guy whom hot girls consider to have the ultimate "Boyfriend Potential", even when he is sleeping with other girls and there is a good chance she'll never be his girlfriend.
(remember, having Boyfriend Potential is a GOOD thing; it's what keep girls around, Boyfriend Material - is not)

Remember - we are talking about the period of time when the guy-girl are getting to know each other.

Not first impressions.

Not when guy-girl just meet.

Sex appeal is BY FAR the MOST ATTRACTIVE criteria when you first meet a girl.

Not a lifestyle or resume.
(the only exception is 'status', a form of Swag Factor)

Let me tell you about "that guy" that is THAT GUY.



I call him - "Mr. Juxtaposition"

jux·ta·po·si·tion
/ˌjəkstəpəˈziSHən/

noun
noun: **juxtaposition**; plural noun: **juxtapositions**

1. the fact of two things being seen or placed close together with contrasting effect.
   "the juxtaposition of these two images"

He's a walking paradox, even considered to be a hypocrite to normal guys that don't get much action and to less attractive women that consider elite guys to be unattainable "douchebags".

Though multi-dimensional, Mr. Juxtaposition is not necessarily well-rounded or super interesting.

He just has *at least* **TWO significant things** about him that seem to contradict themselves.

Usually, he is both EDGY and NOT EDGY.

This makes him unique.

The edgy side of him - makes him a player.

(usually style and behavior)

The not edgy side of him - makes him a keeper.

Lets give some very basic examples of Mr. Juxtaposition-

- **A stock broker who is into tattoos or body art.**
- **An athlete who plays the piano or poetry.**
- **A business owner who is into something completely unrelated to his business and personality.**
- **A computer programer who is into MMA and training for real fights.**
- **A lawyer who is into surfing, extreme sports or rock climbing.**
- **A doctor who does some part-time acting or modeling.**
- **A bodybuilder (legit bodybuilder) who has piercings.**
- **An accountant who is into sculpting or makes his own art.**
- **An athlete that is into fashion and isn't gay. (see my worst enemy - Sean Avery)**
- **A pharmacist that has a wild side and jumps out of planes.**
- **A musician in a band that is RIPPED while most of his buddies just smoke weed and sit there.**
- **An Ivy-League type guy that has a motorcycle and does cross-fit.**
- **A guy with a serious personality that is taking acting/comedy classes.** *(even if he sucks at it)*
- **A meathead who is pursuing a degree in chemical engineering.**
- **A super masculine "tough guy" who does volunteer work or devotes himself to a humanitarian cause.**
- **A rich kid who reads to underprivileged children or volunteers at a local hospital.**
- **Virtually any guy who knows how to cook *really* well.**

Even if Mr. Juxtaposition isn't great or super experienced at his hobby - the simple fact that he has a "paradox passion" makes him unique, cool and ultimately- SEXY.

Or at the *very least* - Above Average in comparison to the usual generic nice guy or bad boy.

It doesn't even matter if the hobby or passion isn't "chick friendly" or particularly appealing to women.

Mr. Juxtaposition is often among "Top 1%" that attractive girls consider "a catch" and relish the opportunity/challenge to lock down as a boyfriend.

Hot girls are willing to fuck him for months at a time - hoping one day that he'll call her his girlfriend, oftentimes knowing - that will never happen.

From what I've learned from my own experience, my friends that are/aren't successful with having multiple fuckbuddies and living on-and-off with hot girls as my roommates - it's more intriguing, unique and sexy to have a **JUXTAPOSITION** than to simply be accomplished or "well-rounded".

Ask Mark (admin on the forum).

He is the best-looking, highest-achieving, scholar athlete and well-rounded Renaissance Man I know and he couldn't get good looking girls to consider him anything but "Boyfriend Material" until we fixed him. (yeah, we FIXED HIM)



My Own Experience

Despite my approach anxiety, obsession with the gym/body image and very average social intelligence in my mid-20's, I always had a bit of Juxtaposition that served me well.

I've always had *some* nerdy (or non-meathead) interests.

- I love the History Channel - I've always found European, Soviet and other cultures fascinating.
- I've always been interested in health and human performance - not just for bodybuilding benefits.
- I've always liked to read and write non-fiction; I might even start a blog one day.
- I've always felt a social responsibility to help those less fortunate, many time- autistic children.
- I always enjoyed discussing intelligent topics and social issues.
- I still talk to and sleep with stuffed animals. (weird to you, cute to girls)

Given the meathead persona/appearance, girls have always considered these characteristics pretty attractive. These things didn't "get me laid" but they helped keep girls around for longer than if I was one-dimensional and it probably helped me slowly get some girls into bed who were looking for a boyfriend.
(not a bad thing if you aren't getting much pussy anyway)

Once I started rocking a more edgy, less-preppy, style things started coming together.

These days, I'm a walking Juxtaposition or hypocrite - whatever you choose.



Are You Really Mr. Juxtaposition?

A lot of guys will find this discussion to be insightful.

A lot of those same guys have already convinced themselves that they are *already* Mr. Juxtaposition.

Maybe you are.

But maybe you aren't.

Or even more likely - maybe nobody even knows if you aren't ***presenting yourself*** as such (whether by appearance or conversation).

Make a point at telling chicks who you are and what your're about. Sometimes you can do so when you meet them, sometimes not.
(If you read this article - you'll remember that I particularly suggest that Black Guys do so)

Either way, self-improvement begins with taking a critical, non-bias look at yourself. Make sure you do so.

Remember - Mr. Juxtaposition isn't just well-rounded, good at stuff or "interesting".

He has 2 obvious characteristics that [nearly] directly oppose each other.

Once you get to know him - it's clear that he's not a "nice guy", "bad boy" or some easily understood predictable stereotype with nothing but a surface layer.

He's someone that can't be labelled or made sense of per normal standards and expectations.

Being "smart" and "lifting weights" is certainly a start - but it's not quite the specific, developed Juxtaposition that I'm encouraging you to shoot for.

Juxtaposition, though related, isn't quite "Swag Factor". Swag Factor is more about social status and first impressions - but still - Juxtaposition is a very significant part of being an elite guy and reaching your potential in life and with women.

Again, by NO MEANS do you have to be Mr. Juxtaposition to get hot girls into bed. It will be a HUGE help in keeping them around though. Trust me.

If you have a Juxtaposition or are working at it, tell us what it is-

Interview with Pete on Manosphere Radio

January 16, 2014 | by Good Looking Loser | Link | Original Link

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Manosphere Radio Interview

A few days ago, I sat down with Pete from Manosphere Radio and did my first audio interview where I'm not interviewing or talking to myself (that's when you know you've made it!).

We chatted a long time about an array of subjects. I wouldn't let him hang up on me.

If you are fairly new to the Good Looking Loser community - this provides for a new overview of what were all about and why/how I expertise on the subjects that we talk about here.

We also took a more in-depth look at things such as:

- Why guys that are *legit* losers that live on cocaine/one meal a day get more pussy than accomplished guys
- How self-improvement can get in the way of actually getting results
- What you will actually come to regret in your life
- Sexual availability (why girls aren't DTF the best looking guys)
- A "super secret" Hollywood-no-nerds-allowed insider technique to DOUBLE your chances at getting laid
- "Retention" (fuckbuddies)
- God's Plant - Kratom and more.

Pete has an entire table of contents for the 2 hour interview so you can listen to the stuff you are interested in and skip the stuff you already know.

Check out and download the interview here-

- **Manosphere Radio: Interview w/ Chris from Good Looking Loser**
  (also, if you have a SoundCloud account - we'd both appreciate it if you 'liked' the interview - it's a small thing but can make a dramatic difference for both of our sites)

Forum Questions for Scotty (Bathroom Action, Approach Anxiety, Face Tattoo, Rejection) (Podcast 2 w/ Scotty – 2014)

January 21, 2014 | by Good Looking Loser | Link | Original Link

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Podcast 2 - 2014

Just finished Podcast #2 with Scotty.

He tackled all the questions you guys asked in this forum thread.

Download Podcast

To download this Podcast for your iPod (or whatever) looky here-

- **Good Looking Loser's New SoundCloud**

Table of Contents

0:00 The guy(s) Scotty is training. Here is Scotty's training page - you hit him up with questions.

How Scotty Learned the "Bathroom Pull" Stuff, Scotty's Beginning

5:55 Scotty and the "Pheromone Kidd" (Pulling girls into bathrooms mentor)

Scotty's 'Decision' to Get Past Approach Anxiety in 3 Weeks (Going Out 6 Days a Week for 4-8 Hours)

13:30 q: Could Scotty talk about the 3 weeks where he basically beat AA: How he felt during the first few and the last few approaches during that time, how many hours per day did he put into approaching, how many women did he approximately approach per day, after how many approaches did it feel significantly easier (social freedom), did he also use the baby steps model etc. Basically a rough outline of how this phase was. (GLL Remedy)

Beating "Oneitis" (sweating one girl too much) and Over-Analyzing

25:15 q: Did you ever have oneitis/compulsively over-think anything about girls? What changed it for you so that you started to go out there and **just do it**?
(and by "just do it" I mean just hitting on girls/talking to them/not caring about any specific girl anymore) (GLL Situation 86)

First Girl Scotty Tags from "Cold Approach"

29:10 q: Tell us about your first lay from cold approach Scotty De Flamingo. (GLL McSolar)

Screening, Aggressiveness and Environment/Culture

33:50 q: More specifics on how to fit the GLL principles so that it is more congruent with you and your environment. For example, I see a lot of guys who don't get results by screening as aggressively as Scotty and Chris and need to screen less hard to get results. People who don't live in metropolitan areas are not able to put in as much volume, is there any way around that? Etc. (GLL Repsej)

What the WORST Thing that Happened to Scotty?

40:15 q: What's the "worst" thing that happened to Scotty, approach-related (due to being aggressive) that he wants to confess? (e.g. trouble with police, security guard etc) (GLL SSKO8)

What's the #1 Reason that Guys Fail?
What's the #1 Reason that Guys Succeed?

42:00 q: He has coached ALOT of guys ---- why do many guys fail? and why do some guys succeed at a high-level after his observation? (GLL SAM)

Physical 'Fight or Flight' Reactions to Approach Anxiety

56:00 q: Does Scotty maintain any kind of specific feeling in his body when he goes? Like, for instance for me when I kinda feel and go from my *gut* its way different than any other time. (GLL WET)

What Was the Most Brutal Rejection?

58:55 q: What has his most brutal rejection been and what was his quickest lay. (GLL KingKong)

How Important is Race? (for those that want girls of a different race)

1:09:42 q: Since you bang a lot of black chicks, how important do you think race/ethnicity is when cold approaching?? Like going after chix out of your race type thing. (Sorry - Audio fades a bit) (GLL Cesar)

Scotty's Face Tattoo
Verbal vs. Physical Dialogue?

1:13:10 q: Thought I heard a comment about how you "used to" have a face tattoo....did you get it removed? Do you think the ink helps you out there or freaks a lot of broads out? I've seen Chris' vids and I know he's a smart guy but I feel he kind of dumbs himself down to the level of the young girl to relate better to them..... I know looks and style are more important but dialogue has to matter a certain degree.....are you pretty sexual in dialogue or you let your hands do the talking? (GLL Scifen) *GREAT QUESTION BTW*

How Long Until Approaching Becomes Normal?
(& Good Looking Loser's Guarantee)

1:25:45 (sound slips but then gets better) q: Let's say you were to approach 10 girls per day. How long do you think it should take for most people to develop the habit so that when they see a girl they find attractive, they automatically go and talk to her (in a second or less), as opposed to staring from afar and having to force yourself to make the approach? (GLL - Balaclava Blogger)


He is one of the most thoughtful guys I know. (that's not a joke)

Efficiency: Where is the Best/Most Efficient Place to Pickup Girls?

1:32:15 q: How do you and Scotty maximize your efficiency? IE: most lays per minute of time invested. I'm thinking about comparing things like online dating, vs. in person cold approach and where is the best place to get the most lays per time invested. (GLL FS-Ronin)

What Should "Average" Beginners Do?

1:40:15 q: I know that Scotty probably co-signs everything on the GLL website, but if he had to "coach" or advise a guy that was a complete blank slate. Like a dude in his early twenties for instance, completely average at everything...

I'm curious what he would advise the guy to work on first? Like in what order should a "beginner" focus on, providing he is the average joe at everything when he starts and he wants to achieve the most success with the hottest possible girls in the shortest amount of time?

Good Looking Loser areas of expertise-

- Get in shape (Get Ripped/athletic)?
- Kratom or Phenibut? (anxiety hacks)
- Beat Approach Anxiety?
- Talk to tons of girls to practice Screening? (How to Internalize Screening)

- Killer Instinct?
- Join a cool social circle and improve "Swag Factor"?
- Bathmate, PE, etc.?

Scotty's Approach Mindset, Eye Contact, ALL IN, Comfort is Overrated, Killer Instinct (Podcast 3 w/ Scotty – 2014)

February 5, 2014 | by Good Looking Loser | Link | Original Link

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Podcast 3 - 2014

Bi-Weekly Podcast with Scotty, we talked about a lot of stuff.

Including -

- Happy Hippo Kava - the #1 anti-anxiety compound with NO DEPENDENCE, TOLERANCE, ADDICTION POTENTIAL.
- His "Old Friend" mindset to approach chicks and how to adapt it.
- Walking up to girls - Do Angles Matter? (answer might surprise you)
- How to GET Eye-Contact (make women notice you).
    - Look good - Presence
    - Whiter Teeth (something you should sometime in 2014)
    - Smile More with your mouth OPEN (Cam Newton, Boytoy)
    - Line of sight, Always LOOK UP with pride and not at the ground
- An edgy/masculine look will draw more attention and can help screen for DTF women.
- Insecurity is your best friend.
- More about Hollywood Hills rich kids that party all night and live on cereal and cocaine.
- A stage in your - 20's for getting laid is completely normal (don't fight it)
- Major Topic: Why Girls DO NOT Need to Be Super Comfortable to Sleep with You.
  "BE AGGRESSIVE, NOT SMOOTH" & "COMFORT IS OVERRATED"
- *WHAT WE KNOW THAT YOU MIGHT NOT KNOW.*
- Normal guys have very little Killer Instinct, but a little can go a long way.
- Impact of status, money, etc. on Getting Laid vs. Retention/Relationships
  (status is the most powerful thing - however, you can be a "regular guy," per definition, and sleep with the hottest girls if you are cool.
- Hollywood Hills rich kids see nothing wrong with their lifestyle of cocaine, partying and sleeping.
  (and that is why they are confident and don't worry about their future)
- Why you shouldn't make assumptions ~~when~~ if you see a fat, ugly, loser with a hot girl.
  (they might not together and chances are he didn't pick her up like we try to do)

We are now on SoundCloud - you can download this podcast and all the others from 2014 on there.

... if you liked this podcast - please 'like' it - it helps us out!

Table of Contents

0:00 Happy Hippo Kava (major anti-anxiety supplement with no dependence, no addiction, no tolerance)

1:00 New GLL and GLL-GetALife
2:30 Scotty's approach mentality that tells EVERYONE to have (talk to chicks like you've known them for years) and how to slowly integrate into your life.
11:10 If you run out of stuff to say, say - "Hey I ran out of stuff to say, I'm going to leave now, what's a number I can text you at" (half-serious, will probably work if she's available).
11:45 Direction of an interaction and game plan.
14:40 Our thoughts on approach and interaction "angles" - does it matter?
19:20 What to do If a girl smiles at you but you let her walk past you.
22:40 How to "GET EYE-CONTACT"
23:10 Most important thing = HOW YOU LOOK (obviously)
24:30 Edgy styles draw more attention from sexually available girls.
25:30 Why most of Scotty's interactions go really well - even when he is being really aggressive.
26:20 Teeth-whitening can make a HUGE difference and something you should do in 2014.
28:25 Smile with your mouth OPEN (show good teeth)
29:30 Million Dollar Smile - Cam Newton and BoyToy



36:55 LINE OF SIGHT (straight on), Look at faces not at the ground - Eye Contact Discussion
45:45 What we know that you might not know...
46:50 Some bodybuilders have super confident body language in the gym but they don't outside the gym.
48:40 Insecurity is your bestest friend.
50:00 Why insecure losers in LA get laid more than 98% of guys even though they do nothing but party and use cocaine.
54:20 Improve yourself vs. Accept yourself
57:10 STAGES IN YOUR LIFE. ALL IN (20's = Want Pussy = Completely Normal), Don't be on the fence about your goals
1:01:55 "Why 2 year olds rub their own shit on the wall"
1:07:00 Girls need to be "comfortable" to sleep with you - Not True
1:29:00 Killer Instinct that normal guys have, weak but it works if the girls like them.
1:38:40 "The Window" and why anything but being aggressive is stupid (if you want to GET LAID)
1:46:50 Impact of status, money, prestige on Getting Laid vs. Relationships
1:51:00 Another reason guys who do nothing but party and sleep get laid - they see nothing wrong with that lifestyle
1:52:00 Self-Esteem vs. Confidence
1:55:10 Why you shouldn't make anything if you see a fat, ugly guy with a hot girl
1:58:20 Celebrities comparisons need to stop
1:59:50 Why you don't need to look your VERY BEST to pick up girls (gym example)
2:04:10 An uglier guy has already slept with the girl you are sweating.

How to Pick Up Girls if You Are Nervous... (Nervous Guy Game)

February 12, 2014 | by Good Looking Loser | Link | Original Link

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Help! I'm Nervous!

(by: Good Looking Nervous Loser)

The main reason that the vast majority of guys (of all social statuses) don't hit on women with anything beyond weak indirect small talk (during the day) and sloppy indirect small talk (during the night) is -

Approach Anxiety

Accounting for the vast majority of Approach Anxiety is -

Fear of Rejection

(outcome dependency)

You knew that already.

The solutions these guys are offered aren't particularly useful either.

Mr. Mainstream says:

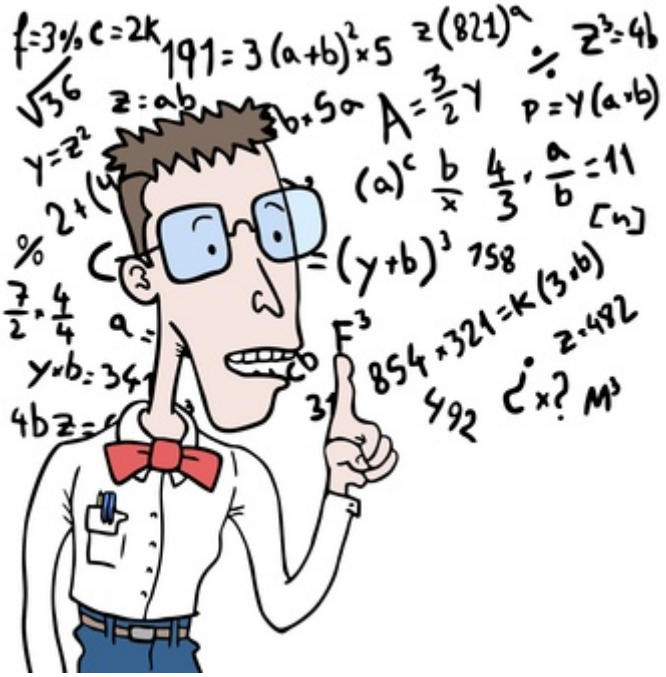
(I define 'mainstream' as the undersexed, overworked writers for popular men's magazines such as Maxim, Men's Journal, etc.)

> ***"Be confident!"***
>
> ***"Don't care what she thinks!"***
>
> ***"It's her loss if she rejects you!"***



Mr. PUA Wizard says:

> *"Just go do 1000 sets!"*
>
> *"It's just practice!"*
>
> *"Learn to love rejection!"*



In reality, neither crowd is particularly sexually active so their advice can be completely disregarded.

Our solution - The Approach Anxiety Program - works much better.

Basically, you do drills that have little to no outcome dependency and get progressively harder until

you reach a point (usually at Week 7) where you can take the proverbial 'training wheels' off.

If you make it to the near-end of the program - there is no way that you can't approach the vast majority of women that you want to meet.

It's impossible.

It's impossible because you've already been doing it for WEEKS - likely in a more creepy/aggressive manner than how you would normally talk to girls.

So my #1 recommendation to overcome Approach Anxiety - is to do our program.

I guarantee a successful outcome if you can guarantee the effort.

At the same time, however, Approach Anxiety DOESN'T AND SHOULDN'T prevent you from getting laid (or at least trying to meet girls).

While that might seem like a revelation, I will remind you that - "normal" guys (your average 9 to 5, completely blue-pill, nervous nice guys) have been reproducing for centuries. Especially during the period following World War II.
(While most of them probably weren't nailing top-flight club girls that self-medicate their ADHD with cocaine - they were getting laid nonetheless - dispelling the notion that you have to be a superhero to get action.)

For most guys who are just starting out - aggressive Screening is way too daunting and even "Basic Guy Game" is too hard because their overcomplicated mind goes blank when faced with "small talk".

The solution is what we are calling -

- Nervous Guy Game -

I wish I had something like this when I started.

For anxious guys, it's a genuine alternative to -

- **Trying to hit on girls while focusing on hiding their own nervousness.**
- **Doing absolutely nothing.**

It's a friendly, authentic, humble, "Better than Nothing" approach that has a VERY VERY LOW RISK.*
*Obviously, there is no "risk" to any of this - but this type of approach almost guarantees a cordial response.
(if you get a less than cordial response - it will be completely obvious that the girl has problems of her own)

It goes like this...

- **Tell the girl you are nervous/shy.**
    - "I don't usually do this, in fact - I'm kinda nervous right now... But I thought you were cute and wanted to say Hi."
    - "Hi, how are you? I'm pretty shy and I don't usually do this... But I thought you were attractive and wanted to say Hi."

- **Ask her a bunch of questions.**
  (known as 'Simple Small Talk')
  - "What is your name?"
  - "Where are you from?"
  - "What do you do?"
- **Ask for her number when you run out of dialogue. (or whenever you want)**
  - "It was nice meeting you, can I give you a call sometime?"
  - "Well I'm going to go now, what's a number I can text you at?"
  - "I ran out of things to say, so I'm going to go... can I give you a call sometime?"

You will get a YES/NO.

While that isn't unlike any other approach - you are almost guaranteed not get a bad response.

Worst case scenario will never present itself.

You'll get more good reactions than neutral or bad reaction - combined.

Take the leap of faith and try it.

If you can't - start the Approach Anxiety Program immediately.

Remember, it is normal to feel nervous when doing something like this.

"Nervous Guy Game" isn't something that supposed to be anxiety-free.

It *should be* DOABLE however.
And Anxiety, in controlled doses aka exposure therapy - is a healthy way to beat it.
(if you absolutely CANNOT do it - it might be a sign that you have an anxiety disorder that needs to be addressed professionally)

No More Excuses.

"Nervous Guy Game" should mark the ABSOLUTE END to all the excuses to not approach women.

Now you know "The Opening Line".

Now you know "What to Say".

Now you know what to do if you run out of stuff to say -

> ***"I have to go, can I call you sometime?"***

... And Friendly or fairly warm responses are all but completely guaranteed.

Here are some examples-

All the "Nervous Guy" videos will be available via this YouTube playlist.

Help! I Can't Even Make Small Talk!

(but I swear that I'm comfortable when I get girls alone/on dates)

The Nervous Guy approach is a "Better Than Nothing" approach.

As the nervous guy, you have 2 options-

- **Do something**
- **Do nothing**

If you can't even make small talk (where are you from? what's your name?) you still have an another option available.

It's called-

Bare Minimum Nervous Guy Game

(I know... I know... weird names/concepts)

It's Nervous Guy - gone in 60 seconds.

It goes like this...

- **Tell the girl you are nervous/shy.**
  - "I don't usually do this, in fact - I'm kinda nervous right now... But I thought you were cute and wanted to say Hi."
  - "Hi, how are you? I'm pretty shy and I don't usually do this... But I thought you were attractive and wanted to say Hi."
- **Ask her for her number.**
  - "Can I give you a call sometime?"
  - "Can I take you on a date sometime?"

The entire process will take about 60 seconds or less.

You will get a YES/NO.

Here's an example -

(it starts at 10:41, please listen to the commentary at some point)

Success Rate

Admittedly the "success rate" for Bare Minimum Nervous Guy (asking for a girl's phone number in 10 to 30 seconds) is fairly low.

For starters (the guys that will doing this stuff)-

- **I estimate ~1-3 out of 10 will give you a number.**
- **Out of those ~1-3 numbers - usually only 1 will be real.**
- **Of the real numbers - you'll only get ~30-40% of those girls out.**
  (these are very rough estimates based on an inexperienced guy hitting on girls "equal" to him in looks/status)
  * other factors can significantly affect these success rates, as described in "The Numbers Game: What Are My Odds?"

Don't feel bad - rejection usually a matter of sexually availability and this type of approach isn't

suppose to "get the most girls".

It's a BARE MINIMUM approach.

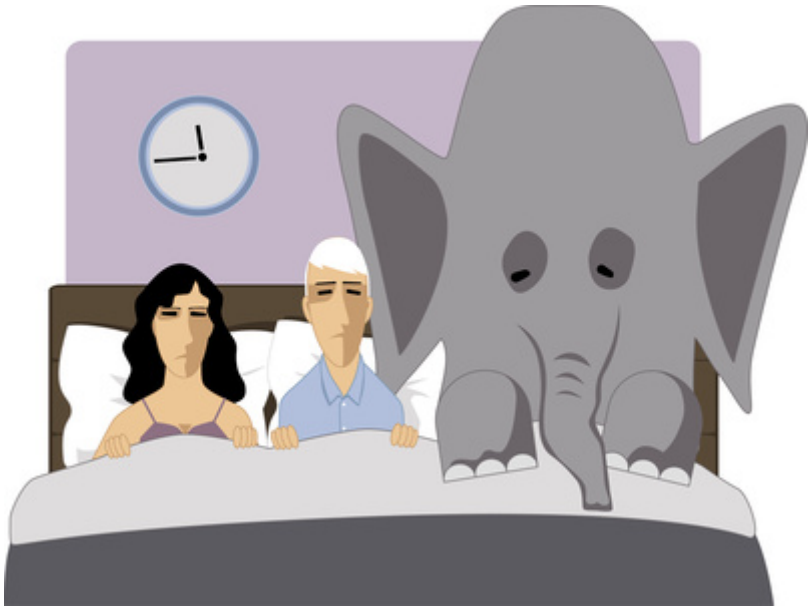
It's a GOTTA START SOMEWHERE approach.

It's a BETTER THAN - SITTING THERE WITH YOUR THUMB IN YOUR ASSHOLE AND JERKING OFF TO HER WEDGIE LATER approach.

BETTER THAN NOTHING.

Although Scotty and I came to detest "safe game" or "Mr. Funny Man - Avoid Rejection Game," it is admittedly better than doing nothing.

You will feel the same way after you get a year of experience under your belt.



The Ceiling for "Nervous Guy"?

Nervous Guy is very much a non-player, boyfriend material, shy nice guy approach.

This type of non-aggressive approach, in theory, will have chicks picturing you as a potential relationship partner - rather than a sexy, confident player that is good in bed and a real challenge to lockdown.

Nervous Guy will usually not appeal to the DTF girls and will mainly appeal to the boyfriend seekers that require several dates before sharing bodily fluids.

Lets remember, however, that the "style" of approach doesn't guarantee anything.

If a girl finds you REALLY PHYSICALLY ATTRACTIVE - she's not really going to care how you approach her, she will just be tremendously excited that you do.

In fact, if you are good looking (or noticeably better looking/cooler than the girl) - this type of shy guy approach will make you look -

> *"Sweet."*
>
> **or**

> *"Cute."*

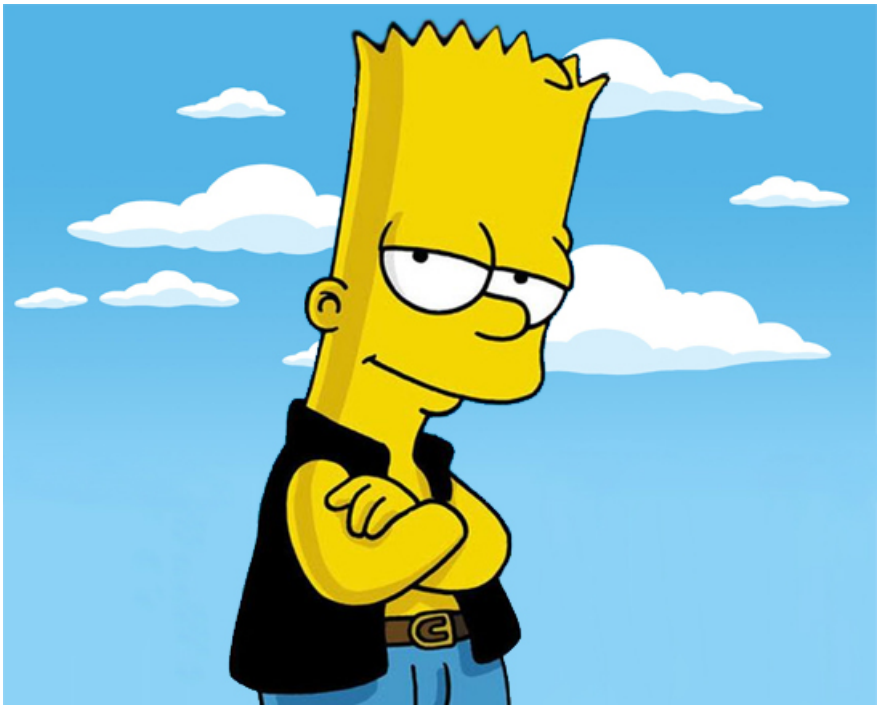
Don't think for a second that you couldn't have 3-4 fuckbuddies from doing just Nervous Guy approaches.

This is basically how my friend Trevor does things - but used a more basic guy/confident charming womanizer approach.

It would probably take you a lot longer to get the chicks in bed and some dates/money than if you were more aggressive - but again - WHO GIVES A FUCK *HOW* YOU LAND HOT GIRLS?

You are either GETTING LAID or YOU AREN'T.

Eventually, both figuratively and literally - you will outgrow Nervous Guy and move on to less respectable approaches and naughtier, sexier girls.



Mr. Nervous Too Cool For School Guy

Some guys, though a minority, with approach anxiety will feel they are "too good" for the Nervous Guy approach.

Don't be that guy.

Please.

Although I wish I had something like this (or the AA Program) when I started - I might have been too cool for Nervous Guy Game.

It took me about ~1.5 years to beat approach anxiety.

1.5 YEARS IN MY PRIME (regarding my looks) to order to just talk to girls and beat my womanly validation fetish.

While I ultimately got my sex life "handled", the process at which I followed was largely inefficient and most of it was my own damn fault.

If you have approach anxiety, it's normal and tucking it away isn't a productive solution.
Get it fixed - our Approach Anxiety Program and this type of approach can carry you there.
A ton more Nervous Guy Videos are available here -

- "An Entire Afternoon of ~Rejection Free Approaches at a Park"

The Fundamental Problem with "PUA" or Seduction Community

February 16, 2014 | by Good Looking Loser | Link | Original Link

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The End of the Road

As the "PUA" era of Good Looking Loser slowly comes to an end (don't worry, we still have a ton of GET LAID advice) - Scotty and I have wanted to transition away from "seduction" criticism/lingo for quite some time in order to attract more cool/normal guys than less "geek squad".

I suppose we've done a decent job - the guys in our community really have their shit together, getting pussy or are seriously in the process of getting there (rather than just analyzing it).

I wanted to point out the ***single biggest problem*** with PUA or mainstream "Seduction Community" theory.

This is not going to be a super long discussion, just one that can serve as a bookmark to refer those who are still unsure on the matter.



"Creating Attraction"

The vast majority of PUA theory relies on the shaky premise that there is a *skill* that any guy can use to "create attraction" or produce a powerful emotional response in any women that will make her sexually attracted to him and willing to sleep with him - even if she is not physically attracted to him in any way.

The process is called "seduction".

The skill is called "game".

This theory, while having some credence - is largely untrue.

While "game" can elicit an emotional response and a degree of sexual tension - the amount is actually quite limited.

In the case of popular attractive girls who have most options for same day/night sex - this "skill" is almost completely useless if there is no initial degree of physical attraction (looks threshold).

Arguably, ONLY the ***confidence*** element of "game" has ANY validity whatsoever.

The actual "skill" composed of routines, techniques, timed conversational strategies, deliberate body language, while perhaps helping a guy's confidence - are otherwise largely useless at "creating attraction" or "getting women to "like you".

While this "skill" can produce laughter and temporary excitement (as PUA's highlight in their workshops as evidence of sexual attraction) - the female will have absolutely no sexual intent if the guy does not *at least* meet her bare minimum physical standard (or looks threshold).

In short, "game" is not the foolproof substitution or equalizer and it cannot compensate for a significant lack of sex appeal (looks, style) and swag factor (social skills, social status) if those elements falls below the girl's standard.

"Game" cannot produce a significant amount of physical (sexual) attraction.

"Game" cannot compensate for a significant lack physical attractiveness.

Confidence, too, only goes so far to encourage sexual attraction.

This is especially true when considering GETTING LAID or sleeping with girls on the SAME NIGHT - where attractive DTF girls value sex appeal as their primary [if not sole] criteria.



Over a decade ago (I think?), David Deangelo famously said -

> ***"Attraction is Not a Choice!"***

Deangelo was right.

He just had the wrong factor.

PHYSICAL ATTRACTION is not a choice - for both genders.
(he was talking about 'personality' or "game")

This is not to suggest, as some argue, that all "game" outside of confidence has no impact whatsoever on sexual tension.

It has a small effect.

And It won't have any effect if the guy is not considered a sexual option.

But "game" is not the GREAT EQUALIZER that determines 100% of the outcome, as the mainstream suggests.

At best, it can propel a guy that barely meets a girl's physical standards - to a "possible - but not particularly serious" option after a significant amount of doubt, resistance and overall lack of attention.

While that seems promising, the odds are really quite low if the guy sits *barely* on the looks threshold bubble (-3 levels below).

Sexual Availability

The other half of this fundamental problem concerns sexual availability or "rejection" (to those who fail to meet the looks threshold).

Surprisingly, Good Looking Loser was the first place Sexual Availability was ever discussed.

PUA enthusiasts, forever committed to the notion that the outcome of every interaction is primarily or solely determined by "game" (or lack thereof) - misinterpret rejection and disinterest.

Rejection (or disinterest) occurs for 1 or 2 of 2 reasons-

- The girl is not sexually available.
- The guy falls below her looks threshold.

Mindlessly believing that "game" can compensate for these supposed lesser significant/understood factors - the PUA believes that every "failed" approach, "flaked" text/phone interaction or any disinterest whatsoever is an indication that he has not yet developed his "game" or he did something wrong.
(even though, slowly, part of him tells himself that a lack of physical attraction might be to blame)

That's not the case.

The primary catalyst for **SEXUAL ATTRACTION** IS AND ALWAYS WILL BE **PHYSICAL ATTRACTION**.



The obvious PUA retort is -

> ***"So explain how THAT UGLY GUY GOT THAT HOT GIRL?"***

There's a number of factors that determine committed (and uncommitted) relationships to which physical attraction is a lesser factor.

For strictly GETTING LAID (SAME DAY/NIGHT) - physical attraction, only short of logistics (where your bedroom is), is the most important factor - for which ONLY social status can compensate.

Not "game".

PUA's want inexperienced guys to assume that **"THAT UGLY GUY"** picked up (or courageously cold approached) **"THAT HOT GIRL"** in a book store, mall or bar.

Chances are - they met through a friend (or shared commonality such as work or school), just like ~90% of NORMAL PEOPLE MEET.

Better chances are - they aren't even having sex. He's her friend.

The last resort argument that PUA believers raise is -

> ***"So explain how [insert favorite PUA] FUCKS HOT GIRLS?"***

Chances are - he doesn't.

At least not in significant quantity given the amount of girls he hits on.

I spent about 18 months around the PUA scene in Los Angeles and met, observed and interacted with a lot of the mainstream characters.

At my gym alone, Equinox Fitness in West Hollywood, I'd see about 5 or 6 familiar faces on a daily basis. During a weekend night, there could be double this amount at the usual spots.

Pickup artists mainly do one thing - Pick up girls or "game" them.

They have learned how to harmlessly get girls to laugh - pass this laughter off an "attraction" and teach expensive workshops where they show this "skill" several times.

They also incorporate these techniques to reinforce "laughter = creating sexual attraction" as well. (some pick up artists do have a better than average sex life and get girls on or above their level - most do not however.)

q: Does "game" matter?

a: Outside of confidence (~social freedom) - not significantly.

Girls (and Guys) want to sleep with those whom they are most sexually (physically) attracted to. Obviously.

So that's it folks.

From time-to-time I'll cite certain PUA terms as a frame of reference but the days of talking about the "community" are basically over.

The days of mainstream community itself... are basically over.

I encourage guys to not participate in "seduction community" discussions in our forum.

Just reference this thread to whomever is still on the fence.

I haven't, won't and will not personally criticize any specific PUAs.

It doesn't really matter to us and isn't productive. Guys that want to gossip about that stuff generally have no interest in having a sex life.



Overall, believe it or not, Scotty and I have a favorable opinion of *our experience* within the community.

We talked about it before our last podcast.

If not for PUA - there is not GLL.

Chris is just a lawyer/personal trainer and Scotty is the bodybuilder.

Red pill guys, trapped in a blue pill world.

Arguably, the seduction community was the thing that ever happened to us.

We learned how and why it worked - and it had very little to do with "game".

We recognize, however, that the vast majority of guys were not so lucky and some of them are still searching for answers, pussy and meaning in their life.

That is why we started GLL in the first place.

The meaning behind our community, however, has completely changed and evolved in something WAY MORE SIGNIFICANT, exciting and useful - we're just making it official.

"It's About.... BUILDING.A.LIFE!"

... now who said that?

An Introduction and Major Misconception about Party "Club" Game (The Scene - Hollywood, USA)

February 17, 2014 | by Good Looking Loser | Link | Original Link

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A Brief Introduction to *Party* Game and "The Scene"

I'm excited to open this new chapter to Good Looking Loser.

It'll move slowly until I get to work on it full-time but it will be enough to really help guys who want to hear about "The Scene".

For some guys - this particular discussion will be TOTALLY NEW insight to how organized nightlife works.

I highly encourage to you RESERVE JUDGMENT about whatever you know or have heard about how nightlife works.

It's probably different than you think. It is different than what I thought.

It's great and just about the most exciting period of my entire life.
(Full time: Late 2009 - Early 2011)

This is where you land the HOTTEST GIRLS - so listen up - if that's what you signed up for.

While this is representative to the Hollywood/Los Angeles Party Scene - I feel in can to most cities in the United States of America.
(with the exception of Las Vegas where the clubs are conveniently in the hotels)

If you didn't know - the clubs close at 2 am in Los Angeles... and the after-parties begin.

This is how it works in the Los Angeles Club Scene.



What is "Party Game"?

You have probably heard of the term "Club Game".

I will discuss that concept and it's primary problem below.

We call it "Party Game" and not Club Game.

There are two reasons for this -

1. **Trying to *pick up* girls via 'cold approach' at nightclubs is the *LEAST* efficient, logistically convenient and lowest probable way to GET LAID.**
2. **Picking up (or just meeting) girls at PRE-PARTIES and AFTER-PARTIES is the *MOST* efficient, logistically convenient and highest probable way to GET LAID.**

The "game" doesn't even happen at the club.

It happens at the party.

The sex happens at the party too.
(or during pre/post-party hours)

Unless you are tight with a legitimate ~mid-level nightclub promoter - try to forget just about everything you thought you knew about "Club Game" and popular organized nightlife aka "The Scene".

If your source for "Club Game" doesn't discuss **BEFORE AND AFTER PARTIES** -- disregard everything you read - an Internet Marketer wrote it.



"A Nest In

The Party Scene in a Nutshell

In short, this is how it works-
(Ready Losers?)

1. **Groups of people meet at a designated house to "mingle", drink and do drugs - 1 or 2 hours before going to a nightclub. (pre-party)**
2. **These groups of people take as few cars/taxis (or limousines) to go to a nightclub where they have ALREADY BEEN PUT ON A VIP/GUEST LIST by the nightclub promoter that they ALREADY KNOW. (enter club)**
   * Fun Fact: Party Scene regulars and Hollywood Power Players usually arrive between 90 minutes after the club has opened or 90 minutes before the club closes.
3. **They get in for free, have a COMPLIMENTARY table and access to a significant amount of FREE alcohol that their promotor has reversed for them. (club)**
4. **At some point in the night, usually just after that the alcohol runs out and/or girls dance for 90 minutes, the group will leave to a PRE-PLANNED AFTER-PARTY which is usually, but not always, at the pre-party house. (exit club)**

5. **The host group arrives back at the house, prepares the refreshments, lights, parking, etc. for the after-party and awaits for the others (and whoever they met) to arrive. (pre after-party)**
   Fun Fact: For more exclusive parties - security and valet parking arrives just before this time.

6. **The groups arrive to the after-party and resume being fully intoxicated.**
   Certain horny pairs sneak off to different rooms, areas or separate locations altogether - to have sex. (after-party)

The entire night was ALREADY PLANNED from the start.

Most guys and girls ALREADY KNOW who they were going to have sex or try to hook up with.
(unless stupid girly drama ensues)

The actual "Clubbing" part is a sideshow, an appetizer, foreplay - to the AFTER-PARTY where all the Red Bull, Grey Goose and bodily fluids are spilled.

That's why we don't call it "CLUB GAME".

The club has virtually nothing to do with anything.

Got it?



My Experience In "The Scene"

I have significantly more experience with "Party Game" than picking up girls with the traditional "cold approach" that most guys are familiar with.

The majority of girls I've slept with are from the "The Scene".

While I have picked up top-tier girls via cold approach - the vast majority of them came from the Hollywood Party Scene.

The majority of the SUPER HOT GIRLS I've slept with were specifically from the Hollywood Hills Party Scene.

In fact, the very first cold approaches we recorded in for Good Looking Loser YouTube was the first time I had done a *significant* amount cold approaching since Early 2010. Cold approach was only my primary stream of pussy in 2008-2009.

Since then, however, traditional cold approach has been only a small supplement to an overall lifestyle - when I am single.

There's a reason for that-

In *nearly* every way, what I call "Party Game" is better, more efficient, more productive and gets you MORE and HOTTER girls.

Had I known about how to get started with "Party Game" I don't think I would have done *any* traditional pick up whatsoever.

Admittedly, what I learned, experienced and the results (pussy) I got from my success/failures at traditional cold approach helped build my social fundamentals, got me connected and immediate MASSIVE success in The Scene.

We wouldn't have a blog if not for cold approach either.

Like most guys, the majority of guys in the Party Scene, don't approach women they don't know. They just have decent social skills and drunk guys around them 3 or 4 nights a week.

If you can build your social freedom and get connected in The Popular Scene - you'll never be without options.

Even just a little "Killer Instinct" goes a long way. A lot of the girls are ALREADY interested.
(an active hung penis will also get you attention)

If nothing else, you'll be partying with hot girls on the regular.

It's amazing for your "Sense of Entitlement".

Just for the record-

I've gone to *some* super exclusive parties in Los Angeles.

I've gotten into *some* of the hardest doors and been to *some* invite-only parties.

This IS NOT to suggest that the majority of my "Party Time" was spent as an insider to some private celebrity scene - it definitely wasn't.

When you get connected in the Los Angeles Party Scene, it's possible to go to hot parties. It seemed CrAzY at first - but it wasn't after a little while. After all, I live(d) the Hollywood Party Scene neighborhood.

The Scene in Los Angeles becomes a small world after 6 months of near daily partying - you see the same faces, hit the same parties and eventually find your way to the more exclusive opportunities if you can regularly bring pretty girls with you and get to know a few names.
(more on this later)

The majority of my experience comes from a Scene which I feel the normal person can access.

I will help you do so.



The Misconception of Party (Club) Game

"Club Game" Doesn't Exist

(Clubs ARE NOT Ideal Venues to 'Cold Approach' Women)

Believe it or not, nightclubs (popular scene, dance, event, etc.) are not the ideal place to pick up woman.

In fact - they are arguably THE VERY WORST.

Very few people actually know this, including the vast majority of self-proclaimed authorities on the subject.

There's several reasons for this-

- **Girls go to nightclubs in big groups in 1 or 2 cars.**
  Unlike bars, it's rare that you will find a girl by herself.
- **These large groups come from a PRE-PARTY and pre-loaded with significant amounts of alcohol and/or drugs that make them ADHD or preoccupied (cocaine girls).**
- **These large groups purposely cockblock or "protect" each other from anything but attention from groups that are on their level or above.**
- **Groups that contain both males and females often are already having sex and they aren't trying to speak to ANYONE they don't know.**
- **Nightclubs are generally very loud and it's not easy to talk to girls.**
- **Nightclubs aren't usually logistically convenient to where you probably live. *An exception to this rule would be Las Vegas - where the nightclubs are in the hotels and you can pull girls to your hotel room.**
- **Getting parking nearby the club can be next to impossible unless you show up 2 hour early.**
- **Within these large groups of girls - there are social ramifications and consequences for speaking to guys that aren't *at least* as good looking or cool. (looks threshold, swag factor standard)**
- **Available girls will often makeout with guys they find attractive but have no real plans of leaving with or sleeping with anyone.**

AND THE PRIMARY REASON WHY "CLUB GAME" SUCKS-

- **Girls will be leaving the nightclub with the same group they came with for a *preplanned* after-party.**



Unlike the bar scene - few very girls will ditch their group of friends to fuck a "club guy" they just met.

Girls don't take the "club guy" very seriously. He's probably a creeper and an outsider.

In most cases, getting laid the same night via nightclub cold approach requires an impromptu after-party where your group of friends and her group of friends decide to meet up at a convenient destination.

Certainly possible, both Scotty and I are in the double-digits with this type nightclub cold approach dynamic, but it's a lot of work and a TON of factors outside your control that can easily bring your night to an end.

(I'm pretty sure Scotty has had more sex IN THE CLUB (or outside in his old truck) than taking the girl home from a nightclub via cold approach)

There no guarantees via cold approach - even if you have a horny, drunk, TOTALLY DTF Club girl that is telling you how hot she thinks you are.

I've had it happen a fair amount of times and quickly learned that most DTF club girls are certainly not DTF club girls the following day.

In Los Angeles, these club bunnies are usually hungover and "detoxing" with their fruit juices and useless over the counter medications and talking about the limited amounts of the previous night that they actually remember.

And Of Course - posting photos on Facebook and Instagram in which they look hot.

I've had pretty good luck (as compared to my friends) with taking phone numbers at nightclubs but

admittedly - the majority of the leads go absolutely nowhere.



The Real Scene - The In Crowd

Think about what I just explained above.

You are either part of The Scene or you are an outsider with an endlessly uphill battle.

As an outsider, there's very little reason to approach girls in clubs unless they are staring at you and you have place (e.g., after-party) to take them.

If you don't know ANYONE at the club and have no PRE/AFTER PARTY plans - you are better of in a bookstore or grocery store that is closer to your house and about to close. You are certainly better off at a bar.

Most guys go to nightclubs and indiscriminately approach unavailable girls that already have their night planned out.

Sometimes you'll get lucky, I have, but it's really an inefficient way to get action.
(I actually learned this quite fast - I found my way into The Scene right away)

You need to become part of the 'In Crowd' or at least have acquaintances that are.

Especially if you are interested in the most popular, highest-quality, otherwise-completely-intimidating Party Scene pussy in it's prime.



The Scene is where it's at.

As my friend Rich, who does REALLY WELL, noted -

> *"It's funny how I have these hot bitches chasing me, trying to hook up and stay over [at our party house], if I talked to them at Barnes & Noble (Bookstore) [like you and Scotty do], they'd probably ignore me..."*
> *(not a direct quote)*

So the key is -

GET TO KNOW THE PEOPLE THAT MATTER.

GET INVITED TO THE PARTIES.

(ideally - bringing some girls with you)

BECOME PART OF THE SCENE.

Then *if* you approach girls - it will go much better. (status)

Don't worry, you don't have to "know everyone" or become super popular.

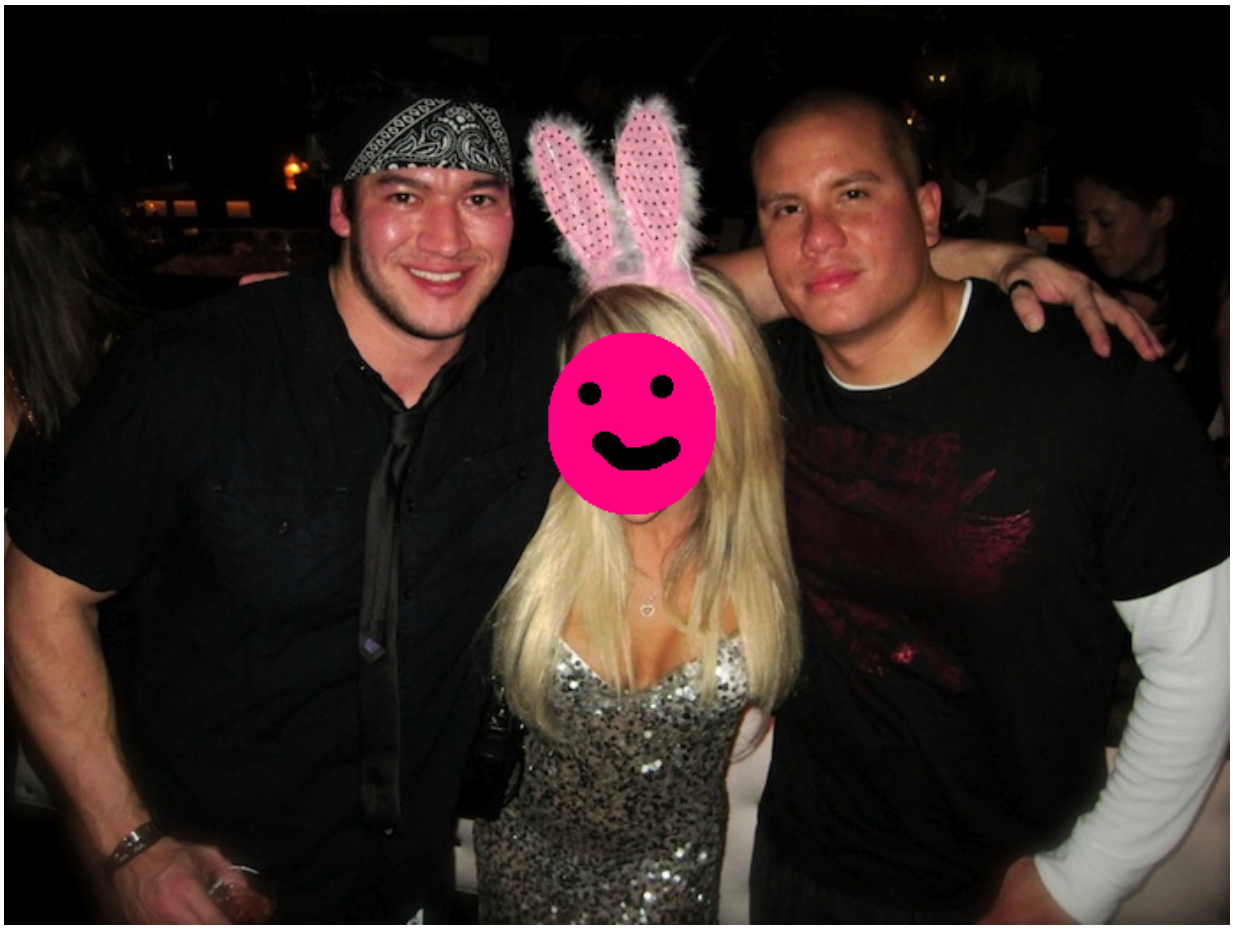
You just need to know a mid (or upper)-level club promotor, have a few cool guys to party with and a decent spot to host before and after parties.
(VIP status can be fun and helpful - but it's very optional - and nothing that you spend money for)

Without that - forget about nightclubs.

Just completely forget it.

And that's where I'm cutting you off...

... we'll talk about it soon.



I'll tell you about some of the very best nights (early mornings) of my entire life.

It was a quite an era.

Hopefully I can remember some of it...

Fleshlight FAQ (including Z69's Homemade Astroglide)

February 21, 2014 | by Good Looking Loser | Link | Original Link

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Frequently Asked Questions About the Fleshlight
(by: 'Z69' - Good Looking Loser Contributor)

Forward by Good Looking Loser

This FAQ was written by a long time member of the Good Looking Loser community - I appreciate his work *very much*.

The Fleshlight FAQ is meant for the Fleshlight Stamina Training Unit or 'Fleshlight STU'. This device is designed to help your build stamina in the bedroom, combat erectile dysfunction and increase the volume and distance of your cum shot. The actual process involves 2 natural techniques that are EXCELLENT (and highly underrated) for men's sexual health - Edging and Kegels.

- **"The Ultimate Guide to Edging"**
- **"The Ultimate Guide to Kegels"**
- **"Keeping Perspective on Male Enhancement - What to Expect" (suggested reading)**

Although meant for the Fleshlight Stamina Training Unit, you can safely assume that the FAQ is applicable to the other Fleshlight units - for which you can train for sexual health as well.

If you have never heard of the "Fleshlight", here's what it is and an interesting story about how I came across the "pussy in a bottle".

you have a question that is not covered in the FAQ - I encourage you to ask it in "Good Looking Loser's - Get Hung Forum".

It most cases, you'll receive the answer to your question in under an hour. We are quite a supportive bunch of intelligent losers.

The Fleshlight FAQ

I?ve been using the Fleshlight STU since 2008, long before Chris ever recommended the product.

Part of the FAQ is copy, pasted and appropriately cited from the Fleshlight site, but some of the other parts are strictly from my own *six years of experience*.

The text that appearing "in quotes" and/or *italics* below is found on [source: www.fleshlight.com].



What is the Fleshlight Made Of?

?The Fleshlight material is a company secret covered by a series of US patents.?

How Do I Use the Fleshlight?

?Warm your Fleshlight sleeve by removing it from the case and running warm water through the sleeve for about 5 minutes Do NOT boil or microwave your sleeve! Shake off the water and re-insert the sleeve into the Fleshlight case, adjust the tightness of the cap at the bottom to control the suction, and finish by applying a liberal amount of lubricant to the orifice and yourself. If the Fleshlight still feels too cold to you, then next time try warming the lube in the sink/tub at the same time as the sleeve.?

Warming up isn?t entirely necessary. What I do is grab the Fleshlight sleeve out of the closet and turn on the shower. I don?t even use the tube, I just use the sleeve since I?m too lazy to want to clean the tube after my session. I let the water hit me in the back as I play with my Fleshlight.

Afternoon Quickie Method

1. Warm up some water-based lubricant in the microwave. (70 seconds)
2. Pour most of into your Fleshlight.
3. Pour the remainder on your penis.
4. Get a boner.
5. Start fucking it.

What is the Best Way to Clean the Fleshlight?

?Simply rinse your removable Fleshlight sleeve with warm water from your sink and allow time for it to dry before storing. Do NOT use soap to clean your Real Feel Superskin sleeve. For tough cleaning, we suggest using a little isopropyl alcohol. To maintain that soft feel, sprinkle a liberal amount of corn starch on the sleeve and shake off the excess powder. We do NOT recommend the use of talcum or baby powder.?

I suggest using a high powered stream of water to remove the semen lodged inside the Fleshlight.

To dry it out, I use a hair dryer to dry the outside and as much of the inside as I can.

Here's a little trick I have to clean the inside the unit -

1) Grab one lip with one hand and press the other lip against my body.



2) I then push the Fleshlight up my body to expose the canal.



Some Fleshlight users that have used coat hangers to dry out their Fleshlight but I have never personally tried that. As for storage, I have a Rubbermaid container containing generic shirts and sweat pants. I just toss the dried out Fleshlight underneath the pile.

Putting the sleeve in the washing machine (without other clothes) with cold water on a delicate cycle can work too.

That's WASHING MACHINE... not dishwasher.

The above method is better however.



"Air out or clean your Fleshlight or it WILL get moldy like Chris' Fleshlight"

What is the Best Way to Dry the Fleshlight Masturbation Sleeves?

See the method above.

You can set it in front of a fan - if you don't have to put the thing away.

Can I Use the Fleshlight in the Shower or Tub?

?Yes, you can use the Fleshlight in the shower/tub. While there is no problem with soaking the

fleshlight in water, make sure soap does not come in contact with the removable masturbation sleeve. The soap will damage your Fleshlight sleeve. The soap will also burn if you are using your Fleshlight and it enters your penis.?

Although I?ve never tried it, something fun that might be worth trying is to draw a warm bath and put xanthan gum inside the water. It will take time for xanthan gum to thicken.

Why is My Fleshlight Sleeve Sticky When I Rinse and Dry It?

?Your masturbation sleeve is NOT defective. It may be stored in its tacky state.?

Just make your give your Fleshlight sleeve some air - Chris' Fleshlight above was loaded with semen, coconut oil and left in it's case.

What Type of Lubricants Can I Use with my Fleshlight?

?We recommend the use of water-based lubricants only. Oil-based lubricants should NOT be used, since they will slowly destroy the Fleshlight material over time.?

Silicone lubricant is also not recommended.

Astroglide is a perfect choice - there is also a recipe for "Z' Homemade Astroglide" below.



My Masturbation Sleeve Has Developed Black Spots, What Do

I Do?

?This occasionally occurs when the sleeves have been stored in non-ventilated places while wet. Use a liberal amount of isopropyl alcohol to clean your sleeve.?

Another alternative is to pinch the spots off.

Am I Too Old to Use the Fleshlight?

?Men of all ages are discovering Fleshlight everyday! Reported ages vary from the early 20s to late 50s. The reasons for joining vary as much as the ages and Fleshlight welcomes all over the age of 18.?

Stop worrying about about what other people think.

If you are in your 40's and you had this question - the problem has less to do with the Fleshlight and more with trying to fit in to an asexual society.

I Keep Hearing About the "Shoe Method", What is That?

?The "shoe method" is a style of hands-free Fleshlighting.

Stick the narrow end of the Fleshlight into a shoe, on a flat surface. You can optionally put a pillow over the shoe to rest your hands on, while you continue the "missionary" position.?

What Does the Package That Is Shipped to Me Look Like?

It has nothing on the box that suggests it's a sex toy, Fleshlight or anything of that nature whatsoever.

In fact, will look exactly like this -



?All orders are shipped in a plain, cardboard box. The shipping label will identify the shipper as "ILF, LLC." and will not reference "Fleshlight.com", "Sex Toy" or any other identifying description related to products designed for adults.?

Which Insert/Type is Right for Me?

?When choosing your perfect Fleshlight, consider your girth as equally important to length. When erect, the average penis length is approximately 5-6 inches with an average girth (circumference) of approximately 4-5 inches. Refer to the illustration on the left for an explanation of measuring length and girth. Use of a measuring tape is suggested for taking measurements. The correct measurement can make the difference between an enjoyable and non-enjoyable Fleshlight experience. Choosing

too small of an insert diameter will result in discomfort during use, while too large of an insert diameter will be a less sensational experience. Ranked from most tight to least tight: Super Tight, Wonder Wave/Speed Bump/Super Ribbed, STU, Original.?

The STU sleeve is roughly 9 inches from end to end. For guys over 9 inches, you may not want to use the tube or if you do, you may not want to use the removable lower portion of the tube.

As for girth, Fleshlight representatives have told me that all Fleshlight sleeves can accommodate up to roughly 7 inches.



I Am Uncircumcised. What Do You Recommend?

?Many uncut men have expressed their love for the Fleshlight, with little to no problems at all. While using an adequate amount of lubricant is crucial for everyone, uncut men have stressed the importance that the more you use the smoother the experience. Uncut men tend to favor the STU and the Original Fleshlights. The STU is favored because it's texture is less pronounced and it feels gentler on the foreskin, especially on the way out.?

As you can see - being circumcised, or not, doesn't matter.

Any unit or sleeve should be just fine.

What Should I Do if I Have Uptight Parents, Nosy Roommates, and/or No Privacy?

My suggestion is to hide the Fleshlight inside a towel when moving from your room into the bathroom. As for storage, I have a Rubbermaid container full of generic clothes. I store the Fleshlight in the bottom of the container. If this isn?t enough, then maybe consider storing the Fleshlight inside your car or purchasing a small safe. When contacting Fleshlight?s customer service, they told me storing the Fleshlight on a hot day is a bad idea. The heat is unregulated and can deform the sleeve. This is different from warming up the sleeve with running tap water because that heat is more controlled and limited.

I Know Vaseline is Oil Based, but It?s a Different Consistency Than Other Kinds of Oil, Can I Use Vaseline?

No - it's not good for the Fleshlight.

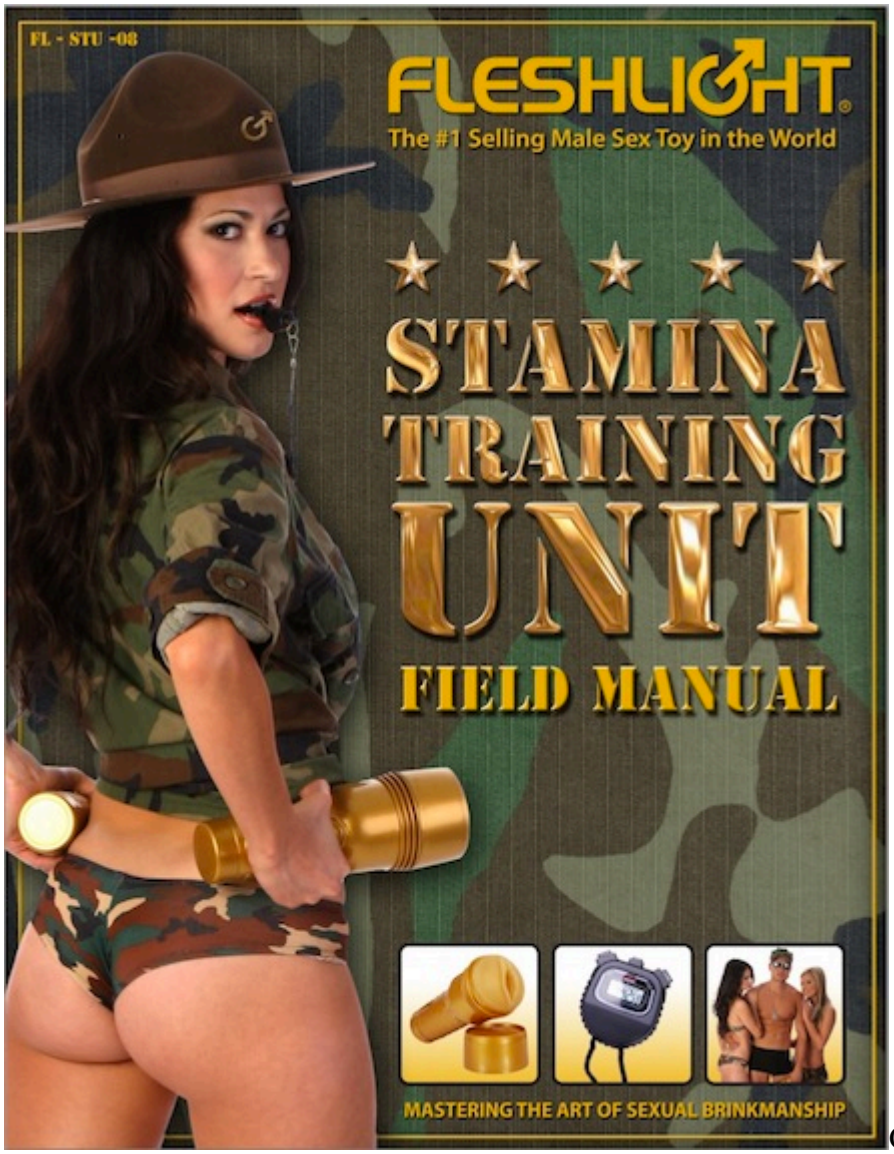
Read this thread for more information:

- **"The Problems With Vaseline and Fleshlight Use"**

I Understand the Fleshlight Comes With a Stamina Training Guide, What?s In It?

See for yourself:

- **"The Fleshlight Stamina Traing Unit Field Manual"**

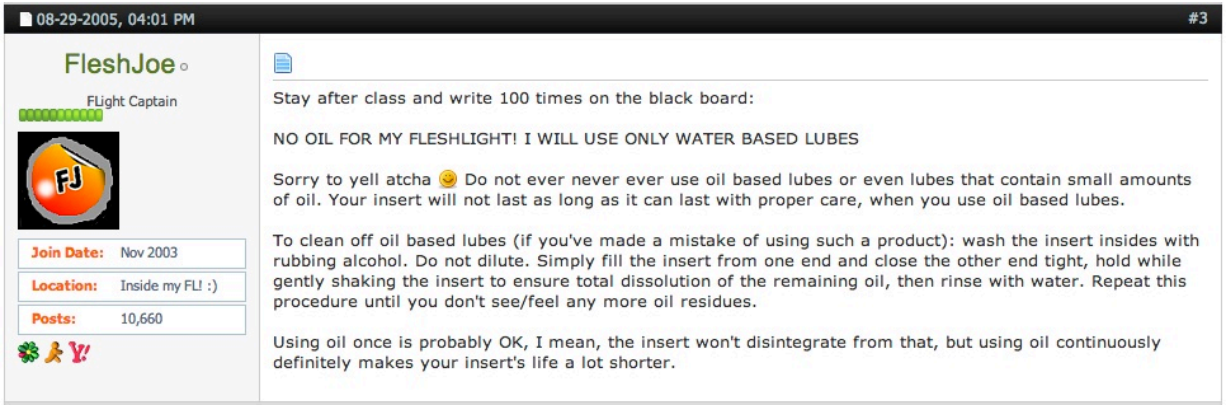


Click to View/Download the Fleshlight Stamina Training Unit Field Manual

I Accidentally Used an Oil-Based Lubricant on my Fleshlight,

What Should I Do?

Follow this procedure:


08-29-2005, 04:01 PM #3

FleshJoe

FLight Captain

Join Date: Nov 2003
Location: Inside my FL! :)
Posts: 10,660

Stay after class and write 100 times on the black board:

NO OIL FOR MY FLESHLIGHT! I WILL USE ONLY WATER BASED LUBES

Sorry to yell atcha Do not ever never ever use oil based lubes or even lubes that contain small amounts of oil. Your insert will not last as long as it can last with proper care, when you use oil based lubes.

To clean off oil based lubes (if you've made a mistake of using such a product): wash the insert insides with rubbing alcohol. Do not dilute. Simply fill the insert from one end and close the other end tight, hold while gently shaking the insert to ensure total dissolution of the remaining oil, then rinse with water. Repeat this procedure until you don't see/feel any more oil residues.

Using oil once is probably OK, I mean, the insert won't disintegrate from that, but using oil continuously definitely makes your insert's life a lot shorter.

Originally posted on the Fleshlight Forums.

Should I Use the Tube or Not?

I personally don?t because I don?t like the extra step of running water through the tube and drying it out.

I suppose guys who are new maybe should use the tube to get a handle on this experience. Otherwise, the Fleshlight will feel somewhat slippery.

I?m a Virgin, Does the Fleshlight Feel Like Sex?

The Fleshlight feels like vaginal sex. Of course there isn?t hair to pull or jiggling tits but it does feel like vaginal sex. I don?t know what a good blow job is so I can?t say if the Fleshlight feels like a good blow job. However, when the bottom cap is screwed tight, it makes slurping noises.

I'm a Virgin, Is It a Bad Idea to Use the Fleshlight?

Good Looking Loser says:

> *So long as you aren't obsessed with pornography, I don't see a problem with jerking off with the Fleshlight or using it to building stamina, better your sexual health and just build a "mind-dick" connection.*
>
> *It can help you get used to condoms too.*
>
> *If I had the Fleshlight before I lost my virginity - I probably would have performed better my first time around.*
>
> *Don't think for a second that using the Fleshlight will "make you stay" a virgin.*
>
> *Not being in shape and not talking to girls, however, WILL.*
>
> *I see nothing wrong with jerking off with the Fleshlight on webcam while a girl is watching - that is one of our old school sexual anxiety drills.*

Help! I Want Some Cheap Lube That?s Similar to Astroglide...

'Z69's Homemade Water-Based Lubricant'

I?ve tried Astroglide gel and the lube I?m about to share is just as good in my opinion.

All you need is -

- **Xanthan gum**
  (not an affiliate link)
- **Water**
- **Container to mix**

I don?t have any exact measurements, and I usually just dab the xanthan gum from its container. You will be surprised that you don?t need much xathan gum to make this lube.

I personally like my lube a little runny but mostly sticky, which takes roughly 5-6 days for the lube to reach this stage.

Depending on how much lube you make and how often you use your Fleshlight, mold will eventually form on the lube. I?ve seen recipes calling for grapeseed extract as a preservative but I never bothered with that. I suggest either using a refrigerator or covering the container with aluminum foil.

Hopefully my advice can help anyone who wants to make some cheap lube. It?s a very small learning curve, but I understand that everyone has different preferences.

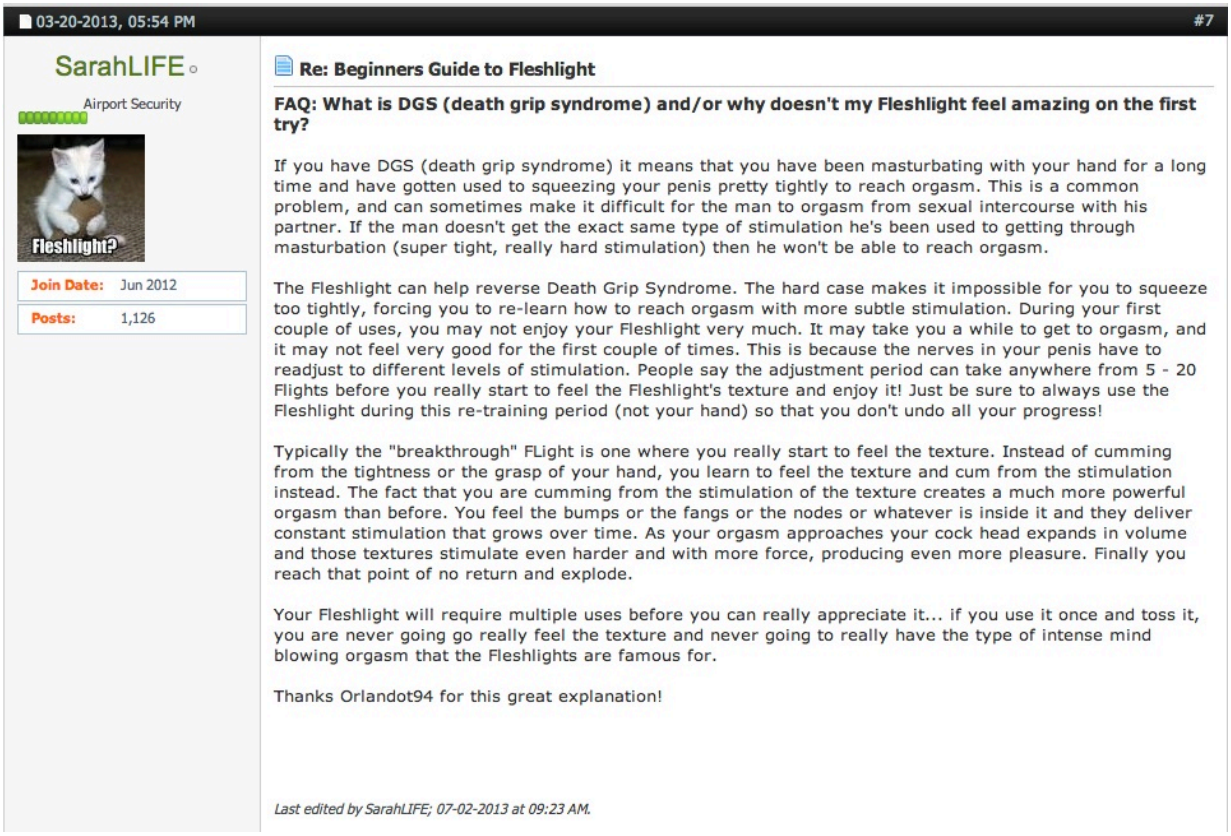


What is DGS (Death Grip Syndrome)?
And/Or Why Doesn't My Fleshlight Feel Amazing on the First

Try?

When lubed and used correctly, the Fleshlight feels very very close to real vagina.

There's still a learning curve to get the fully experience, albeit just a small one.


03-20-2013, 05:54 PM #7

SarahLIFE

Airport Security

Fleshlight?

Join Date: Jun 2012

Posts: 1,126

Re: Beginners Guide to Fleshlight

FAQ: What is DGS (death grip syndrome) and/or why doesn't my Fleshlight feel amazing on the first try?

If you have DGS (death grip syndrome) it means that you have been masturbating with your hand for a long time and have gotten used to squeezing your penis pretty tightly to reach orgasm. This is a common problem, and can sometimes make it difficult for the man to orgasm from sexual intercourse with his partner. If the man doesn't get the exact same type of stimulation he's been used to getting through masturbation (super tight, really hard stimulation) then he won't be able to reach orgasm.

The Fleshlight can help reverse Death Grip Syndrome. The hard case makes it impossible for you to squeeze too tightly, forcing you to re-learn how to reach orgasm with more subtle stimulation. During your first couple of uses, you may not enjoy your Fleshlight very much. It may take you a while to get to orgasm, and it may not feel very good for the first couple of times. This is because the nerves in your penis have to readjust to different levels of stimulation. People say the adjustment period can take anywhere from 5 - 20 Flights before you really start to feel the Fleshlight's texture and enjoy it! Just be sure to always use the Fleshlight during this re-training period (not your hand) so that you don't undo all your progress!

Typically the "breakthrough" FLight is one where you really start to feel the texture. Instead of cumming from the tightness or the grasp of your hand, you learn to feel the texture and cum from the stimulation instead. The fact that you are cumming from the stimulation of the texture creates a much more powerful orgasm than before. You feel the bumps or the fangs or the nodes or whatever is inside it and they deliver constant stimulation that grows over time. As your orgasm approaches your cock head expands in volume and those textures stimulate even harder and with more force, producing even more pleasure. Finally you reach that point of no return and explode.

Your Fleshlight will require multiple uses before you can really appreciate it... if you use it once and toss it, you are never going go really feel the texture and never going to really have the type of intense mind blowing orgasm that the Fleshlights are famous for.

Thanks Orlandot94 for this great explanation!

Last edited by SarahLIFE; 07-02-2013 at 09:23 AM.

Help I Can?t Get Erect!

If you can't achieve an erection, in the privacy of your own home while using the Fleshlight, see a doctor.

That is not normal and usually not a sexually anxiety thing.

If you get erectile dysfunction with a partner - that is a different story.

Have a look at these 3 discussions that are key factor in your erection quality and overall sexual health.
(in order of relevance and importance)

- **"What is a Good Testosterone Level for a Healthy, Sexually-Active Male?"**
- **"The Ultimate Guide to Kegels"**
  (Natural erectile dysfunction cure)

How Do I Add Heat to the Fleshlight Experience?

I?ve tried soaking the Fleshlight in hot water and putting it near a heater. Both methods retain little heat. I have asked customer service if Tabasco is recommended, but the representative said no because it would physically hurt and harm the sleeve. Consider reading this source, but also note that some of the warming ingredients in warming lubricants may damage the sleeve.

How Do I Edge With It?

Check out the Fleshlight Stamina Training Unit Field Manual posted above.

Edging is masturbating and stopping before you ejaculate.

You can then repeat this process as many times as you want.

If I was working on stamina, I would start a timer, and then stop everything when I?m about to ejaculate.

Once my urge to ejaculate has subsided, I start the timer again. When I do ejaculate, I record my time.

Check this out too:

- **"The Ultimate Guide to Edging"**

Is Scotty a Mean Criminal/Scumbag? Being Humble and Physical, What to Do When You Run Out of Stuff to Say, etc. (Podcast 4 w/ Scotty – 2014)

February 22, 2014 | by Good Looking Loser | Link | Original Link

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Podcast 4 - 2014

Bi-Weekly Podcast with Scotty, I bet the title caught your eye.

There's a download button each of the audio screens - if you want to put it on your iPod.

In this 2 part episode we discuss -

- Happy Hippo Stem & Vein Kratom - The only Stem & Vein that Rooster and I have used that actually works and significantly lowers your tolerance to regular Kratom (while still producing an awesome 'aroma').
  Read about the potential of Stem & Vein in "The Ultimate Guide to Kratom: Combatting Tolerance (Part IV)"
- Is Scotty a mean scumbag, criminal, awful person? (Putting the idea of "Scumbag" into perspective)
  additional reading: "Putting Nice Guy Syndrome Into Perspective - You Don't Have To Be a Total Asshole"
- Why Scotty suggests that you be SUPER HUMBLE with girls (while still be physical) when picking up girls. Being humble is more natural and actually works great.
- Why you don't have to "learn" anything more about picking up women. (you already know how to do it)
- At some point in your childhood you were socially-free and didn't have any anxiety... try to get back there.
- You already have social skills - you just aren't using them.
- What is "small talk"?
- Why you don't need to "transform" your personality.
- Trigger: Get physical when you run out of shit to say. (Killer Instinct)
- Funny story: The first girl Chris ever pulled in a bathroom during the day (2008).

Table of Contents (Part 1)

0:00 Happy Hippo Stem & Vein es muy bueno.

0:50 Is Scotty a criminal and/or total asshole? (Putting "Scumbag" in perspective)

8:15 What Scotty has been telling everyone he works with. "Be Humble" (when talking to women?!)

13:10 Perspective on "being humble" "being polite" and Nervous Guy Game. Humble (polite) +

AGGRESSIVE.

17:00 Everyone knows how to be humble already. (Humble + Physical)

28:00 Why you don't need much "help" because you already know how to pick up women. (the anxiety is the only issue)

35:00 Why you don't need "help" with your social skill - you just need to use them.

39:30 "Small Talk" is 90%+ of talking to chicks

44:30 You don't need an entire "personally makeover" you just have to become more extroverted aka TALK MORE.

49:30 What to do you "stall out" or don't know what to say. IMMEDIATELY TRY TO DO SOMETHING, MOVE GIRL ANYWHERE.

Table of Contents (Part 2)

(sorry - Scotty's voice isn't loud enough on Part 2 -- will fix in next audio)

0:00 Funny story - The first time Chris pulled a girl into a bathroom during the day (2008)

3:00 Getting physical early/when you don't know what to say = Killer Instinct builder

4:30 Get used to moving chicks around... even if you don't have a specific destination in mind

5:30 RUN OUT OF SHIT TO SAY / WHAT DO I DO NOW = MOVE HER SOMEWHERE (trigger)

13:42 End

** I decided to cut this audio short - the volume on Scotty's end becomes too low.

Exclusive Podcast With Victor Pride (Bold & Determined) - Part 2 of 2

March 7, 2014 | by Good Looking Loser | Link | Original Link

Live with Victor Pride 2
(Bold & Determined)
CRYSTAL CLEAR A+ AUDIO

Losers - here is the second podcast in our 2 part series.

All four audios will be posted on GoodLookingLoser.com.

Next week - look out for an article on Bold & Determined that covers Victor's in-depth perspective of the subjects that we covered, as well as select podcasts and some other surprises.

In this episode we cover 'How Chris Started Good Looking Loser' and got into "blogging" - something that I have not discussed in-depth with anyone yet.

Sometime in the future, after we get ***Good Looking Loser 2.0*** going, "Get Rich" by Good Looking Loser will premier.

"Get Rich" (or Get Paid) will show you, in detail, how I created Good Looking Loser (and other websites), how much each website makes and more importantly - how **you can** do something similar and where to begin.

I'll show you my tax return and bank statements. I might make myself available for private consultations too. I want to see you guys succeed.

Until then, I suggest you check out Victor's discussions on the subject. He's been at this longer than I have and is easily living off income from Bold & Determined.

As a rule of thumb - only take advice on this subject from somebody who SHOWS PROOF (or you know deep in your heart/head) that he or she is making a significant amount of money online.

Like most internet marketers teaching pick up/dating theory without getting much pussy, the vast majority of *"how to make money"* gurus have not made a significant amount of money from any other projects aside from their *"how to make money"* websites. Some haven't even made a dime before they claimed expertise on the subject.

I call them "Internet Marketers".

Enjoy.

Bold & Determined - The Website For Winners

MEETS

Good Looking Loser - The Website For Losers

PART 2

You can download the Podcast here.

Table of Contents

(again, this is meant to appear on Bold & Determined - that's why Victor is leading the show)

Introduction - Good Looking Loser and It's Roots

0:00 Victor introduces Chris

0:30 About the Good Looking Loser community and About Chris.

3:10 Chris was "boyfriend material" in his early 20's.

4:20 Perspective on Nice Guy Syndrome and definition of "Alpha Male" (B&D: A Life of Choice) and "Being in a Douchebag" discussed.

6:45 Chris and Victor on "Dress Like You Are a Someone, Not a No One".

8:40 Quick talk about Good Looking Loser and "Get a Life" (Lifestyle by Good Looking Loser).

10:00 Chris has never had a full-time job.

Chris' Very First "Practice" Website - HairLossFromSteroids.com

11:00 History of Good Looking Loser and getting into online business. First website www.hairlossfromsteroids.com (ghetto, but effective).

13:00 RU58841 - new compound that can keep DHT almost totally off your hair.

14:50 So you're new and you want to write an eBook? (Please listen)

15:55 Here's the current Hair Loss From Steroids Video/FAQ Section. (the YouTube page was sabotaged and deleted)

17:40 Rolling blogs/community (traditional/passive income) vs. Static websites (99% passive income).

18:40 Chris' goal = Try to make $50/day on Good Looking Loser after 3 years of work.

19:55 Your expectations and your definition of success will largely determine your attitude and the outcome.

21:00 About Happy Hippo LLC.

21:40 Good Looking Loser's Guide to Kratom and the purpose it serves. (2008 = Anxiety & Now = Productivity)

25:20 Which of Chris' websites are actually ***passive*** income?

28:00 Why Chris started Happy Hippo. (not planned)

- "Happy Hippo News Page - About Happy Hippo"

Advice to Aspiring Passive eBusiness Professionals

29:55 My advice to newbies - Victor puts me on the spot (and doesn't tell me, haha).

31:40 Advice #1: Sell a product online (learn a lot, make a few bucks), Chris' 1st business venture in college.

33:00 Advice #2: DEMAND = MOST IMPORTANT THING FOREVER.

36:10 Advice #3: When you should consider writing an eBook.

38:40 Advice #4: Concept of Trust. (Don't be an Internet Marketer - Be genuine and up front with people)

41:30 Chris on his college experience and "Is college worth it?"

44:10 What I respect about Los Angeles, despite the superficial scene.

45:45 Can you get rich quickly? (Yes - you just can't get rich *easily,* there is a difference)

47:00 Conclusion - Thanks!

If you have a question, comment or anything to say - please post it below.

We encourage feedback and comments.



Academic and Social Misconceptions About College - Academics (Part I)

March 14, 2014 | by Good Looking Loser | Link | Original Link

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Introduction and Academic Misconceptions About College (Part I)

This discussion might be a bit controversial. Use at your own risk.
There is nothing below that represents LEGAL or MEDICAL advice, or the substitute thereof. Consider it strictly entertainment.

Welcome to our "Misconceptions About College" series.

Losers & Assorted Douchebags -

At some point I will release an official guide to college.

Not just about getting laid.

Academics, making friends, parties, greek life, athletics, drugs, hidden campus resources, right down to cheating on tests and in-depth legal (or not illegal) tactics to claim minority status for scholarship purposes.

That's right - THE DIRTY.

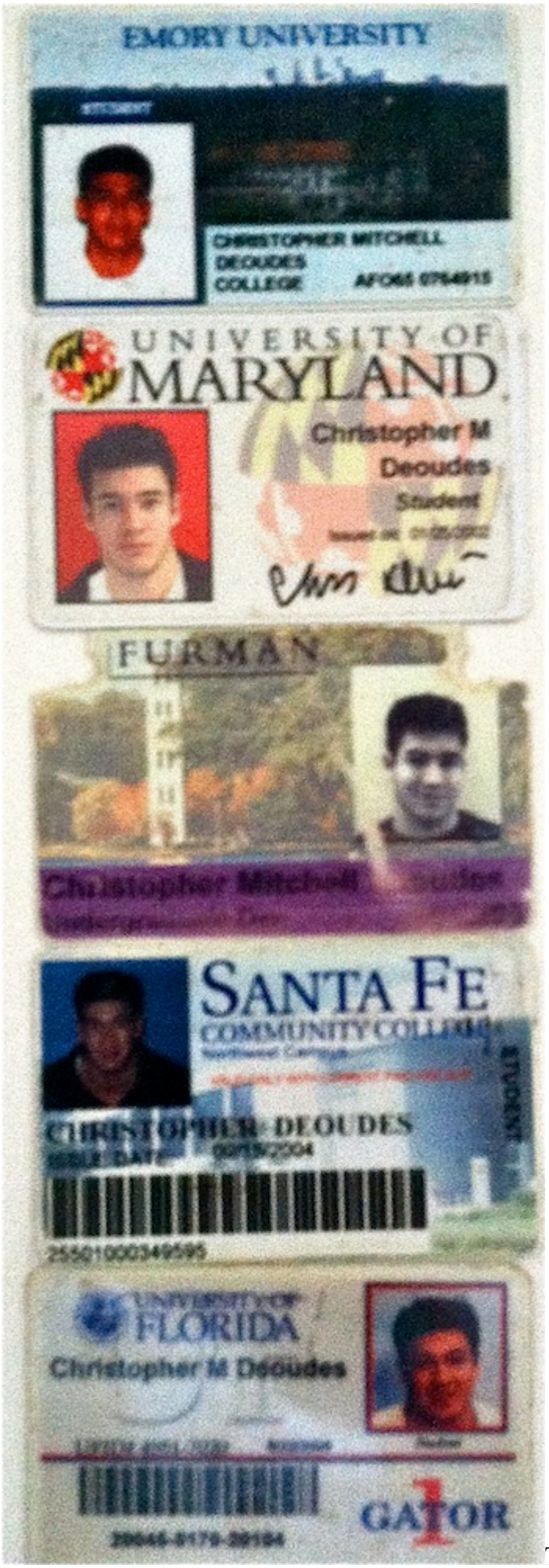
- Who are *YOU* to write such a guide?

I'm Chris, I went to college for ~7 years.

In fact, I went to 8 different colleges (not full-time at all of them) -

- Emory University (Top 20 overall, Ivy Reject School, 7,500 undergrads)
- University of Maryland (Home state school, 26,500 undergrads)
  ~ Famous Alumni: RooshV
- Furman University (Country Club of the South, 2,700 undergrads)
- Santa Fe Community College (FL) (Junior College - How Far I Had Fallen!)
- University of Florida (Graduate, Scholarship Warrington School of Business, Manga Cum Laude, 33,000 undergrads)
- University of San Diego School of Law (Was Top 40 Law School When I Applied, Left in about 10 days, Scholarship)
- * Cal State - Long Beach (Summer classes 2005)
- *Montgomery College (Summer classes 2002)

fun fact: Which college girls has Chris slept with the most? (UCLA)



The schools I was full-time at. I didn't bother

getting a Law School ID - I knew I wasn't staying. Top 3 decision I ever made.

- Okay, big deal - you went to a bunch of schools because you clearly had some weird psychological problem, why would I want to turn out like you?

(this is a reasonable question)

I paid over $90,000 in taxes last year (not all Good Looking Loser). Including $16,000 (13,000 federal, 3,000 state) every 3 months.
(I'm doing alright)

I can trick hot girls into liking me.
(that's what people say anyway)

I have a genuine interest in helping guys in their 20's that want help. My 20's weren't what they should have been and I had no one to help me.

Also - despite my decade of self-professed underachievement aka "Good Looking Loser", I was actually pretty successful at a few of the schools (Emory, Furman). But was as lonely and isolated as could be at some other places (Maryland, Santa Fe CC).

I've seen it all.

Big school.

Small school.

Life as a naive, hopeful incoming freshman.

Life as a FOUR-TIME, here-we-go-again, depressed transfer student.

Life as a first-year Law School student.
(I left the school - but still went to the parties. Hah. What a fucking loser.)

Breaking into social circles, only to leave them behind.

IN-CROWD.

LONER.

Fraternity.

Getting kicked out of the fraternity.

Amazing spring breaks that literally bring tears to my eyes.

Spring Breaks all alone in my room while inserting my friends' names on XBox football rosters because I missed them.

Athletics and steroids.

Inline Hockey National Championship. (state non-college team, but I'm still proud of it)

Apparent suicide of my ex-girlfriend.

Racism and male pattern baldness.

The endless comfort of being an over-privileged kid. The endless silent guilt of wasting my father's money.



Moving again... (to LA this time)

Admittedly, despite streaky college success, a fair amount of my advice comes to you in *HINDSIGHT*.

This is different than the "pick up" and "party scene" advice that I give - which ALL comes from years of total hardcore experience.

I could claim to have been the "Big Man On Campus" at a major university - but I wasn't.

While achieving "my potential" with women came well after college - I spent ~7 years in college in 4(?) different majors, at 8 different schools - in almost every dynamic possible.

Back then, I was never 1/100th of what I currently am today - but what I experience in the Los Angeles party (and at times - pick up) scene-

I know exactly what I'd do if I went back.

(Good Looking Loser, Class of 2019?)



LSAT Prep, Spring 2006

Based on that introduction, you might assume that my college experience was off-the-fuckin-chain - IT WASN'T.

I'm just an above-average writer.

In fact, for me, college was largely uneventful... at least compared to what it was cracked up to be/could have been.

My lack of social achievement (nice word for SEX LIFE) in college was the reason I became so obsessed with "pick up".

And like I said in "30 Things I Wish I Knew In My Twenties" (Part III, #22) -

> ***"Everything Happens For a Reason and It's All MY FAULT."***

To my close college friends who read this - this should not marginalize the time we shared. My feelings about myself and "the system" in no way represent our friendship. I am truly thankful for you guys.

Let's talk about some of the misconceptions about college.



Academic Misconceptions About College

(Social Misconceptions will begin in Part II)

Misconception: A College Degree Ensures Security

(Good Starting Job and Long-Term Income)

Alright, lets get the boring ones out of the way.

If you've swallowed the Red Pill then you already know this.

Maybe you want to hear it from me.

Having a not-so-respected major will eventually get a job that is slightly over the minimum starting salary.
(getting a job is a numbers game - even though I've never had a full-time job)

Having an not-so-respected major doesn't guarantee anything. Whatsoever.

For example, someone who majors in **Business - Finance** will almost always get a better starting job than someone who majors in **Business-Administration (General)**.

Majors such as "Criminal Justice", "Sociology" or "Liberal Arts" will likely land public-sectors jobs that are nearly equivalent to full-time minimum wage jobs, if any.

- "Forbes: 10 Worst College Majors"

Becoming a professional (Doctor, Lawyer, etc.), however, will ensure some degree of long-term stability, provided YOU NEVER LEAVE the discipline and provided that you pay off the $80,000+ in college loans that you owe and get your license to work.

Obviously there are exceptions to these rules.

The truly intelligent Doctors, Lawyers, Criminal Justice and History majors become business owners

or drug dealers.

All bets are off at that point.



What's more, most people WILL NEVER EVEN USE (or need) their college degree for their eventual career.

My friend, our new web-designer, says that he can name TWO PEOPLE out of over 100 that he went to college/high school with that is currently employed within the same "field" that their degree promised career opportunities.

Something to think about.

Misconception: ***What You Are Taught*** In College Is Mad Useful

Hear me out-

What you are taught in college is largely worthless and pointless. Just like high school. Some pre-professional studies (biology, accounting, etc.), however, do build fundamentals that you are required to master.

College is largely a capitalist tool that ensures that young men and women get into debt and must immediately become part of the skilled workforce after college. Creating and maintaining **a system of credit and debt among the working middle class**, especially the young and able, is the backbone of capitalism.

Corporations or the state can pay young adults low salaries and low wages relative to senior employees of equal or lesser skill.

Anything that you need to know for a job - you will hear over-and-over in "training".

With that said-

What you learn in college can be useful.

There will be a few things you will pick up from various classes, a few insightful professors, networking skills, self-discipline and social skills that might serve you quite well. You will also get to be around kids your age in a mostly warm environment - which is a big deal.

Remember - often the alternative to college is often living at home with a minimum wage job or army

enlistment.

Both of which can offer more than a few of the unintentionally *learned* skills above.



Misconception: College Is Harder (and More Work) Than High School.

I went to quite a few universities so I can make this call.

In general, college is easier and less work than high school.

Large universities (20,000+ undergraduates) especially. You have a handful of papers and tests.

For most, it will take you just 48 hours to prepare - so long as you've taken decent notes and shown up for most of the classes. The upper-level classes are a different story however.

Small schools, however, can be equally or slightly harder than high school. In fact, small liberal arts colleges are basically high schools.

The teachers take attendance and know you by name. It's harder to cheat in small classes too.

The Ivy League* and more prestigious universities such as Emory, University of Chicago, Stanford, Washington University in St. Louis, Wake Forest and Davidson - will be harder than high school.

I recommend going to a BIG, PUBLIC, LESS EXPENSIVE COLLEGE (Florida, Arizona State, North Carolina, Texas) and not a strictly-academic institution unless they pay you for it.

* I didn't go to an Ivy, but I had over 40 friends who did. Yes, 40+. Winston Churchill High School produces a ton of "blue-chip" academic prospects. My Ivy friends studied all the time and became undersexed alcoholics on the weekends. Most are still living that life. Even the girls.



Misconception: Cheating Only Happens In High School

I don't know who believes that cheating doesn't happen in higher education... but I have a story to tell.

Admittedly, I don't know how well monitored this decade of students are.

Maybe universities are catching cheaters while filming to catch terrorists.

When I was in college (2001-2007), I cheated on just about every test.

Yep - NEARLY EVERY ONE.
(I'll show you what I did - use at your own risk)

That doesn't mean I didn't study - I did. Usually harder than 90% of the other kids. I worked my ass off actually.

I just wanted to ensure I got the highest grade I could get.

I graduated with a 3.71 GPA, with honors.
(who cares...)

Also, students in 2001-2007 saw the rise of the Internet.

Resourceful students, aka Good Looking Loser, would use it to his every advantage on any written paper deemed necessary.
(I'm a decent writer so I never straight up cut and paste shit)

The administration was behind the times and didn't know how to police it.

These days I suspect it's WAY DIFFERENT.

I will assume, however, that the student body will always stay 2-3 years ahead of the administration. I guarantee it.

If some of you guys have a ethical problem with me cheating on tests - that's fine.

I'm not going to try and change your mind.

Just acknowledge that - I could have left out this part.

Better yet - I could paint a portrait that I am a squeaky-clean-by-the-book-undersized-disadvantaged-overachiever who's only dream was to go to Notre Dame.
(hopefully you get that reference - see pictures below)

I'm not. I am what I am.

Nothing In Moderation.

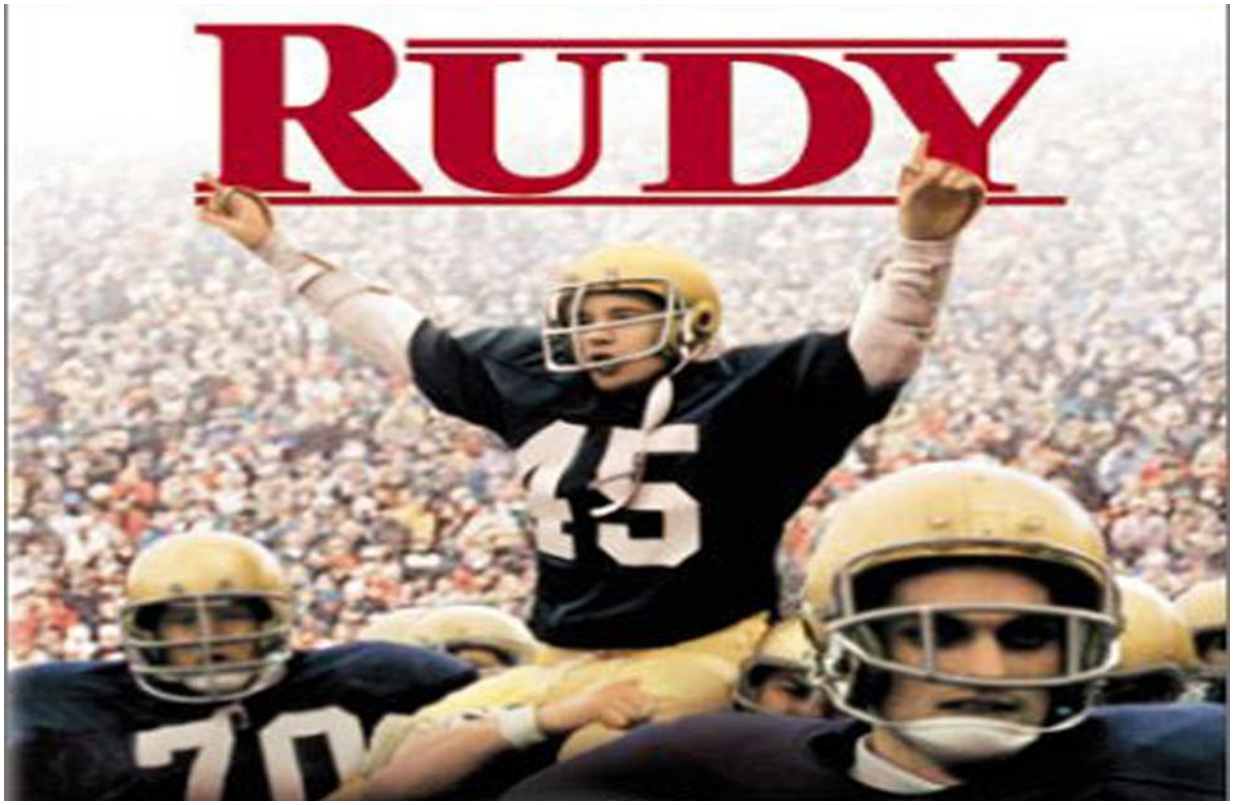
My Rules.

By Any Means Necessary.

Help Those Who Need Help.

Noblesse Oblige.

Keep it real.



Misconception: You Can't Undo a Lousy GPA for Your First Job

Even the most Blue Pill folks know that college GPA only counts toward your first attempt at employment.

Nobody cares after that.

From what I know, it doesn't even have to count toward your first attempt at employment.

Case in point -

Ericka.

She "graduated" with a 2.3 GPA in a shitty major from a shitty overpriced Florida private college that is more known for it's cocaine problem than academics.
(not Miami)

She walked into a $112,000 job.

She called it too.

Ericka is absolutely stunning, a 10 on everyone's scale and she knows how to dress like a business women and speak the part. She knows how to network with alumni, follow up and charm.
(I used to masturbate to Ericka - she went to my high school)

Before you dismiss her as simply a genetically gifted princess getting her way, I will point out that -

there are A TON of hot girls that graduate with a sub 2.5 GPA that end up as lifelong cocktail waitress because they don't even try for good jobs.
(they make good fuckbuddies in their early 20's)

What's more, my friend Ross (not Rooster on the forum), graduated with an even worse GPA from the same school. He even got kicked out a semester.

He managed to secure a leadership position that paid him over $90,000. (verified)

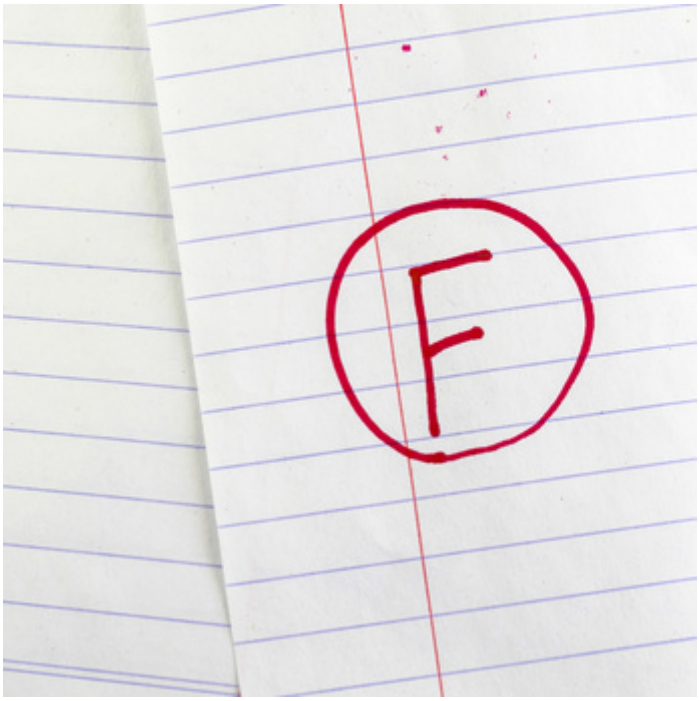
My other friends (just off the top of my head) - Daniel, Sarah Jodi, Keith (RIP), Brandon C., Matt, Jessica S., Brandon Mc. and Ali Shaw were all in similar positions and used their presence, respective alumni networks, eager follow ups, persistence (hunger) and **EVERY CONNECTION AND SEMI-CONNECTION THEY HAD** to land better first interviews and gigs than a lot of my friends that graduated Ivy League Schools.

Most of the names mentioned were little whores in college and probably learned some form of professional networking that way.

Good for them. Really.

The point is - a lousy GPA doesn't even have to affect ANYTHING - let alone your first job.

According to some of my friends, some employers didn't even ask about it.



Misconception: You Have To Be a Minority -- To Apply as a Minority

Use this at your own risk.
(this is not legal or academic advice)

This completely fictional information is based on the application process to Law School (2006-2007) and case studies that I had my lawyer research.

This is what we found-

On every admissions application, for any level of education, there is a section where you are prompted [but not required] to *self-report* your race/ethnicity *[that you most identify with]*.

Legally speaking, "self-reporting the race you [think you] most identify with" leaves a tremendous opening in these surveys.

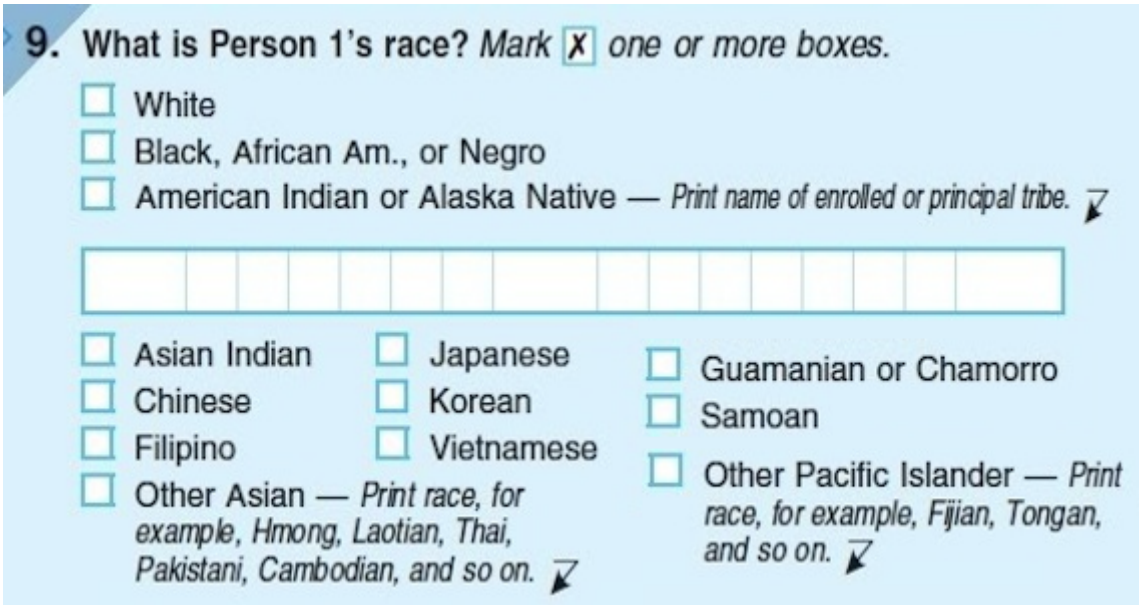
Generally speaking, it looks like this -

(sometimes there's blank to fill in next to 'other')

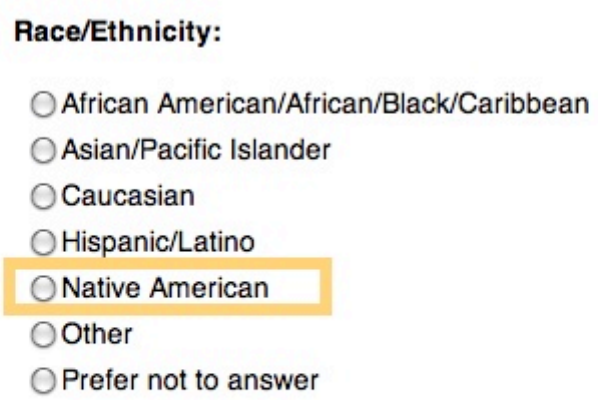
Race/Ethnicity:

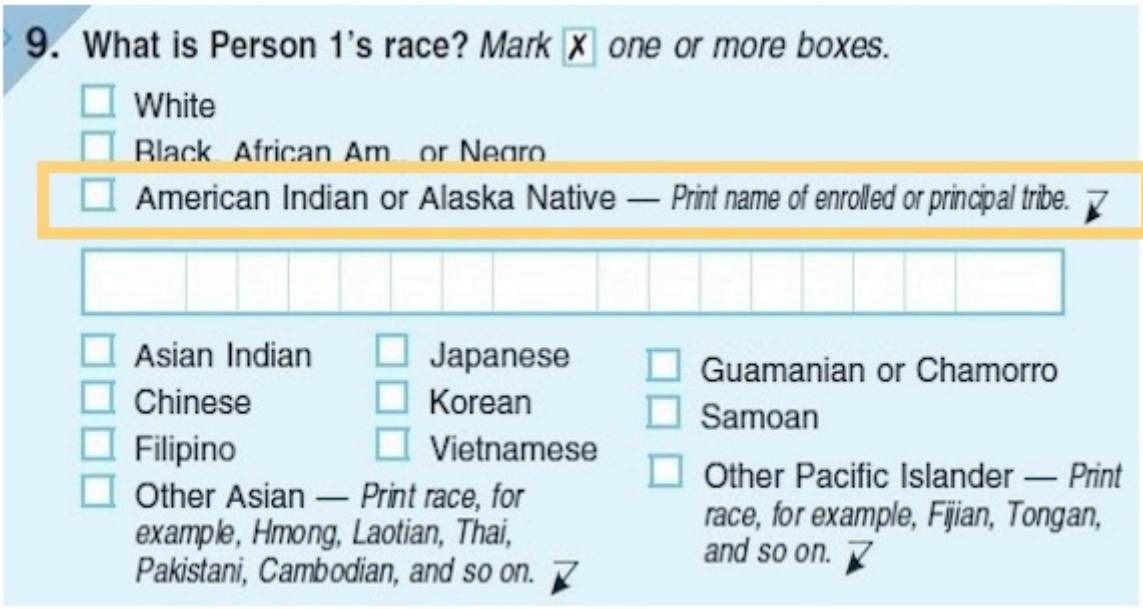
- ◯ African American/African/Black/Caribbean
- ◯ Asian/Pacific Islander
- ◯ Caucasian
- ◯ Hispanic/Latino
- ◯ Native American
- ◯ Other
- ◯ Prefer not to answer

But on graduate applications, it's more specific and it looks like this -



What's the difference?





The first survey has the term **"Native American"**.

The second, more specific survey, lists this as **"American Indian"** or **"Alaska Native"**, a specific type of Native American.

THIS IS NOT A MATTER OF SEMANTICS.

Nor a mistake.

"American Indians" who are part of an organized tribe (and often live on/near reservations), have government issued tribe cards that formally indicates their nationality.

Native Americans, such as Native Hawaiian Americans or other non "Indian" tribes, do not. They don't have cards. They aren't considered "Indians".

Most universities (most Ivy League schools, for example) are only looking for "card carrying" American Indians. They don't want you if you don't have the badge.

Several universities told me that on the phone.

Other schools, however, are more relaxed on their requirements and leave the term "Native American" up for self-report with no card required.

Considering the loose "self-report" prompt and lack of "proof" needed to show that you are a Native American...

I went ahead and checked "Native American" on all the applications that listed

that option.

I got accepted at nearly ALL the schools where I was a [x] Native American and got scholarships to several of them too. Not one of them asked me for proof. Ever.

According to my lawyer, universities would absolutely avoid investigating your "actual race"; they can get sued and get BAD PUBLICITY.

Listen to this guys-

(rumor mill)

> *Good Looking Lawyer said that - in the mid 90's, Harvard Law School investigated a 100% white kid who self-reported as an [x] African-American - when he applied to undergrad.*
>
> *The kid was temporarily suspended for a period of 2 or 3 weeks in the middle of the semester.*
>
> *His parents (the Dad was an attorney too) fought back immediately and threatened to sue the school for over $1 million dollars and damages.*
>
> *The kid claimed he felt he "best identified with African-Americans," and just answered the question [that supposedly had no impact on his admission prospects] as stated and it wasn't his fault that the school gave him a [fucking] scholarship.*
>
> *Under advice of their attorneys, Harvard immediately lifted the suspension, settled with the family for several hundred thousand dollars and this kid transferred to wherever his father graduated from.*

I searched long and far for this story and couldn't find anything.

But there won't be any formal documents if there wasn't a lawsuit - especially from the mid '90s.

If you have any information or links to verify/disprove this story. Tell me.

My lawyer's point was that LAW SCHOOL ADMISSIONS - WILL NOT GO THERE. It's too big of a risk. Besides, it's "self-report" and there's nothing actually legally binding. He was sure of it.

He also said that the Bar (who does background checks on all new counsel) is unlikely to question this either - for similar reasons.

He advised that this type of thing *may not* apply to Medical School admission however. You need to do an interview for Med. School and the issue may arise.

I can tell you, in my experience, Law Schools that should have outright rejected me gave me admission and money when I self-reported as a Native American.
My LSAT was a fucking lousy 158. (not scholarship material as a white boy - ANYWHERE GOOD)

I'm not telling you to do this.

Remember - this is all entertainment.

But I sure look Hawaiian, don't I?

(I also wrote entrance essays about how the United States is illegally occupying Hawaii and how islanders have a right to self-determination)
Money.



Should I Go To College?

This decision largely rests on your alternatives or lack thereof.

For most, the alternatives would be to find a minimum wage job or join the army. Trade schools and 2-year non-university programs, that offer absolutely no social life, aren't exactly tight butthole either.

For those in those circumstances - I suggest going to a **LARGE, AFFORDABLE, PUBLIC INSTITUTION**, that has Division I football (tell you why later), where you can get IN-STATE tuition or a scholarship.

The University of Florida is the best deal in the country. In-state tuition is just over $6000 A YEAR. If you go to high school in Florida and take it semi-seriously - you can get a "Bright Futures" automatic grant and go to college for nearly nothing.

If you aren't scholarship material or you want to leave your state and go to a **LARGE, AFFORDABLE PUBLIC INSTITUTION**- you can do it, but you have to be resourceful (very few kids with low GPAs are).

Hint - a lot of major public universities have "deals" with their community college system and state requirements to admit their graduates.

For example:

- If you graduate from Santa Fe Community College (FL) - you are legally **GUARANTEED** entrance to *at least* the University of Florida, Florida State, UNF, UCF or USF.

Even private institutions have these "hush hush" deals too, sometimes to simply feed diversity statistics to receive Federal funding:

- If you graduate from little known "Oxford College" in Atlanta GA. - you are ALMOST GUARANTEED entrance to Emory University, an elite university, at least on paper.
  (Oxford is a historically Black school - so don't ride up in that piece if you're not colored)

CALL AROUND. ASK QUESTIONS.

BE RESOURCEFUL.

You can end up at an awesome out-of-state **LARGE, AFFORDABLE PUBLIC INSTITUTION** for FREE if you apply yourself.

In general, if you are out-of-state, this is how you would do it-

1. You would go to the community college/feeder school for 2 years. Consider self-reporting as a minority or homosexual.
2. You would get in-state residency and tuition at the end of your 1st year, get good grades, suck up to teachers (for recommendation letters) and the obese but under-appreciated ladies in the registrar.
3. You would earn an "AA Degree" (Associate of Arts, not Approach Anxiety) in your 2nd year.
4. You would apply for ALL of the community college transfer scholarships/grants/endowments to the major university in the Spring of your 2nd year. Send a picture of yourself.

That is unintentionally what I did. I got a transfer (merit-based) scholarship (and 4.0 GPA) and went to Florida for free.

Community college is way fucking easy. I didn't cheat on most of the tests.

In a forum poll that was active for a very short time, responding to question -

> ***"Is College Worth It? YES or NO."***
> ***(Based on YOUR College Experience)***

Good Looking Loser Members felt -



Interestingly enough, in a similar poll from early 2012 in the old defunct forum that asked -

> **"Is College a Scam?" YES or NO."**
> **(Based on YOUR College Experience)**

Good Looking Loser Members voted ~65% to ~35% in favor of "YES - SCAM".
(sorry, no screenshot available)

Like most things in life, it largely comes down to your financial circumstances and the viable alternatives.

Pour Conclure

Okay, we got the boring but necessary **Academic Misconceptions** Bullshit out of the way.

Hopefully it was useful or at least interesting. Someday, I'm going to make more of an effort to get this in front of kids (of age) that are considering college.

Social Misconceptions in Part II will be more fun.

Class dismissed.

- **"Academic and Social Misconceptions About College - The Social Hierarchy (Part II)**



I'd be happy to read your opinions about "College -- Is It Worth It?" or "College -- Is It a Scam?".

Make sure you have ALREADY GONE TO COLLEGE before you chime in.

Academic and Social Misconceptions About College - The Social Hierarchy (Part II)

March 18, 2014 | by Good Looking Loser | Link | Original Link

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Social Misconceptions About College - The Social Hierarchy (Part II)

This is Part II in our series "Academic and Social Misconceptions About College".

In Part I, we covered the Academic Misconceptions and I told you all about my college career that spanned over 7 years and 8 different colleges.
(lots of pictures!)

Make sure you read that discussion.

It's important to know where I'm coming from and where the name "Good Looking Loser" comes from to put things in perspective.

Now lets take a deep look into the Social Misconceptions, especially - a **MAJOR MISCONCEPTION** concerning the undergraduate social structure, how it contributes to nearly every guy's goal (eating a lot of fresh 18-20 year old pussy) and why these circumstances don't make it an ideal environment for the typical student or non-student "pick up artist".

I enjoyed writing this.

It's a bit more analytical than I usually care to get but you will **COMPLETELY UNDERSTAND** how college "works" after you read this.

It was both amazing and painful to reflect on my college experience and ~2 year effort thereafter of penetrating (literally/figuratively) circles of Southern California college girls. It's the first time I really thought about it.

This is an in-depth discussion like "Swag Factor: The Missing Piece to Hot Pussy", "Killer Instinct (Advanced Social Freedom)" and "Sense of Entitlement (Advanced Confidence)" that only real experience in college and with college girls can uncover. No off-campus "pick up artist" has any inside comprehensive understanding of this stuff.

I hope it is helpful to you - I wish I knew this in 2001.

It would have changed my life.



Major Misconception:

Unlike High School, "Status" Doesn't Matter Much

If there was one thing that all incoming freshman should know - it's this.

Status (an element within "Swag Factor"), is as important - if not MORE IMPORTANT, to the amount of success you will (or won't) have with college girls.

Like high school and the real world - the Pareto Principle (or 80/20 effect) has long been in effect.

"20% of input (time, resources, effort) - accounts for for 80% of the output (results, rewards)."

Or for our purposes-

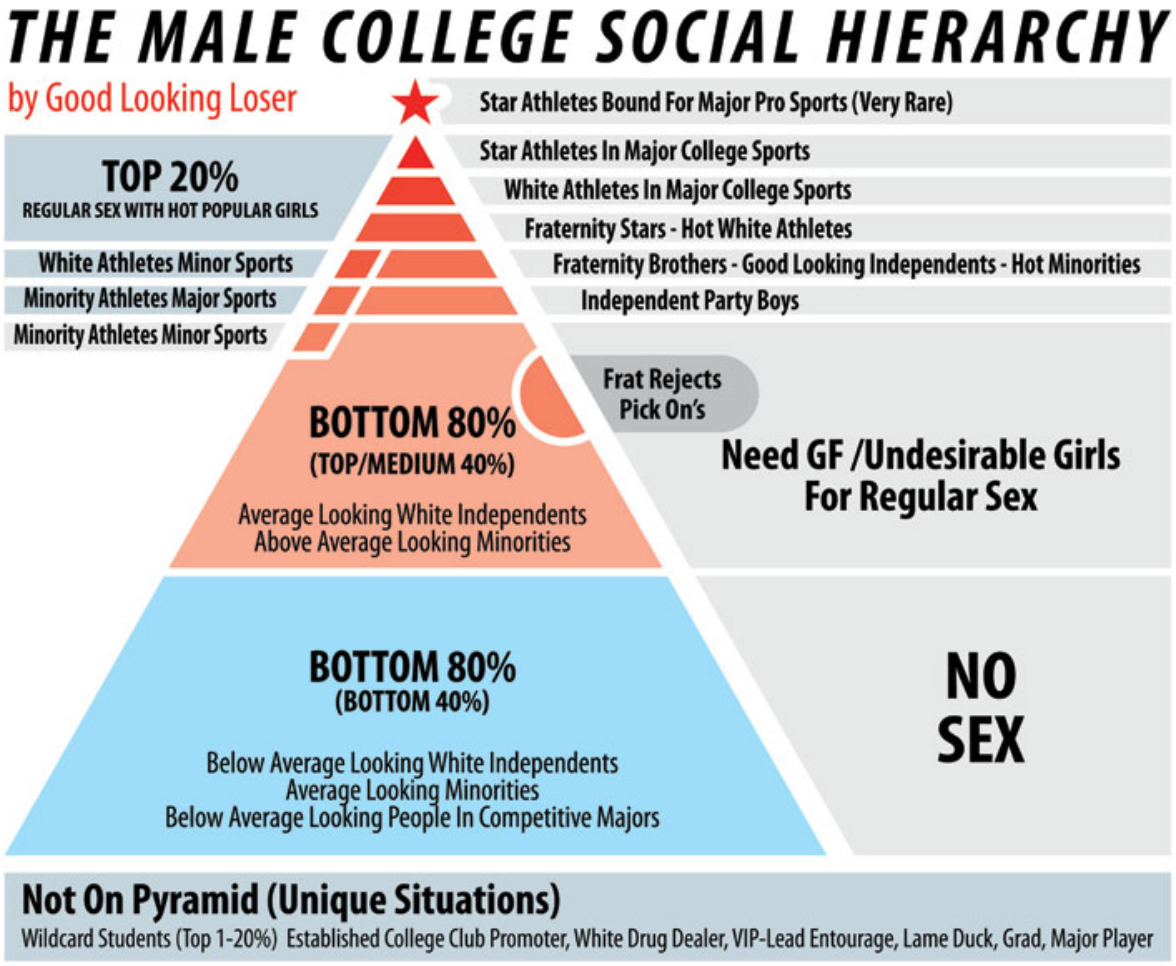
> ***"20% of Males provide 80% of the cock to college Females"***
> **(only 20% of the men have potential for uncommitted sex with popular/attractive girls)**

The **Bottom 80%** of guys have no consistent access (or chance) at getting regular sex - particularly with the most popular and desirable girls.

The **Top Half of the Bottom 80%** might have some friends that are in the top 20%, get some random action, but aren't really considered a realistic sexual option by most popular or attractive girls. They usually require average or below-average girlfriends to be sexually active.

The **Bottom Half of Bottom 80%** aren't even allowed access to the parties where they could possibly hide in a closet and listen to pretty girls having sex. Some of them secure low-status girlfriends but most of them just play video games and get food delivery on weekends.

This is what the college social hierarchy looks like -



Lets talk about ye pyramid...

Again -

The major point is - the guys in **the Top 20% are the ONES that provide the orgasms to 80% of the girls**. They are also the ONLY ONES to get regular sex from the top-tier girls as well.

The Bottom 80% settle for the remaining 20% of girls - often needing a girlfriend to have regular [if any] sex.

OBVIOUSLY there are some exceptions to the rule. Some girls that don't have sex are strictly looking for safe boyfriend material and may [temporarily] date down. Some schools don't have fraternities but are equally or more cliquey.

By and large - this pyramid explains what is going on at every college.

College girls only fuck guys on their level (coolness/status, looks) or above them on the regular.
(especially for one-night stands that will be judged by their friends)

Just like in real life.

It's no different than the "real world" and it's arguably even more exclusive.

For each incoming class, this Hierarchy begins to take shape within hours of moving in.

After 6 weeks - significant social mobility become harder.

After rush (fraternity) - significant social mobility becomes virtually impossible for most guys.

(we'll talk about what to do later...)

Are you starting to see why "pick up" on a college campus might not be ideal for the average guy that doesn't even go to the school?



College Social Class Profiles

** Star Athletes bound for MAJOR professional sports (RARE)

It's very rare for a school to have anymore than 1 or 2 guys. Not even the major Division I public schools.

These types are above the pyramid and are closer to Hollywood celebrities than college students.

Given a similar potential/situation, the White athlete will be more popular than minority.

At Florida, the major examples were Tim Tebow and Ryan Lochte. They were major national celebrities before they graduated.



It's worth mentioning that Tim Tebow is a devout Christian and is still a virgin. I respect that.

** Star White College Athletes

(major sports) (.001%)

The pyramid at most schools begins with the **Star White Athletes** who play major sports - football and basketball. But sometimes baseball or hockey (at *some* Northeast schools) is considered a big deal.

While he's a star among the collegiate ranks, he's not necessarily going to star in professional sports.

Since he is a local celebrity, he has access to any girl in the school - more importantly, the hottest 5% since every girl knows that he's considered cool.

Girls earn major status points for fucking or blowing this guy.

An example at every Division I school is the starting quarterback for football team. In Division I-aa, II or III - the quarterback and athletes have less status since they aren't top-tier athletes.



** Most White College Athletes (major sports) (.01%)

Next up is the **White Athlete who plays major sports**.

There might be a pecking order among teammates based on athletic ability - but girls don't understand sports that well and these guys are all the same.

Girls see: "Athlete" and "White".

The interesting thing about this category is that if you "look the part" (and are good looking), you can reap some of these benefits on a random basis.

Some of my friends, myself included, having gotten mistaken for Division I football players **while on campus** at schools.

If a girl asks you, you can mention that you "play football" (which doesn't necessarily mean you are on the team) and immediately change the subject to grabbing a drink with her (she's interested). MOVE FAST.

I'm not saying for you to go around pretending you are an athlete but don't deny it either.

In Los Angeles, I'm often asked if I play football for USC or if I do MMA.

I just say, "I used to play football."



#1 Fraternity Stars (.05%)

& Hot White Athletes (minor sports)

Frat Star is where the pinnacle of the pyramid reaches and ends for 99.9% of undergrads.

> **This is exactly what I suggest that all of you Losers aspire to be -**
>
> ***"Fraternity Star"***

Lets get something straight first -

"Frat Star" **<u>is not</u>** the fat drunk slob that will "do anything" and eat anything (Frat Legend) - as portrayed in movies and television.
(That guy is generally in the "Frat Reject" category, but sometimes he's just a "Frat Boy" if he's not overweight)



This is a "Frat Legend" but not a "Frat Star" to the girls.

The real Frat Stars are simply Above-Average Looking, Social Guys that are in popular fraternities.

- Some are Good Looking with Above-Average Social Skills.

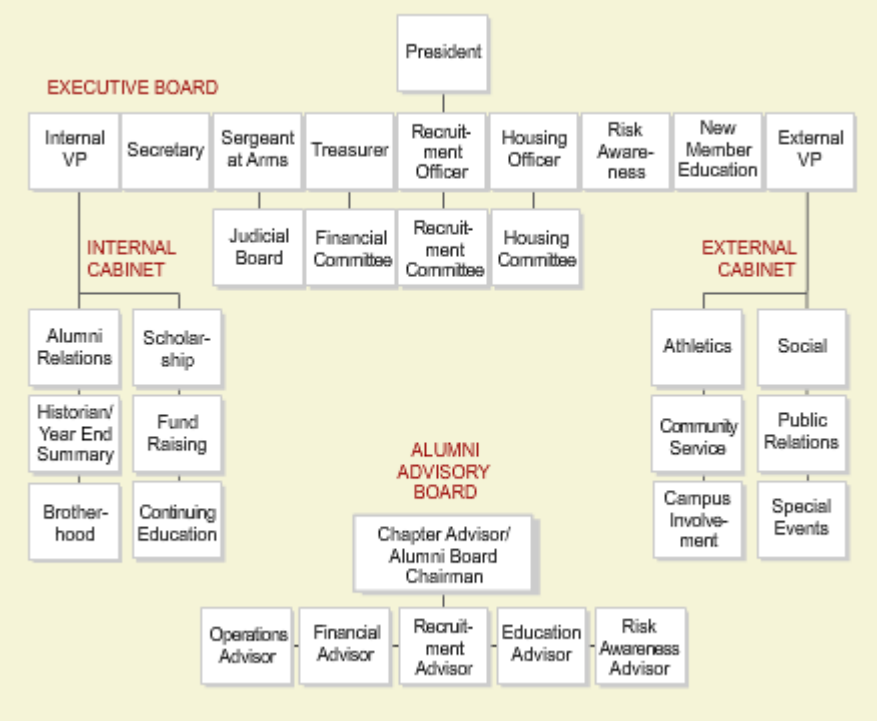
- Some are Above-Average Looking with Good-Average Social Skills.

These guys are usually upperclassmen that are the most respected in their fraternity. The other brothers kiss up to him. They are usually White.

They always have good relations with the other "Frat Stars" or leaders in the other cool fraternities and have a direct line of communication/friendship with the top sorority girls. Especially the "alpha" sorority sisters that plan events and leak the gossip.

** It's important to understand that "Frat Star" is not an 'official' position.

All fraternities have official elected leadership positions, like this-



Internal Leadership Hierarchy, Not Social Structure

This **IS NOT** the social hierarchy, just the internal structure of operations and responsibilities. It means virtually nothing in a social context.

Sometimes, the "President" of the fraternity is not one of the cooler guys. He might be a "try hard" that is willing to accept a lot of responsibility in order to impress his brothers. The "Secretary" is usually not super cool.

But not always.

"Frat Stars" usually don't waste their time on official leadership positions and see it as a complete waste of time.

To become a "Frat Star", you need to be (and look) MASCULINE and exert LEADERSHIP over your pledge brothers. Working out helps, being able to beat the shit out of your brothers is certainly a start. You need to be able to talk to new girls right in front of your brothers. Have good social sense to give or buy the older brothers drinks - as a masculine, not submissive gesture. As a pledge, freshman and sophomore, you need to attend nearly all the parties and drink (but not necessarily to the point where you are sick). You need to be the top 2 or 3 guys in your pledge class. You need to have hot girls as your dates to official fraternity functions. And By Junior and Senior year - you'll have Frat Star status. Only good looking sexually-active guys become "Frat Stars" as underclassmen.

Like I said - Frat Stars have direct lines of communication with the most social girls in the sororities.

They hear which girls are single and interested in them. BEFORE the parties start.

(somewhat like the "Los Angeles Party Scene")

Frat Stars are told by their friends (or "social circle") which girls like them. The girls make themselves drunk and available. The guys sleep with them later that night. This is how "normal" people hook up. It moves pretty slow compared to 'quick hit' we talk about here.

(call it a "warm approach" or whatever you want - they often have already met and talked several times with the girls they sleep with)

Very little "pick up" or "approaching" occurs.

In fact, there's quite a few "Frat Stars" that don't even have the ballsack to cold approach random girls in a non-Greek/drinking environment.

They are still social guys and can "mingle" enough to land random girls.

"Hot White Athletes" in minor sports such as soccer, lacrosse, hockey (at most schools), swimming, tennis, etc. have equal status to Frat Stars.

They usually don't hookup as much as Frat Stars since they aren't part of the full-time party scene. Some lack social skills but they are considered high-status.



#2 Frat Brothers & Good Looking Independents

& White Athletes (minor sports)

In the #2 position among the general population are **Guys in Fraternities (Frat Boys)** and **Good Looking Guys (Independents) that are not**.

(as well as Average-Looking White Athletes in minor college sports)

For the most part, this group is the last of Top 20% hierarchy that has legitimate access and potential for *regular* action with the hottest pussy on campus.

The frat brothers that tag top 1-5% collegiate pussy usually graduate to Frat Star.

Good Looking Independents with social skills have a good shot at all the girls too. They would almost always be considered a Frat Star (or high-ranking brother) if they joined a fraternity.

Most Frat Brothers & Good Looking Independents can get above-average to hot sorority girls (quality).

But unlike the "Frat Star," this group doesn't usually tag quite as much (quantity).

It REALLY DEPENDS on the Greek scene at your school to know who has the advantage, "Frat Boys" or "Good Looking Independents".

It will still vary on a person-to-person basis.

- A Good Looking Independent with KILLER INSTINCT will kill the Frat Boy.
- But a Frat Boy with a hung dick and good frat status could make his way through multiple sororities and intra-cliques.

For the majority of my college career - I was a "Good Looking Independent". Sometimes a popular Independent.
(I was in a Fraternity for 3-4 months in 2004)

I did pretty well at the schools I timidly applied myself at (Emory, Furman, end at Florida, San Diego Law) but kept seeing 2 major disadvantages -

- Frat boys had access to countless warm drunk girls at 1 am - with a bed nearby.
- I mainly had access to countless not-so-warm drunk girls at 1 am - with a bed 10-15 minutes away.

and...

- Frat boys had direct lines of communication to girls and would see them multiple times a week at Greek events.
  They ALREADY know which girls like them.
- I only had the 5 or 10 minutes before class/gym to take the phone numbers of the girls I liked. (if I had the balls to do so)

BIG DIFFERENCE.

In the end, however, both groups are considered pretty equal on the food chain and can get more/better pussy than the "Frat Star" on any given semester.

Though less than a handful of memories (aka 1.5) - some of my best nights in college included going to a frat party (where I wasn't exactly invited) and pulling a girl into one of the rooms and cumming on the Frat Boys' bed because the girl wasn't up to swallowing.

I took pride in being an Independent and showing Frat Boy Followers that I was the man.

I had way too much pride and it absolutely cost me dearly. That is a part of college I will never get over.



#3 Independent Party Boys

& Minority Athletes (major sports)

Rounding off the Top 20% are **Independent Party Boys** and **Minority Non-Star Athletes in major sports**.

If you are absolutely against joining a fraternity and don't have the looks/work ethic to become a Good Looking Independent - the "Independent Party Boy" is *just about* the LAST option if you want to have any sort of college sex life that isn't a complete joke.

Party Boys are cool guys who are not in fraternities but throw their own separate off-campus parties. Often, these guys have the BEST SOCIAL SKILLS of any group.

They are the perfect example of how "social skills" and numbers game gets guys laid.

It's a bit of mixed bag on how hot the girls are however.

If the guy doesn't have a lot of cool friends or his house is too far away - the crowd isn't going to be great and it will be mostly guys in attendance.

If the guy has a lot of cool friends, a decent party house - the parties can attract the same, if not better, girls than the top fraternities.

While this seems like an ideal situation -

I'll warn you that being a legit "Party Boy" takes a lot of time, responsibility and money (without Frat funding). I have friends that don't mind this at all and throw awesome parties.

I could never do it though.

Crowd control and cleaning up the place is a son-of-a-bitch. No thanks.

I'd even rather go on dates with girls than throw parties.



That's the Top 20%.

The College "In Crowd".

The Bottom 80% of guys fight for average to below-average scraps.

I'm not even going to break down the specific categories within the Bottom 80% - it's all the same to women.

The ones that want to Get Laid - often will find girlfriends or sleep with girls [-2 points] below them.

The ones that don't want girlfriends or can't get one - will play video games or go home on the weekends.

Both are a form of denial.

Both may last the reminder of your life.

I highly encourage you to join a Fraternity and get "Frat Boy" status before it's completely too late. (or seek "Wildcard" status... keep reading)

10 years ago, I would have told you that Fraternities were for insecure followers.

While that might be true (it's not), those insecure followers will be getting more action than you if you aren't Good Looking [Independent] or an aggressive Party Boy.

Welcome to the rest of your life in the Bottom 80%.

High School is a microcosm of College, and *College is a microcosm of Society*.



Wildcard and Johnny Bizarre Situations

While I can completely generalize the college hierarchy, as I did above, and be 98% accurate - there are a few situations where a particular student simply DOES NOT FIT into any of the categories.

Most Wildcards aren't above or outside of the pyramid like the Illuminati/Sports Celebrities are - but their placement is not well understood and can't be stereotyped.

Late in my never-ending college career, I met some of these "Wildcard" Guys and even unintentionally found myself with various degrees of "Wildcard" status.

The Wildcard designation can be quite volatile - it can come and go. But it is often a ticket to social mobility and a more permanent stay in the top 1-20%.

If you play your "cards" right... so to speak.

Lets give you some examples - in no particular order.
(take a guess which ones I was)

Just so you know - 99% of undergraduates ARE NOT Wildcards. These are really unique situations.



Wildcard #1 - Johnny McBottles

(Established mid-level college club promoter)

After female students turn 21, generally as an upperclassmen, their interest begins to shift from house/frat parties/regular bars (where younger students get in) to their college club scene - which can be quite significant in bigger cities.

They get really sexy-ed up and go out to play their social competition/Facebook/Instagram games.

A mid-level promoter, lets call him Johnny McBottles, who has worked a couple of years in the club scene becomes their free ticket to wild nights, free alcohol and **ORGANIZED AFTER-PARTIES**.

As an established club promoter, Johnny, has free tables he can give away and is in contact with hundreds of female via social media, text and throughout the night.

While he is usually pretty busy throughout the night, he can decide where entire groups of girls go AFTER the club.
(as you learned in "Los Angeles Party Game," that is critical; college club scene is quite similar in this respect)

He is the equivalent to the "Frat Star" but holds it down in the club scene.

I knew a few college club promoters in Gainesville, FL. A few in San Diego too.

Most of them were overachieving with women - whereas, they might be in the Bottom 80% if they weren't a Wildcard.

A good looking and social college club promoter can do extraordinarily well - pussy and money.



Wildcard #2 - Johnny McSidekick VIP

(Main friend of a Star White Athlete/Campus Celebrity)

The 2nd Wildcard "Johnny McSidekick" is a "VIP" by association.

He is a best or good friend to the celebrity athlete and rolls with him in the nightlife.

There's actually not that many of these "VIP" kids because Star Athletes tend to roll with other athletes.

There was actually a full-Asian kid that used to roll with Tim Tebow at Florida and got to meet 1,000's and 1,000's of girls.

Again, the VIP spot is only reserved for a very, very, very small percentage of kids.

If a Minority Star Athlete rolls in with his "crew", HE IS a Campus Star, but any minorities in his entourage rarely get VIP/Johnny McSideKick status - especially if they aren't dressed like they are successful people (aka "thuggin").

(REAL talk on GLL, if you want politically correct ineffective dating advice - look elsewhere)



Wildcard #3 - Good Looking Drug Dealer (Usually White)

This is as wild as it gets.

There's a handful of campus dealers that are tight with certain fraternities, sororities, Good Looking Independents and Party Boys.

They get access to their parties and even get setup with different girls. The good looking ones retain a lot of girls.

Some Hot girls will fuck dealers for a while and sell to their friends.

A lot of girls are attracted to the edginess of the situation and free drugs.

Even 'steroid dealers' who work exclusively with other guys - can reap *some* of these benefits when they are introduced to girls.

I don't suggest you become a drug dealer however.



Wildcard #4 - Transient McDuck

This is as random as it gets.

Over 7 different schools, I only saw a few examples of this type of Wildcard, but it is significant nonetheless because most girls would fuck them.

A "Transient Duck" is a student that is "just passing through" the school but has super-high status (or another life) outside of the school.

Many of them aren't studying for a degree and are just enjoying themselves until they move along.

Dan Bilzerian (a GLL Community favorite), who went to Florida with me, was a good example of this.

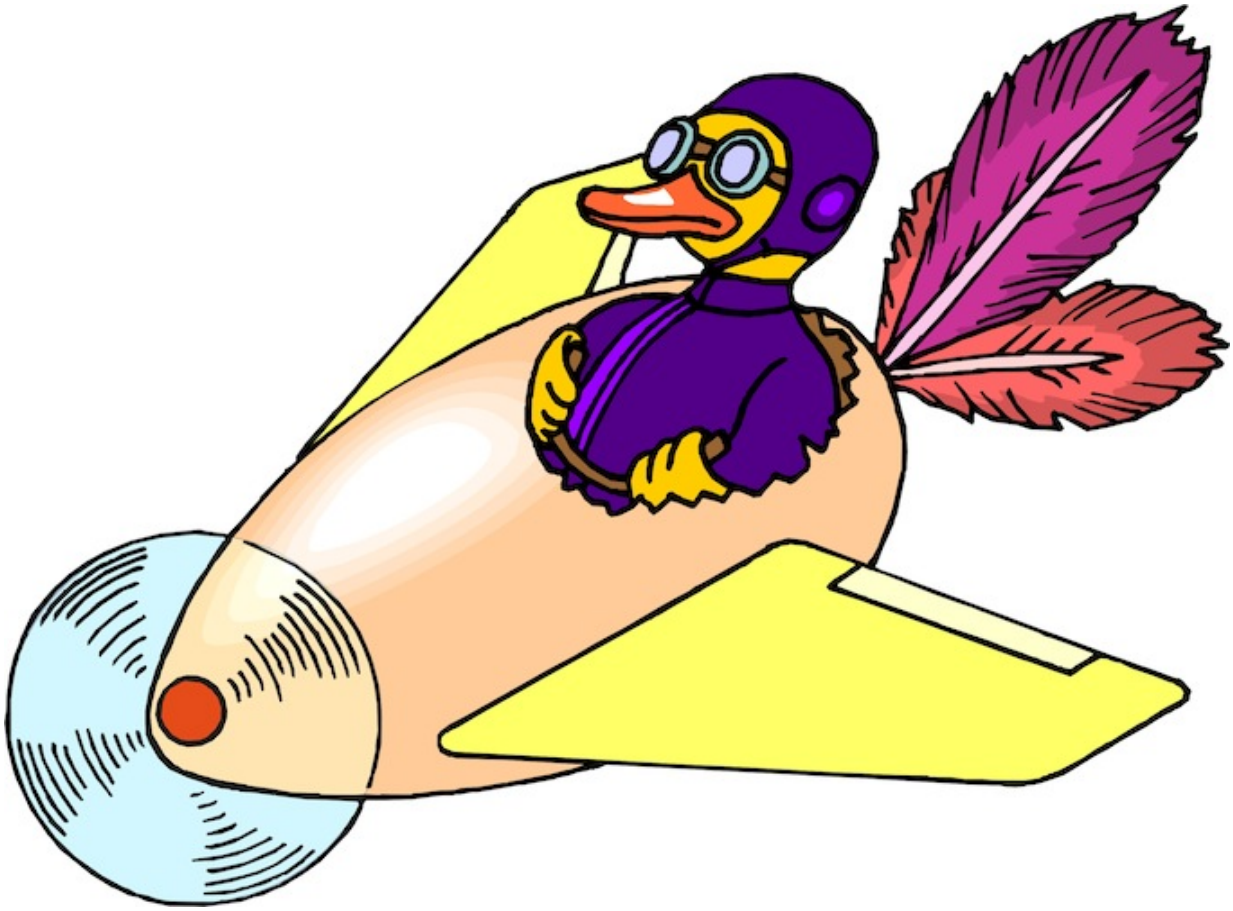
Dan was already a multi-millionaire and didn't really have plans to use his degree. He had a lot of friends and was just at Florida until he found other stuff to do or could convince his Mom that he didn't "need" school.

Clint Dempsy is another example. We were friends at Furman University and he was just waiting until he was selected for the USA Olympic Team and for the English Premier League.

These are the 2 best examples.

Even though Clint was an athlete - he was a more of a "Transient Duck" since his stay at Furman was deliberately temporary. He was already considered the best young soccer player in America.

There's some other girls that I loosely knew that got on talent shows (American Idol, Ms. Teen USA, etc.) and came to hold the same type of status until they left for better things.



Wildcard #5 - Johnny McBartender

The 5th Wildcard is that of - a somewhat unknown, good looking guy that starts working a local college bar and begins to get noticed.

He is usually a Good Looking Independent or a socially intelligent transfer student that is trying to break in to the scene.

Since Johnny McBartender is attractive and new (aka 'Fresh Meat'), girls start to visit him at work, invite him to parties and he becomes friends with a lot of the girls.

The ceiling for Johnny McBartender is quite high since he is good looking and now part of the college scene.

Transfer students, Bottom 80% Guys - get yourself in AMAZING SHAPE and follow Johnny McBartender's example.

Otherwise - join a Fraternity during the next semester.

Otherwise - get used to your place in the Bottom 80%.



Wildcard #6 - Local Powerplayers

(Graduate or No Affiliation)

The 6th and final Wildcard is the "Powerplayer".

He falls outside of the pyramid since he's not even part of the undergraduate community.

He is either a graduate student or just some good looking, reasonably high-status guy that happens to put himself on campus.

In either instance, this guy is among the Top 10% of ALL GUYS in looks and status. Better looking, higher status than 9 of 10 guys.

The Powerplayer is the ONLY guy that can walk on a school's campus, know absolutely no one and pick up/sleep with popular, attractive girls on any sort of consistent basis.
(he is very much still subject to the 'Odds in Numbers Game' - but can he make cold approach work fairly well as compared to the 'Misplaced Pickup Artist' that comes on campus)

He is the type of "older guy" that college girls can brag (and show) to their friends for the status bump - if they HAVE TO.

He usually has a really nice apartment in the nearby area so there's no pressure on the girls to explain the extent of their relationship if people see them.

He handles everything and he is usually pretty awesome with women to begin with.

It legitimately makes me sick when pick up authorities take their students to college campuses or suggest it is an easy place for the average guy to go to pick up girls and *actually* sleep with these girls.

IT'S NOT.

The social hierarchy is ALREADY established and "fun pick up artist, who doesn't go to the school but is 'sarging' on campus," IS NOT among the in-crowd.

Though the Powerplayer can pick off random college hotties, it can be quite difficult for him (or the Graduate Student) to break into popular sorority cliques. It's hard enough to do it as a undergraduate student.

While the girl and her sorority friends might think you are hot and cool - their jealous male fraternity friends usually do not tolerate outsiders penetrating their circles and will start calling the girl a slut.

There's a way to handle this and I will tell you how I've squashed this bullshit another time...

Until then - unless you are a Top 10% guy, I wouldn't hit up college campuses for chicks if you don't go to the school. The odds are quite low if you want reasonable attractive and popular girls. Go to the book store or the mall.

That doesn't mean you can't meet some upperclassmen chicks at the college bars - you can, that's easier, even though the college hierarchy is still in effect.



Pour Conclure

That's the end of the College Social Hierarchy discussion.

Status, in college, is as important as it is in high school.

College social status is BY FAR - THE MOST IMPORTANT THING and worth a total explanation before we even speak of the "how to's" and the other Social Misconceptions that we'll discuss next.

Continued in -

- **"Academic and Social Misconceptions About College - Slut Bags, Social Mobility, Size (Part III)"**

Academic and Social Misconceptions About College - Slut Bags, Social Mobility, Size (Part III)

March 23, 2014 | by Good Looking Loser | Link | Original Link

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Social Misconceptions About College - Sluts, Social Mobility and Size (Part III)

This is Part III in our series: "Academic and Social Misconceptions About College".

In Part II, we defined the "College Establishment - The Social Hierarchy", which ultimately defines how successful your college experience is with members of the opposite sex.

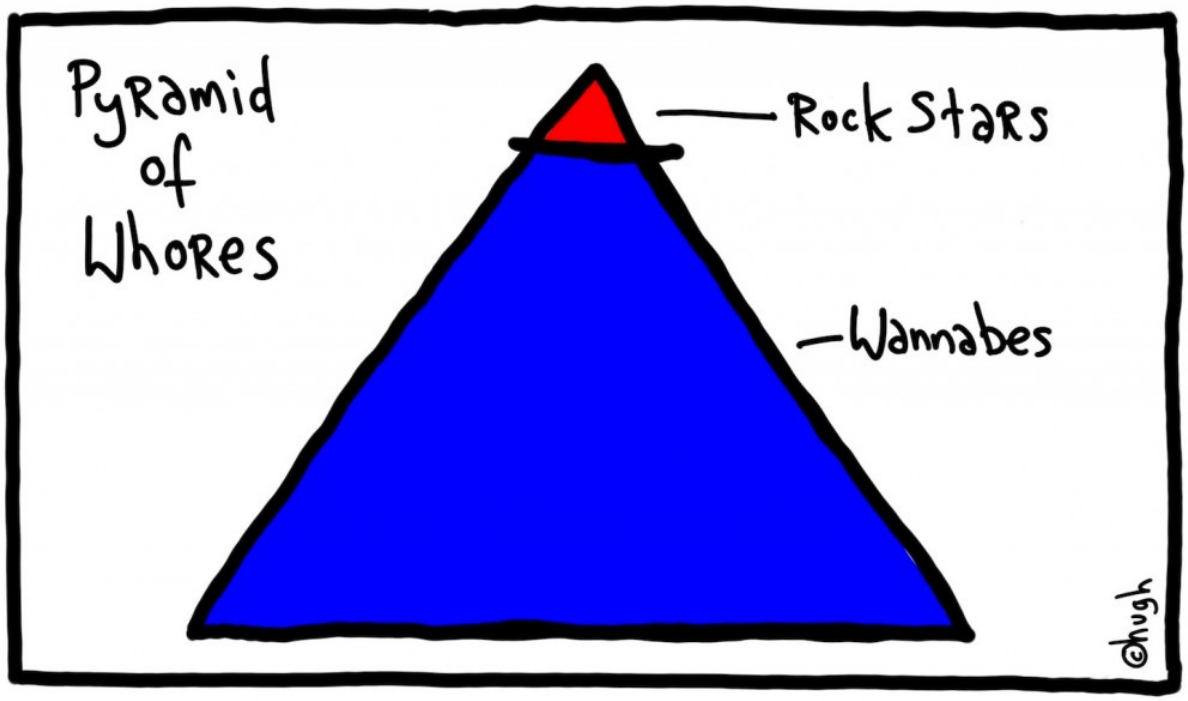
Everything revolves around The Pyramid.

There's no avoiding it.

You need to find your way to the Top 20% or otherwise you will be playing resident "pick up artist" with very low odds.
(if you are looking to nail attractive girls on a semi-regular basis)

It's important to understand the college social order - it is the basis for EVERYTHING in our college section.

Let's talk about some other social misconceptions and what the reality is.



Misconception: Nearly All/Most College Girls Are Sluts

It is certainly true that girls use their collegiate years, particularly "play stage" between freshman and sophomore year, to experiment with drugs, alcohol and their pussy.

They are away from their parents for the first time, judgmental hometown friends and the social order

that they once knew.

Some just come to college to mend a less-than-stellar high school experience but some have aspirations of being seen as the Hot Girl among the most desirable males.

Despite new surroundings, their sexual prime and primal/intoxicated urges - most college girls will be extremely conscious with whom they share their vagina.

Like with college males, the females have a similar social pyramid and fucking (or accusations of) sharing their vagina with the wrong guy (or too many/too often) will send their stock south in a matter of hours.

Because of these social consequences, college girls, especially sorority girls and high-status independents - think long and hard about who they sleep with.

Many of them will measure popular opinion before they decide on it.
(this is done by simply asking other girls 'What do you think of Chris?' 'Do you know Chris, is he cool?')

Some girls who don't do their due diligence find out the hard way.

> *Eva Chapman was a Freshman when I transferred to Furman as a sophomore. From a sheltered family/small town in South Carolina, Eva was particularly curious to explore her body and see what it felt like to get drunk.*
>
> *Rumor has it - Eva, one of the best looking girls in her Freshman class, hooked up with 2 soccer players during her first 10 days of college. Although these guys were both among the Top 20% of males and probably competitive against each other, Eva's reputation started to immediately plummet.*
>
> *One night, I took her back to her dorm and we started messing around. She stopped me when I tried to remove her clothes (for whatever reason I wasn't scared like I usually was) and said that she was still a virgin. We messed around a little bit more and I left.*
>
> *Someone on the soccer team saw me leaving her room.*
>
> *On Monday, a rumor started that we had fucked.*
>
> *Most guys congratulated me.*
> *(Forgiving girls gave me a pass because as a transfer student, I 'couldn't have known' that she was the Freshman slut)*
>
> *Everyone shamed her.*
>
> *It was the 3rd person she supposedly fucked and we hadn't even gotten to Labor Day weekend.*
>
> *Although we never had sex (and she likely didn't with the soccer players), Eva would pay the price. She was denied from every single sorority, despite being nothing short of gorgeous and down to earth. Unless she transferred, her college social experience promised to be nothing but horrible. Even the guys made her life hell and would leave condoms wrappers outside of her dorm room. Eva couldn't transfer because she was on scholarship. She got involved with several of the Christian groups at Furman and I never saw her at a party again.*

For every Eva, there's always several more Eva's that find out the hard way during Freshman year. Some of these girls don't even take their clothes off.

Despite the 'several more' Eva's, there's THOUSANDS and THOUSANDS of girls that watch and guard their social reputation as if their life depended on it. After the first semester of Freshman year,

they guard it even more carefully. Some won't even walk around campus with a guy that is not equal to or more attractive/cool than they are.

The worst thing a girl can be - is a slut.
(or assumed to be)

Although some women want to blame guys for branding sexually-active girls with the 'slut mark' of shame, the truth is - girl-to-girl gossip is mainly to blame.

Popular girls, especially those in sororities who have influence in the community, are social opportunists and welcome the chance to bury potential competition by attaching the 'slut' label.

Most guys don't like sleeping with supposed "sluts" - even though it doesn't usually hurt their reputation. Easy girls just aren't considered as valuable as other girls that keep their pussies tighter/out of the news.

The last thing a college girl wants is to get pregnant or an STD. That is the ultimate slut-tag and sign of damaged goods.
(for this reason, even in the club scene I haven't been overly concerned with getting an STD. I always use protection. Attractive, popular, reputation-conscious girls aren't usually the ones that have STDs. Call me naive but it's largely true.)

Despite the notion that *"College Girls Are Sluts,"* the college establishment and social consequences forbids them from being as sexually-active as most would like to be.

There are certainly some girls that will fuck 2 guys at the same time or go home with a guy (without being certain of his place on the pyramid), but these girls become less-and-less after the first 2-3 months of school.
(Spring break, however, is a time where girls can have sex/blow with random guys and not face social penalties - so long as the guy is decent looking)
(Halloween, also, is a socially acceptable time for girls to dress like total prostitutes)

Unfortunately, this is what makes it difficult for Independent (non-frat) minorities to hook up with popular or attractive girls.

YOU NEED TO BE PART OF THE TOP 20%.

As explained in "Hot Girls Just Want to Fuck Hot Guys?" social standing (coolness, status or "Swag Factor") becomes even more important as female preferences evolve among age 19-20 girls.



Misconception: Significant Social Mobility is Possible for Most Guys

It's a misconception that *most* guys in the Bottom 80% can ascend to the Top 20% by simply "meeting" more people or "being social".

Social groups and cliques begin to close very quickly during Freshman year.

At about 5-6 months - these groups aren't accepting too many new applications and these groups will remain exclusive for 4 years.

While it is certainly possible to become more popular, social mobility into the College Bourgeoisie (Top 20%) is generally limited to only the Top 10-20% of the Bottom 80%.

Some of these guys are "on the bubble" and can put themselves into the Top 20% by rushing a cool fraternity, MAXING out their looks, becoming a notable "friend of fraternity" or securing a Wildcard.

For most guys who reside in the Middle or Bottom 80%, however, will have to deliberately ditch their generally supportive friends in the Bottom 80% and commit to raising their status.

For some, it's worth it.

For others, they simply end up as "Frat Rejects" or "Pick On's" (see Pyramid in Part II) and remain in the Bottom 80% without dignity or real friends.

As loosely discussed, the way to rewrite your college status into the Top 20% is to -

- **Rush a cool fraternity (usually one where you ALREADY know some of the brothers).**
- **Secure a Wildcard. (Johnny McBartender, Johnny McBottles, Drug Dealer-joke, etc.)**
- **Become a legitimate party boy when you turn 21 or can secure alcohol.**
- **Become a college level athlete.**

In some situations, losing weight and becoming a Good Looking Independent is possible or you might get lucky with your apartment search and end up living with some guys in the Top 20% that take you in. Starting (not just joining) a student club *might* also net some new friends but doesn't guarantee any sort of nightlife/party scene life. Finding a non-bar/club based Summer job can also provide a chance to ascend. Johnny McBartender is the way to do it if you are 21 and don't want to join a fraternity.

Overall, while plausible, these scenarios are quite rare.

Most students that begin among the bottom - stay there for 4+ years.

It can be tough out there.

> *When I transferred to Furman University in 2003, I was very friendly to everyone.*
>
> *One fraternity, Beta Theta Pi, was particularly cordial to me. They helped me find my classes, made sure I was happy, introduced me to others, always invited me to hang out or grab food.*
>
> *Sometime into my 2nd month, the fraternity president, Jon, told me [something like] -*
>
> *Chris - we like you. I know that you probably fit in elsewhere, but you are always welcome to chill with us or come by the house. We aren't the cool kids* but we are genuine guys.*
>
> *If you decide to rush Sigma Nu or Tau Kappa Epsilon (the cool frats), we won't hold it against you. They both want you too. Just don't totally forget us and know that the door is always open. Not many guys like you (Good Looking Independents) want any part of our thing and we understand. No hard feelings. We won't bother you or try to talk to you on campus.*
>
> ** they were stereotyped as "Star Wars Losers" by all the other fraternities and high-status independents*

Jon knew that I couldn't be seen with him if I wanted to become part of the in-crowd at Furman.

He was very frank about it and knew how the Establishment worked and where he stood in the College Order.

It was hard to tell him, "No, I can't be friends with you. Sorry."

It was hard to sit there and listen to my new fraternity brothers rip on them and talk about how little Jon and his crew got laid.

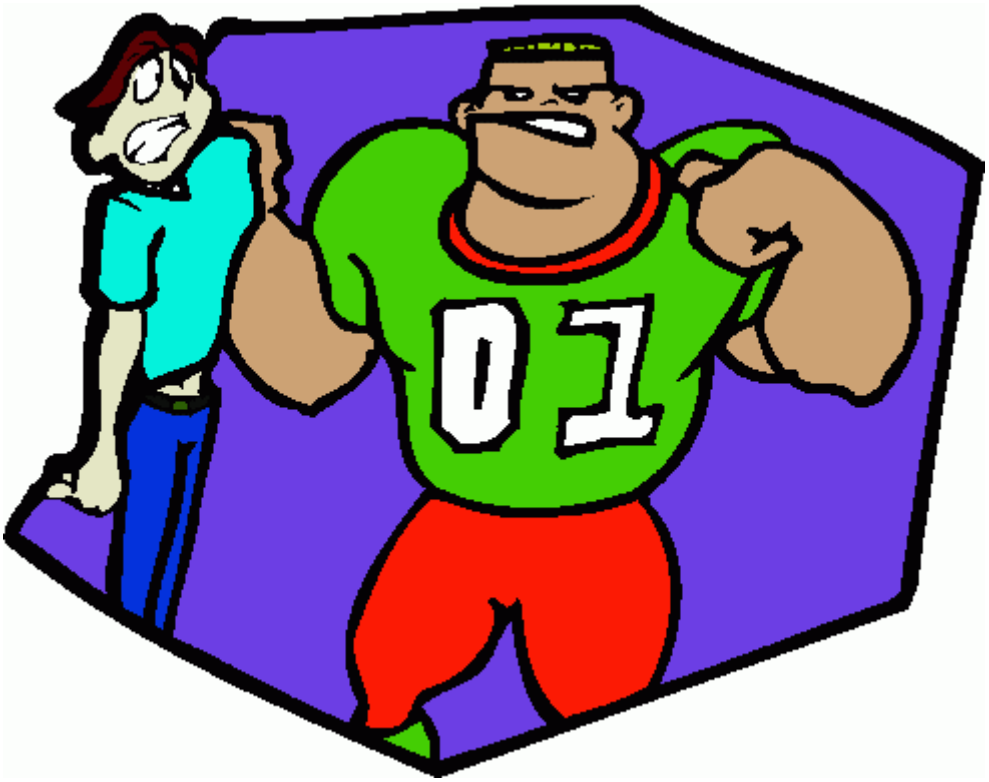
It was only after I got kicked out of Tau Kappa Epsilon that I realized that Jon and his geek squad were probably the only real kids at the entire school.

(obviously I don't like the "system" but it is what it is and I'm teaching you how to beat/own it)

As my college career continued, I met plenty of other kids like Jon at Santa Fe CC and Florida. I made a point of staying friends with them.

As much as I cared, at the time, about being popular and liked, I vowed never to make it at anyone's expense or hurt anyone's feelings if they were nice to me.

Call me a nice guy.



Misconception: All Colleges Are the Same (Social Aspects)

In terms of Hierarchy (Pyramid), 4-year colleges and universities are basically the same.
(Community colleges and commuter schools have a less-definite structure or no structure at all)

It's the same Order as in the real world.

A select 20% 'in-crowd' and the 'creepers' or 'randos' (as popular girls call them) in the Bottom 80%.

However, after going to 8 colleges (*only* 6 as a full-time student), there is 2 very pronounced *social* differences between small and large universities.

Good Looking Independents Have Access to Popular Sorority Girls At Small Schools

At small schools, there's a higher percentage of Good Looking Independents that have social success. Breaking in (aka being noticed) is easier too. Everyone knows each other.

When I arrived at Furman (less than 1800 undergraduates), everyone noticed me in about 3 weeks. I was an unlisted Wildcard "Impact Transfer Student" for a good year or so.
(I barely used it to my advantage, I'm an idiot)

At large schools, the social hierarchy is well-established and you almost HAVE TO join a fraternity to get access to exclusive organized parties and popular girls until you start going to bars when you

turn 21.

Unless you are good looking with great social skills, I highly suggest you join a fraternity if you go to a school with more than 6,000 undergraduates.
(you will still benefit from joining a fraternity)

It is super easy to get lost at a big school where Athletes, Frat Stars, select Frat Boys/Good Looking Independents and a few Party Boys are locked-in as the Top 20%.

If you are a transfer student, at any school, I suggest you join a fraternity.

Social Opportunity and Student Culture Can Vary Significantly

Not every school is full of wild partying or even weekly partying. Nor is every student body quite the same.

Especially at the smaller schools.

Large Public State Universities vs. Small Private Universities (Social Opportunity)

At large public universities such as the University of Maryland and the University of Florida - there is a fair amount of partying, drinking and social/sexual opportunities on just about every night of the week. Excluding Sunday nights, usually. The places are always the same but you will meet new people.

At small private universities, usually those with a distinct religious sect such as Furman and Pepperdine, a lot of kids DO NOT PARTY.

While there will always be a percentage of students at small schools that party, the "party scene" can get old. Really fast. You literally may see the same 100 kids every weekend. At smaller schools in medium-sized cities, there will be 2 nights a week where "something is going on". That something isn't guaranteed to be any fun.

At Pepperdine (and several other schools), the male and female students are on separate ends of the campus and there are rules about how late a male and female can be in each other's dorm rooms.
(with that said, one of the most beautiful girls I've slept with went to Pepperdine and loved to come to my apartment to get loose)

It is IMPERATIVE that you know about "rules" like this BEFORE you enroll.

Schools that have these types of restrictions generally attract a very polarized student body and has enormous social consequences (mainly for girls) for stepping out of line.

Large Public State Universities vs. Small Private Universities (Culture, Social Influence)

The culture and student body can vary between universities.

Large universities tend to have a more "normal" or current culture that doesn't have a polarized/archaic administration or student body. There's always a significant frat/partying scene and people that are into all sorts of things.

At small colleges - it varies.

Some student bodies differed significantly.

In my experience - the male student body varies the most.

At Emory, where there is no football team or any Division I sports, there were a lot of very feminine guys that wore extra-small shirts and took limos to go get their eyebrows waxed on Sunday. They

voted for John Kerry.
(it's a Long Island thing, I guess)



These are Emory students from Long Island.
These guys aren't the example of the feminine "waxed eyebrow" crew however.

At Furman, "The Country Club of the South", guys were very 'traditional' and would go to church and watch Nascar on Sunday. They voted for George W. Bush.

A lot of Southern Gentlemen that looked like this -



They are wearing "Croakies" which are outdated sunglasses with string so you can wear them around your neck too. Huge in the south.

In terms of White people in America - polar opposites.

At Emory, their were a lot of Jewish students - over 30% actually.

Furman, which had a large amount of Southern Baptists, had a total of ONE Jewish student. He was referred to as "THE JEW" and was a frat pick-on.

In both situations, the students were very cliquey.

I don't blame religion for that - it's just the nature of the college scene, Pyramid and what happens when hundreds of kids with identical backgrounds leave home, live with each other and look for security. In a lot of ways, I was the same.

If you have a problem with kids who come from wealthy families - you are better off at a large public university where there will be more socioeconomic diversity.

It is IMPERATIVE that you have a feel for a university's culture BEFORE you enroll.

Especially if you are considering a small, private school.

The hundreds of girls I met at each school were largely the same though. They wanted to be pretty, be in the news, have fun, cook up gossip/drama to make life more interesting, do well in school and not be [regarded as] a slut.

Pretty simple life overall.

At Emory, a lot of the party girls had aspirations to go to graduate school and become professionals. At Furman, a lot of the party girls were looking for husbands.

Still, *both* groups of party girls would sleep with guys if they had equal or higher status, if they could earn social points and avoid the 'slut' label. Even at Furman.

Again, this section only applies to 4-year universities - not community colleges where the vast

majority of students don't see each other outside of school or even speak to each other.



We'll continue this discussion of Social Misconceptions About College in Part IV where we dig deep into the Fraternity and Sorority scenes -

- ***"Academic and Social Misconceptions About College: Greek Life - The Greek Hierarchy (Part IV)"***

If you guys have questions about a particular school (chances are I've been there - haha), post it below.

I can probably tell you exactly what to expect.

Academic and Social Misconceptions About College: Greek Life - The Greek Hierarchy (Part IV)

April 2, 2014 | by Good Looking Loser | Link | Original Link

Social Misconceptions About College - Greek Hierarchy (Part IV)

Welcome to Part IV of our "Academic and Social Misconceptions About College" series.

So far it's been a hit.

I hope guys that are considering college (regardless of their ultimate decision) or just started college get their hands on this.

For a lot of us, college came and went.

Most of us, including myself, underachieved, for one reason or another.

In Part II, I discussed the General Student (non-athlete) College Hierarchy.

Some areas at the top of the pyramid were occupied by a group call *"Frat Guys"*.

In this section, I'm going to talk about the "Fraternity Hierarchy" and which "*Frat Guys"* actually benefit and which do not.

Not all frat guys are holding it down.

Not all frat guys are automatically propelled to the Top 20% of college guys - the group that [potentially] has multiple options for regular uncommitted sex.



Should I Join a Fraternity?

My opinion is that you should.

A COOL FRAT.

(not a "**A** Frat")

But it still depends on the culture of your school, how many students go there, and how prominent Greek (fraternity and sorority) life is.

At large schools (lets say, 10,000+ students) I HIGHLY ENCOURAGE you to do it.

At smaller schools, where in some cases the administration requires *official* fraternity parties to remain open to Independents - you might consider otherwise.

Still, despite the open-party rules at some small schools, they are plenty more social opportunities (mixers with sororities, fraternity homecoming and prom parties prom, spring break, unofficial parties, impromptu parties, road-trips, fraternity traditions, exclusive organized tailgating, etc.) that you will forgo if you elect to remain Independent.

Even if you fall into the 'Good Looking Independent' Top 20% category (see Part II for the social hierarchy) - you are still much better off joining a fraternity because you will have automatic status, social opportunities and friends that are over 21. If you don't, it's an uphill climb.

Just like I always say -

> *Normal Styles">Even though a good looking guy can rock a "well-dressed" style, he would have more sex appeal with an at least somewhat edgy style.*
>
> *The same is true that nearly every good looking guy is better off joining a fraternity if he wants to prioritize his sex/social life.*

There are simply more benefits and opportunities if you are a member of a House.

If you aren't particularly good looking (work on 'looking good' and read: "What is the Ideal Body to Attract Women?"), it's almost a must that you join a fraternity if you want a shot at nailing the hottest, most-popular girls on a semi-regular basis. You probably won't be partying with too many of them as an Independent.

For the Independent, even the Good Looking Independents - the opportunities and access to groups of attractive college girls that party are simply fewer and less convenient.

The girls that like you will end up at Fraternity parties on the weekend.

Although I ultimately got kicked out of Tau Kappa Epsilon at Furman University, if I could do it all over again, I would have rushed a fraternity as soon as possible during my Freshman year.

I encourage you guys to do the same.



Misconception: If You Want Pussy, Just Join *A FRAT*!

As we have gotten 12,000 words deep into this series, I think I've given some guys the wrong impression.

So long as you are reasonably cool/good looking, joining a fraternity IS the quickest way to jump into the Top 20% of guys and open up exponentially more options for sex.

But...

Simply joining "*A* Frat" will not get you pussy nor will it be your ticket to Top 20% status.

I'm not talking about how you "still have to work for it" or "approach anxiety" either.

I'm talking about the fraternity.

There's always ~3 or 4 fraternities on every campus that are considered uncool.

This Bottom 80% group are called the *"Frat Rejects"*.

The group is largely comprised of a collection of guys that got rejected by the other houses and general losers.
(look - we are *Losers* at GLL but we aren't losers... you feel me?)

Joining one of these fraternities will not "Get You Laid" anymore than discussing *"Why You Hate Faggots"* will get you into the University of California at Berkeley.

In fact - it's your ticket to **NOT GET OR PARTY WITH HOT POPULAR** GIRLS.

Life Among The "Fraternity Rejects"

There's very few cool guys that mistakenly pledge a "Reject House", since word of mouth and social pressure is more than an accurate compass.

As an Independent who talked to everyone, every once in a while, I would meet a decent looking guy in a "Reject Fraternity" who just needed some gym/diet help and he'd be in the Top 20% - with or without a fraternity.

Instead, he was dwindling away in the Bottom 80% with other undersexed guys that didn't have half the potential and were bitter about the "in-crowd".

Life as a *Frat Reject* or being part of an unpopular house isn't torture though. It's actually very comfortable.

There's some less-desirable/reject sorority girls and intellectual female classmates that come to the parties, a lot of epic video game moments and a lot of late-night buffalo wings.

Despite the humor, I have great sympathy for a lot of these guys. They are genuine, decent people and they aren't socially cutthroat.

They are super nice.
(half the problem - obviously)

College is an "okay" time for them.

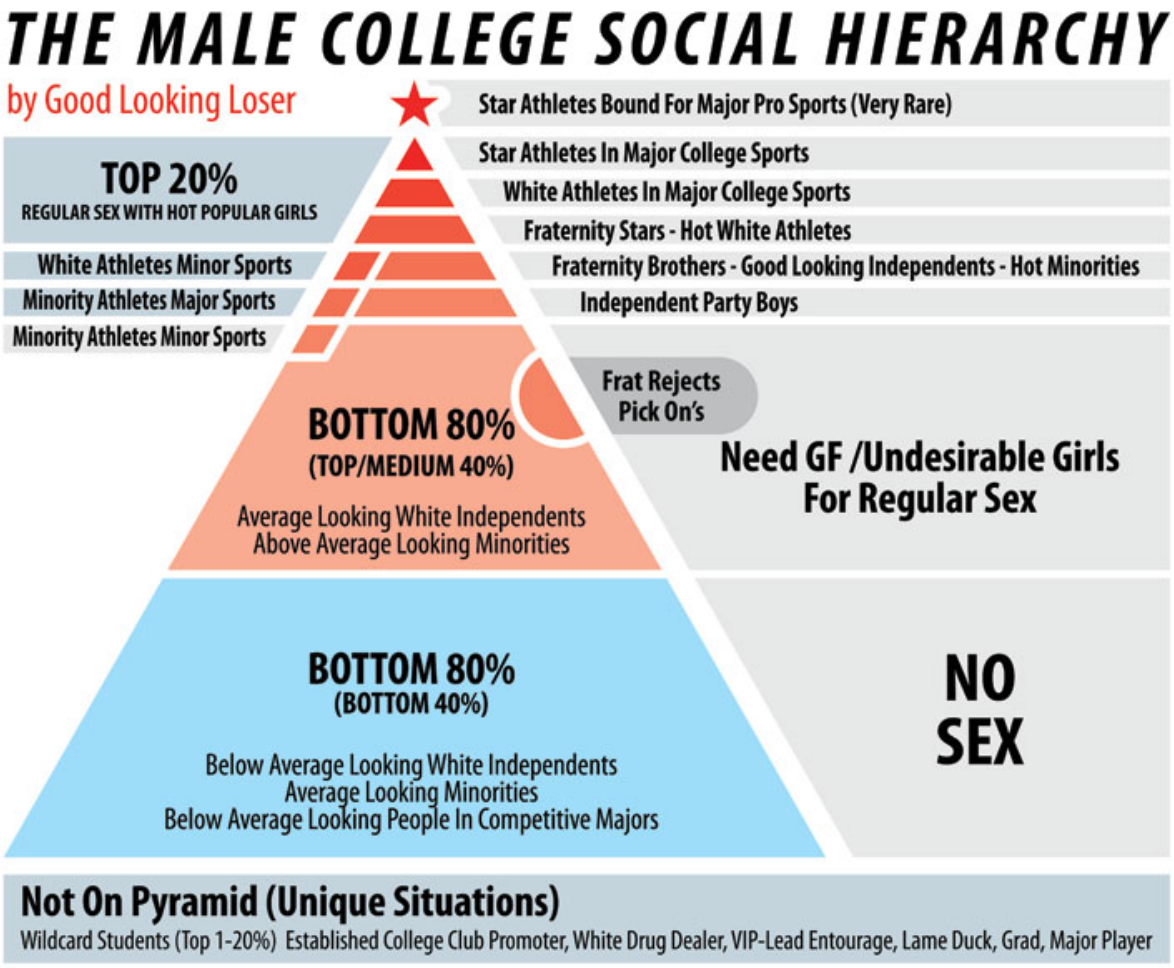
Still, it's got to be hard knowing that other guys the same age are getting compliments on their dick size and opening the walls of young pussies for it's first time --- while their "college experience" revolves around using the high-speed Internet to play World of Warcraft. By Junior year, most of the these guys have accepted their status in the world. While this is probably the more emotionally healthy move for the average person who never really works on himself - it doesn't address the lack of a sex life and the upcoming 20 years when it will be even harder.

Like me, but for a different reason, college won't be their Golden Years.

They'll have to try again in their mid-20's.

The Fraternity Hierarchy

In Part II, you saw the social hierarchy for the entire university.
*Frat rejects exist in the Bottom 80% as well



In the Top 20% (among the general population, non-athletes) were -

- Fraternity Stars
- Fraternity Brothers & Good Looking Independents
- Independent Party Boys
- Wildcards (various status/rare circumstances)

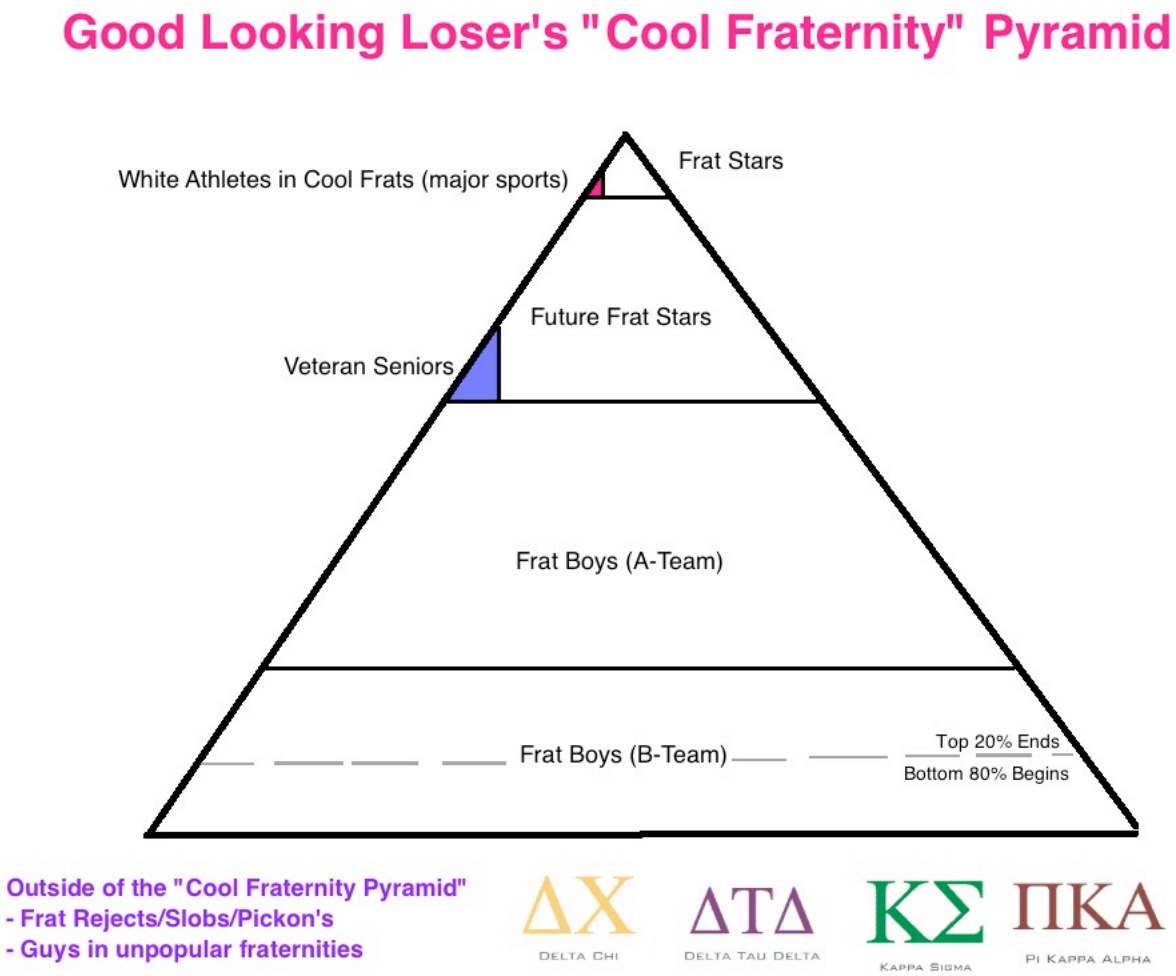
I will reiterate - the "Frat Stars" and the "Frat Brothers" are guys in *COOL* fraternities that party.

(there are usually 2 to 8 houses that are considered COOL, depends on the size of your school)

The "Frat Stars" and "Frat Brothers" in the average/less popular fraternities are generally in the Bottom 80%.

As with the general college population, there is a distinct hierarchy that presides over Greek Life.

And This is what it looks like -



Lets talk about the "Cool Fraternity Pyramid"...

At the top are the *Frat Stars* in cool frats and the small amount of *White College Athletes that join fraternities*.

As shown on the general population pyramid, only star athletes have more status than this group. White athletes in major sports that are also in popular fraternities are INSTANTLY Frat Stars. They have already proven themselves and have high-status as far as the other brothers are concerned.

Second on the list are the *Future Stars* in cool fraternities.

These are generally Sophomores that fucked a lot of girls/acquired high-status in their Freshman Year. Juniors are on the cusp too. Only a small percentage of Freshmen get into this category because they usually don't have a lot of influence yet. There is a small group of *Veteran Seniors* that have equal status to the *Future Stars* but they have generally hit their potential.

Third on the list are *Frat Boys (A-Team)* in cool fraternities.

This group is in cool fraternities but have middle-of-the-road status or slightly above. They are considered reasonably cool and often make up the the majority of their fraternity. They are better socially and usually more athletic than the next group. The "President" of the fraternity usually comes from this group since Frat Stars and Future Stars don't waste their time with busy work.

Fourth on the list are *Frat Boys (B-Team)* in cool fraternities.

This group is similar to the *A-Team* but they aren't as popular. Many of them are on bubble of being

in [Top of] the Bottom 80%. Most of them are still considered in the Top 20% of the general student population though. These guys are not usually friends with the *Frat Stars* and are scared to talk to athletes and girls they don't know. Although not Frat Rejects or Frat Pickon's - these guys often end up giving people rides, buying beer, being assigned responsibilities that the more popular kids don't want to do, and in the friend zone with a lot of girls.

Fraternity Guys that Outside of the "Cool Fraternity Pyramid" are...

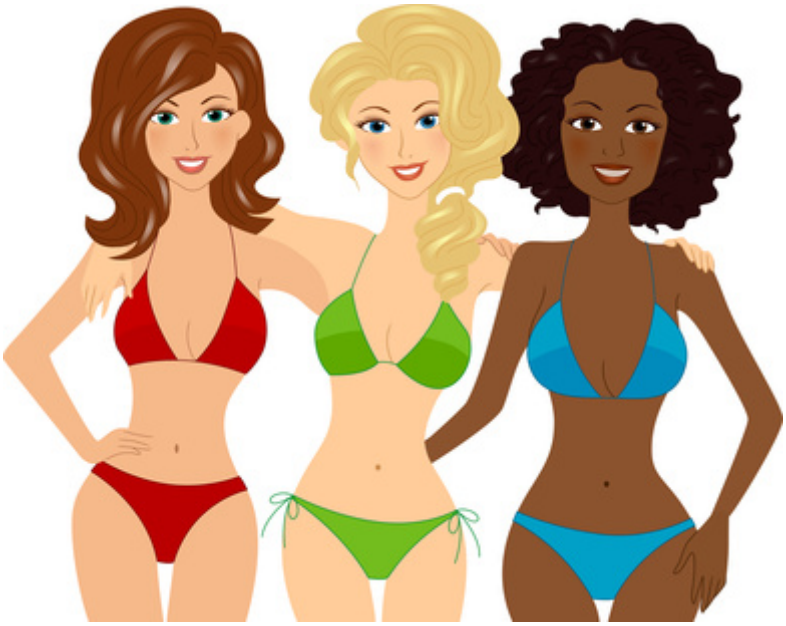
Unpopular Frat Boys/Frat Rejects/Frat Slobs/Frat Pickon's.
There's 3 types of guys that are in fraternities but have Bottom 80% status and do not receive a status bump from joining a fraternity.

- ***Unpopular Frat Boy -*** a guy in a not popular frat - he will remain in the Bottom 80% because his frat is in the Bottom 80%.
- ***Frat Rejects*** - as mentioned, these guys were rejected by the cool frats and end up in an unpopular "reject frats" with others that had a similar fate.
- ***Frat Slobs*** (or Frat Legend) - that fat/weird frat guy that will DO ANYTHING, EAT ANYTHING to the amusement of his peers. Only overweight girls might fuck him if he's not a total clown.
- ***Frat Pickon's*** - guys in cool/average frats that are the least popular and get bullied. Although they joined a popular frat, they aren't taken seriously, end up as the designated driver every night, bankroll, resident punching bag and serve as a human toilet for the House. (Figuratively speaking - usually)

So there are you have it - in general.

The major points were -

- Consider rushing a fraternity during your Freshman year. Especially if you go to a big school.
- Simply joining '***A*** Frat' doesn't really help your status or sex life - unless the Frat is considered cool.
  You will get access to low-end parties where there will be mostly guys.
- There is a social hierarchy among fraternities - just like the general student body and every country on the face of the earth.
- Guys that are Frat Rejects/Slobs/Pickon's in cool frats don't have much status, despite their House being cool. They fall into the Bottom 80%.
- The majority of guys in cool frats get an instant status boost into the Top 20% of the general population.
  There are still some guys in cool frats (Pickon's, Low Status B-Team) that don't make the Top 20%.



How Can I Tell Which Fraternities Are Cool/Chill With Hot Girls?

There are several ways.

First -

As a Freshman, unless you quarantine yourself in your dorm room, you will go to some fraternity parties. While you are at the parties, you will be able to evaluate their scene and catch the overall vibe. The members of the fraternity will come up and meet you (if you stand out in a good way) and you will get to talk to them.

While these types of interactions and rush parties begin to feel somewhat rehearsed and repetitive, one thing to take into consideration is -

- ***HOW HOT ARE THEIR GIRLS?***
  The girls that are talking to brothers (and seem to already know them) - are they attractive?

You should figure this out and compare the different fraternities. These will most likely be the types of girls you are going to be hanging out with.

Second -

Word of mouth sheds light on who's cool and who's not, even among new students.

During rush, multiple fraternities have parties on the same night.

- ***Which fraternity is getting the Freshman girls to come by?***
- ***Which fraternity are the hot girls on your hall/dorm talking about?***

Three -

You have all the permission and power in the world to walk up to introduce yourself to the brothers that you think might be cool.

This rarely happens because most newcomers are so scared of the social scene. It's impressive and you get to see if the guys can hold a conversation with you.

In a sense, you are "screening" them.

Do the normal small talk stuff.

Who, what, where, when, why? Just on common threads.

> - ***"Hey what's up dude, I hear you guys really throw down and have some awesome parties?"***
> - ***"I'm Chris, by the way."***
> - ***"Yeah, I'm new actually. Where are you from?"***
> - ***"That's cool I've been/not been there - how it is compared to here?"***
> - ***"Do you like the [name of major sports team in that city]?"***
> - ***"So tell me- what are you biggest events/parties of the year?"***
> - ***etc.***

It's not hard - it's like you are deliberately feeling them out (not in a stiff/nosey way) them to see if they meet your standards. They will ask you a ton of questions back and offer you drinks.

Although I was more timid than I am now - I did something like this at Furman and I was pretty much the most highly sought after recruit in 2004. It doesn't take much.

You can fake it to a certain extent.

Small talk is usually fake conversation.

Fourth -

Just ask around.

Not in a pathetic way.

In a YOU-SEEM-COOL and SO-AM-I.

I-NEED-TO-KNOW-WHO-IS-COOL-SO-I-DON'T-WASTE-MY-TIME kind of way.

Don't rely on the Freshmen for this information, they don't actually know. Ask some of the older guys in your classes who seem cool.

You can ask girls too, just catch them when they aren't in a group if you are scared.

This is one of the things I did correctly as a Freshman at Emory. A lot of sophomore girls had input on where I should join, where'd I would fit in/like and "what Frat House I looked like". Some of them gave me their AIM screen name (popular at the time).

EVERYONE has an opinion on the social scene at their school and will talk to you at-length about it. There is nothing to be scared of - returning students feel good about helping new students out.

If they don't help you out - they are weirdos and they know it.

There are more ways to probe the Greek Scene. Those are 4 ways I thought of in about 30 seconds - you can get your answers in less than 1 day.

Lastly -

(recently added)

This is something I haven't done but it's worth a shot.

Just ask online.

The question you want to ask is -

> ***"Which fraternities at the [university of location] party the most?"***

Don't ask -

> ***"Which fraternities are cool?"***

"Cool" is a subjective thing and if you get an answer from a guy that has 10,000 posts on a "college forum", chances are - it's the opposite.

Here's a spot where you can ask -

- "College Confidential Online Forum"



Such is Life.

Remember, I don't make the rules.

I explain them and tell you what you need to do to thrive.

A few people from the intellectual class wrote in, critiquing "my rules" and how Americans are disgusting.

The social structure in the United States is what it is.

The "In-crowd", social climbing and men/women being attracted to status is not a *"Stupid American Thing"* or unique to the United States.

Social status has been around since before the time of Jesus Christ.

(he was poor but turned into God)

Even animals have a status quo.

North Korea, where everyone is completely equal, has one too.

Social status is hardly unique to American universities.

And College, big or small, is simply a microcosm of the world.

If you want to make yourself into someone that is in touch with reality and dominates the status quo - that's what the majority of this place is about.

And it doesn't take much to be above-average these days - especially in college.

Stop whining.

Our series on the college scene will continue here -

- **"Academic and Social Misconceptions About College: Greek Life - Getting Pussy, Hazing, Minorities, etc. (Part V)"**

Chris and Brian Talk Being Honest With Yourself and Get Spiritual (Podcast 5 w/ Scotty – 2014)

April 19, 2014 | by Good Looking Loser | Link | Original Link



Podcast 5 - 2014

Brian (aka Scotty) talks a ton in this episode.

I'm careful not to cut him off. :)

We cover the questions that Good Looking Loser Forum Member 'ScumbagTrainee' brought to us and a bunch more.

This episode is somewhat different.

For one, it's pretty clear. We have a new audio ninja that is editing our podcasts and even cleaned up the old ones.

For two, we actually get pretty emotional/spiritual about certain things - particularly our starting points and how well life has treated us.

We are both very lucky in a sense.

Years ago, in our mid-20's, we were enthusiastic but quite naive - we could have focused on so many things (bodybuilding, graduate degrees, climbing the corporate ladder, video games). Instead, we got sucked into the "pick up thing" but made sense of it for ourselves - as so few actually have.

There were down times too.

Lonely times.

Times where we watched our blue pill friends that were 'doing what they were supposed to do' - get ahead of us.

I remember the nauseating feeling of being out on the beach at 11am, on a cold day, looking for girls, when my friends were finishing their Master's degrees or entering their 5th year of work.

In different ways, both Brian and I, stuck to our version of what life should be - knowing that we couldn't be satisfied until we were nothing less than thrilled about our sex lives.

At some point, the moment came where we realized that we had "made it" and finally we could relax and reap the benefits.

Often when Brian and I talk, we revisit moments and feelings that we hadn't explored since the day they happened.

Although we will both claim that much of ~2007-2011 was a blur, the emotions and experiences are unforgettable - even if they are tucked away from recent memory.

Some of the best days of my life.

I like this Podcast because it sounds like the old phone calls I'd have with Brian - he'd just talk and talk about how this stuff worked. This audio, more than any other, gives a picture of who he is and what he's about.

He is one of my very best friends and although he isn't as active on Good Looking Loser as we often would like him to be - I have no hesitation to share who he is and what he's accomplished.

Without Brian (Scotty), there is no Good Looking Loser.

I am forever grateful that our paths crossed - at a pick up workshop, of all places.

Enjoy...
(remember you can download these Podcasts by clicking on the down-pointing arrow)


Picture from 2011 - Long gone are the blind man glasses. Lets get to know Brian (Scotty).

Podcast 5 - Part I

0:00 Good Looking Loser and Brian (Scotty) are here

1:00 New Good Looking Loser 2.0 Site and Forum are open
(and still under some construction)

1:45 Podcast 5 is brought to you by the Good Looking Loser "Red Pill Necklace" in the "Spring 2014 Guide to Style (Accessories)"
(it's a little necklace and chain that we put together - 100% of the proceeds benefit the Good Looking Loser Community)

-Housekeeping Issues-

3:00 New awesome audio guy, Srdan, is making our Podcasts sound much better. We fixed up the older Podcasts too.

3:45 Scotty wants to train guys on an on-going basis, the package he is offering is -

- Go out with him 1-2 days/nights in New York or your city (at least 1 time every 3 months)
- Talk to him on the phone (EVERY WEEK in between)
  (check out Scotty's Private Training Page for more information and where to contact him)

6:15 Don't panic, but the FDA recently told customs to *"detain without inspection"* all Kratom shipments that are coming into the USA. Although Kratom is legal in the United States, the FDA is detaining/confiscating it. Vendors in the United States might be facing significant shortages in the near future if this decree gets enforced. I have stocked up and encourage you to do so as well (IF you have the money). Hopefully this is a temporary thing and the big vendors mount several lawsuits against the FDA's unconstitutional action. But there is likely to be a Kratom shortage in the upcoming months, regardless of the eventual outcome.

8:30 Questions from 'ScumbagTrainee' for Brian begin...

9:15 q: What are the 'core elements' of Brian's game? What is his 'style'?

11:00 Chris and Brian talk about the 'Laid Back & Aggressive' (or cool) vibe that they have.

- Piercing eye contact
- Verbally - laid back
- Physically - aggressive/assertive

14:00 What "pick up" means to Brian and why he's done it for 7 years straight - almost non-stop.

17:40 How "pick up" has benefitted Brian's existence far beyond his sex life.

25:20 What "pick up" means will change over time. As you get better, get older and you will start to enjoy it more. The tough part is the start, it gets easier everyday. Pickup was all about validation when I started.

28:40 When you start to try to pick up women - all of your issues will surface. Embrace it. Handle it. Lean on guys in the forum for support. You'll eventually start getting laid and you'll never look back. Once you know you can get laid - things change. You start to enjoy it and can have healthy committed/uncommitted relationships. At some point, you'll move on and become more career-oriented and never have to stress over getting pussy ever again.

33:25 Brian's new life motto - *"It's up to you."*

35:30 Brian talks about Killer Instinct. Killer Instinct is the definition of "game" and covers up shortcomings. Killer Instinct is sincere, Funny Man is not.

- related: "Be Aggressive, Not Smooth"

45:00 Brian talks about why you should have NOTHING TO HIDE when you are talking to random girls. It's not about 'being direct' it's about being real and you can 'practice' being honest.

47:50 Honesty is social freedom.



Podcast 5 - Part II

0:00 Chris' bad attitude about picking up girls when he started.
(gets somewhat emotional about it)

2:00 "How to Remove Your Need for Validation" (By - Illuminatus, Personal Power Mediation)

3:50 I have to say - Brian is one of my very best friends and he actually gives a shit about people. He feels good about helping people and is one of the most authentic people I've ever known. Although he is great with women - the reason he is a part of Good Looking Loser is because he is genuine.

* 6:00 note: I meant 'I remember every girl I've slept with' not every girl I've talked to. (obviously)

7:35 Chris' story about his old bombshell fuckbuddy "Trish" that is now a reporter on ESPN.
Once you are getting laid (and know you can) you'll have a constant sense of well-being and empathy that you may not have ever felt before.

- related: "21 Things You Can Do Today to Stop Being Negative"

14:00 Our response to - "Sleeping with a lot of women is a meaningless life..."

16:20 "Rejection", paying your dues, getting over the fear of rejection ultimately builds Killer Instinct. Avoiding rejection or "safe game" sabotages your present and future chances are getting laid.

- related: "Shut Your Mouth Rookie - Your Redshirt Year"

19:20 Two types of guys -

1. Guys that know they can get laid.
2. Everyone else.

22:50 q: What drill do you recommend to build up your Scumbag Factor/Killer Instinct?
(I might put together a structured list later)

Honesty Drill - TELL EVERYONE EXACTLY WHAT IS ON YOUR MIND (if you want to talk about it).

Eye Fuck Drill (42:00 & Beginning of Part III) - Undress every girl with your eyes and don't look away. Don't be ashamed to check out girls. Every guy I know that can pick up hot girls has NO SHAME in staring at women. Learn to love it.

- related: "Good Looking Loser's Approach Anxiety Program"
- related: "How to Pickup Girls if You Are Nervous"

32:00 q: If Brian was on a cold streak for a month, what is his attitude?

34:40 Surrender yourself and then improve yourself.

36:00 q: What kind of goals should a guy have that is "okay" with women who wants to be great with women?

- Understand and constantly improve your fundamentals. Look good, talk to girls.
- Be honest with yourself and everyone else.
- Have a simple gameplan and execute it on girls that you make eye contact with.
- Talk to more girls.

39:00 q: What is on Brian's mind when he's approaching girls? (Eye Contact His Secret)

- related: "What is on Chris' mind when he approaches girls"

45:10 Brian discusses eye contact for screening and cheating.



Chris and Brian...

Wait... That's not Brian.

Podcast 5 - Part III

0:00 Chris' former good friend/rival "Danny" who was naturally incredible with women.

- The wink technique.
- The eye fuck drill.

2:25 What Brian does to follow up the eye contact. Brian can get physical with girls in 5 seconds because they will "let him" and he knows it.

- "How are you going to look at me that way and not say hello?"

6:55 Brian is a master at reading girls from 7+ years of practicing/using eye contact as his main weapon and #1 screening tool.

7:50 Why Chris never fully understood the eye contact significance until very recently.
(Chris smiles but never particularly focused on eye contact since he doesn't wear his contacts)

11:30 Brian talks about getting girls attention on the street in New York City, where everyone is moving fast and have their own agenda.

- Piercing eye contact.
- Put yourself DIRECTLY IN HER WAY.
- DEMANDING her attention by accusing/calling her out on checking you out - like Chris does in this video.

14:00 q: Give me an example of "flirting" that Brian does.

- Accusing girls of checking him out.
- Compliments, *after* the girl is into the dialogue. "You have nice facial features"

16:55 Why Brian doesn't like generic-repetitive lines. Limits social skills.

- 17:15 Why Chris uses the same line at the start - He made it up for himself - it's "his" line like Brian's line -
    - "How are you going to look at me that way and not say hello?"

19:40 q: What 5 things do you think guys should be able to do once they are 1-2-3 year(s) into "the game"?

This is hard to answer because the level of effort and commitment varies so much from person-to-person.

Chris suggests, at bare minimum -

- After 1 year: You should have beaten approach anxiety. (hardest)
- After 2 years: You should be able to get laid and know it. (play numbers game)
- After 3 years: You should be able to have fuckbuddies and enjoy hunting/meeting women. Sex life considered handled.
  (It is my belief that the information on Good Looking Loser will get you to year 3 in 18 months.

26:15 Brian on NOT BEING SUPER PICKY when you haven't been getting laid for months on end.

- 30:30 The guys that I know that get the most pussy (and most-quality pussy) don't ONLY talk to super hot girls. They bang average and super hot girls. Their friends (who usually don't get much ass) criticize them when they sleep with an average girl.
- 33:20 What happens when you start getting the really hot 9s and 10s. (personality selectivity)

34:10 q: How much do you feel your style (tattoos, etc.) affect your interactions with girls?

- related: "Mr. Juxaposition is So Hot Right Now"

35:30 q: What are your thoughts on rejection, compared to when you started?

- Chris answers first and discusses "Sexual Availability," a foreign concept to 99% of guys. Brian ponders the question.
- 36:30 Brian gives his answer - "I don't take it personally."

39:50 q: For a guy that is "okay" (can talk to girls but gets laid infrequently) with girls, what is your main advice to him?

- Find a support network to keep you going.
- Work on your fundamentals.
- Be honest with yourself.
- Talk to 30+ girls a week.

You will start to get laid. And Then you will get laid more and more.

42:40 What Chris and Brian know that that you don't know -

*"If we can convince you to **look your best** and **talk to girls** (even if you are timid) - you will start getting laid a lot more than you used to."*

- related: "Being a Player is Something You Are, Not Something You Do. (Lifestyle)"

46:10 Chris asks Scotty for an example of an awkward approach that he ended up getting laid.

- Scotty thinks about it.
  Chris gives his example - botched eye contact, girl wasn't checking me out. Ran after a girl and her friend and touched them from behind. Had sex 36 hours later.

That's all folks.

Our phone call was dropped but I hope you enjoyed this chat.

We love you.

Academic and Social Misconceptions About College: Greek Life - Getting Pussy, Hazing/Diarrhea, Minorities, etc. (Part V)

April 19, 2014 | by Good Looking Loser | Link | Original Link

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Social Misconceptions About College - Greek Life - Getting Pussy, Hazing, Minorities, etc. (Part V)

Moving right along in our "Academic and Social Misconceptions About College" series, lets talk about what goes down in the fraternity scene.

In Part IV, we discussed "The Greek Hierarchy", similar to the college social hierarchy presented in Part II - it's the basis for everything that happens (or doesn't happen) in Greek social life.

While pledging a fraternity is undeniably the quickest way to "Top 20%" popularity and meeting countless college girls, simply "joining ***a*** frat" doesn't ensure entrance to the that group - sometimes called "The In-Crowd".

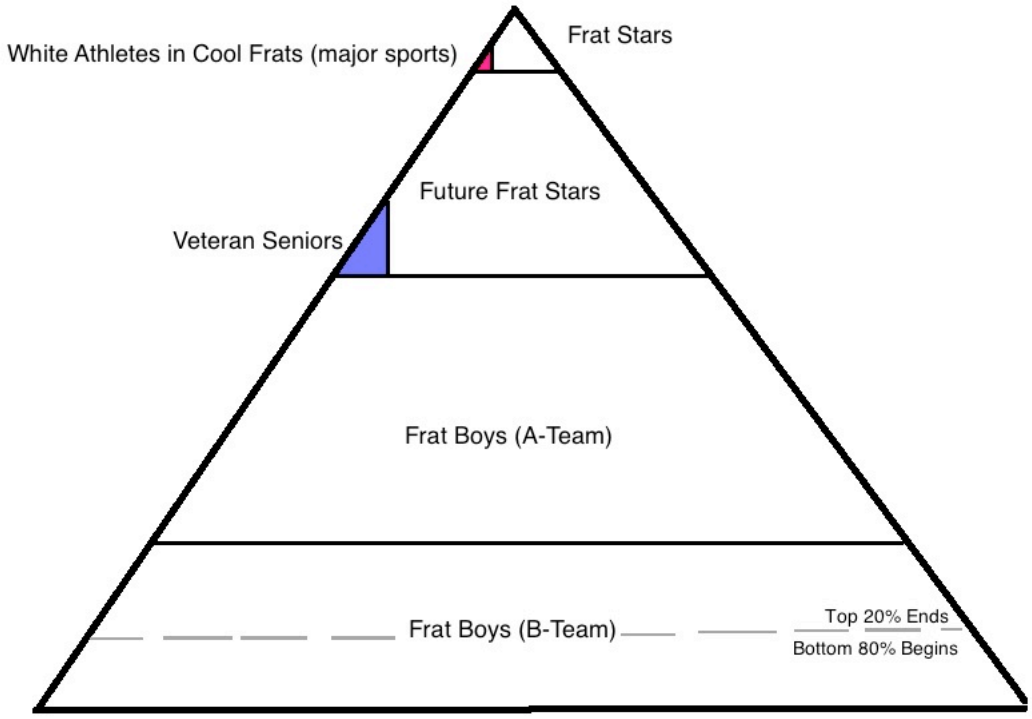
It has to be a respected fraternity.



Let's debunk some misconceptions about fraternities and discuss why it is probably in your best interest to join one - even if you are Good Looking with good social skills.

Here's the Greek Hierarchy -
(only these Fraternity guys are in the Top 20%)

Good Looking Loser's "Cool Fraternity" Pyramid



Outside of the "Cool Fraternity Pyramid"
- Frat Rejects/Slobs/Pickon's
- Guys in unpopular fraternities

ΔΧ Delta Chi ΔΤΔ Delta Tau Delta ΚΣ Kappa Sigma ΠΚΑ Pi Kappa Alpha

Misconception: Joining a Fraternity Means You Are a Follower

For many underclassmen, including myself in 2001, this will be the primary justification/excuse for not joining or considering a fraternity.

I was so concerned about *"showing myself/people I wasn't a follower"* that I didn't give any consideration to the less-obvious-at-the-time benefits of Fraternity life.

In fact, many Independents will cling to this idea over all 4 years of college - even when they see that social benefits and opportunities with the opposite sex are clearly better.

Sure, there are plenty of 'followers' that join fraternities.

There are just as many 'followers' that remain Independent because they choose to follow the anti-fraternity crowd.

There is no single stereotype that applies to <u>all</u> members of Greek life.
(or ALL ORGANIZED GROUP OF HUMANS, for that matter)

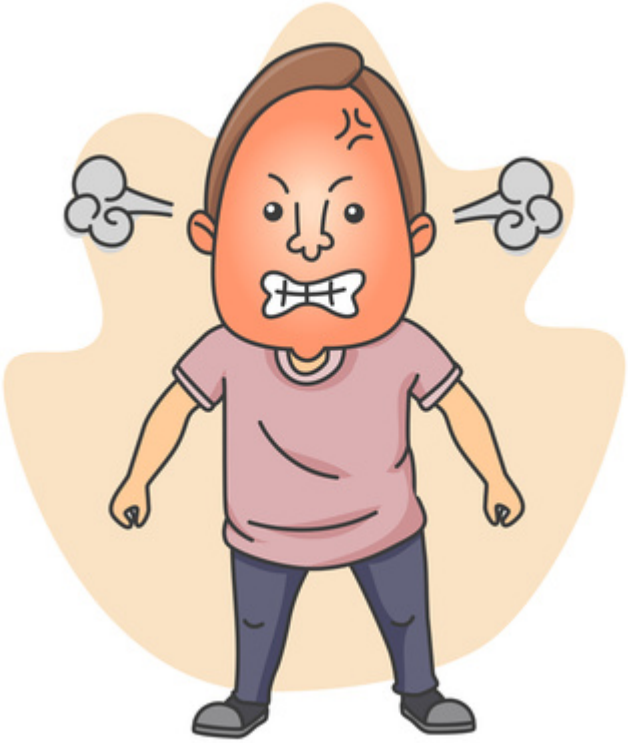
Whatever your decision, I urge you to get the *"Am I being a follower?"* nonsense out of your head and do whatever is best for you.

Your decision should be based 100% on <u>WHAT YOU WANT TO DO</u> and not how others see your decision.

After you rush, pledge and become a member of a fraternity (or don't) - nobody gives a shit.

If people hold your fraternity status against you - they probably aren't getting much action themselves

and have their own emotional/social issues.



Misconception: *"Getting Pussy"* is a Lousy Reason to Join a Fraternity

The 2nd most popular justification/excuse to not take advantage of Greek life is that *"Getting Girls"* is a stupid, superficial reason to join a fraternity.

This is utterly absurd.

Whether we admit it or not, one of the primary reasons to even go to college is to **Get Laid**.

That's why most of the guys are there in the first place. Regardless of what they say.

Although I'm not the best example of this, to some degree, I wanted to prove to myself and everyone else that I could get girls and not be in a fraternity.

While I was moderately successful, at times, in my little-clandestine-validation-based endeavor - I could have gotten twice the amount of pussy if I hadn't clung to this ridiculous belief.

Every guy wants to Get Laid.

Most guys would like it to be easy as possible.

No guy wants to "work on" a girl for an entire year and promise her an engagement ring in exchange for a below-average blow job where the girl doesn't even use her hands.

No guy wants to spend their college career as an underachiever and feel the need to become a low-yield late 20's "pick up artist" to try and make up for lost time.
(if that's you - it was me too, so obviously you can make things right)

***"Getting Pussy"* is a priority among all 18-22 year old heterosexual males and it's a GOOD PRIORITY.**

There's a time and place and it's called - COLLEGE.

Embrace it.



Misconception: Fraternity Guys Are Losers

See the first misconception.

There is no universal stereotype that applies to **ALL** guys involved in Greek life.

Some are losers.

Some are cool, cooler than your friends and are wise enough to take advantage of the opportunity.

Most like to drink at their age, not all though.

All want to Get Laid.

Just like the real world.



Misconception: I Can Have a Social/Sex Life That Is As Good, If Not Better, If I Don't Join a Fraternity

As I mentioned before, the vast majority of guys will benefit socially and with members of the opposite sex by joining a fraternity.

Even if they are good looking.

Even if they have tight social skills.

Regardless of how good looking or "social" you are - if you aren't in a fraternity, there will simply be less social opportunities for you.

Unless you are an athlete (in a major sport; athletes are somewhat their own fraternity), you will probably need to join a fraternity if you want to reach your "social potential" in college.

There are exceptions to this rule, like at small schools where everyone knows each other.

But by and large, the chances of you having an Independent social life that is ***as good, if not better*** than Fraternity social life - is quite small.



Misconception: I Can't Join a Fraternity if I'm Not An Underclassman

It's true that the majority of pledges are Freshmen or Sophomores, but there's always a few guys (that are already friends with guys in the fraternity) that pledge.

Often, pledging is very easy for upperclassmen since they already know a lot of the brothers and guys won't fuck with them or demand they make every event, since they already have some status/old enough to beat the shit out of hazers.

I pledged a fraternity during my Junior year (I was still a Sophomore by credits) and all my pledge brothers looked to me for leadership and support.

It wasn't a big deal and the pledging process gave me a chance to get to know the other guys in the fraternity.

You probably don't want to pledge a fraternity as an upperclassman if you don't know *anyone* in the frat.
(why are you pledging a house where you don't know *at least some* people in the first place?)

As an upperclassman pledge, the older guys will generally make things easy for you.

Try to pledge a frat where you are already tight with a bunch of the guys though.

If you aren't into the fraternity scene - getting a "social job" as bartender (at a popular bar) can be just as good for an upperclassman who is trying to break in to the scene.



Misconception: You Can't/Won't Be Friends With Guys Who Are Outside of Your Fraternity

While larger universities keep more exclusive circles, this is largely a misconception.

You can have plenty of Independents as friends if you join a fraternity.

You can have plenty of friends in other fraternities.
(even if your fraternity has a direct rivalry with that fraternity)

These 'other friendships' are generally made ***after*** pledging and ***after*** your first year in the fraternity.

During pledging, which usually lasts for an entire ~4-month semester, you will mainly see your pledge class and the other brothers in the fraternity. There's not a lot of time for others.

After that, aside from certain 'frat traditions', you don't really have any mandatory times that you HAVE TO hang out with your fraternity.
(you should want to chill with your brothers though, that's supposedly why you pledged in the first place)

A lot of upperclassmen in fraternities start to make a bunch of Independent friends outside the house after about 2 years in frat scene.

By Junior and Senior year and when they turn 21, the same-old, same-old Greek scene gets a bit boring and they mainly want to chill with other guys their age, rather than getting to know the new

recruits and younger guys in the fraternity.

Some guys actually get tired of their fraternity and purposely branch out. Some get serious girlfriends.
(most do not drop out of their frat altogether though)

You won't even see the Seniors that much. Most don't waste their time really getting to know/fucking with pledges.

By Senior year, most guys have a "been there, done that" attitude, move to their own off-campus apartments and are more concerned with finishing school on a good note, securing internships and getting ridiculously drunk for one last time on Spring Break.

Again, this usually happens among older upperclassmen and guys who turn 21.

There's no rules against having "other friends" and no one will give you any problems if they like you.

The majority of "frat drama" is mainly among Sophomores and immature Juniors that are known to be drama queens.



Misconception: You Shouldn't Join a Fraternity Where Most of the Guys Are Better Looking Than You

At some level, every guy (and especially girls), gives consideration to how attractive the rest of their house is and how they will measure up in the eyes of the opposite sex.

I don't think this should be a significant concern - despite the inevitable competition.

If you can join a fraternity that is considered the "Best Looking on Campus," I encourage you to do so.

Simply being a member will give you status and better social opportunities than if you were to join elsewhere.

Average-looking guys in the coolest/best looking fraternities will party more with the hottest girls and have more status than if they joined elsewhere.

You can ultimately "steal" girls from the better looking guys that aren't good with girls.



Misconception: A Frat is a Frat (Status)

You've heard this before but I'm going to repeat it.

When I encourage you to join a fraternity, I am suggesting that you join a socially-respected fraternity that parties and has cool guys that you relate to.

Not just "**a** frat".

Like the pyramid in Part II details for all students, there is also a social order among fraternities.

Some are cool.

Some are not particularly cool.

If you join one of the cool fraternities - you're set.

It doesn't matter if they are the "consensus #1 party fraternity".

Usually there are 4 or 5 fraternities that are considered high-status and will be just fine.

Have a look at the bottom of Part IV for how to check which fraternities are cool.

There's plenty of sorority pussy to go around and the hot sororities will party with several of the cool fraternities.



Misconception: A Frat is a Frat (Culture)

As I've mentioned over-and-over, it's pretty much impossible to universally stereotype individuals (parts) in fraternities.

It's equally impossible to stereotype fraternities as a whole.

The "party" fraternities share similarities and somewhat follow the 'Animal House' stereotype, but there are other fraternities that have a different culture.

At most large schools-

- There will always be a handful of "Crazy, Party Boy" frats.
- There will be a "Nerd frat".
  (I don't suggest you sign on there if you want to party with hot girls)
- There will a "Jew frat".
  (or 2)
- There will be an "Asian frat".
- There will be an "Athlete frat".
  (not necessarily guys that actually play sports for the school)
- There will be a "Redneck frat".
  (not necessarily full of racist rednecks, just a lot of white republicans that like guns)
- There is often a "Straight-Edge frat" that abstains from sex, drugs and alcohol.

Tau Kappa Epsilon at Furman, the fraternity I was briefly a part of, is thought of as the "Rape frat" (or Athlete frat).

For a small super-conservative school in the Bible Belt - they had this reputation just because they threw parties and were more athletic than the other fraternities.

The extreme stereotypes that extend beyond "wild" are usually not true.

Just a note for when we talk about minorities below - the "All Asian", "All Black", "All [Insert

Minority]" fraternities are *almost always* NOT considered to be cool. They aren't necessarily uncool but they aren't usually that popular with popular and attractive girls.

I didn't make the rules, so don't blame me.

Most "All Jewish" fraternities fall outside this stereotype and usually have 2 or 3 Jewish sororities to party with. With the exception of some girls in the Southeastern states, most Christian girls consider Jewish guys to be White.



Misconception: Fraternity Chapters Are Universal

Not only do fraternities vary on the same campus, but there's very little uniformity among their chapters.

Beta Theta Pi, a popular fraternity, has 127 active chapters.

They were the "Nerd frat" at Furman, they were the "Good Guy frat" at Emory and I think they were the "Creative/Artistic frat" at the University of North Carolina.

Other fraternities and their chapters can differ just as much.

Fraternities' chapters were perhaps uniform at some point in history - but not so much anymore.

An exception to the rule are primarily race/religious based fraternities.

For example - ZBT is Jewish, Omega Psi Phi is Black.

The personalities/culture among individual chapters can vary significantly however.



Misconception: Joining a Fraternity Will Hurt Your Overall Academic Performance

With the exception of less than a handful of "frat traditions", in the vast majority of Houses, the only time you are REQUIRED to be at fraternity events is when you are pledging.

During that 4+ month period, you will have to find a balance between pledging and academics.

(if you just ask for time to study - usually you can get out of pledging responsibilities for that night)

After that, you can be as active or not active as you want.

In fact, over a 4 year period, I can argue that-

If you are in a fraternity, you will HAVE MORE TIME FOR SCHOOL because you won't have to dedicate as much time to social activities/meeting girls.

It will somewhat be provided for you, in some cases - you won't even have to leave the house.

If you are in a competitive major, know you will have to study a lot and still want to have a tight social/sex life - joining a fraternity is a GOOD DECISION, not a bad decision.

The pledging process might make academics tough for a semester but you will be set after that.



Misconception: You Have to Live at the Fraternity House

You don't have to live in the frat house.

Depending on how nice or shitty your house is, the parties, location as compared to your classes/off-campus housing and YOUR PERSONALTY - you may want to consider it for a year.

Some fraternity houses are on-campus (or just across the street from the campus) and some are significantly off-campus.
(schools with on-campus houses usually have BIG fraternity scenes)

Most Juniors and Seniors prefer to move to off-campus apartments, which are usually newer, nicer and quieter than the house.

Other than having your own bedroom and a parking spot at a house where young, drunk, horny 18 year-olds are running about on Friday and Saturday nights - there's other benefits to living at the house-

- Unlike dorms, there's a kitchen, individual bathrooms, large fridge or several of them.
- Unlike dorms and apartments, there's less rules and community standards.
- Usually they provide meals, televisions, DirectTV, Internet, basketball hoop or pool table and alcohol is readily available.
- You don't have to drive to House events.
- Girls stop over with their friends to hang out during the week.
- You have a network of guys for emotional and academic support.
- There's usually a collection of old tests, essays, notes, files, etc. to cheat off.

The decision to live at the house will vary considerable from campus to campus, fraternity to fraternity and person to person.

The alternatives, other options and your lifestyle must be considered.

The Tau Kappa Epsilon house at Furman was a run down piece of shit.

I've visited friends all over the country and some had just moved into new frat houses and they were quite nice.

The best possible situation, in my opinion, is to have a "Frat Star" status and have your own luxury apartment off campus.

That's just me. I'm a high-maintenance little princess.



Misconception: Minorities Are the Cuckolds/Low Status Guys of the House

There's three ways that non-athlete minorities can get enough status to have a lot of popular and attractive girls consider them as a sexual option-

- Be a Good Looking Independent
- Join a Cool Fraternity

and the best one-

- Be Good Looking AND Join a Cool, Non-Exclusive Fraternity

See a trend here?

It's the same as it is for non-minorities.

In general -

Most minorities that join cool, non-exclusive fraternities are *already* cool guys.

They have cool friends that are White. They have cool friends of all races.

They don't maintain any sort of archaic friendship standards that disqualifies 90% of society and people that have different skin colors.

They have more in common with cool guys than "their kind".

They are good socially, better than the majority of their frat brothers.

Most don't reach "Frat Star" status but they aren't usually the "Frat Rejects" or "Frat Slobs" that are at

the bottom of their fraternity and fall outside of the Top 20%.

They usually have "middle of the road" standing in the fraternity but have better social skills than "middle of the road" non-minorities.

They do absolutely fine with attractive White girls and minority girls always like to meet them.

Mayan Is The Man

When I thought about this misconception, I immediately thought back to the University of Florida and this particular fraternity called PIKE (Pi Kappa Alpha).

Though the stereotypes usually aren't just, PIKE has a national repetition for having some of the the coolest, craziest chapters.

Drug dealing, public sex, naked parties, etc.
(although this is overstated - the prevalence is higher than other Houses)

For an upperclassmen transfer student, I had a lot of friends in PIKE.

One such guy was a FULL ASIAN kid.

He was about 5' 10" and dated (now married to) one of the hottest blondes at the University of Florida.
(she is hot - all of our 'juice crew' at Florida would try our best to talk to her in the gym)

He wasn't the typical Asian kid though.

- He hit the gym everyday.
- He drank/partied hard when it was time.
- He made the effort to introduce himself to EVERYONE.
- He was nice to everyone.
- He would make the effort to make all the parties.
- He went tanning.
- He didn't pledge an "All Asian" frat.
- He could care less about being Asian and rather hang out with cool guys [of any race] than "his people".

So basically - a White party boy from head-to-toe, with an Asian's face.

He resented how exclusive most Asian circles were.

He was cool as hell and everyone knew it. He had the respect of everyone in his fraternity.

While most sorority girls might not consider him their 1st sexual option, he was popular/cool enough to hook up with plenty of pretty girls. No one confused him for being a loser.

By Senior year, he had a super hot blonde as a girlfriend and he was pretty much a minor Frat Star at that point.

All the girls wanted to meet him and all the guys, including myself respected him.

Some people think that minorities that rush fraternities are simply applying for "low fraternity" status.

That's not true at all - minorities can have significant status in cool fraternities and thereby significant status in the college scene.



Misconception: Pledging a Fraternity (Hazing) is Like Spending 4 Months in a Concentration Camp

We are fans of hyperbole to prove certain points.

A lot of guys are legitimately AFRAID of the hazing that takes place during the pledging process.

First off - I was concerned about it myself.

Not because I would end up dead or forced to drink 2 liters of the fraternity's diarrhea - but because I don't do well with people telling me what to do or touching me.

Throughout my life, not that it happened too often, I almost always fought back violently and aggressively - as if my life depended on it.

I was literally picturing that during pledging I would be jamming a pencil in someone's neck if they touched me. At the time, I had a mean streak that made this type of stuff totally possible.

The reality is, the hazing isn't very bad, if not largely non-existent, based on what we consider "hazing" (torture, violence, bullying, swallowing inedible food/drink, sexual humiliation, incarceration, etc.) to be.

The fraternity that I was briefly a part of, TKE at Furman, was notorious known for having a "tough pledging process".

The worst thing we did was jog around the perimeter of the secluded house naked and then do pushups.

Although the younger guys in my pledge class were bothered, I didn't care. I'd rather go streaking than clean a kitchen or do something else that required hours of my time.

Some of the other stuff we did included -

- Being blindfolded and taken to different ceremonies where we were celebrated.
- Searching for golf balls that were hit from the house to the campus.

- Raking leaves and picking up some trash after a party that we were invited to.
- Being the designated driver.
- Buying beer with money they gave us. (I was 21)
- Washing some dishes.
- Stacking bricks in the cold.
- Being substitute players in some basketball/football intramural games.
- Drinking a bunch but never beyond the point when you have the balls to say, "No more." (most pledges get sick from drinking simply because they want to and don't stick up for themselves or they are trying to get sick to prove their masculinity)

And Remember - this fraternity was considered to have a REALLY BAD HAZING process.

There's a rumor that floats around several fraternities that your initiation night concludes with the brothers beating you to a bloody pulp with your fraternity "paddle" that they give you when you join.



What happens in most fraternities (I talked to my other friends on this) is -

1. It doesn't happen at all.
2. They turn the lights off, create the illusion that you are about to get beat with a paddle, and then turn the lights on and hug you.

TKE was notorious for this "paddling" thing. But one of the brothers told me ahead of time that it's all bullshit and it's just to scare people to see what they are made of.

Most fraternities like to maintain that their pledging/initiation process is really tough so they get committed pledges and social points with the other fraternities.

99% of it isn't true and a lot of people will totally bullshit you about "how hard" they had it as a pledge.

Part of being a "loyal" fraternity guy is lying about how much tougher, better and united your house is.

Also, if you consider how much negative attention "hazing" and "bullying" has gotten in the media in the past few years - fraternities make certain that their chapters DO NOT go too far.

Basically - if you say, "No." or "Sorry, I respectfully decline to do that - what can I do instead?", they won't push you much further. In fact, on a human level, they will respect you more.

The stories about eating month-old human shit and road kill, bathing in stale urine, giving blowjobs to large cocks, picking up bodily fluids with your tongue, being tied up in a basement and being burned with cigarettes until you break - are simply not true.

Pledging consists mainly of "chores" and goofy little satanic-like ceremonies.

The fear of the "unknown" is the scariest part for most.

Otherwise, pledging is a fun time if you have a good attitude, it's just time-consuming.
(carry a knife - not a gun - if you are still super concerned)

There are certain fraternities (usually race-exclusive), like Omega Psi-Phi, that maintain rituals like branding or carrying bricks around your neck (slavery simulation).

These "rituals" are VOLUNTARY and have been for some time.

No one is going to tie you up and fry your skin with Greek letters.

Anything illegal or considered assault (or even extremely indecent) WILL NOT be official initiation procedure.

Fraternities can and will lose their entire chapter for this kind of stuff.

* For guys that want to write in and tell me *"what happened to them..."*, *"what their friend told them..."* -- I don't want to hear it. Sorry.
Fraternity guys lie so much about their initiation experience that I'm not even going to consider the story.

I was part of a "hard pledging process" and it was nothing as advertised.

Nothing serious happens via organized pledging. If one loser brother gets off from bullying - that's his own thing, you can deal with him on a need-basis, it's not typical at all.



Misconception: Fraternity Brothers and Sorority Sisters All Love Each Other

Obviously, as we know by now, that any sort of **"all"** or **"everybody"** stereotype is never quite true.

Fraternities and sororities are no different.

There are cliques and plenty of [usually friendly] social competition between brothers and sisters.

How it evolves, most 'pledge classes' (the guys that pledged at the same time as each other) become cliques.

Within pledge classes, 2 or 4 other cliques develop of 4 to 7 guys each.

On the surface, fraternities and sororities like to present themselves as one big brother/sisterhood.

Obviously it's never the case when social status is at stake.

If you join a fraternity, you are guaranteed to-

- Be close friends with 3 to 6 guys.
- Hate 1 to 5 guys.
- Be cordial with the rest of the guys.



How Did Chris Get Kicked Out of Tau Kappa Epsilon at Furman?

As you know, I was briefly part of the fraternity - Tau Kappa Epsilon during my fairly brief stay at Furman University in Greenville, SC.

I had become friends with the guys in TKE (a party/crazy frat). A lot were athletes, all liked to party.

I wasn't liking Furman, missing my long-distance girlfriend and as a last ditch effort I was talked into pledging TKE by a few of the fraternity guys I lived with in the off-campus apartments.

Furman was the most rigorous university I went to. It was closer to high school with just over 1,000 students and class EVERY DAY.

I took school very seriously and often declined to show up at pledging commitments.

A lot of the older guys took up for me and let me slide while my pledge brothers did all the work.

One of the most respected guys told me that I just needed to say, "NO." when I didn't want to do something. I took him up on his advice and decided to not do anything I didn't want - ever.

Eventually the officers became tired of my lack of commitment and completely selfish attitude. They gave me warnings (which I ignored) and ultimately had to kick me out.

I was still welcome at their parties, still lived with 3 of the guys and remained cordial with some of the guys until I transferred.

As an aside, my younger pledge brothers (Freshmen) were scared of the "paddling" night and were considering quitting altogether.

I told them that it was nothing to worry about and it's just a mindfuck. They felt better about it and decided to not quit.

Ultimately, however, they ended up telling the officers that I "gave away the paddling secret" (TKE's biggest secret) when they got mad at me for not showing up to pledging commitments.

They threw me under the bus, the officers got furious - and I was kicked out shortly after that.

It was no biggie though, I was going leave the school anyway.

Some guys take this "frat stuff" quite seriously. It's silly but you shouldn't laugh in their face.

I wish I didn't disrespect everyone so much and played along a little more. Wouldn't have mattered though - I was headed to Florida.

In a different story, my friend Martin got kicked out of TKE as well.

He fucked his frat brother's girlfriend and the brothers made it so hard on him that he had to resign.

Although "all is fair in love and war", you should probably tell/ask your frat brothers if you are going to hook up with one of their ex's - some guys are really insecure.

It's not something I would do but there are definitely social consequences if you fuck the ex-girlfriend of an insecure guy with high frat status. Also, don't fuck a guy's current girlfriend and expect it to be okay.



What Are 4 Pieces of Advice You Have for Incoming Freshman that are Interested in Rushing a Frat?

Here's my advice -

1. Rush a cool fraternity after feeling them out and seeing which girls they party with. Ideally, you should be on a first name basis with at least 3-4 of the guys.

2. Understand that the pledging process can't have a perfect balance with academics. Just do your best with the school work, try to take fewer credits, it will all be over after the semester finishes.

3. Don't be scared of the hazing. It's not half as bad as you might have heard. Be a good sport and act like you are enjoying stuff, your pledge class will look to you for leadership and emotional

support. Stick up for yourself by simply saying "No." or "Sorry, that's messed up, I won't be doing that." But pick your spots and don't refuse to do stuff all the time.

4. Once you get in - you're in. Become good friends with 3-4 guys and roll with them. Invite every girl you are interested in (and her friends) to your parties. Your brothers will see you as the guy "who gets other girls to the parties" (something that most of them can't really do) and that alone can propel you to frat star when combined with some gym dedication. It's so fucking easy - it's pathetic.

Our series on "Misconceptions About College" continues here-

- **"Social Misconceptions About College - The Big Picture (Part VI)"**

Academic and Social Misconceptions About College: The Big Picture (Part VI)

April 21, 2014 | by Good Looking Loser | Link | Original Link

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Social Misconceptions About College - The Big Picture (Part VI)

Welcome to Part VI, the final edition to our "Academic and Social Misconceptions About College" series.

We'll do some official step-by-step 'guides' in the future.

The catch-22 with writing about this "college thing" is -

- Kids age 17-18, the ones who need it most, are unlikely to find or search for this type of information.
- The guys that find information (and Good Looking Loser, in general) are long removed from college.
- A lot of this advice needs to be implemented the first 4 months of Freshman year, when social circles are open.

Even for me, unlike the rest of Good Looking Loser, this series about 'College' is written in hindsight. I had some success in college. But far from what I "should have" had.

As I write to you today, I'm torn - although I can confidently say - I use NOTHING I learned in the classrooms of higher-education, I recommend that the majority of you guys: **GO TO COLLEGE at a LARGE AFFORDABLE PUBLIC UNIVERSITY.**

Ideally, receiving a scholarship to do so - even if that means selecting a school that isn't as "good" as your other options.

The decision to GO or NOT GO to college is based on your alternatives.

Working a minimum wage job with others who have no career aspirations, joining the military, or going to an unsocial commuter trade school are usually not better options if you want a social/sex life.

If you don't believe that a social and sex life matter (why are you on Good Looking Loser in the first place...) - then by all means - go make some bank by taking some grueling manual labor job with guys 10+ years older that have criminal records.

I don't mean that in a condescending way.

Just don't expect to be sleeping with any college Freshmen.

But going to work in the oil fields outside of Edmonton Canada or living in a trailer so you can work in a coal mine in Elko Nevada (or similar path) is far from a 'no-brainer' like a few people are suggesting.

Teenagers are clueless.

I was.

And I was the type that adults said "had it all together".

I even believed it.

But the reality was...

I didn't know shit.

But I don't regret going to college - even though it spanned over 6 years.

College isn't right for everyone.

But there's no better place in your early 20's to have a killer social and sex life.



Misconception: The Guys that Get Laid the Most in College Do So By "Picking Up" Girls

This is one of the biggest misconceptions about college.

In fact, it is one of the biggest misconceptions about life.

This is how most ~~college guys~~ people get laid -

1. A guy and a girl see each other around, often several times.
2. Sometimes they say, "Hi", make small talk or exchange stares - but not always.
3. One day, a *mutual friend* tells the guy or girl that the other one "thinks they're hot", "likes them" or encourages one to speak to the other.
4. At some social event, usually where alcohol is dispensed, the guy or girl is formally introduced to the other or makes a clumsy effort to pursue the other one - knowing full well that other person is interested in them.
5. This usually continues for a couple weeks or until the guy has the balls/opportunity to be alone with the girl.
6. Since mutual friends and social consequences are involved, the girl usually doesn't give up her pussy right away but is still encouraged to sleep with the guy.
7. Eventually - they have sex.

This is how it happens in high school, college and almost every other facet of life for the average guy (and for guys that are good with women - they move faster).

No where in there was a "pick up" involved.

College guys that get laid a lot slowly learn a little "game" (usually a combination of small talk, jokes and invitations to hang out) and slowly learn to pick up girls that aren't in their extended circle of friends.

"Pickup" is more prevalent post-college, mainly in bars.

"Pickup" is not usually a college thing. Especially not at smaller universities.

That's why the notion of "doing pick up" at college is generally a last resort.

Preferences of college girls are highly based on your collegiate social status and generally the "guy doing pick up as a last resort" isn't on the radar.

I'm not discouraging you from picking up girls when you are in college, I'm just saying that you should be taking measures to inflate your status and access to women, such as-

- Having a killer, athletic body. (always)
- Joining a cool fraternity. (underclassmen)
- Getting a job as a bartender at a popular bar. (upperclassmen)
- Being friends with popular guys that get laid.
- Being friends with popular girls.
- Being the social leader that warmly extends invites to pre- and post-parties to everyone cool.
- Branching out once in a while and joining a student club to meet completely new people. (optional)

Then go "pick up" girls - see how much easier it is.

To some extent, "pick up" will always be an uphill battle.

Even post-college there are more efficient (and effective) ways to get access to and easily smash hot pussy.

"Pickup" is a necessary skill that builds fundamentals, can exponentially improve your social and sex life - but not something that most guys should completely lean on - especially in college.



Misconception: Sleeping with College Girls is Overrated

Every so often, mainly on the YouTube channel, we will get a judgmental, usually undersexed guy (or girl) from the depths of hell and despair comment that we live *meaningless, superficial, pathetic, unfulfilling lives* since we prioritize our sex lives.

If there was any confusion, I want to reaffirm that sleeping with a lot of girls, especially while in your 20's, is one of the most meaningful, exciting, rewarding, fulfilling things you can do.

Everyone knows it.

Even the people that claim otherwise.

While there are plenty of misconceptions about college and your 20's, the decade when it's socially appropriate to be somewhat irresponsible, a certain concept remains true -

There's a time and place for everything.

It's called "college".

This notion isn't just true for guys.

Girls use college to experiment with drugs and alcohol (it's called 'partying') and learn about their vagina.

This mindset is completely healthy in my opinion.

Your priorities will likely change in your 30's, but your social and sex life should be a priority in your 20's.

Mine really wasn't - that's why I was scrambling to pick up the pieces in my late 20's.

As rewarding as studying hard and getting an "A" on a term paper is (I graduated Magna Cum Laude, I'm a douchebag - not an idiot), hooking up with one of your school's hottest girls will be more memorable and arguably have a greater effect on your overall life and developing self-esteem.



Misconception: Class is a Great Place to Pickup Girls

First off - the classroom isn't a *bad* place to "get" girls.

It's not a *great* place however - it's more of a spot to ***meet*** girls.

Furthermore - the whole concept of "pick up" needs to be thrown out the window, especially in this setting.

Do not 'screen' girls in your classes, do not physically touch them and drop the idea of 'being aggressive' to see if they are 'DOWN TO FUCK' instead of going to class.

Whether a guy is willing to acknowledge it or not, unlike a random bar/mall, there are social consequences to coming off like a creep. And College is all about status.

"Creepy Lunatic Pickup Artist" isn't in the Top 20%.

How To Do It

Build up a rapport with the girls you like, ideally sitting close by them and start asking them "How was your weekend?" or "What's going down this weekend?" after you've talked to her a few times.

Try to stick to discussion about social stuff - not studying or homework.

Follow up the "weekend" small talk with extending the invite for her (and her friends) to chill with you (and your friends) at a certain spot on the weekend.

This can be done before class or after class - it doesn't matter.
(basically - you are ALREADY friends with the girl, you are just inviting her and her friends to tag along)

Take her number under those conditions.

Try to hook up with her on the weekend.

An 'unaggressive' move like this isn't going to land you in the "friend zone".

Few guys have the balls to do this type of thing so she'll immediately know what you *most likely* have on your mind.

If it doesn't work out (or she has a boyfriend), if you are reasonably cool, most girls will be happy to set you up with one of their friends or invite you to their parties.

That's how "classroom game" works.

* Please don't write in telling me the story of how you 'picked up' the girl in your history class, I know it can be done - I've done it myself, even before I was any good at this stuff.
As crazy as it sounds - I just believe that the better environment to GET LAID is a Friday night party when the girls are already half-naked and getting drunk. I know - crazy.



Misconception: You Should Break Off With Your High School Friends and Go To College By Yourself

This will vary from person-to-person.

But I have a suggestion.

There's a school of thought that -

You should go to college ALONE, get away from everybody you ever knew, start a new life, be ON YOUR OWN and build from the ground up.

Maybe.

While the intentions may be noble and possibly the right decision for cool guys with excellent social skills, for the average Freshman - all this does is hinder his social life and support network - especially in the short-term.

If you have a cool friend that you can trust - go to college with him and live with each other during Freshman year.

The guys I knew that went to college with one of their best friends - had an astronomically better

social lives than most of those that went alone.

Even guys that come to college already knowing some cool people, especially guys/girls that are extroverted and popular, are almost guaranteed a successful social life.

Back in 2001, despite having a lot of loyal, fairly popular friends - my ego (and academic qualifications) dictated that I, as usual, do my own thing.

As an 18 year old homesick kid, I would have benefitted tremendously from having one of my close friends go to school with me.



Misconception: You Can't Recover From a Bad Freshman Year (Socially)

As discussed through this series, Freshman year, particularly the first 4 months, is the most special, opportune and critical time in your entire college career.

It sets the table for the next 3.5 years (or 6 years, in my case).

While not making many cool friends or being antisocial during this period is a significant problem, it's not a death sentence so long as you haven't gotten the 'major creeper' tag (guys) or the 'major slut' tag (girls).

The best thing you can do is COMMIT to getting things fixed - not transferring.

(For transfers, it is an uphill climb which can literally be impossible when alone at larger schools)

Your best option, as an underclassmen, is joining a cool fraternity.

This is still a good option for upperclassman (age 21+) but getting a job at a popular bar or club can certainly suffice.

It should be noted, however, that *very few* guys recover from a disappointing Freshman campaign.

Their Freshman year was disappointing because of a lack of social skills or motivation - the same reasons why they can't break in as Sophomores or Juniors.



It is possible though.

Misconception: College Girls Spend 4 Year Slutting and Partying Up

As discussed in depth in Part III, college is certainly an experimental stage but social consequences prevent girls from sleeping around as much as outsiders claim.



Misconception: You Can't Get In With Sorority Girls If You Aren't in a Fraternity

This is only a minor misconception and it will vary from school to school.

If you are in the "Top 20%", likely as a 'Good Looking Independent' (or Athlete, obviously), you can definitely sleep with sorority girls, get invited to their functions and even become the subject of their gossip.

Being in a cool fraternity, however, simply makes this a lot more likely.

* It can be argued that the most popular (and hot) sorority girls look to branch out when they become upperclassmen and tired of the Greek scene. The gossip of dating or sleeping with an 'Independent' in

an off-campus apartment can be managed much easier.



Misconception: You Can't Get In With Sorority Girls If You Don't Go to the College

After I've just spent 20,000 words telling you how a college campus is not the ideal place for a non-student to pick up attractive girls - there are always exceptions.

Just as in the 'real world', but admittedly *slightly less* on a college campus where there are more social consequences, virtually no sexually-available girl is off limits if you are a "Top 10%" or "Elite" Guy (good sex appeal, good swag factor/social status, good killer instinct).

Not even the popular sorority girls.

The main reason, however, that even Elite Guys can find it hard to get with hot sorority girls and the approval of her judgmental friends is -

These girls DON'T NEED to meet guys.

They are already socially encouraged to explore their options for sex/relationships from a nearly unlimited pool of guys their age in their Greek circles.

It's rare but not impossible to become their #1 option right away. Even if you are better looking than they.

It doesn't mean they don't "like" you - it means they aren't sexually-available to you.

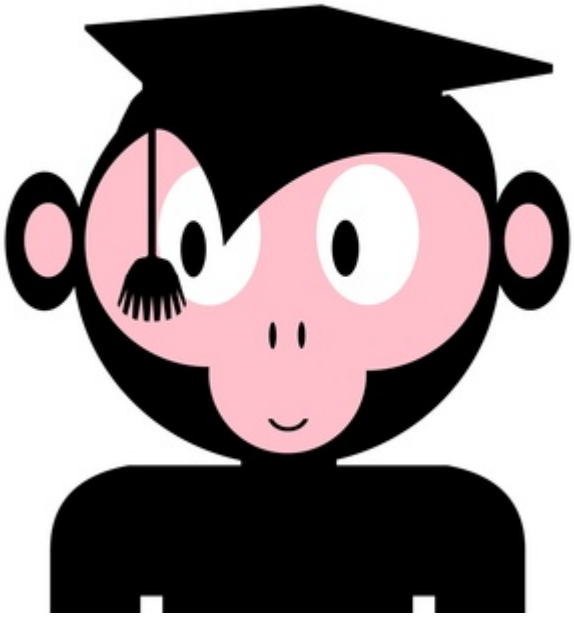
They are often waiting on certain guys they already know to peruse them or in the middle of a "dating" run.

Persistence (aka 1 or 2 line mass text every 7-10 days) can work with these girls - especially when they have a falling out with their Greek circles.

As discussed in "Hot Girls Only Want to Fuck the Hottest Guys?", your sex appeal is the BY FAR most important thing when trying to land the young (17-20, underclassmen) sorority girls. You have

to be someone they can show off to their friends, even if that never happens.

For the older (21-23) sorority girls, they are simply easier to get and not as tied to their Greek circles. They prefer a combination of looks-swag factor (coolness), and you have better access to them since most go to college bars.



Misconception: You Can't Recover From a Bad College Experience

As for many reading this, college came and went.

If you are on this site, it is probably fair to assume that you underachieved and the experience left a lot to be desired.

That was my story, despite having a decent sex life - at times.

I am living proof that your past doesn't define your future - in any capacity.

Had it not been for my lackluster sex/social life in college - I never would have had the unrelenting urge to make things right.

In fact, had I been happy with my social/sex life, I probably would declare that college was the "Best 4 Years of My Life," as so many others claim.

The key is not letting the past define your *present* either.

Not to go all Tony Robbins on you but -

Whatever your age, whatever your goals, whatever your past - you have today to build.

My advice, in general, is to **prioritize your social/sex life in your 20's.**

The money and career can wait.

There's two reasons for that -

- You will never have better access to hot pussy than in your 20's.

- If you are like me, you will never forgive yourself if you don't.

Had it not been for my decision to do so, I never would have gotten the experience to build this community, which I comfortably live off of.

The peace of mind and sense of well-being (it's not just Kratom) I have from knowing I can get laid



enormously benefits every area of my life.

From the Heart

This was the first time that I ever fully revisited my college experience which spanned from 2001 to 2007.

I have to admit - I got pretty emotional at times.

Sometimes, I didn't even know if I was crying (yes, crying) tears of joy for my miraculous recovery to an ideal life or tears of sadness from the opportunities I so often cowardly squandered in my collegiate past.

Probably both.

What I do know is - I'm a very different person these days and the entire character I call "Good Looking Loser" (me in my early-mid 20's) is someone I can't completely remember anymore - even though I still feel like I'm 23 years old.

The peace I feel today is made so much more intense by my former isolation-by-choice lifestyle and overall loneliness that presided over my early 20's.

The best advice I can offer you is -

DON'T LET YOUR 20's PASS YOU BY.

Click below to view the other discussion in this series -

- "Academic and Social Misconceptions About College"

Phallosan FAQ - Frequently Asked Questions About the Phallosan Forte

May 3, 2014 | by Good Looking Loser | Link | Original Link

Everything You Want and Need to Know About the Phallosan Forte

By: PhilTheBeard (w/ Good Looking Loser)

The Phallosan Forte was the one and only PE Device we recommended in 2013.

I felt confident recommending it because I knew 99% of people would dig it.

And More Importantly - it would work.
(it is mainly a length device)

It hasn't let me down and to my knowledge - it hasn't let anyone else down.

Feel free to take a look at the user feedback and on-going progress logs in our forum.

With that said, there's certainly is a learning curve and it requires patience.

Like with the Bathmate, I urge you to view the first 30 days simply as a "getting used to it" period.

Hopefully this FAQ can speed up that learning curve.

While Phil and I have tried to be as detailed and specific as we could be but these are merely suggestions based on our experience and our "Phallosan IQ".

Don't be afraid to experiment with your own methods and try new things.

Eventually, you will settle into a routine that makes wearing it and taking it off super easy, efficient and productive.

That's what we are shooting for because (as you know if you own the device) - it's quite comfortable.

The Ultimate Phallosan Forte FAQ

q: What is the best way to put on the device?

On page 3 of the "Phallosan Instructions For Use" manual - they break down the progress.

It might seem complicated at first but it's not.

We'll break it down on video and in layman's terms so you can see *every* step but truthfully, there's only about 3 steps.

Good Looking Loser Putting on the Phallosan Forte

*** open in a different browser if video doesn't show**

(not supported by all browsers, try a different one if you see no video)
Video is NOT SAFE for work

Step I (Temporarily Put on the Condom Sleeve)

The easiest way to put on the device starts with putting on the condom sleeve which is attached to the

suction bell.

To be clear, we are talking about this part -



Put it on just like a condom, be careful to not be too rough with the condom sleeve - they can tear.

Step II (Roll Up the Condom Sleeve and Take It Off)

Once you have it on (your penis is in the condom sleeve and some of it is the suction bell), CAREFULLY roll the condom in the direction of the suction bell, the natural direction to remove it from your penis.

Roll it up and take it off.

It should look like this, if not rolled slightly more -



Step III (Put On the Protector Cap, Optional)

After you have rolled up the sleeve on the Phallosan condom and take it off - you need to put on the protector cap.

Open the rubbery-plastic cap wide and put it over your glans (penis head). Shove your penis head in there as much as possible - it should cover the head but not go much beyond.

* Bigger guys might have trouble putting the protector cap on. The good news is - you don't *need* it. I

don't use it.

To be clear, this is the protector cap -

Step IV (Put the Condom and Suction Bell On)

Once you've secured the protector cap over your glans, it time to put the device on.

Put the head of your penis into rolled up condom and into the suction bell.

CAREFULLY roll the condom over your flaccid dick - just like you were putting on a regular condom.

Make sure your penis head remains in the suction bell - or push it into the suction bell afterward.



Step V (Secure the Device Over Your Penis Head)

Once you've rolled down the condom and have your penis head into the suction bell, as far as it will go, turn the green marker on the valve to 'suction' and press the suction ball in 3-4 times.

This should further secure your penis head inside the device. You should notice a tighter grip.

Step VI (Lock and Secure the Vacuum)

Once your penis head is in the suction bell and you have locked it in there by pressing the suction bell to get a vacuum, it's time to lock it in there.

Turn the green marker on the valve to 'locked'.

It will be the right-most setting.

This is the part that some people forget. The device will still work if you forget this step... just not as well.



Turning the green dial to the right will lock it.

Step VII (Put the Belt On)

At this point the device should be locked onto your penis. You don't have to hold it there any longer.

Put the device though the "O Ring" in the belt and decide which way you want to stretch.

Put the belt on accordingly.

Holding the device to keep it stable, lock the belt to the device.

The process might be a little confusing at first but it becomes second nature.

Quick Notes - How to Put on the Phallosan Forte

1. Put on the Suction Bell with Phallosan Condom and CAREFULLY roll the sleeve forward.
   (take it off afterward and keep it nearby)
2. Put on the protector cap - it should be completely over your glans (or head).
   * if you penis is too big for the protector cap - you can forgo this step.
3. Put on the Suction Bell with Phallosan Condom by rolling backward over your penis.
   (make sure the head of your dick is in the suction bell as far as you can go)
4. Turn the green marker on the suction bell to 'on' and press the suction ball in a couple times until it gains obvious suction.
   (this is quite an easy step actually - you will see that the device 'adapts' to your penis and locks it in)
5. Turn the green marker on the suction bell to 'locked'. This will maintain the vacuum.
   (at this point you can remove your hands and the main part of the Phallosan device will be holding onto your penis)

6. Put the device that is holding your penis through the ring on the belt.
7. Decide which way you want to stretch your penis and wrap the belt around you accordingly.
8. Holding the device, pull the very elastic belt and lock it to the device.

q: How do I avoid ripping the condom sleeves?

The biggest long-term issue with this device is making sure you don't rip the condom sleeves. Eventually, it will happen and hopefully you took up Phallosan on their offer and ordered through Good Looking Loser for the free condom sleeves.

There's no underground secret to avoiding tearing these sleeves, simply having patience and putting the condoms over your dick SLOWLY will keep them from ripping easily.

If you are to rough with them or have sharp nails you can rip the sleeves.

Being gentle and careful with them will provide a longer life.

In general -

- Don't pick up the device by the sleeves.
- Roll the sleeves carefully and do not lift them or snap them.
- Do not force the sleeves over your dick if you are on the big side.
- Masturbate or make sure your penis is in a super flaccid state before entering the device.
- Take the device off slowly, ideally by - taking the belt off the device, instead of taking the device off the belt.
- Store the device in a safe place.

Phil has been super careful and has gotten 5-6 months use out of one sleeve.

Chris only wears the Phallosan at night and uses Sizegenetics during the day.

Every time I've torn a sleeve - it's been because I've been in a public place and rushing to put the device on. This is something that could have probably been prevented with a little patience but patience isn't a natural instinct of mine.

Just be careful with things and make sure you get your free condom sleeves if you order through Good Looking Loser. (see below)

Have patience with the condom sleeves, especially if you are out and about and trying to take off/put on the device quickly. Make sure you ROLL the condom and not pull on it.



q: I ordered through Good Looking Loser, how do I get my 4 free condom sleeves?

The 4 free condom sleeves ($100 value) are *already* included if you order through the Good Looking Loser link below.

No more emailing or waiting.



~~After you get the device, use it for a week or so and figure out exactly which size sleeves you need. (small, medium, large)~~

~~After you are certain of the size, email [removed] and paste them this message.~~

> ~~*Hey Julien/Phallosan - I ordered via Good Looking Loser, my order number is ########, I am emailing you for the free condom sleeves.*~~
> ~~*I need the ___ size.*~~
>
> ~~*Please send them to -*~~
> ~~*(List your name and address)*~~
> ~~*Say Thank You.*~~

~~They have been quite good at getting these sleeves out to the Good Looking Loser community - I got mine in about 4 days.~~



q: Is there anything I can use as a replacement for the condom sleeves until I get new ones?

Nothing is going to be as good or comfortable as the condom sleeves.

"Knockback", a Good Looking Loser Forum member has successfully used a "cut ballon" to mimmic the sleeves.

Have a look -

- "A Temporary Solution for Ripped Condoms - Cut Ballon Method"
  * use at your own risk

It's a very smart temporary fix, but you'll eventually want to get more condom sleeves.



q: How often should I switch sides while wearing it?

To ensure the quickest, most growth you should alternate stretching right and left.

The good news is - most people find no difference in comfort between stretching right or left.

How often you alternate, is a matter of personal preference.

I have noticed switching sides every 2-3 hours greatly reduces/eliminates any natural discomfort at the base of your dick.

Phallosan recommends alternating directions every day.

It's totally up to you.

q: What is the best way to sleep with device on?

One of the primary reasons why we recommended the Phallosan Forte was because you can wear it while sleeping.

I have been able to sleep on my back and sides with the device on no problem.

If you wear boxers, pulling your dick through the front opening will reduce discomfort on your skin while sleeping.

Don't plan on sleeping on your stomach, although some guys might be able to.

q: How do I prevent blisters?

Some guys have gotten blisters from the device while wearing it.

Don't be alarmed - this isn't going to hurt you.

But the way to avoid blisters is to wear the protector cap with the device. But leave a little room in the front at nipple area of the protector cap.

If that doesn't work or if you are too big for the protector cap, putting a light coat of Vaseline on your

penis head while both during and after stretching is a good way to keep the glans area blister-free.

Neither Phil or Chris have had any issues with blisters.



q: How do I prevent dry skin on the glans/base of my penis?

Like most serious guys that have been doing PE consistently, Phil has been putting lotion on his penis after training.

It keeps away any potential dry skin.

Using a high-quality moisturizer, like Extra Virgin Coconut Oil, while jelqing can be helpful too.

Phil suggests putting a light coat of baby powder on your penis head and/or in the condom sleeves.

Just make it a routine to put a moisturizer on your dick when you are done with training. This clears it up for most people.



q: The "O" Ring on the Phallosan belt is bothering me/pinching my balls, what can I do about this?

GLL Forum member "BallsDeep69" solved this problem and here is his suggestion -

- "How to prevent "O" Ring discomfort with the Phallosan Forte"

This won't be an issue for most guys.

q: Can I hang weights from this device?

No, don't do that.

It's not meant for that and you could end up hurting yourself or breaking the device.

In what is somewhat considered 'experimental PE', if you have a secure device on your penis - you can theoretically hang weights from that device to make length improvements.

I have no doubt that this works and is ~reasonably safe for experienced guys if they are careful and not overzealous. Still, I don't recommend it until you have exhausted length gains from manual stretching and Phallosan/Sizegenetics.

You should be able to get 1.5-2 inches from manual exercises and your choice of girth device (Bathmate/Penomet) and length device (Sizegenetics/Phallosan).

- Related: "How Much Will I Gain From Male Enhancement?"

q: How long should I wear the Phallosan for?

If you are new to PE or any form of stretching - don't wear it for more than 4 hours a day in the first 30 days.

If you have PE experience and have been at it for more than 6 months - wear it as long as you want.

If you fall in-between these categories - wear it for no more than 6 hours in the first month.

Remember, regardless of your PE resume, the first month is going to be a "get used to it" period.

After the first month, wear it as long as you want/can.

q: Can I wear the Phallosan Forte while I work out?

Both Phil and I agree that *hypothetically* - you could.

We don't recommend it however.

Go your hardest in the gym and pick up where you left of afterward.

You don't want the device to get all sweaty or a condom to tear if you have go to the bathroom.

Phil lifts heavy boxes almost every day at his music studio and hasn't had any problem with slippage or discomfort.

q: How noticeable is the Phallosan Forte under clothing?

So long as your aren't wearing tight pants - the device isn't particularly noticeable.

Sweatpants, athletic/fashionable shorts and dress pants are probably your best options.

If you are still self-conscious about it - you can always wear jacket or sweatshirt which naturally sit

lower than the waistline.

After you see that the device is working, you probably won't care whatsoever about this.

Like Phil tells guys -

> *If anything, ladies staring at your package will just think you have a kick ass bulge without it looking odd.*

I concur.

q: Can I drive with this device on?

Driving and getting in and out of your car shouldn't pose any problems whatsoever.

Phil drove from Florida to South Carolina with zero issues and got a good workout in without even trying.

q: How easy is it to take the device on and off?

While there's definitely a learning curve to putting this device on, after you get the hang of it - it takes about 30 seconds.

The biggest thing you should keep in mind is -

Put the Phallosan on SLOWLY. Even if it takes 45 seconds. You don't want the condoms to rip.

q: What happens if I get a boner while I'm sleeping?

Zero, Zero, Zero issues with getting erections in your sleep with this device.

It won't loose suction or hurt your dick at all. It's purposely design to handle the "boner factor".

Don't be afraid of the device while you are sleeping :D.

Boners during the daytime are nothing to worry about either, I purposely inflated my dick several times to what would happen - the condom will simply expand (as a appropriately-sized condom would) to accommodate your excited state.

q: How should I incorporate other forms of PE along side this device?

You are free (and encouraged) to do other forms of PE on day that you use the Phallosan - it will only benefit you.
(rule of thumb: if you can't get a solid erection - take the day off)

Phil does jelqing, manual stretching and uses the Bathmate most days when he uses the Phallosan.

You just have to find the right combo for your goals and what best fits your schedule.

For most guys, simply putting on the Phallosan in the morning and wearing it all day is the best plan of attack because it works so well.

Phil does this and then does manual PE, followed by Bathmate, at night.

Check out -

- "Good Looking Loser's Guide to Jelqing"
- "Good Looking Loser's Guide to Penis Stretching"

q: What is the best way to put on the Protector Cap?

The easiest way to put on the Protector Cap (to make sure it fully protects your penis head) and not pinch yourself is to stretch it out both hands and place it over your glands.

Don't worry - this part of the device won't rip.

q: I'm un-cut (uncircumcised) can I use the Phallosan Forte?

The device works just fine if you circumcised or uncircumcised.

If you are un-cut - just pull your foreskin back and put your penis head in the suction bell just as you would if you were circumcised.

If anything, male enhancement device tend to improve foreskin health.

q: How do I find the right sized condom sleeve and suction bell to fit my dick?

The Phallosan system comes with three different sized condom sleeves (to which an alike suction bell is pre-attached).

The best way to find out which size is right for you is to use the bell size ruler that comes with the package.

In general, if your flaccid girth is-

Under 4.7" - you will need the small sized condom/bell.

4.7" - 5.0" - you will need the medium sized condom/bell.

Over 5" - you will need the large sized condom/bell.

These 3 sizes will accommodate 99% of cocks.

If you are the proud owner of an oversized dick, jerking off prior to using the device will help things fit better.

If you area the owner of an undersized dick, jelqing or using the Bathmate prior to Phallosan training will help your penis fit in there.

Since November 2013, when we first recommended this device, I haven't seen one report where the Phallosan failed to accommodate someone's size.



Remember - these are meant to fit your FLACCID size

q: What can I do to improve the "grip" of the condom/suction bell on my penis?

When you get your Phallosan system, you'll noticed that the condom sleeves are 'powdered'.

This powder helps the sleeves and suction bell comfortably adhere to your penis.

There's nothing necessarily special about the powder - you are encouraged to use a light coat of baby powder once the original powder runs out.

I suggest putting a light coat of baby powder on your penis - rather than putting the powder inside the condom.

A little goes a long way and can significantly help the grip and comfort levels.



q: Can the Phallosan Forte help fix a curved penis (Peyronie's Disease)?

The Phallosan might be helpful at straightening your penis but the better device for Peyronie's is mentioned in this article -

- "All About Peyronie's Disease (Curved Penis)"

q: Where can I read about the clinical trials on the Phallosan Forte?

You can have a look at the clinical studies on this page.

Both studies were published in medical journals that are subject to peer-review.

q: Can I take the Phallosan Forte on an airplane? How can I travel with this device?

You can take the Phallosan on an airplane, but I don't suggest wearing it while going through security. It's not "illegal" to wear a male enhancement device on an airplane (yet) - it's just not worth the hassle if some TSA agent thinks you are a terrorist and wants to haul you off to prison.

Just keep it in your carry-on bag and put it on in the bathroom before your get on your flight.

If security is going through your bags, you should mention that it's a "male enhancement device" so they are gentle with it or avoid touching it altogether. Even though airport security wears plastic gloves - they will be hesitant to touch an item that spends its day on your dick.

The other alternative to pack it. You can put it in the box the device came in and pack it in the middle of your suitcase so it has virtually no chance of breaking. A hardshell case would be even better. It's a good idea to wear it on the plane though - make an otherwise boring flight - productive.



q: Can I do Kegels while I'm in this device?

Yes, please do.

You are eventually going to need a stronger PC muscle to support your larger penis size.

The device is fully prepared to adjust to increases in blood flow (particularly to the penis head) and erections.

Have a look at "Good Looking Loser's Ultimate Guide to Kegels" for more information.

q: I have more questions, where can I see additional frequently asked questions about the Phallosan Forte?

Phallosan has published their own FAQ.

Have a look at it here.

As well as the video FAQ - which is here.

q: I have a question but can't find the answer, where can I ask my question?

Hop on our Phallosan Forum and ask in there.

There's a lot of guy that own the device and will be happy to help.

Killer Instinct is the Definition of "Game"

May 5, 2014 | by Good Looking Loser | Link | Original Link

Killer Instinct - The Only Thing That Matters In The End

As we roll into the Summer months of 2014 - our dicks get longer, their skirts get shorter and the Good Looking Loser Community is going to the next level.

I'll be shooting my first "professional" video later this month - no longer will you have to watch raw but wobbly footage in 360i, pixelated footage in 240i or even worse in 144i (disguised to YouTube as 720iHD).

I'd like to thank everyone who has supported us - especially the guys that were here from Day 1.

I hope to repay you 10 times over. Maybe 11.

For now - concentrate on nailing girls, getting your dick bigger and getting sliced up.

We'll talk about making money down the line, a goal that is usually best left to your late 20's or early 30's - when you are *already* an expert on something.

Hiring professionals to discretely follow me around ISN'T cheap and it's admittedly a bit nerve-wracking considering that - on any given day, 15-20 girls could be unavailable or reject me and I'd still owe them a couple grand. Still, the odds are in my favor because they only get better with every girl I speak to.

GLL has entered its toddler stage (we are almost 2.5 years old) and I'm paying more attention than ever to detail and our identity.

One concept (never discussed anywhere else on the web) that defines Good Looking Loser is KILLER INSTINCT.

I'd like that word to be synonymous with Good Looking Loser.

Both Brian (Scotty) and my understanding of KILLER INSTINCT has evolved. He has the best KILLER INSTINCT of anyone I've ever met.

I've come to believe, aesthetics aside, **KILLER INSTINCT is the ONLY THING THAT MATTERS.**



Defining "Game"

A lot of intellectuals want to define and debate what "game" is on various dating forums.

I'm willing to bet 1.75" on my dick (that's basically what I've gained from PE) that these types have virtually none.

That's another story.

The definitions widely vary.

Most focus on 'smoothness', 'conversational techniques' and 'your ability to get girls to like you'.

These definitions forget the entire reason you are talking to women in the first place - TO GET LAID.

Your "game" is how much you Get Laid. Your ability to 'pull the trigger'.

For the sake of not omitting 'quality' and to account for "looks", lets just say-

> ***"Game" is how many women on your level or above you that you fuck.***

Forget all the funny jokes, cute text messages, witty comebacks. Forget all the crazy come-from-behind ballsy approaches, smooth conversational transitions and flashy techniques.

It doesn't matter.

"Game" is putting your dick in the girl's vagina.

(note: it still counts if your dick is too thick to fully enter)

In fact, I'd go so far as to say - KILLER INSTINCT is the very definition of "game".

Can you pull the trigger? Or not?

Can you locate the sexually-available girls and get them on your bed before the window closes? Or are you still spitting "game"?

Did you take her number? Or did you take her panties off?

Did you hold her hand? Or did you hold her feet?

Game.

Admittedly, there's probably some measure of efficiency to "game".

Just look your best, stand up tall and hit on the girls that shoot you eye contact and that problem is solved.



NFL Quarterback Metaphor

One of the the most popular sports' debates centers around who the best quarterback in the NFL is.

It's almost impossible to flawlessly compare quarterbacks because they play a team-sport, with different coaches/systems, against different teams and have statistics that are often identical. Plus, the NFL just passed a bunch of pathetic rule changes that favor the passing game to inflate fantasy statistics for the casual fan.

One major accepted universal criteria is -

Does the quarterback (leader of the team) win meaningful games?

Does he win when it matters?

Does he win in the playoffs against good competition when the pressure is on?

Especially when his team is less-talented than the opposition?

Is he a winner?

Or is he just a bunch of highlights and statistics?

This criteria separates good from great.

I think you see the connection.

Tom Brady is still the best QB in the past decade - if there was any confusion. Nobody WINS MORE with LESS.

(if Manning wins another Superbowl - there is room for debate)



Fundamental Importance

KILLER INSTINCT is considered advanced social freedom.

While all the fundamentals matter -

- Looks (to attract girls)
- Style (to attract girls)
- Social Freedom (to get girls)
- Swag Factor (to attract/get girls)
- Confidence/Sense of Entitlement (to attract/get girls)

The only thing that ALWAYS matters, in terms of GETTING LAID (especially the same day/night), is KILLER INSTINCT.

To some degree, your sex appeal (looks + style), Social Freedom, Swag Factor and Sense of Entitlement can lack on any given night.

But if your KILLER INSTINCT lacks, it's almost certain that you'll be going home alone - even if every girl in the bar is staring at you.

If this makes your dick hard - then you are a man.



Lack of KILLER INSTINCT

Looking back, the thing I lacked the most was KILLER INSTINCT.

Actually, by far. That's why I take enormous quiet pride in the strides I've made.

I assume it's this way for a lot of guys.

It was something I had to work on and even as late as 2012 - from time to time, I still had to remind myself of why I was talking to a certain girl in the first place.
(on dates I was killer because I was more comfortable)

After being a 'Nice Guy' for two point five decades, KILLER INSTINCT won't come overnight.

And Most guys aren't ready to do aggressive stuff or truly 'screen' girls.

That's why we have 'Nervous Guy Game'; there's no shame in doing it.

There's shame in being a pussy though. There's shame in being 'too cool for school'.

It's my belief that everyone can tap into their *natural* KILLER INSTINCT when they get a fuckbuddy and continue to hit on girls.

Just try to bring that FIRST one - it's a big milestone and you can run with the momentum.



Don't Get It Twisted

I have good news.

Although the concept KILLER INSTINCT may seem intimidating and only a characteristic of masculine guys with far thicker dicks than your own - it's not.

At its root, KILLER INSTINCT is simply DOING SOMETHING instead of doing nothing.

Even if that 'something' doesn't work.

It can start out as simply motioning for a girl to come over and talk to you. When you otherwise wouldn't have.

It can be holding a girl's hand for a few seconds longer than you normally would after a handshake. When you otherwise wouldn't have.

It can be telling her, "Hey, lets go sit over here" and grabbing her hand and walking there. When you otherwise wouldn't have.

It can be saying, "Hey my place is right over there, lets get a drink." When you otherwise wouldn't have.

These are small things but they are the seeds of KILLER INSTINCT.

In fact, most of you guys might find it easier to flash KILLER INSTINCT when the girl is sitting on your bed or having drinks with you in your kitchen.

Sometimes it's the initial parts of the interaction that are the hardest.

Like the other fundamentals - you just need to be above-average.



Vs. Social Freedom

It's also a bit misunderstood how Killer Instinct and Social Freedom relate.

- Killer Instinct is a form of Social Freedom.
- Social Freedom isn't necessarily a form of Killer Instinct.

You don't have to have crazy levels of Social Freedom to tag a ton of girls. You don't.

I have plenty of friends that can absolutely do the most outlandish Jackass shit in public - but couldn't put their dick in a girl's vagina if she told him, "PUT YOUR DICK IN MY VAGINA."

I know several guys that are excellent public speakers that have long streaks without getting laid.
(I was one)

So if you aren't Johnny Knoxville or Martin Luther King Jr. - it's not a huge deal.

Your goal is to GET LAID - not "be socially free".

You aren't an MTV prankster and you aren't leading the Civil Rights Movement.

Unlike most things in life, the "game" is black or white.

Although nerds give themselves points for "kiss closes" and "number of dates" - the reality is - YOU EITHER FUCK THE GIRL OR YOU DON'T.

Once you have your feet under you, swing for the fences.

The baseball player that bats .230 and hits 45 homeruns - makes $18 million a year.

The baseball player that bats .300 and hits 2 homeruns - makes $900,000 a year.

Unlike Major League Baseball, you have unlimited tries.
(and picking up chicks is more exciting)

The One Killer Instinct Move That You Need to Know - "Follow Me"

May 8, 2014 | by Good Looking Loser | Link | Original Link

"Follow Me" (With Video)

If you read the most recent discussion, "Killer Instinct - The Definition of Game," you'll know how important "pulling the trigger" or being aggressive is when the moment arises.

Brian (Scotty) and I talk about this in the latest Podcast too. (scroll to 35:30)

In the later stages, it's the difference between getting laid or going home alone.

In the earlier stages, it's the difference between getting things moving or ABSOLUTELY NOTHING HAPPENING.

I was recently asked to write up a list of the Top 5/Top 10 "Killer Instinct Moves" (techniques) that everyone should know.

That was a good suggestion.

I thought about it for a while and came up with 6.

When I looked at my list - I realized they all were basically the SAME EXACT THING, only the context/words varied.

There's a single Killer Instinct move that can carry you anytime you want to take your interaction to the next level.

You can use it to pull a girl away from her friends for a couple minutes.

You can use it to move a girl to a more private spot to sit down.

You can use it to take a girl outside of the bar.

You can use it to walk a girl from your living room right into your bedroom.

It's simple, it's masculine and best of all - you can use it anytime you want in a comfortable way.

It's a nice way to take 'Basic Guy Game' (or even Nervous Guy Game) to the next level.

It's called "Follow Me".



How It Works

It's pretty easy.

Say something like -

- "It's too hot/cold/loud/quiet/etc. here, lets go over here... Follow me." (pretense)
- "Lemme show you a spot... Follow me." (more aggressive)
- "Follow me." (more aggressive)

Grab the girls hand and start walking in the direction you want to go.

Walk ahead of her - like you are leading her through traffic.

That's it.

Video Example - "Follow Me"

(and May 2014 Update from Good Looking Loser)

Not At All Necessary Pretense

The biggest obstacle guys run into is thinking they need a reason (pretense) to grab a girl's hand and walk her to another location.

You don't.

In fact, it's pretty exciting to girls if you seem spontaneous.

Grab her hand and just tell her to follow you.
(particularly good at night)

Still, if you are nervous about trying something like this, there's a plethora of 'pretenses' you can give to justify the change in location.

The most basic is the one I reference above -

> ***"It's too hot/cold/loud/quiet/clean/smelly/crazy/boring here, lets go over here... Follow me."***

That can be used in just about every single situation - with ease.

I've also used -

> *"I have air conditioning/heat in my car... Follow me."*
>
> *"I want to talk to you for a second... Follow me."*
>
> *"Come here... Follow me."*
>
> *"Come on... Follow me."*
>
> *"Lets take a walk... Follow me."*
>
> *"Sit."*

The important thing is to grab her hand and start walking.

"Follow me." is not a question.

Like the Approach Anxiety Drills, each time you do this move - it gets 50% easier.



Never Run Out of Stuff To Say

One of the main reasons guys "run out" of stuff to say is because *they are thinking of stuff to say,* rather than taking the interaction on its natural course - getting more physical with the girl.

If you run out of stuff to say, Scotty suggests that you default to this move.

You'll be surprised how quickly you can use this move too.

I've been doing this type of thing for a while - but out of necessity rather than purpose.

Believe it or not, my voice is actually VERY BAD against loud music.

My voice is very deep, which is good in some situations but gets majorly drowned out by loud music, especially hip-hop and bass.

When I was doing the club/party scene thing in Hollywood back in 2009-2010, in order not to get killed by the music, I literally had to get the girl's attention and then immediately walk her to a quiet[er] nearby spot so she could simply hear what I was saying. I had been using the 'grab and drag' technique in clubs long before I even realized how effective it was.

If the girl wasn't available, her friends would come and reclaim her. If she was, I was off to a damn good start.



Girls That Like You

I also want you to consider the girl's perspective here.

If you've made eye contact with a girl, exchanged smiles, went to talk to her and flirted back-and-forth (or she just let you touch her/hold her hand) - she likes you.

You don't need to look for more signs.

When girls "like" you (and are sexually available) - they get into *"just go with it"* or *"lets see where this goes..."* mode.

They are willing to/WANT YOU to take the lead and show them a good time.

They are down to submissively follow - if you are down to dominantly lead them.

Sometimes they'll put on the brakes, but that's just a call for more "get to know you time" (foreplay). Or alcohol.

The point is - girls aren't going to resist "Follow me" if they are into you.



Know Where You Are Going to Take Her

It never hurts to know EXACTLY where you are going to lead the girl.

I call this a "gameplan".
(sample gameplans within)

I stress the importance of this. Especially for guys that are new at this.

Scotty points out that - although a gameplan is good, a lot of guys use it as an excuse to not take the interaction as far as it could go.

So have a gameplan that involves a PRE-PLANNED place where you can potentially get laid.

Set up the "logistics" in your favor rather than using them as an excuse to bail early.



Get Used to It

While this is a 'pick up technique', it's also a metaphor for masculinity and gender roles.

I suggest getting used to this "Follow Me" dynamic in all situations.

When you are on dates - you should be (literally and figuratively) one step ahead of the girl, leading the way.

I can't tell you how many times I see girls leading guys around the club. Girls are used to doing this.

If the girl says, "lets get a drink" or "lets have a cigarette outside", grab her hand and walk her there like it was your idea.

When I was really making an effort to do this stuff, I was looking over my shoulder at the chicks about 80% of the time, as they followed me.

Drill into your head - FOLLOW ME.

related:

- "All Discussions on Killer Instinct (Advanced Social Freedom)"
- "CEO/Executive Frame" (Sense of Entitlement)
- "Be Aggressive, Don't Be Smooth"

What Do I Do When A Hot Girl Hits On Me? (The Solution to Every Situation Ever)

May 13, 2014 | by Good Looking Loser | Link | Original Link

Help! She's Hitting On Me!

(I'm not prepared for this "situation")

Other than telling you some stories from my life, I specifically do not speak in-depth about special/hypothetical situations about picking up chicks under special, specific circumstances.

As enlightening as 'situational pick up' sounds (e.g. if you are at the gym, do this... if you are at the bar, do this... if you are at the airport, do this... if you are hiding in the girl's locker room, do this...), all it does is clutter your brain with further theory that you won't consistently use and suggests that your "game" or certain techniques can create a significant amount of physical attraction.

Regardless of your "game", over 90% of your verbal interaction is "normal people talk" (also known as small talk, chit-chat).

If you have recently come back from a PUA-rehab facility or far away planet, I will state again - "game" does not create a significant amount of sexual attraction. It creates *some* but will not help you break the 'looks threshold' if you are below a girl's standards for sex appeal, swag factor (status) or cannot hold a normal conversation.

"Game" is not going to make girls like you if they don't want to be seen with you.

You are better off having 1 or 2 basic approaches that you are familiar with and freestyle (aka flirt) once you get even more comfortable.

You need to have above-average fundamentals.

Not to Get Laid a few times, but to get a significant amount of action with high-quality chicks.

There is one common "situation" that is worth discussing because I need you to see that the "situation" IS NOT A SITUATION AT ALL.

That situation is when a random girl is hitting on you, or simply initiating conversation (which suggests that she is interested in you).



Here's a story from one day when I left my apartment:

When I was at the tanning salon (our guide to safe tanning will come out soon), the hottest girl I've seen all year started hitting on me. Her name was Kyrissa and she was way too hot to be hitting on any guy in a sober state - let alone, while she was working.

Although this was a bit of a 'Red Flag', it can certainly happen - but usually not so directly, "Chris, you better lock the door to your [tanning] room, otherwise I'm going to have to come in," "You need to make sure you flip over [in the bed] or your tushy is going to burn burn burn."

Anyway, I did what I would do in any interaction -

TAKE IMMEDIATE CONTROL OF THE SITUATION.

I grab her hand, lead her out from behind the counter and tell her to come sit down with me on the chairs in the waiting area.
(the other girl on staff stays at the cash register)

> *"Hey, I want to talk to you, come sit down for a second."*
> (similar to 7:50 in this video)

After exchanging 'small talk' (name, location, interests, weekend stories, etc.) with her for about 5 minutes - I ask for her number.

Like a lot of girls that hit on guys, she wanted to take my number instead.
(I still have no idea why they do this)

I refused and told her that I would be taking her number.

And After some half-serious/half-flirtatious back-and-forth, I told her -

> *"Your job is to be the girl and my job is to be the guy."*
>
> *"You aren't the guy. Okay?"*

> *"I will call you. You will answer."*
> *(I find myself saying this when girls are being bossy - even if they are kidding)*

So I took her number.

More on Kyrissa at another time.
(she was the type of blonde untouchable hottie that has pussy hair that is lighter than her bronze skin, if she didn't have a million-dollar smile, she would be completely scary)

This is exactly how I suggest you handle ANY AND ALL situations when a girl initiates with you.

Matter of fact, you should handle ALL "SITUATIONS" just like that.

TAKE IMMEDIATE CONTROL OVER IT.

Don't stand there flirting back-and-forth for long.

Don't stand there looking for further evidence that she likes you.

Don't stand there thinking about 'witty-er' or 'more funnier' lines to spit back at her.

Don't stand there on her watch, waiting for her to ask you out.

Way too many guys just stand there and assume the role of the female.
(I'm not saying that this never works - you are just better off taking my advice 100% of the time)

TAKE CONTROL AND PULL HER ASIDE ON YOUR TERMS.

This is no different than any other situation -

- You are still going to want to screen the girl (to some degree) to see if she means business or she's just happy-go-lucky/fucking with you.
- You are going to want to take HER number or take her to your pre-planned spot. (Follow Me)

Got it?

Same situation as if you walked up to her - except now, you know that she's interested.



Bars/Clubs

If you are in a bar or club, you can go further.

If a girl approaches you or starts talking to you, **IMMEDIATELY TAKE CONTROL** and take her by the hand to go sit down/go somewhere else with you.

She's already interested, you just have to see if she's DTF or how available she actually is.

- related: "How to Tell If a Girl is DTF" (Older Post)

In some situations, you'll run into some cases where the girl approached you because her friend thought you were hot or she (and her group) are looking for cocaine.

In the first case - find out which friend likes you, "Oh, who's your friend? Introduce me to her."

TAKE CONTROL OVER IT and take her to a private place to "talk".

In the second case - handle it however you see fit - going somewhere private. I can't tell you how many Orange County (or "OC") girls have come looking for cocaine from me or my friends.

* Here's a tip, mainly for nightclubs - if a girl approaches you and she seems to be very physical (touching you, especially your arms or chest) - immediately grab her hair and kiss her. Bite her neck. More often than not, these types are strictly looking for cocaine. Don't take it personally, as these type of girls have an agenda. In fact, you can be flattered that they thought you were cool and might have cocaine on you - dorks and losers aren't approached like this.

If they don't run off and continue making out with you - try to take them out of the club (or into the bathroom).

They are DTF and not just looking for drugs.

Whatever the "situation", you should **IMMEDIATELY TAKE CONTROL OVER IT**.

Don't just "let it play out".

Like I said, this is NO DIFFERENT than what you should be doing in the first place.



Common Sense?

This certainly seems like common sense: hopefully it is.

The fact of the matter is, most guys don't usually do this.

"Normal Guys" generally safely flirt back with the girl to no end, often acting like they just won the lottery and they are destined to get laid that night.

"Weirdo Guys" (also known as pick up artists), generally start "qualifying" the girl, playing "hard to get" or executing some other strange overkill technique.

Neither are particularly necessary and both eventually become pretty strange to a girl that is ALREADY INTERESTED in you.

Cut the bullshit and begin the process of getting the chick in-private, where she wants to be if you seem to be as cool as you look.

Killer Instinct.



Hot Girls?

You may have noticed that I specified *"Hot Girls"* in this post, as I generally do on most posts.

There's a reason for that.

Hot (or just attractive) girls don't have to hit on guys and the vast majority never do.

If the girl isn't attractive and she's hitting on you - that's because she has to.

In which case, you can act however you want and as long as you don't come off as completely gay/creepy they'll be happy to see you again.
(if you aren't interested in a girl, be nice and let her down politely, don't hurt her feelings)

With hot sexually active chicks, however, it's important to dominate them from the get-go and reek masculinity. Especially the hot "alpha" girls that like to flirt with guys and then start sending mixed messages.

They aren't as excited about meeting the Good Looking Goofball Man - if they aren't looking for a boyfriend.



The Window

This largely applies to bars and clubs where the girls are all dressed up, flaunting their sexual power and getting intoxicated.

It's important that you understand what is going on when a girl hits on you.

Assuming she's not doing so for a friend or seeking out cocaine, it generally means that **SHE LIKES YOU and is SEXUALLY AVAILABLE.** (aka "The Window")
(as usual, you find out by touching them or trying to take them to quieter/more private area)

Don't assume that the 2nd factor will stay that way forever.

When she sobers up or wakes up the following day, you may just be another "Bar Guy" or "Club Slut" to her - NO MATTER HOW GOOD LOOKING YOU ARE.

She might not even remember that she was the one hitting on you.

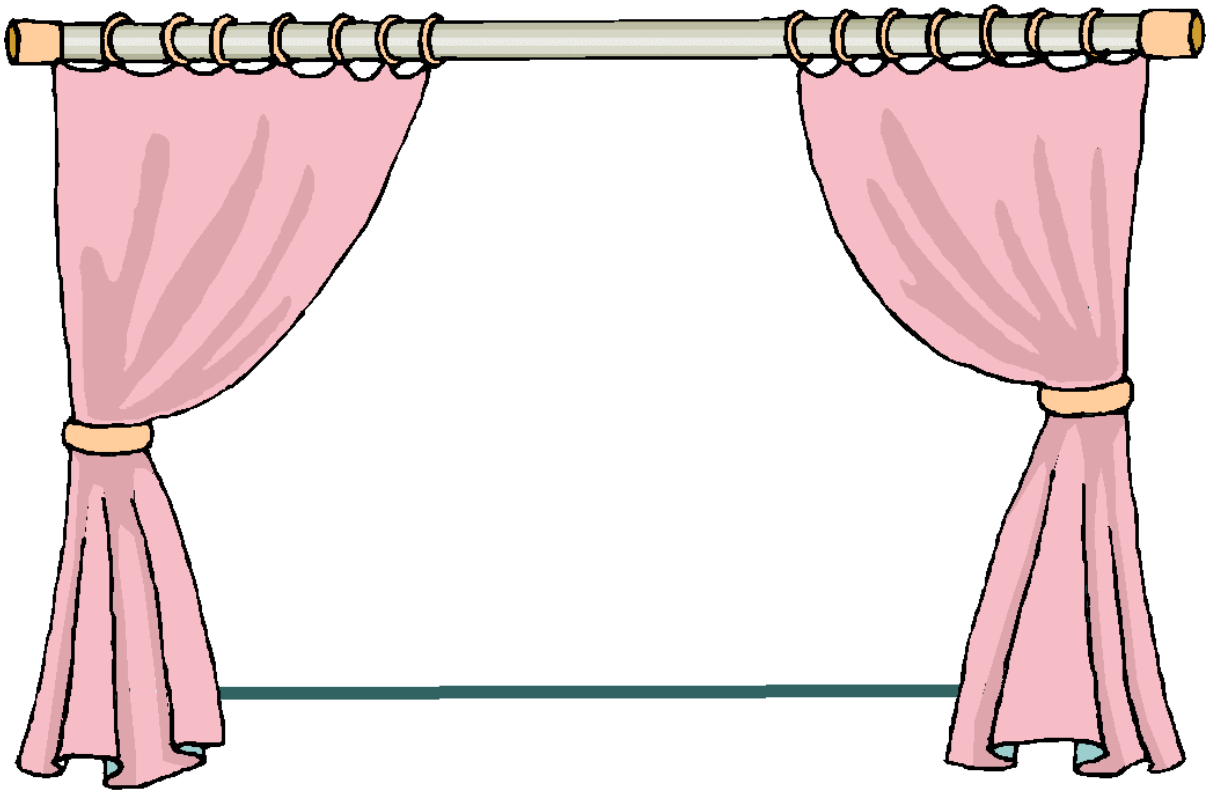
It is imperative that you learn to STRIKE while "The Window" is open or while the iron is hot, like Brian (Scotty) says.

You should immediately be thinking of leaving the place or "going for a walk" after you've flipped some small talk with the girl and kissed her.

It doesn't mean you have to move that fast - usually it's best that you get a drink together - but your mind/moves need to be moving toward the exit.

For more information on "The Window", read this discussion about Killer Instinct and learn "The One Killer Instinct Move You Need to Know - Follow Me".

Boss girls around with the "CEO/Executive Frame".



Conclusion

So that's it, short and sweet.

Don't make this complicated - it's not.

In fact, it's no different than any other situation.

IMMEDIATELY TAKE CONTROL OF THE SITUATION.

How to Be Successful at Everything on This Site (What I Know That You Don't)

June 3, 2014 | by Good Looking Loser | Link | Original Link



What I Know That You Don't

(and why you thank me when I've done nothing)

We talk about a lot of topics - Getting Laid, getting a killer body, getting a bigger dick, beating anxiety/depression, performance enhancing drugs, etc.

At times, I go really deep into subjects, for example: Swag Factor, Sense of Entitlement and even Fetish-Based Sex (more to come).

I'm able to do that because I've been living and breathing many of these subjects for over a decade.

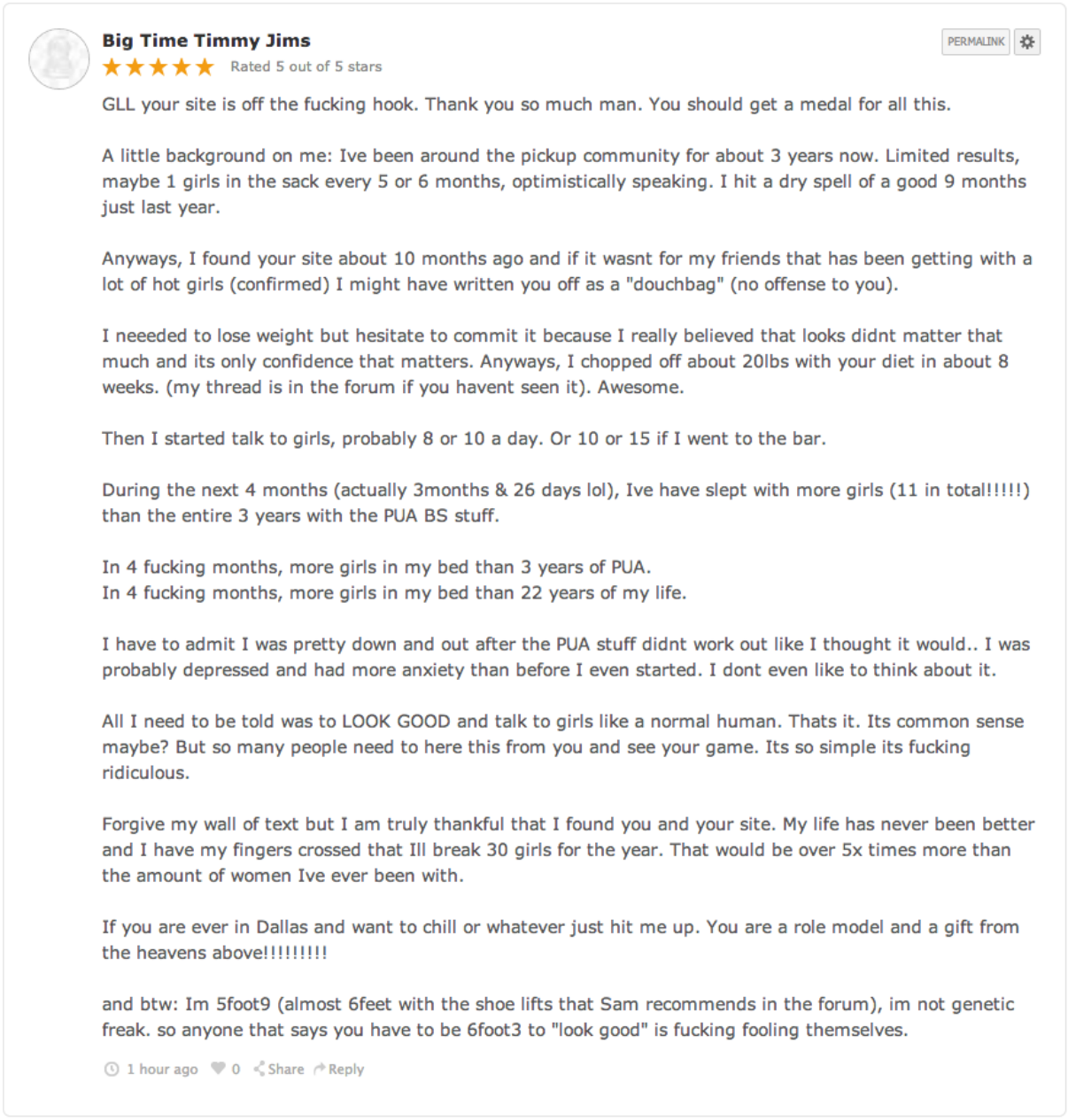
The reality is, however, I know that what brings the most results for people is far less in-depth and far less insightful.

In fact, any self-improvement "guru" that is worth a shit knows that his "method" means little and his "program" is mainly a MINDFUCK to get you off your ass.

Even though we have a lot of unique concepts such as Screening, Sexual Availability and Killer Instinct that are foreign to other "talking to women so you can fuck them" experts - Good Looking Loser is no different.

We know that, regardless of your goal, if we can convince you to take the initial beginner steps, you'll get results, become further motivated and even give us the credit.

We see this all the time -



Big Time Timmy Jims

PERMALINK

★★★★★ Rated 5 out of 5 stars

GLL your site is off the fucking hook. Thank you so much man. You should get a medal for all this.

A little background on me: Ive been around the pickup community for about 3 years now. Limited results, maybe 1 girls in the sack every 5 or 6 months, optimistically speaking. I hit a dry spell of a good 9 months just last year.

Anyways, I found your site about 10 months ago and if it wasnt for my friends that has been getting with a lot of hot girls (confirmed) I might have written you off as a "douchbag" (no offense to you).

I neeeded to lose weight but hesitate to commit it because I really believed that looks didnt matter that much and its only confidence that matters. Anyways, I chopped off about 20lbs with your diet in about 8 weeks. (my thread is in the forum if you havent seen it). Awesome.

Then I started talk to girls, probably 8 or 10 a day. Or 10 or 15 if I went to the bar.

During the next 4 months (actually 3months & 26 days lol), Ive have slept with more girls (11 in total!!!!!) than the entire 3 years with the PUA BS stuff.

In 4 fucking months, more girls in my bed than 3 years of PUA.
In 4 fucking months, more girls in my bed than 22 years of my life.

I have to admit I was pretty down and out after the PUA stuff didnt work out like I thought it would.. I was probably depressed and had more anxiety than before I even started. I dont even like to think about it.

All I need to be told was to LOOK GOOD and talk to girls like a normal human. Thats it. Its common sense maybe? But so many people need to here this from you and see your game. Its so simple its fucking ridiculous.

Forgive my wall of text but I am truly thankful that I found you and your site. My life has never been better and I have my fingers crossed that Ill break 30 girls for the year. That would be over 5x times more than the amount of women Ive ever been with.

If you are ever in Dallas and want to chill or whatever just hit me up. You are a role model and a gift from the heavens above!!!!!!!!!

and btw: Im 5foot9 (almost 6feet with the shoe lifts that Sam recommends in the forum), im not genetic freak. so anyone that says you have to be 6foot3 to "look good" is fucking fooling themselves.

1 hour ago ♥ 0 Share Reply

and here -

LostMyV PERMALINK

GLL!!! Long time reader, big time fan.

I love you. (no homo)

You have totally changed my life. I started your AA program about 5 weeks ago and I have gone from someone who couldn't talk to random people (not juust girls) to getting my very first lay from approaching girls.

Now I know that we aren't supposed to be pursuing or actually hitting on girls while doing your program and guess what? This girl hit on me. Pretty hot too, not a supermodel but a girl that only a gay guy wouldn't have sex with. I remembered your move of "take control ASAP" when a girl hits on you and that exactly what I did. She was asking me of what ethnicity I am (1/3 Russian, 1/3 South African, 1/3 Italian) and I told her "lets sit down over there" and walked her to a nearby table at the food court. Sat right next to her and was making out with her after 3 minutes while her friends (girls and guy) watched from about 10yards away. Later that night, I got scared when I had to call her (still have phone anxiety) so I texted her "Hey sexy" and she wrote back. So then I called her and had her come over. No LMR, no problems, she just came over and I put on a movie and we started going at it. She was naked on my bed about 1/2 way through the movie.

Now heres the kicker man. It was my very first time having sex. I think I did a pretty good job. After all, we have been fucking for 2 months now.

I seriously owe you big time and I never could have done anything like this without you and Scottys help. Keep up the good work, I seriously check GLL 4x every day to see if you have new content.

Yuni

about 2 weeks ago 0 Share Reply

We see it in the 'Get Ripped' section too -

Low carb diet is the greatest amazing results after reading GLL 21 Dec 2013 04:08 #84891

muzztecAFC

OFFLINE

Elite Member

Posts: 193

Karma: 15

I have been following the GLL diet for 5 months.
I reduced my carbs and increased my fat, went Paleo as well.

Did hit a little stall, so I reduced my protein and increased fat and started losing weight again.

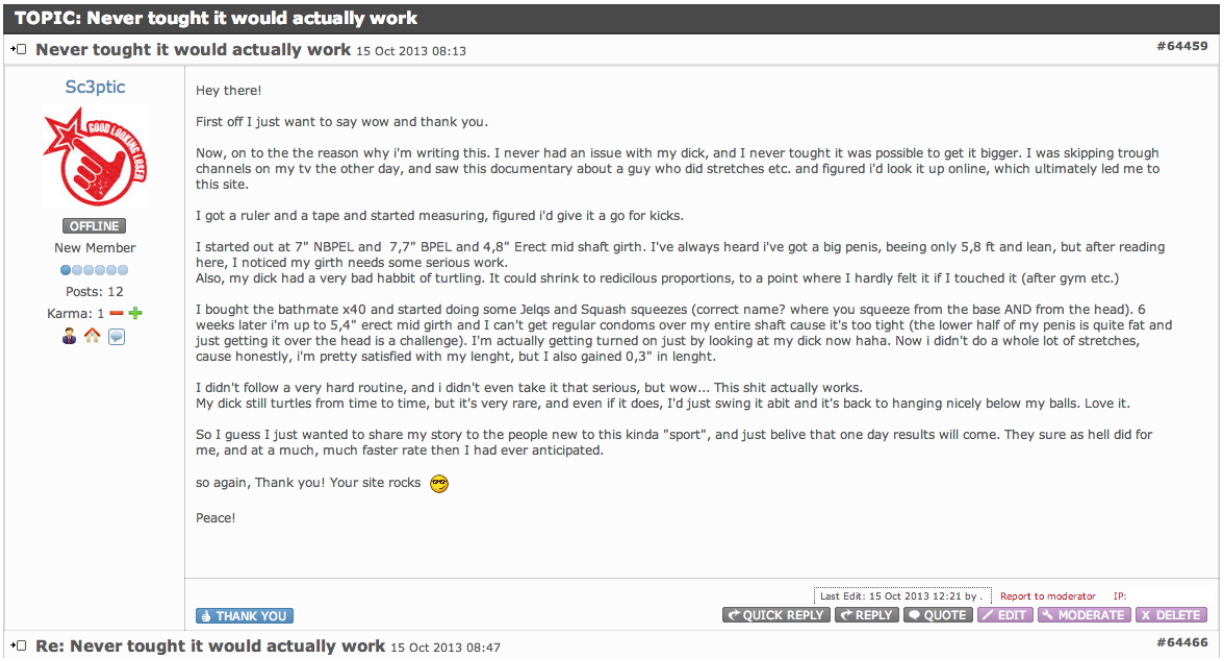


Also a little different from GLL is I did no cardio, but I did start strength training about half way in my weight loss journey.

Last Edit: 21 Dec 2013 04:10 by . Report to moderator IP:

THANK YOU QUICK REPLY REPLY QUOTE EDIT MODERATE X DELETE

And certainly from guys that want to build a bigger dick -


TOPIC: Never tought it would actually work

Never tought it would actually work 15 Oct 2013 08:13 #64459

Sc3ptic

OFFLINE

New Member

Posts: 12

Karma: 1

Hey there!

First off I just want to say wow and thank you.

Now, on to the the reason why i'm writing this. I never had an issue with my dick, and I never tought it was possible to get it bigger. I was skipping trough channels on my tv the other day, and saw this documentary about a guy who did stretches etc. and figured i'd look it up online, which ultimately led me to this site.

I got a ruler and a tape and started measuring, figured i'd give it a go for kicks.

I started out at 7" NBPEL and 7,7" BPEL and 4,8" Erect mid shaft girth. I've always heard i've got a big penis, beeing only 5,8 ft and lean, but after reading here, I noticed my girth needs some serious work.
Also, my dick had a very bad habbit of turtling. It could shrink to redicilous proportions, to a point where I hardly felt it if I touched it (after gym etc.)

I bought the bathmate x40 and started doing some Jelqs and Squash squeezes (correct name? where you squeeze from the base AND from the head). 6 weeks later i'm up to 5,4" erect mid girth and I can't get regular condoms over my entire shaft cause it's too tight (the lower half of my penis is quite fat and just getting it over the head is a challenge). I'm actually getting turned on just by looking at my dick now haha. Now i didn't do a whole lot of stretches, cause honestly, i'm pretty satisfied with my lenght, but I also gained 0,3" in lenght.

I didn't follow a very hard routine, and i didn't even take it that serious, but wow... This shit actually works.
My dick still turtles from time to time, but it's very rare, and even if it does, I'd just swing it abit and it's back to hanging nicely below my balls. Love it.

So I guess I just wanted to share my story to the people new to this kinda "sport", and just belive that one day results will come. They sure as hell did for me, and at a much, much faster rate then I had ever anticipated.

so again, Thank you! Your site rocks

Peace!

Last Edit: 15 Oct 2013 12:21 by . Report to moderator IP:

THANK YOU QUICK REPLY REPLY QUOTE EDIT MODERATE DELETE

Re: Never tought it would actually work 15 Oct 2013 08:47 #64466

Good Looking Loser is simply a MINDFUCK.

As insightful as some stuff is, none of our material actually matters that much to your ultimate success.

It's just about getting you to take the initial steps. You already know what to do.

The rest will take care of itself.

Sometimes the MINDFUCK is done through basic "You can do it!" statements that are planted in articles that appeal already self-motivated believers.

Sometimes the MINDFUCK is done with comprehensive authoritative insightful discussions that appeal to skeptical intellectuals that can't figure out what their "blockage" is.

I'm going to tell you the secrets to all these "self-improvement" areas and hit you with some Good Looking Loser propaganda posters along the way.



What I Know That You Don't Know

re: Going Outside to Get Laid

I know that if I can get you to LOOK GOOD and TALK TO GIRLS - YOU WILL GET LAID.

It is SOCIALLY IMPOSSIBLE for a decent looking guy in cool clothing to not have at least some women willing to spread their legs without much resistance. It might take a few "dates" and fails but it will happen.

This is how it works if you leave your house -

On any given day, there's a certain percentage of women that are 'sexually available' and a percentage of those girls that are down to fuck (DTF).

The better you look, the more girls you talk to - the higher your percentage is at finding the ~handful of girls that are truly available/DTF on that day.

Other "resources" put a huge focus on passing "shit tests" or "convincing" unavailable girls to become available or participate longer in the interaction/laugh at the jokes.

They call this "having game".

It completely ignores the fact there's plenty of emotionally healthy girls that are totally willing and excited to fuck/meet a new guy.

Whether you believe it or not - that is your reality if your sex appeal is above-average.

If you can look good, initiate some conversations - available women will follow your lead without much resistance.

Even if you could "convince" or "seduce" a girl into liking you - why wouldn't you want to look as good as you possibly can?

Pussy would come A LOT easier.

Look good + Talk to girls = Get Laid

This is not really a science.

I just need to convince you to LOOK GOOD and TALK TO GIRLS and some of the girls will be willing to sleep with you, you'll get results and thank me. You can even use "Nervous Guy Game" if you have a lot of anxiety.

Even if your genetics prevent you from being the "Best Looking Guy", the fact of the matter is - most sexually active girls have probably already fucked a guy uglier than you. Just look YOUR best.



If I want to have sex with a girl then I should try.

What I Know That You Don't Know

re: Staying Inside to Get Laid (Online Dating)

I know that if I can get you to make a dating profile where you LOOK GOOD and SEND SIMPLE MESSAGES TO GIRLS - YOU WILL GET LAID.

Online dating is a simply a digital version of the real world.
(granted most girls online are looking for relationships)

Look Good Online + Talk to Girls = Get Laid

This is not really much of a science.

We even have free guides that tell you exactly what to do -

- "Good Looking Loser's Guide to Plenty of Fish"
- "Rooster's Guide to Plenty of Fish for Guys With Anxiety"
- "How to Get Laid on Tinder - Good Looking Loser Inspired"

I just need to convince you to take some good photos and TALK TO GIRLS, there will be some girls that will be willing to sleep with you, you'll get results and thank me.



We understand that clothing is important.

What I Know That You Don't Know

re: Getting Ripped (Weight Loss)

I know that if I can get you to stop eating carbohydrates and start exercising that you will lose weight - probably 10+ lbs in the first two weeks.

It is PHYSIOLOGICALLY IMPOSSIBLE to not lose weight on our diet. When you have no carbohydrates (glucose) in your system and exercise - your body will burn tremendous amounts of fat.

That is how the human body works.

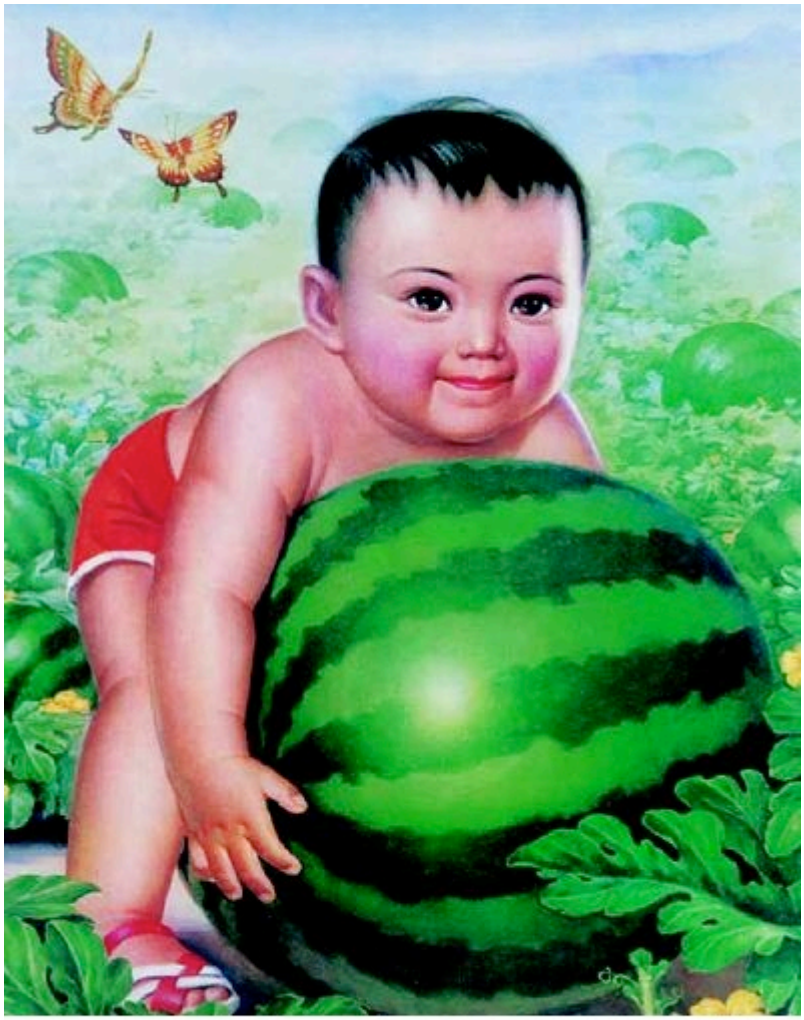
People that are overweight have usually done neither for an extended period of time.

At the moment, the majority of our material focuses on weight loss since guys that are overweight stand the most to gain and know the least about nutrition.

No Carbohydrates + Exercise = Lose Weight

This is not a complicated science.

I just need to convince you to stop eating carbohydrates and get to the gym on an empty stomach (with BCAA's), like these guys and you'll get results and thank me.



I eat watermelons instead of processed foods.

What I Know That You Don't Know

re: Getting Juiced (Gaining Muscle)

I know that the key to gaining significant amounts of muscle is anabolic steroids and a good diet.

So long as you are somewhat sore 24-48 hours after you train, it is PHYSIOLOGICALLY IMPOSSIBLE to not gain significant amounts of muscle with this combination.

That is how the human body works.

The specific exercises you do at the gym, the supplements that you take, the timing of when you consume foods - only makes a ~2% difference for the average guy.

The steroids you take are based on your goals.

The diet you follow is simply having lean protein and complex carbohydrates at every meal.

Steroids + Impact Diet = Get Muscle

This is not a complicated science.

What's more - you DO NOT need steroids to achieve the ideal body for the highest sex appeal.

I just need to convince you to hit some juice and just eat the foods you already know you should be eating - you'll get results and thank me.



What I Know That You Don't Know

re: Getting Hung (Big Penis)

I know that the key to growing a bigger dick is to pull on your dick.

It is PHYSIOLOGICALLY IMPOSSIBLE to not grow longer if you are stretching your dick 4-5 times a week.
(whether by manual penis stretching or a high-quality extender)

The more you do it, the more you will grow.
(assuming you take rest days)

The same true for girth, if you jelq consistently - your dick will get thicker.

Pull On Dick + Pull On Dick = Longer Dick

This is not a science.

I just have to convince you to commit to doing these exercises 4-5 times a week, you'll get results and thank me.



What I Know That You Don't Know

re: Getting Style (Instant Social Status)

I know that if I can get you to dress cooler/better people will make positive assumptions and treat you with more respect.

It is SOCIALLY IMPOSSIBLE that you will not be treated differently if you present yourself better.

Although some people think this is a "new American" thing, fashion dates back to before Jesus was born.

Nobility wore fine clothing and jewelry.

Peasants wore old clothing and rags.

In ancient times, there was no choice about who could look cool and attract attention.

The rules are what they are; they apply worldwide. Stop complaining about "how superficial Americans are" and be happy the average guy (your competition) looks and dresses like he hasn't had sex in 30 years.

Look Good + Look Cool = Better Treatment

This is not a science.

I just have to convince you to "Dress Like You Are a Somebody, Not a Nobody", people will respond differently to you right away and you'll thank me.

If you want to appeal more to sexually-active girls, you can get out of the "boyfriend material" category if you dress with an edgy/masculine style.



With my new social skills I get invited to parties where there's girls doing cocaine.

What I Know That You Don't Know

re: Kratom (Get Relaxed)

I know that if I can get you to try Kratom, it could dramatically increase your quality of and enthusiasm for life.

Outside a small percentage Kratom won't work for, if you respond well - it is IMPOSSIBLE not to make use of this compound for productivity, motivation, pro-social behavior, etc. etc.

It will be life-changing for some but to be safe I'll go with *"very good"* for most.

I'm willing to take that chance and have you hate me (if it doesn't work for you and you puke) because IF IT DOES WORK, you could be looking at a new life or a new close friend that is healthful and doesn't let you down.

If Kratom Works = Great/Good Impact on Your Life

It's the easiest equation yet.

I just have to convince you to try it and accept some trial and error with it, if it works - you may just credit me for changing the course of your life.

As I always say - not all Kratom is the same, some of it is actually completely terrible, try our recommended brand.



What I Know That You Don't Know

re: Approach Anxiety (Approach Anxiety Program)

I know that if you follow the program exactly as written - you will be able to hit on *at least* 90% of the women you want to talk to.

It is PSYCHOLOGICALLY IMPOSSIBLE to not get significantly more comfortable with talking to random women through repeated, organized, controlled bouts of exposure therapy.

The drills toward the end of the program are pretty aggressive and beyond what you actually need - if you get through these, you will have the social freedom to hit on just about any woman.

Do Drills + Do Drills = Drills Become Easier = Meeting Women Becomes Easier

A bit more scientific, huh?

I just have to convince you to take the program seriously and not bend the rules, once your anxiety is cut in half after the first two weeks - you'll thank me.



What I Know That You Don't Know

re: Rejection

I know that if I make you look above-average, rejection will almost always be a matter of 'sexual availability' and you won't take it personally.

This was the hardest one for me to get a grip on in my first 2 years of trying to pick up girls.

Normal guys think they get rejected because they aren't good looking enough.
(in some cases - this is definitely true)

Pickup artist weirdos think they get rejected because their "game" isn't good enough or they did something wrong in the interaction.
(this is hardly ever the case)

Once you get to the point where you are 'good looking enough' and totally believe our concept of sexual availability, you will feel like there's NOTHING on the line when you hit on a random girl.

When you believe this - things will really start happening for you because you will be solely trying to Get Laid rather than playing it safe to avoid rejection.



Physical activity is important if you want to have a functioning dick!

What I Know That You Don't Know

re: Goal Setting (Success Principles)

I know that if I convince you to work on <u>ONE GOAL AT A TIME</u> rather than multitasking, your odds for success will dramatically increase.

It is IMPOSSIBLE to not see progress and a daily sense of achievement (motivation) if are you making the effort to pour all your time/resources into accomplishing ONE GOAL.

People around these parts are not short on work ethic and certainly not short on ambition.

In fact, they often have too much ambition.

ONE GOAL AT A TIME.

<u>NOT IN MODERATION.</u>

Devote *at least* 80% of your free time to that one goal.

Even if you are good at multitasking, it's still a waste of time because you are neglecting your #1 goal.

Spend ~80% of Your Free Time on ONE GOAL = DAILY ACHIEVEMENT = ULTIMATE SUCCESS

Not hard to understand, right?

I just have to convince you to pour all your time into ONE GOAL, the daily progress will be motivating and you'll thank me.



We will wrap up our dicks so to not get an STD or baby.

What I Know That You Don't Know

re: Making Money (Future Section)

I know that I can help make you a significant amount of money online, if you are good at something or have a good product to sell.

Everything I've done online has been a success.

Except for the stuff that wasn't.

I've learned a ton in the past ~3 years and I'll be telling you how I (and you) can do it too.

Be Good At Something With a Demand/Have a Good Product With a Demand = Make Money

That's how business in capitalist countries works.

You just need to listen to me when the time comes.



What I Know That You Don't Know

re: Elite Guy (Top 10%)

I know that if I can make you better looking, more social/aggressive, more confident AND wealthier than the average guy - you will be an 'Elite Guy' and eventually get treated as such once you realize it.

Most guys have none of those traits.

Some guys have 1 or 2 of those traits.

Very seldom do guys have 3 or more.

If you can get 3 or 4 of them to an 'Above-Average Level' you are among the best of our gender.

You don't actually have to be 'Elite' at any of them.

If you can become significantly above-average or Elite at two or more of them - you will be among the Top .1 or 1% of our gender.

"That guy" has more options than he knows what to do with.

This what I'm shooting to make you guys.

Above-Average Sex Appeal

+

Above-Average Social Skills

+

Above-Average Confidence

+

Above-Average Bank Account

=

Elite Guy

From there, you just need some 'veteran' experience and a chance get comfortable with being "That Guy". Above-average.

An Elite dick is icing on the cake.



GLL looks like a douche but he's actually quite intelligent.

Lets Review...

Want to Get Laid? ***Look good and talk to girls.***

Want to Get Laid Online? ***Look good and message girls.***

Want to Lose Weight? ***Stop eating carbohydrates and start exercising.***

Want to Gain Significant Amounts of Muscle? ***Steroids and lean impact calories.***

Want to Grow a Bigger Dick? ***Use the devices/exercises that make your dick bigger.***

Want to Get Treated Like You Are Cool or Sexually-Active? ***Look that way.***

Want to Beat Approach Anxiety? ***Do our program exactly how it's written.***

Want to Not Get Rejected for Your Looks? ***Improve your looks.***

Want to Actually Accomplish Stuff? ***Have ONE GOAL.***

Want to Be That "Top 1%" Guy With Women? ***Have above-average fundamentals.***

So there you have it.

All common sense suggestions that have been tested and proven effective.

Go do them - come back when you've succeeded and be sure to give me the credit.

10 Misconceptions About Guys that Are "Naturally" Successful With Women

June 20, 2014 | by Good Looking Loser | Link | Original Link

Misconceptions About "Players"

(updated: August 24th 2014)

One of my biggest beefs with the whole 'Pickup Artist', 'Seduction Community' and mainstream (Men's Journal, Maxim, etc.) is that, either intentionally or subconsciously, they totally exaggerate how "skilled", smooth or confident a guy who is naturally successful with women actually is.

Vulnerable or inexperienced guys are led to believe that they need to become a superhero to be successful with women.

> ***"I'll never get to that level!"***
>
> ***"I have so far to go..."***

It's not true at all.

Guys just need to -

- **look better than 80-90% of other guys**

  &

- **talk to more girls than 80-90% of other guys.**

The whole idea of the "Natural" who is good with women is often completely misconstrued as well.

Guys are led to believe that a guy that is "naturally" successful with women innately possess all sorts of exceptional skills and confidence, that he isn't even aware of, but that needs to be analyzed, fully understood, flawlessly practiced and perfectly executive.

No.

It's not true at all.

I'm defining 'successful' as -

- *the ability to take an attractive girl home on any given night (lets say - 1 or 2 a week)*
  and
- *sleeping with, or having the ability to sleep with, 2 or more hot fuck buddies*

Even if your goals are far beyond that, you probably agree that the above definition is applicable and that the majority of guys don't have this going for them.

Today, and even moreso in my lesser successful days, I've had a lot of friends that were successful with women.

Some of them are featured in my "Sense of Entitlement" discussion and throughout Good Looking

Loser.

A few of them have shared their "secrets" when I asked but most of them had nothing new to offer.

Most of them asked me questions, for hours.

A minority weren't interested in sharing their secrets, for fear that there would literally be less girls for them. (serious)

To set the record straight, let me tell you about these guys - who they are and who they aren't.



Misconception #1: They Go Out to Cold Approach Random Girls

A lot of my friends laughed at me (mostly behind my back) when I got really involved in the "pick up thing" back in 2006.

They thought it was stupid and that I didn't "need" it.

I dismissed their criticism as jealously but to a degree - they were right.

The idea of going out on a "sarge" or "mission" to do "sets" with "openers" and "routines" with the sole purpose of "number closing" sounded pathetic to them.

In hindsight, I totally get it - meeting women should be part of an overall lifestyle.

Being a player is SOMETHING THAT YOU ARE, not something you that do and certainly not something that you dress up for on an intermittent basis.

These guys, like myself at certain times in certain cities, have a lot of friends, especially attractive popular girls who are their friends.

These girls simply tell them which girls think they are "hot" and which girls are single and interested.

They also have cool guys as friends who give them leads as well - in return for the same and an understood "non-competition" "bro's before ho's" silent agreement.
(although that is routinely broken)

When they do hit the bars and clubs, they are going with a group they pre-partied with and usually meeting up with a group of girls. They aren't going out alone.

The big group eventually "mingles" with other groups and sexually available girls begin to reveal

themselves as they consume more and more alcohol.

The group usually has an afterparty spot and can drink with the group and with the new faces into the early hours of the morning.

They are constantly around drunk girls at a familiar house that has open bedrooms - what more could you ask for?

It's basically as I describe in "Party (Club) Game".

Pre-parties, bars/clubs and after-parties - is where the action is to be had.

When they do approach random girls, there's usually a significant amount of eye contact beforehand and the "social proof" of being part of a group of cool guys and attractive girls.

It usually goes quite well but usually they are looking to sleep with a girl they have been "working on" from their own group.

The most successful guys do some approaching, as part of an overall lifestyle, simply to avoid drama within their circles and have another stream of pussy available to them.

Some guys don't do any significant approaching and always have 1 or 2 girls they are sleeping with - simply because they are constantly tipped off on which girls are sexually-available.

Most guys that are naturally successful with women don't get the bulk of their pussy from cold approach.

Misconception #2: They Are All Good At Approaching Random Girls

Not only are successful guys not setting aside a 8 hour block of time to "sarge" on a "mission" with their "lair" buddies, but a lot of them aren't particularly good at cold approaching random girls.

The best ones are, but I'm speaking about the norm.

Most have what we would call "approach anxiety" and self-medicate with alcohol.

A few smoke a lot of weed - it seems to be a performance enhancer for them, unlike for me.

As part of an overall social lifestyle (leave the house during the day, go out to drink/party 2-3 nights a week), they simply do what I call "Basic Guy Game" or what seduction community dorks call "AFC Game" when the opportunity presents itself (eye contact, approach invite, for example).

They give a girl a compliment or strike up a conversation about something in the immediate area, make small talk and ask her to meet them for a drink. Some even take the girl to dinner.

In bar/club situations, they ask the girl (and her friends) to come to their afterparty.

The girls know they are interested and if they come along - they are interested too.

As mentioned, their approaches seem to go quite well.

This is not because of their "game" (it hardly ever is).

It's because the girls ALREADY like them, hence the eye-contact, smile, etc.

As silly as the whole "pick up thing" seemed to a lot of my friends, I think most of them respected what I was trying to do and acknowledged that the idea of walking around and hitting on random girls for hours freaked them out a little. Nearly every one one of them has told me a story about some hot girl they saw during the day but didn't talk to.

As a side note, one of my friends has slept with over 100 girls - 98% of them (literally ~98 girls) from online

dating. (JDate)

Most guys that are naturally successful with women don't actually have super "game". They are sloppy, aggressive but not smooth.

Guys that are naturally successful consider "aggressive" to be - talking to a lot of girls.

Whereas our definition is - touching girls, early and often.



Misconception #3: They Know What "Game" Is

Besides Scotty and one other guy, my most successful friends don't really know what "game" is.

Most think that talking about it in-depth is geek shit.

Most of these guys considered "game" to be -

- the ability to make small talk
- the ability to make girls laugh
- the ability to be smooth
- the ability to say the right thing
- the ability to make girls like you
- confidence

Game is Killer Instinct.

They are all familiar with the idea of "manning up" and "pulling the trigger" - so of course the concept isn't entirely foreign to them. Most of them feel that "pulling the trigger" is quite easy, it's the initial part of walking up to the girl that's the hardest part.

All of them "get good" with girls once they know the girl likes them. From there, most of them play to win rather than not to lose - that's why they Get Laid a lot.

Most guys that are naturally successful with women can't really pinpoint "game" or understand female psychology. They just "go for it".

Speaking of Manning [up], here's a random video I did a while back -

Misconception #4: They Have Flashy, Spectacular "Game"

As mentioned, by and large, these guys do "Basic Guy" or "AFC" Game.

Another term for it is -

> ***TALKING TO PEOPLE***

Some of them have different techniques such as 'winking' at a girl, showing a girl his dance moves or asking the girl to buy them a drink.

They can make small talk and flirt fairly well.

Most of them understand the power of sending "Mixed Messages", whether to a new girl or one they have been seeing for a while.

A few of them simply just lie their asses off and exaggerate what they are doing with their lives.
(Josh says he's an established investment banker - but he has no job whatsoever)

All of them know that alcohol is the quickest way into a girl's pants.

The one thing that impresses my friends is the speed at which Scotty, and sometimes myself, are able to get girls alone or in our car.

For them, however, they don't consider it all that necessary and are plenty satisfied with their own approach to meeting women.

Although most of these guys have slept with more girls than most guys would in seven lifetimes - if they ever did in-field videos, hordes of pick up geeks would say they sucked with women and had no game for their lack of creativity and insistence on "normal" conversation.

Most guys that are naturally successful with women don't have flashy "game". They have a technique or two and good social skills.



Misconception #5: They Never Put Women on a Pedestal

One rule that permeates throughout the seduction community and even mainstream dating is -

> ***NEVER, UNDER ANY CIRCUMSTANCES, PUT A WOMAN ON A PEDESTAL.***

These guys break this "rule" time and time again.

Not only do to break this rule, but some of them put every single woman on a pedestal.

In fact, in any given night, the ones that do their version of cold approach, basically tell every single girl they are interested in that she is "beautiful" or "gorgeous".

Since they come off as cool guys, often with the help of their crew (other cool guys, attractive girls), a lot of girls are really receptive to their exaggerated compliments and become legitimately jealous when they think they see them telling other girls the exact same thing.

By the end of the night, the interested girls reveal themselves and they'll ask the hottest/best candidate to come to their afterparty.

Truth be told, giving exaggerated [not overly genuine] compliments to multiple women might not be "putting them on a pedestal" since most of my friends don't actually give a shit about these girls.

It's just their version of "game".

But I wanted to dispel the notion that you can't just walk around a room telling girls that they are hot and not have any girls that are interested.

That's the furthest thing from the truth if you have above-average sex appeal.

Most guys that are naturally successful with women sometimes put women on a pedestal.

Misconception #6: They Are Zen Masters, Always In Control of Their Emotions and Feelings

From the birth of the seduction community, "Zen", "Chi", yoga and alike practices have been suggested as absolute necessities to help guys control their emotions, ward off rejection, deal with "shit tests" and hostility from the opposite sex.

It's not that these things are bad - it just doesn't matter that much.

Your "inner game", sense of entitlement and confidence comes from experience and results, not Eastern medicine.

All of these guys are competitive as fuck.

All of these guys can lose control and start yelling at people that piss them off.

All of these guys, at some point or another, get emotionally attached to women.

All of these guys have sent mean/attention-seeking/desperate [looking] texts and Facebook messages to women.

Some are drama queens by my definition and probably yours too.

Most of these guys would be quick to put a girl in her place if she was overly rude to them.

Most of these guys have been kicked out of bars or clubs for escalating fights, some which they probably started in the first place.

All of these guys get laid significantly more than anyone in the "pick up world" that I know, with the exception of Scotty and 2 others.

These guys prioritize BEING A MAN and DO WHAT YOU WANT over any sort of "Zen" state and generally laugh at that sort of approach for attracting women.

It's literally a fucking joke to them. As it should be.

Most guys that are naturally successful with women aren't fully in control of their emotions. Some can

be drama queens.



Misconception #7: Guys That Are Successful with Women Have No Social Anxiety

One of the biggest exaggerations is how little social anxiety "normal" successful-with-women guys have.

Just ~3 weeks ago, one of the most successful guys I know, Sean, was freaking out so much when he was New York City that he literally called me to comfort him. (no homo)

He told me that he had to get the fuck out of New York, the buildings were too tall and there were too many people around him.

If you would have heard our phone call (and prior voicemail he sent me) you would think the guy hadn't slept with a woman in years.

Quite the opposite, he had 2 girls dropping by his hotel and fucking him. At the same time.

That example is extreme but the majority of my really successful friends need alcohol to face the crowds and enjoy themselves.

The only difference is - they know what they're doing once they can get one-on-one with a girl that is into them.

That, and - they make nearly every effort to look as good as they possibly can.

They understand that girls are attracted to good looks and that "game" (or "personality") can't really compensate for a lack there of - unless in a relationship.

To be fair, all of these guys have above-average social freedom, as compared to the average guy who doesn't speak to any women and just stares at his feet all day.

Most guys that are naturally successful with women have some social anxiety - more than a lot of pick up students actually.

Misconception #8: Guys That Are Successful with Women Have No Sexual Anxiety

(this is just a guess)

As with social anxiety, most of these guys have some sexual anxiety too. Albeit, probably less than the average guy since they have more experience.

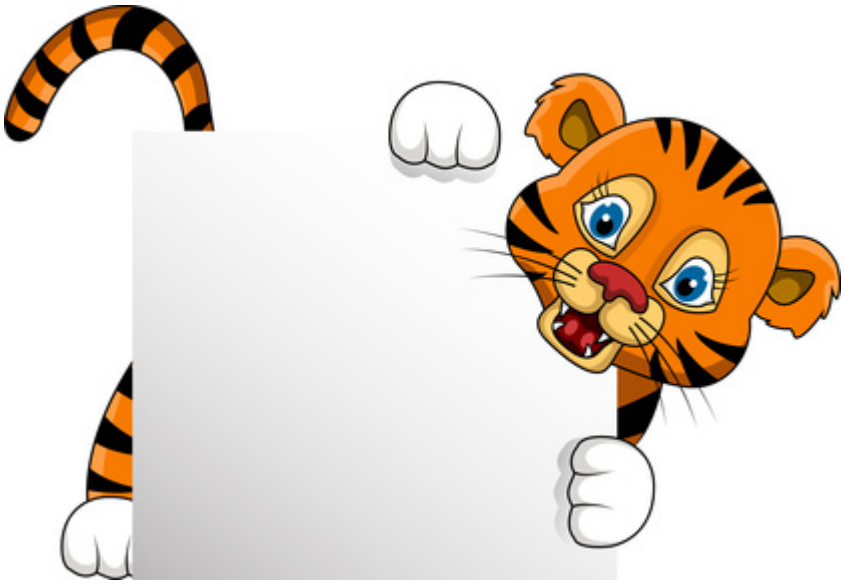
While getting with a "new girl" is exciting, it can be nerve-wracking if she is particularly hot or they are moving faster than usual.

It's not surprising that alcohol does them a world of good.

Sexual anxiety is not a topic that even my close(r) friends were really willing to go in-depth about.

I've seen more than one of them get jealous of their partner's [supposed] sexual past or concerned when a hung guy infiltrated one of their circles.

Most guys that are naturally successful with women have some sexual anxiety, particularly with a new partner.



Misconception #9: Guys That Are Successful with Women Are Always Well-Rounded

Since self-improvement, social status (1/2 of Swag Factor) and being the 'Elite Guy' is significant for getting and retaining girls, especially the hottest ones - it's no wonder that dating advice has taken a turn toward 'personal development' or 'lifestyle' in recent years.

That's all well and good.

The part that isn't so kosher is that it's totally exaggerated how "great" you actually have to be.

Even more exaggerated, whether directly or implied, is how "well-rounded" you have to be.

The majority of successful guys I know are hardly well-rounded if their resumes are put under a microscope.

They all simply LOOK GOOD and TALK TO GIRLS.

They might have a hobby or two that seems impressive, the ones that keep fuck buddies for months are the "Mr. Juxtaposition" guy that I describe.

Not for all of them however.

Some of these guys have very little ambition and simply live paycheck-to-paycheck, with a sizable portion of their money spent on cocaine, cocktails and cab rides.

I'm not saying that this is an example of what you should be, I'm saying that you don't need to be

well-rounded.

You just need to -

1. Look Good
2. Talk to Girls

In that order.

Scotty (Brian), is the best guy I know at cold-approaching women. He would admit that he's not particularly well-rounded and that his "identity" hasn't cost him jack shit in terms of getting girls in his bed.

The notion of being a Sophisticated "Renaissance Man" to score pussy is highly overrated and totally time consuming.

Just ask our forum Admin - Mark.

He is the quintessential Renaissance Man, highly educated, well-cultured, well-spoken, tall, handsome and has been to over 20 different countries. He's the best athlete I know too and played Division I College football in the Big10.

It wasn't until he started [using the information which later became] Good Looking Loser that he saw significant success.

Just ask him.

A significant part of premise of becoming "well-rounded" and having several cool, interesting hobbies was somehow to ease the pain of rejection and not put women first.

Why don't you just LOOK GOOD?

It's a lot easier.

My advice is to be ABOVE-AVERAGE, that's all you need.

I discuss this in further detail here-

- "If You Improve Your 'Value' - Will You Get Laid More?"

Most guys that are naturally successful with women aren't particularly well-rounded and rarely are "sophisticated", per your definition.

Misconception #10: Guys That Are Successful with Women Are Secure With Their Looks

Not to overly generalize but my friends that are really good with women fall into two categories -

1. Meathead/Gym Rats
2. Los Angeles/Orange County Dirtbags

The former look undeniably better than the average guy - if not genetically - then by their style/image.

Since they REALLY value their appearance, it's also one of their biggest insecurities.

- Am I bloated from this protein shake?

- How does my chin look?
- Is this a pimple?
- Does this shirt make me look small?
- Is my hair falling out?
- Are my wrists too thin today?
- Do I need a tan?
- Should I wear black socks with these jeans?

Despite the day-to-day confidence fluctuations, even on a insecure day, they will still probably have a candidate or two willing to go home with them if they can muster up the courage/momentum to make it around the bar and talk to 10 or 20 girls.

How is this possible?

THEY LOOK GOOD.

THEY TALK TO GIRLS.

The latter group (LA/OC Dirtbags) can get insecure about their looks for the opposite reason -

Many aren't physically active enough.

The ones that are physically active, however, are absolutely killer with women and would rival Scotty and myself in my prime.

Truth be told, despite the day-to-day insecurity spikes, both groups of guys are more secure with their looks than the average guy.

Some, however, not by that much.

Most guys that are naturally successful with women aren't totally secure with their appearance. But they are more secure than the average guy.



So there you have it.

There's other misconceptions about "players" -

- They love being single.
- They live totally gratifying lives.
- They live totally non-gratifying lives.
- They are sociopaths.
- They are on a conquest mission for self-validation.
- They are not on a conquest mission for self-validation.
- They have their shit together.
- They don't have their shit together.

But by and large, we covered all the misconceptions above.

Most guys that are naturally really successful with women are simply above-average looking guys with above-average social skills, friends and a sense of entitlement (confidence) to them. They also talk to a lot of girls.

It's actually a bit odd to come across a "loner" that has a good sex life.

You might find a guy like this, time from to time, there's plenty of examples of this - Scotty and I are "loners" to some degree.

It's just a bit rare.

I'll tell you though - if you are a loner (with leadership qualities and individual goals) and can get laid, you'll never feel lonely.

In fact, the world is your oyster.

Work hard to get those first one or two fuckbuddies.

By any means necessary.

And Then KEEP approaching girls during this period.

You will truly feel what it is like to not care.

You will truly feel what it is like to have fun socially.

You may even realize - you finally made it.

How to Beat Performance Anxiety (The Only Thing You Need to Know About Having Sex With a New Girl)

June 23, 2014 | by Good Looking Loser | Link | Original Link

How to Beat Sexual Anxiety (Your First Time With A New Girl)

This discussion pertains to **ANY GUY of ANY EXPERIENCE LEVEL** having sex with **ANY GIRL of ANY EXPERIENCE LEVEL** for the very first time.

Not only guys who are virgins.

In "You Got 99 Problems But Her Orgasm Ain't One," I discuss how female orgasm is mainly, if not ENTIRELY, the woman's responsibility. (provided you provide 10 or 15 minutes of foreplay and can stay hard for 2 minutes or so)

This is the reverse of what society and the undersexed 'White Knight' pencil-necks in the media teach men to think about their innate responsibility of "pleasing a woman".

Like a quarterback in NFL, a CEO of a company, the president of the United States - the girl usually deserves the bulk of the blame when she can't get off (provided you didn't bust in 42 seconds) but she also deserves due credit when she wets your bed with happy fluid.

In general - girls that masturbate on a ~weekly basis can have powerful, quick, multiple orgasms - like my old roommate Lexy.

Girls that don't - cannot.

And they know it.

It's not your fault.

If they can't get themselves off - how the fuck can you?

Exactly.

Thankfully, I've always had this healthy attitude about my role in the "making love/fucking" process and I have less performance anxiety than anyone I know.
(granted: experience, big dick, Kegels, Cialis, Bathmate before intercourse helps)

In addition to the stuff I discussed in that article - I have another key insight for you.

It's the ONLY THING you need to know about performance anxiety.

It may put that anxiety to rest.



Why You Shouldn't Worry About Having Sex With A New Girl

> *You finally got her away from friends.*
>
> *It was annoying but you are relieved that overweight girl in the group didn't fuck up your night. Buying her a beer and giving her Sour Patch Kids was a good move.*
>
> *It's okay though, your anticipation is only stronger for it. You have total hottie on your hands.*
>
> *Damn, now is this how chicks feel about foreplay?*
>
> *When you get her to your place, you remember what Chris said - take her straight to your room. Almost every girl that goes home with a guy is DTF, no reason to goof around since you both had plenty to drink and plenty of foreplay.*
>
> *When you start doing her, you know you are going too fast for yourself.*
>
> *She's too hot and you are too drunk to hold back your orgasm.*
>
> *BOOM... (or drip, drip, drip)*
>
> ***Done in 90 seconds.***
>
> *Fuck.*
>
> *Now your embarrassed and she knows it.*
>
> *She tries to tell you that it's okay and she still had fun.*
>
> *You tell her that you'll have to try again next time.*
>
> *She agrees.*
>
> ***But will there be a next time?***

If you ever get any good at this "Talk to Girls With Intention Of Inserting Your Penis Into Their

Pussy" stuff, this scenario will present itself every so often.

It has for me.

Unless it's a regular thing (we'll talk about that soon), it's not a big deal and I'm going to tell you why.



There's three types of sexually-available SINGLE girls -

- Experienced Girls
- Lesser Experienced Girls
- Inexperienced Girls and Virgins
  * some girls fall into 2 categories, per whatever your definition - but that doesn't matter.

Their reaction to premature ejaculation or erectile dysfunction all arrives at the same conclusion, albeit via different logic.

Experienced Girls

Of the three categories, guys most fear having an episode of erectile dysfunction or premature ejaculation with an experienced girl.

After all, she's fucked a bunch of guys.

She's had good sex, she's had average sex and she's had lousy sex.

She's had different type guys - nice guys, players, weirdos and older guys.

She's had different sized dicks and she probably know what she likes.

While that might be the case, her attitude toward erectile dysfunction or premature ejaculation is actually quite reasonable and forgiving.

She's seen it before.

Since she's experienced she ALREADY KNOWS that -

GREAT SEX doesn't usually happen the first time.

Neither party is totally comfortable.

Neither party has seen the other naked yet.

Neither party knows the preferences of the other.

Compound that with the likely event that drugs and alcohol are involved -

She isn't expecting GREAT SEX the first time.

She knows what she's signing on for.

A first time with a new person.

Nothing more.

If she gets off - then great.

If you get off - then great.

Unless she was specifically looking for a one-night stand, she'll be waiting for your phone call and happy to share her pussy with you again if the sex isn't great.



Lesser Experienced Girls (Most Girls)

Lesser Experienced Girls generally have the EXACT same attitude as their more sexually-active counterparts, even though they have fucked less guys -

> ***Sex isn't usually great the first time or until both parties hit a sexual comfort level.***
>
> ***It happens.***
>
> ***I'm just happy to meet this guy.***
>
> ***I'm excited to see him again.***

Like the Experienced girls, Lesser Experienced Girls have probably had a boyfriend or two.

When you are in a relationship (committed or uncommitted), there will be random bouts of lackluster sex and performance issues - for both the guy and girl.

Even though Lesser Experienced Girls haven't been with a lot of guys, they have had enough sex to see that erectile dysfunction and premature ejaculation can happen and sex is almost always better after several rounds of practice.

This is especially true for girls - sex gets better and better as they get more emotionally attached.

These days, most sexually-active girls also always have a gay best friend.
(most popular girls in Los Angeles/big cities do)

She hears his stories/gossip/problems about random male performance woes and realizes that it's just something that happens and that is not something for them to get worried.

The girls that go to their gay boy-friend for advice are almost always told to NOT MAKE A BIG DEAL OF and NOT ASK the guy about his performance issues since it will just make him more anxious.

They get it.

Slightly less often, Lesser Experienced Girls have the attitude of the next category.



Inexperienced Girls/Virgins

When it comes to worrying about your performance on the first night, don't.

You should worry even less if it happens with an Inexperienced Girl.

Since they don't know better, inexperienced and are generally not totally secure with their body/sex, Inexperienced Girls are quick to blame themselves if you lose your boner.

Likewise, they will be flattered if you cum in 42 seconds.

Either way, they aren't holding it against you either.

Most Inexperienced Girls don't masturbate and they don't even know their own pussy or how to please a guy.

They are hoping he does his thing and isn't disappointed with seeing her naked for the first time. In fact, Inexperienced Girls can be quite preoccupied and some just aren't in the moment until you fuck them 3-4 times.

They know it and very rarely hold a double-standard for any dysfunction on the male's side.

Also - it can take a lot for an Inexperienced Girl to fuck a new guy, let alone - go home with a new guy.

If you have an Inexperienced Girl in your bed that you met 45 minutes prior - SHE REALLY LIKES YOU.

She probably thinks you are player, have a ton of options and are good in bed, if you can't get off - she'll generally blame herself.

Another reason not to worry about it.

If you have a good-sized dick, you won't be fitting in a lot of Inexperienced Girls and certainly not Virgins.

This is NOT something that will be held against you.

In fact, although frustrating in the moment (get a blowjob, try to anyway... or have her dance to some music she likes and jerk-off), even inexperienced girls tend to be quite excited with landing a big cock and will give you a non-verbal green light to 'stretch her out' over a couple of sessions.

If you run into to this type of girl, tell the girl to masturbate and do kegels during the week.

She'll usually agree to that.

Tell her that you'll know if she does her homework because your dick isn't get any smaller. Don't ever make her feel bad about her tight little pussy though. Teaching a sweet innocent girl about her body is an amazing thing. She will be loyal to you for months and remember you until the day she dies.



Relationships (Committed or No Strings Attached)

Although the above discussion focuses on "Sex With a New Girl", a lousy performance or two is sure to strike with your girlfriend or fuckbuddy(s).

So long as it's not happening more than 1 out of every 5-6 times, I wouldn't worry about it whatsoever.

You don't have to sweat your performance issues with your girlfriend or fuckbuddies because...

THEY ALREADY LIKE YOU.

Period.



Foreplay Is What Girls Are In It For

One of the primary reasons why an emotionally healthy girl won't hold a lackluster first performance (or random, infrequent bouts of dysfunction) against you is -

Many of them are ALREADY *fairly* satisfied by the time you penetrate them.

Sure, they would like you to finish - but their orgasm and overall experience doesn't completely depend on your ultimate climax.

Foreplay and the emotional lead up is what is most exciting to women.

So long as the foreplay is fairly exciting and you get them off, whether with your mouth or fingers, they are at least somewhat satisfied.

This has been confirmed by every single girl I asked on Facebook before I wrote this.

I want to puke anytime I see a picture like this -



Unless you are giving the girl no foreplay and no orgasms - her sexual experience with you doesn't

totally suck.

Again, if you are getting erectile dysfunction on a regular basis - that is a problem and you ought to fix it.

While it's usually 100% psychological, erectile dysfunction can be a sign of low testosterone.

You'll want to fix that too.

And Quick.

But don't think you are powerless to deliver a girl a good experience just because your dick takes the night off.

Get her off with your hands or mouth.

Some girls actually prefer that, even though it's not as "romantic" as intercourse.

Common Sense Says...

Although more sexually-active girls (5+ partners a year, clubs/party scene chicks) aren't representative - for the average girl, sleeping with a guy is somewhat of a big deal, especially if she has dated him for a little while.

Other than a couple one-night stands, for the average girl, sleeping with a guy for the first time it's usually thought out and pre-planned.

In other words, if a girl sleeps with you - SHE LIKES YOU.

Common sense says -

She isn't going to lose interest in you if the FIRST TIME isn't great.

If you like a girl and she isn't great bed the FIRST TIME, are you not going to call her back?

Maybe if you are sleeping with 2-3 other girls.

But most guys aren't there yet.

Ignore the hype.

First-time sex isn't a fucking audition.

What happens, happens. Try to enjoy it.



Exceptions

Obviously there are exceptions to these rules.

No need to write in about it.

By and large, however, the VAST MAJORITY of girls are forgiving and understanding about bouts of sexual dysfunction and aren't expecting perfect sex every time or even the first time.

Most girls are just focused on HOW THEY LOOK and if you still find them sexy in the nude.

The girls that give you a hard time about getting it up or busting early (never happened to me, EVER) or tell their friends - are the same girls that blame their non-orgasm episodes on guys too.

Meaning, they aren't emotionally healthy and/or their pussy has no life. Or both.

They usually know it too.

If they were to masturbate, likely healthy human beings, they would be able get off during the real game.

There's only so much you can do.

Give them foreplay, get them off once with your hand/mouth (if you want) and then stick your dick in them and pound the shit out of them and whatever happens - happens. Cuddle for 5-10 minutes and then send them home and jump back on GoodLookingLoser to tell us about it. (joke)

That has been my attitude toward things and I'm willing to bet part of my family (my Dad's side, everyone on my Mom's is dead) that most girls consider me the best lover/random fuck they have ever had.

Maybe I'm wrong and they all have formed a Facebook group to laugh at me - but I've had no trouble retaining the vast majority of girls I've been with been - for a long time.



Conclusion

So there you have it.

I honestly think that you have very little to worry about when having sex with a new girl for the FIRST TIME or if it's your VERY FIRST TIME.

If you blow your load early or can't get off - just take care of the girl with your hands or mouth. It's not as intimate but girls don't except intimacy when they sleep with a new guy.

This is the technique I default to if I get off too quickly. It's not even that advanced.

Some guys have asked me to post all the super secret sexual techniques I use - this is basically the only one.

I'm not big on techniques.

I do different positions and role play. A lot of guys want to learn sexual techniques to impress girls. That is a waste of time, especially if you don't have much sexual experience. I used to try a bunch of different techniques that I read online. Frankly - none of them were anything special and you are better off growing yourself a nice obnoxious fat dick if you want girls to brag about you and stay as your loyal fuckbuddies.

If your issue is a lack of size or reoccurring dysfunction, do something about it.

We have all the resources and information you need on this site.

I'm not one of those "gurus" that will usually tell you "Just Don't Worry About It!" or "Be Confident!" but frankly on this issue, I'm going to because -

I'm right. Girls (that can orgasm) will confirm this. Ask them.

Just install into your psyche that -

- A girl's experience/orgasm is primarily a product of her current state/sexual/emotional health
- Nearly all girls won't hold a lackluster first-time (or future) performance against you

Truth.

source: Me; more amazing/lousy sex than 99.99% of guys, some random girls

Chris and Mike from Danger & Play Discuss - Lifestyle, College and Your Early 20's (Podcast, Crystal Clear Audio)

June 28, 2014 | by Good Looking Loser | Link | Original Link



The proceeding audio can be found here -

- Danger & Play (w/ Chris from Good Looking Loser)
  "Chris From Good Looking Loser on TRT, Empathy for Girls, Game, and Insecurities"

If you have been around Good Looking Loser and similar communities, you've probably heard of Mike from Danger & Play. If not, absolutely bookmark his site.

Either way, I want to tell you about Mike.

In the past month, I've gotten to know him on a personal level. (no homo)

I consider Mike a role model.

I don't throw around the term "role model" very often.

In fact, I don't even think I've used it on the blog at all.

Mike is a role model in every sense of the word, praise of the highest caliber.

Not just for younger guys that are into all the immature stuff we talk about on Good Looking Loser.

But to me.

Mike is exactly where I want to be when I turn 37.

Fun life, free time, hot supportive girlfriend, wealthy and still looking good.

Financially and emotionally secure.

Running shirtless sprints on the Santa Monica beach while onlookers think, "Who the heck is that guy?"

Mike is one of less than a handful of guys that I can literally talk to on the phone for 2 hours and not say a word - simply just soaking up insight and his life experience.
(Scotty is one of the others)

Mike is a walking encyclopedia of men's health expertise and advanced quality of life issues.

He has me obsessed with beet juice, skin care and cutting-edge hormone replacement alternatives. Among other things.

As humbly put as possible - there's not that many people that I can learn a great deal from on the issues that are important to me. Mike is one.

It's not surprising that when I do Google searches for specific outside-the-box, who-the-hell-really-knows-about-these topics, I often come across Danger & Play for the answer. His website is a goldmine.

It was a pleasure to record with him and I hope we do more than the future.

0:00 Welcome Mike from Danger & Play (and Fit-Juice.com)

1:20 Funny metaphor

If Chris from Good Looking Loser is the big brother you never had, Mike from Danger and Play is the step-father you never had.

> "If Chris @GoodLookingLosr is your big brother, think of Mike as your stepdad that uses steroids." - I lol'ed. http://t.co/ndYhVCN1lE
>
> ? Danger & Play Blog (@PlayDangerously) June 10, 2014

2:00 Background, etc: Mike is a Lawyer in California.

5:20 Mike's current situation - a year off from practicing law to work on Danger & Play.

6:00 A month ago, Chris was searching for "Isomaltooligosaccharides" at 3:42am and found Danger & Play, as usual.
(absolutely amazing protein bars, the best there is)

7:30 "Self-Possession", why Mike almost never cares what people think.

9:10 How to acquire "Self-Possession" and not care what people think. The opposite of "seeking validation".

12:30 Who Mike writes Danger & Play (the by-any-means-necessary 5%'ers)

14:00 "Differentiation", Mike's screening complex.

15:10 Why there's not a lot of "trolls" on the Good Looking Loser Forum.

17:20 Good Looking Loser is extraordinary "normal" people.

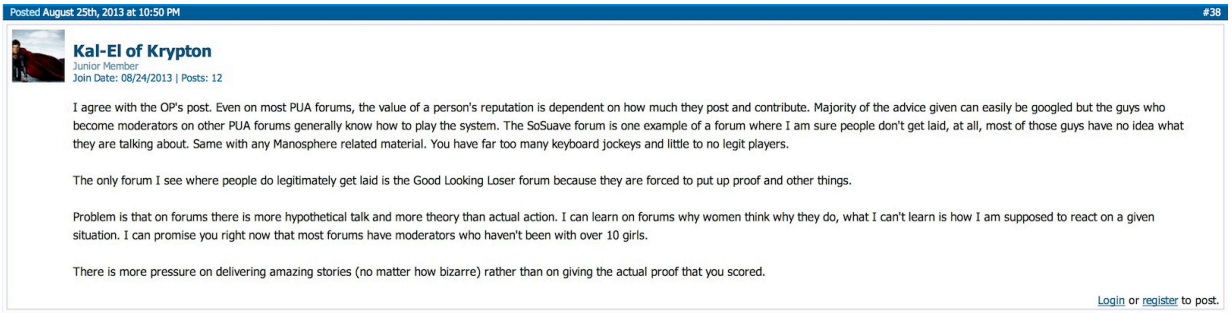
18:00 Mike is a nerd. (but also a juxtaposition/paradox)

19:45 Irony about the undersexed "Looks Don't Matter" crew.

21:40 The guys of Good Looking Loser (from Scotty's perspective)

22:10 The Good Looking Loser forum has been slowly earning the reputation as the "Most Sexually Active" forum and why most people succeed here (we only appeal to guys with real potential).

This is one example of many:


Posted August 25th, 2013 at 10:50 PM #38

Kal-El of Krypton
Junior Member
Join Date: 08/24/2013 | Posts: 12

I agree with the OP's post. Even on most PUA forums, the value of a person's reputation is dependent on how much they post and contribute. Majority of the advice given can easily be googled but the guys who become moderators on other PUA forums generally know how to play the system. The SoSuave forum is one example of a forum where I am sure people don't get laid, at all, most of those guys have no idea what they are talking about. Same with any Manosphere related material. You have far too many keyboard jockeys and little to no legit players.

The only forum I see where people do legitimately get laid is the Good Looking Loser forum because they are forced to put up proof and other things.

Problem is that on forums there is more hypothetical talk and more theory than actual action. I can learn on forums why women think why they do, what I can't learn is how I am supposed to react on a given situation. I can promise you right now that most forums have moderators who haven't been with over 10 girls.

There is more pressure on delivering amazing stories (no matter how bizarre) rather than on giving the actual proof that you scored.

Login or register to post.

23:10 Why Chris has become politically correct and rarely flips out on anyone in real-time or the Internet.

23:45 College discussion begins - Should You Go to College?

24:05 If you are in your early twenties, not yet successful (and don't have $100,000+ in the bank) don't give advice on whether your peers should go to college. Even if you are correct, you are not qualified to speak on the issue.

25:00 Chris' opinion on college as discussed in "Academic and Social Misconceptions (Part I)".

25:45 Mike's academic history and the debt measuring stick - is college worth it?

27:05 Mike's suggestion if you do go to college.

27:45 Go to a student loan calculator to see how much college will impact you financially.

28:30 Chris thought that everyone who doesn't go to college will be working at McDonalds and shooting up heroin on the streets.

31:15 Mike suggests to be 'all in' academically if you go to college, but still wishes he slept with more girls in college.

33:00 If you don't Get Laid a lot in college, you'll probably regret it. Everyone I've talked to about it agrees.

34:20 Almost 50% of Good Looking Loser readers are between 21-26 years old.

34:50 Mike's advice to guys in their early 20's. "No, No and No."

36:15 You shouldn't know your life purpose in your early 20's. It's not a bad thing.

37:00 You're 20's (the entire decade) is for experimentation.

37:25 How does Chris have time to write Good Looking Loser and Lifestyle by Good Looking Loser and go out all the time to party and hit on girls?

38:00 Mike discusses what would have happened if Chris stayed in Law School.

38:30 Stop trying to be a multimillionaire by age 30 and forgoing your social/sex life.

39:20 Advice from Mike's wealthy friend for guys in their 20's (needs vs. wants).

40:00 What money actually buys you.

40:20 Chris doesn't enjoy spending money or celebrating very often.

41:15 Mike's financial approach/lifestyle.

41:50 We love Amazon Prime.

42:10 Mike's final advice for guys in their 20's and how it's a special decade.

The podcast (and it's crystal clear audio) continues on Danger & Play -

- **Danger & Play (w/ Chris from Good Looking Loser)**
  "Chris From Good Looking Loser on TRT, Empathy for Girls, Game, and Insecurities"

Includes -

- How Chris looks decent even though he barely works out. (Chris' HRT protocol)
- Which natural testosterone boosters work?
- Which kind of women that Mike and Chris really like.
- Leveraging your insecurity, rather than wallowing in them.
- Thyroid hormone, human growth hormone, growth hormone peptides and more.

Do you have any questions for Mike (or me)?

Do you have any suggestions for future topics?

Just let us know below.

Chris' High School Experience & Why He Was Semi-Popular Senior Year (Includes Old Photos!)

June 29, 2014 | by Good Looking Loser | Link | Original Link

My High School Experience

I've talked a little bit about my teenage years in "About Good Looking Loser", but lets expand on this a little bit more.

I gave you advice if you are in high school and the experience hasn't been great -

- "What You High School Kids Need to Know"

I'll have to do some more posts but the above and subsequent discussion covers most of the surface.

The pictures below are mainly from 2001-2002. I'm 18 or 19 years young.



Chris' High School Experience

I went to Winston Churchill High School in Potomac, a small town in Montgomery Country Maryland.

Potomac is a extraordinarily wealthy town. An elitist place.

Something like ~40% of it's residents have graduate degrees and the median household income (after taxes) eclipses $100,000.

Some of Potomac's neighborhoods are among the most wealthy in North America.

Many years, per certain criteria, Potomac is routinely considered the wealthiest town in America.

Some celebrities live there, (notable - Mike Tyson, Daniel Snyder (Redskins' billionaire owner), Patrick Ewing (NBA Hall-of-fame center) Richard Marriott (neighbor, Marriott Hotels & Properties), John Glenn (neighbor, 2nd man on the moon), politicians from all 50 states have a residence and the gas prices were over $4 long before the rest of the nation saw this absurd increase.

The public school system is also considered one of the very best in America.

Not a lot of wealthy families find it necessary to send their children to $55,000/year private preparatory high schools.

Some do however.

Darren Star, the executive producer of Beverly Hills 90210, Melrose Place, and Sex and the City is from Potomac, MD. He actually went to my high school (in the 70's).

The premise for the wildly popular 90's show "Beverly Hills 90210" was based on Winston Churchill High School and the town of Potomac (and Bethesda, MD.).

A town where -

Highly superficial kids in super-exclusive cliques that drive BMW's and have an allowance that is more than most of their public school teachers.

Social climbing is the meaning of life.

A survey was taken in the year 2000 (sorry, can't find it) about which high school would be *most likely* to have a mass-murder shooting incident similar to what happened at Columbine High School when unhappy unpopular teenagers lashed out at their more popular classmates and teachers.

Winston Churchill High School in Potomac, MD. won.

There was a significant amount of bullying at my high school and popular kids flexed their social status muscles to make other's lives miserable for pure amusement.

Girls were especially cruel to each other.

The endowed popular cheerleaders would make it a daily activity to remind the lesser blessed, lesser popular girls that were inferior and that no guys paid attention to them. They would laugh about it at sleepovers and relentlessly prank call the unpopular girls to remind them that they were genetic trash and in for a life of pain and rejection.

I remember that one girl had her house and lawn covered in toilet paper and [supposedly] written in chalk on the driveway was the word -

> ***FLAT.***

Even though I wasn't really popular, at times, even I took enjoyment in bullying those less popular than I.

As late as 11th grade, me (and some friends) made one kid so miserable that he transferred to another high school when he finally couldn't take any more of our terrorism.

I deeply regret this and every other kid that I/we hurt.

The social system was brutal.

Kids took joy in hurting each other.

Everyone I know got caught up in some form the bullying.

Some with physical violence, others with AOL Instant Messenger and other forms of 90's cutting-edge cyber-bullying.

I got bullied, I got picked on, I got fucked with (until 11th grade) and I gave it right back to some kids that weren't as popular as me.

It makes me sick how badly we treated some people and the lasting effect we probably had on their lives.

A small part of my motivation behind creating Good Looking Loser is to give back and help those guys grew up hard and without cool friends or female attention.

I quietly root for the kids I went to high school with that weren't popular.

I'm friends with a lot of my high school classmates (both popular and less-popular kids) on Facebook and the reality is - very few of them Get Laid or have hot girlfriends - most of the unpopular kids mostly all ended up as undersexed loners.

It actually makes me mad because I know where their poor self-esteem began - the same place mine did. High school.

It's a shame and I honestly don't know why (God?) picked me to have a great life.



The 20854 In-Crowd

I don't know if the situation I describe is different than any other high school in the United States but I will say this -

There was a distinct IN-CROWD.

For the most part, I was not a part of that crowd.

I was an outsider.

At best, I had a few popular friends that were willing to include me - even if it wasn't a super popular decision to be seen with me. Even though many of them later ditched me under social pressure from their more popular or older friends, I am grateful for the times we shared. I'm not bitter about it.

What has always left a bad taste in my mouth is how most of the formerly popular kids wouldn't ever want to be seen even talking to me.

Although I'm as "In-Crowd" (Hollywood) as someone can get these days (particularly my late 20's) -

I know what it's like to be an outsider.

I know what it's like to stand on the side at school dances with my head down hoping no one saw me.

I know what it's like to not get invited to parties by kids that I thought liked me.

I know what it's like to have nothing to do on the weekends.

I know what it's like to be teased when my brother died from cancer. (4th grade)

I know what it's like when popular kids would talk to me with the only intention of getting something from me or having me entertain them (I was a funny kid).

I know what it's like to be scared to death of the popular girls and masturbate to them later in the day.

I know what it's like to be a unsuccessful follower.

All of these traumatic experiences built a mountain of social anxiety that would take years to overcome.



But in so many ways, however, my high school experience made me who I am today.

I was so deeply insecure that I turned to "self-improvement" as a way to get noticed/hide.

Somehow, it really worked out for me.

To set the context, it's important for you to know that I wasn't a *total loser* without friends.

I was never a total loser.

I had friends and many of them were *somewhat* popular.

A lot of us were on the hockey team and we were pretty good too. We just weren't super popular and

we didn't have access to the hot girls or access to the cool parties. I had slightly above-average popularity with guys and slightly below-average popularity with girls.

A lot of that completely changed toward the end of high school.

I got noticed and I became somewhat popular.

Most importantly - the hot girls now liked me.

 I was taking selfies long before you motherfuckers were.

So What Changed...?

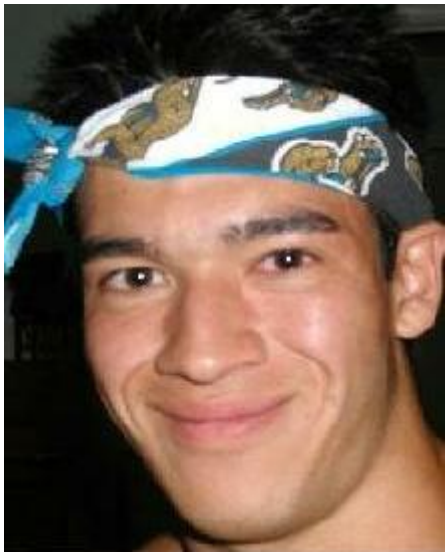
There were a lot of little factors that played into my rise to popularity during my Senior year but much of it dates back to 11th grade when I all but quit my first love - ice hockey.

The sport that I thought I'd be playing professionally for a decade lasted only about 3 years.

Let me tell you about ice hockey, it ended poorly but I'm still proud of some parts of it.

Chris' Short Ice Hockey Career

(this about ice hockey, my roller hockey career was a fairly big success)



In 8th grade, I wore hockey jerseys everyday to school.

I told people I was good at hockey, I was - Street/Roller Hockey.

When people asked me what ice hockey team I played for, I didn't have an answer for them.

I would lie and make up some vague answer.

The truth of the matter was - I didn't even know how to ice skate.

Toward the end of 8th grade, I started taking private ice skating lessons from an intense woman named Nancy Lucci.

As an 8th grader, I would skate around on figure skates in my tight tapered jeans on the little girl's rink while the high school hockey team was practicing on the big rink.

Playing real ice hockey seemed quite far away. I just wanted to stop falling down.

Since I was pretty skilled on rollerblades, I was able to pick up ice skating pretty quickly.

Nancy was impressed and told me I had legitimate potential if I stuck with it.

In fact, hockey is the only thing I ever did well naturally.

All this other stuff - getting big/strong in the gym, sleeping with hot girls, having a big dick, getting into Law School, etc., etc. required a tremendous amount of hard work to even be slightly above-average.

But Hockey was easy for me.

Before I knew it, I was a high school Freshman and found myself at a 5 am tryout for Winston Churchill High School's Ice Hockey Team.

Even though I had only ~1 year of ice skating behind me, I made the varsity team which had some of the best players in the state.

I was big for a 9th grader (6-2, 160lbs), I could skate really fast, I had a good shot and most importantly - despite my inexperience, I could play with guys that had over 10 years of experience.

Long story short, 9th grade was an incredible year for me athletically.

I had the respect of the veteran players and it seemed like I was headed for big things.

That summer, I was scouted by the Rochester Junior Americans to play in one of the more competitive leagues in North America.

(to be honest - on a skill level I had no business being pursued by the Junior Amerks, they just though I had potential since I had developed so quickly)

But I didn't move to Rochester.

Unfortunately, ~10-11th grade is when the dream started to go down the toilet.

My attitude changed.

I wasn't one of the best players on the Varsity Team (not even close) but I felt I should be getting more time and that the coaches were partial to the Jewish players.

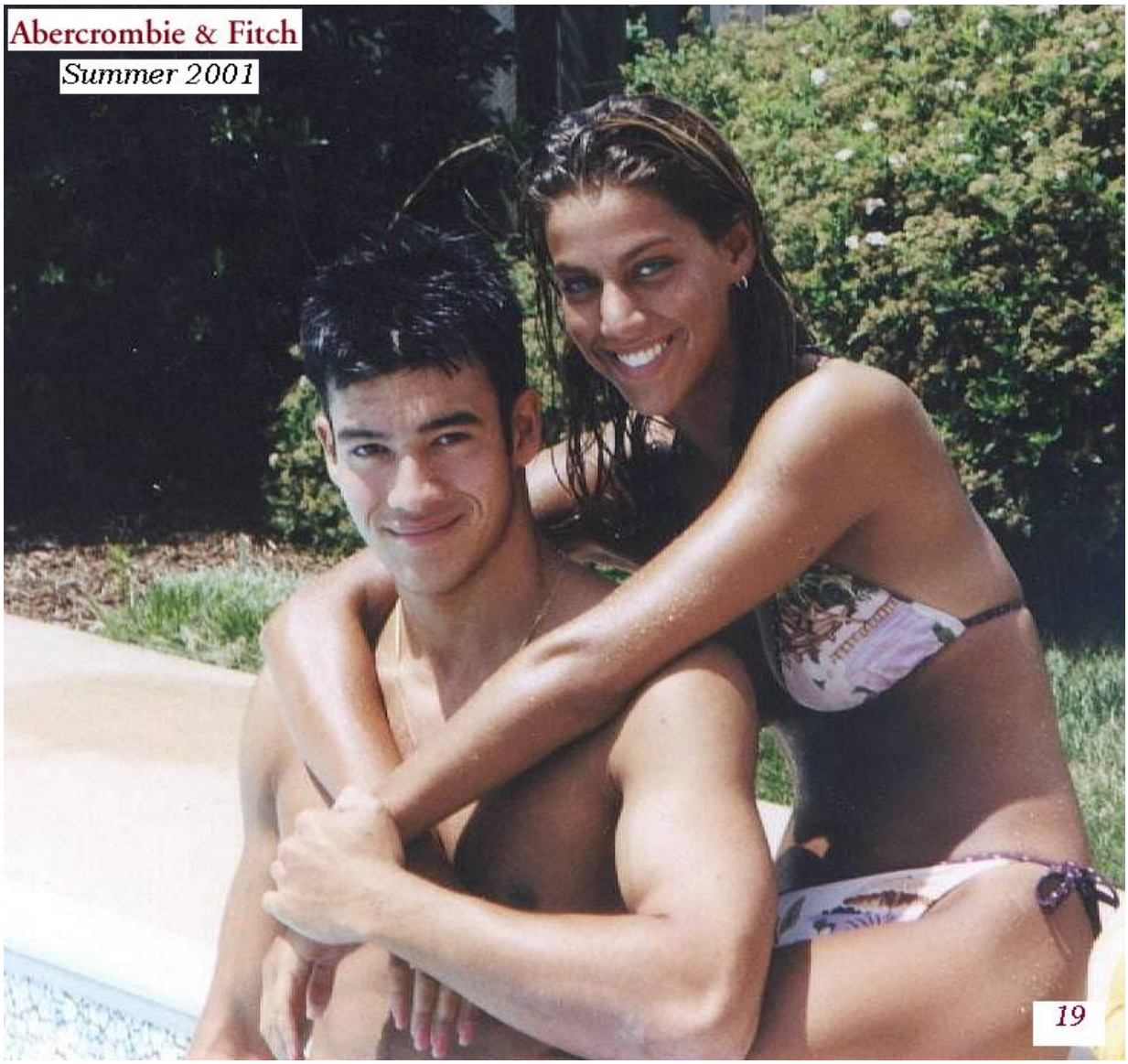
I felt I had the highest potential of any player on the team (I did) and was wasting away on the bench with a coach that wasn't interested in developing me.

I started to regret not moving to Rochester.

My teammates were aware of my piss-poor attitude and some them were jealous that I received attention from the Junior A program. They made life hard on me.

My attitude got increasing really sour and I stopped enjoying the game. I was feuding with my coach, teammates, friends and parents. I was crying myself to sleep. Due to a wrist injury and the nightmare of a coaching situation, I made the decision to step away from the game for a while. It proved to be a great decision - I never came back.

(I still continued to play roller hockey competitively, I was better at that and had a lot of fun)



My Next Total Obsession - The Gym

The gym was my next obsession.

My Dad bought me a Smith Machine and some dumbbells for our basement and I used to work out for 2 hours a day, 5 or 6 days a week, with my shirt off and music blaring.



It was so therapeutic, it was incredible.

I didn't miss ice hockey.

I started to look REALLY good and people were starting to take notice.

Girls would want to touch my arms and take pictures with me.

Guys respected me and would feed my ego.

I loved the newfound validation and would spend the next 10 years (until I was 26-27) completely obsessed with my appearance. This would prove to be a future problem.

In high school though, it was my ticket to above-average popularity and attention.

My face started changing, my body started changing, I had abs, I had a nice butt and I even won "Best Body" during my Senior Year.

It was a silly award but something I worked incredibly hard for and absolutely secretly cherished because the majority of voters were girls.

To give you perspective - I was 6-2 170lbs at my best, full 8/10-pack of abs, my arms were probably 14.5 inches and I couldn't bench 225 or squat 225 even one time.

Hardly impressive numbers, but for a high school kid it was pretty good and I had the whole "model" look going. Tall, super low body fat and some muscle.



The Girls - The Ultimate Validation

The most incredible part of my gym obsession was the amount of girls that started to notice me.

Girls that hadn't even spoke to me were telling their friends that I was "hot".

I was mentioned among the best looking guys (who were a lot more popular than I) in our school and even given a scholarship by our church for my "bodybuilding" pursuits.

Even the girl (Erin) who won "Best Looking" told all of her friends to vote for me. One group of guys that really disliked me nominated this obese kid in hopes that I wouldn't get the award. I beat him by a landslide.

Girls would routinely try to take pictures with me and introduce themselves.

Random girls would yell out, "Chris/Number 59 is hot!" at my roller hockey games.

Girl from other schools considered me "that guy" and wanted me to notice them.

The height of the experience was following Senior year when I briefly dated a girl who won Ms. Teen Maryland.

She was one of the main reasons I developed a ridiculous "Sense of Entitlement".

For a kid that didn't even have many girls as friends, this was just about the best thing that ever happened to me, even thought it lasted a very short time and I got my heart broken.
(fun fact - she and I are still friends today)

A lot of girls made themselves available to me but I really didn't know what to do about it.



I also had an unhealthy attitude about it.

I loved that girls at my high school noticed me and talked about me.

It gave meaning to my life.

It made me insecure instead of COMPLETELY insecure.

But a big part of me was more bitter than ever. Girls were only interested because I became good looking when years before - they wouldn't even speak to me.

I turned down a lot of girls with pride.

Some girls - right to their face.

I decided I was absolutely not going to hook up with any girls wouldn't give me the time of day just 1

year ago.

I told myself and my bewildered friends that "I WILL NEVER SELL OUT."

While this was a temporary absurd self-esteem boost, it cost me dearly.

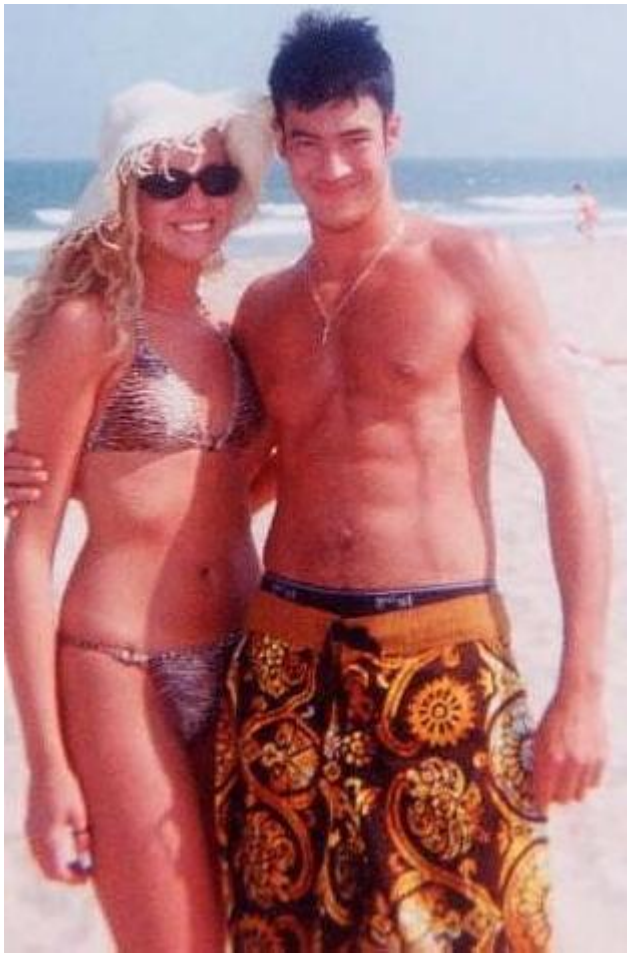
I went to college with very little sexual experience and a huge ego.

It was probably the main reason I only had a average sex life in college.

I was scared and still terrified of rejection.

I remember was it felt like to be invisible.

To this very day - I remember it quite well.



My Advice to Unpopular High School Kids

If you are in high school and reading Good Looking Loser, chances are - you aren't part of the exclusive In-Crowd.

I wasn't.

Chances are - you can relate to how I felt before my Senior year. Invisible.

First off -

High school is simply an era.

There's no reason in the world that you can't have a killer social and sex life in college and for the rest of your life.

You might have to do a significant amount of emotional repair and develop your sex appeal and Swag Factor.

As I discuss in "What You High School Kids Need to Know" -

My advice is to become OBSESSED with your appearance.

It is your ticket to self-esteem, validation, friends and pussy at that age.

If you have never had a nice body (lean face, low body-fat), you have no idea how girls respond to it. Especially younger girls that prefer HOT over cool.

You might not even know how good looking you can be.

You will have to chance to rewrite your social/sex life in college.

Make sure you look incredible before your Freshman year of college.

Keep it natural and learn about nutrition.

Eat lean protein and avoid those sugar-filled drinks that your friends are drowning themselves in.

Let them tease you about your diet and how much less body fat you have.

Make sure you have awesome abdominal muscles, decent legs and good arms.

Low body fat and ripped abs are the most important.

At some point you'll need to develop your "game", other areas of your life and become legitimately secure with yourself.

But your #1 Goal should be to look absolutely incredible and get reminded of it on a daily basis.

There's a lot worse situations than being a timid high school kid with a killer face and body.

That's right -

The gym (sex appeal) should be your #1 Goal if you aren't popular in high school.

(or even if you are popular)

Get your ass into the gym and become sexy.

Use all the insecurity in a healthy way and get an incredible body (abs matter most) and a lean face.

The validation will come, respect/hate from guys will come, attention from girls will come and later real confidence will come.

Don't turn down many girls that are interested.

Be thankful that you are coming up in the world.

Don't be an arrogant fuck like I was.

Don't end up an inexperienced arrogant fuck like I was.

A "Good Looking Loser".

Go to the parties you get invited to, even if you just talk to the kids you know.

BE SEEN.

THE GIRLS WILL TALK ABOUT YOU.

Forget about cold approaching girls and trying to be like your favorite "pick up artist".

You would probably trade places with him if you knew how sexually active he *actually* is (or isn't).

Cold approach, though super productive for some, is usually a "last resort" for most guys in search of

something that even resembles a sex life.

I can't overstate how big of a deal this high school upperclassman period was for my entire life.

I left high school as a "big deal" and it undid the vast majority of traumatic experiences I suffered in the previous 11 years.

I'm not a fan of living in the future but if you aren't popular, just know - better days are ahead if you can make yourself look good.


Vintage Good Looking Loser (2003)

My Attitude Toward My High School Experience

I truly love my life today.

I do.

I can get hot girls (I also have a beautiful long-term/sometimes long-distance girlfriend), I'm wealthy, I have all the free time in the world and I have a "career" (Good Looking Loser) that I love.

I don't even like talking about it because I don't feel like I don't deserve half of it.

Talking publicly about success is something I have never done well with.

I've been given so many 2nd and 3rd chances - it's fucking ridiculous and embarrassing.

I'm proud of all of my decisions to relentlessly pursue my goals.

I'm proud of my decisions to quit certain things and never look back.

Still, I remember high school like it was yesterday.

Every once in a while, I'll have a dream where I'm back in high school.

In the dream (often a reoccurring dream) -

> *I remember the exact feelings and emotions I felt when I was a relative outsider. Hoping not to be seen. Earning temporary status points with popular kids for a funny joke or some impression that I did.*
>
> *I remember how sick I was of everyone, including myself, most of the time.*
>
> *Hoping my future would be better but feeling absolutely powerless most of the time.*

As much as I wish I had been popular in my early teenage years, I'm happy that I got to be somewhat popular during my Senior year so the entire experience didn't leave an awful taste in my mouth.

Still, as absurd as it sounds, there's still a part of me that probably wants praise and respect from the kids in high school that considered me a loser 15 years ago.

I don't think that will ever change, even if I've been with more women, have more money, or are become more popular than all of them combined.

Michael Jordan feels the same way about the high school coach that cut him.

Aaron Rodgers shares similar sentiments about a college professor that told him that he'd never play professional football.

Even Kobe Bryant refers back to certain kids from his childhood that doubted him or teased him.

I don't consider that kind of attitude an unhealthy "grudge" if it doesn't keep you up at night.

It can be motivation.

Once every 6 or 7 months, I'll see an update or picture on my Facebook news feed about some washed up popular kid getting married to a beached whale or wearing outdated clothing while partying with hideous girls that aren't interested in.

I can't help but laugh to myself.

Yet at the same time, I realize it's totally pathetic that I even *somewhat* still feel this way about my high school experience.

But at least I admit it?

Overall though, I acknowledge that the deep insecurities I developed in high school were my primary fuel to really start working on myself and become an independent, successful man.

In that respect, I would absolutely do it all over again if I had to.

If one song I've heard in the past few months sums up 90's music (the best decade of music), it's this one -

What You High School Kids Need to Know (Advice If You Aren't Popular in High School)

June 30, 2014 | by Good Looking Loser | Link | Original Link

How To Deal With A Lousy High School Experience

In the past month or so, we've had a lot of high school kids show up at Good Looking Loser.
(I'll assume you are 18 years old, okay?)

That is both scary and exciting to me.

It's scary because there is A LOT on Good Looking Loser that is NOT for you.

It's too early.

Just trust me on this.

Aggressively picking up girls, anabolic steroids, male enhancement and even our selection of legal performance enhancing dietary supplements is NOT on the table for you yet.

Your high school years need to be dedicated to building a **SOLID FOUNDATION** of work ethic, basic social awareness/skills, physical stature and simply finishing puberty.

It is from THIS FOUNDATION that you can achieve massive success in the areas that we cover.

If you try to prematurely adopt a lot of our concepts before you have a strong foundation you may just end up as a 20-something skinny-fat, hypo-masculine, know-it-all pick up artist that can't hold a normal conversation and is rightfully ashamed of his unused 2.75 inch penis hidden beneath 3 inches of coarse pubic hair.

THE FOUNDATION is super important.

At the same time, your teenage years are a perfect time to swallow the Red Pill and start learning about how the world actually works.

You'll avoid becoming that 20-something skinny-fat, undersexed, underpaid, know-it-all that works a job he absolutely hates to pay back a university that taught him absolutely nothing useful.

You know, the average guy.

Swallowing the Red Pill early can prevent major future fuckups.

I don't suggest you avoid it.

Swallow it.

Fucking chew it.

But you need to have perspective on who swallows the Red Pill and lives an amazing life and who swallows the Red Pill and can no longer function and hates the universe.

Lets discuss what you need to know and what you don't.



What To Do If You Aren't Popular in High School

(or even if you are popular)

I was only semi-popular in high school, at best.

The majority of my high school experience was pretty average and I definitely wasn't a member of the "In Crowd".

I know what it's like to be an outsider.

You can read about my high school experience here -

- "Chris' High School Experience 1997-2001"



Don't Take it Personally (Try Not to Get Down Yourself)

If you aren't popular among your high school peers, it's not really your fault.

High school is made up of several exclusive, closed cliques of kids that have usually known one another for over a decade. Members are usually the same race and religion. Their families also usually know each other too. If you have beef with any individual in the group, right or wrong, all of his friends will hate you because they are required.

If you are an outsider, you will have very little access to the guys and certainly no access to the girls in/around these cliques.

Outside of several years of athletics or a similar "high value" avenue there is usually absolutely no entrance to the most popular cliques.

I wish someone had told me this while I was in high school.

It wouldn't have taken a toll on my self-esteem nor would have wasted years on trying to be a follower or trying to figure out why I wasn't cool enough.

I didn't have a fair shot.



Forget About Picking Up Girls and Develop Your Social Skills

You need to forget about "picking up" girls for right now. Especially with this "Screening" thing.

Picking up girls IS NOT FOR HIGH SCHOOL.

This "cold approach" stuff is meant for environments where there are NO SOCIAL CONSEQUENCES if something goes poorly.

High school is one big social consequence since everybody knows everybody and gossip is everyone's favorite subject.

Even if you are somehow "good" at approaching girls in your high school at age 18 and give them a good experience - you will be regarded as a total creep by guys and the rumor mill.

This is not how the real world works, just high school and small colleges.

The only situations where "approaching" might be appropriate for 18 year old is on Spring Break, Beach/Senior Week or on girls from OTHER SCHOOLS.

Instead, your focus needs to be on developing basic social (small talk) skills and what I call "Swag Factor".

Regardless of what some "authorities" say - basic social skills are much more important than "game" to meet woman.

Ideally, 90% of your interaction with any random girl should be basic social skills/small talk and 10% or less should be "game" or flirty techniques.

You should be able to come up with, have the courage to ask and respond to these questions -

(for example)

- What is your name?
- Where are you from?
- Where do you want to go to college?
- What did you think of the [subject] test?
- Did you finish the [subject] homework?
- Did you study for the [subject] test?
- Did you watch [television show/sporting event]?

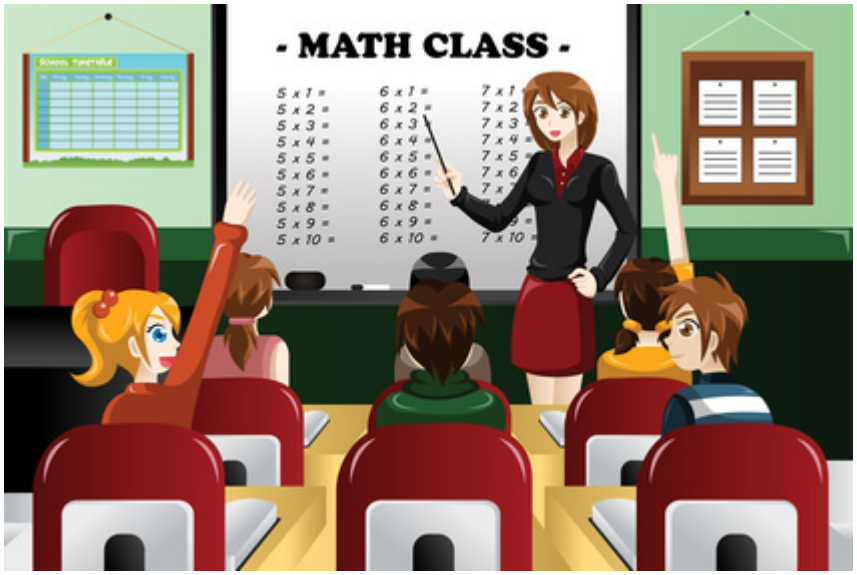
A little more forward -

(for example)

- What are you doing this weekend?
- How was your weekend?
- We're having some people over, do you and your friends want to swing by?
- Do you want to come over and watch a movie?
- Do you drink or smoke [weed]?

These are examples of basic social skills.

Girls call it "personality".



Work Relentlessly on Your Appearance

The only reason I became semi-popular toward the end of high school was because I became really good looking toward the end of my Junior year.

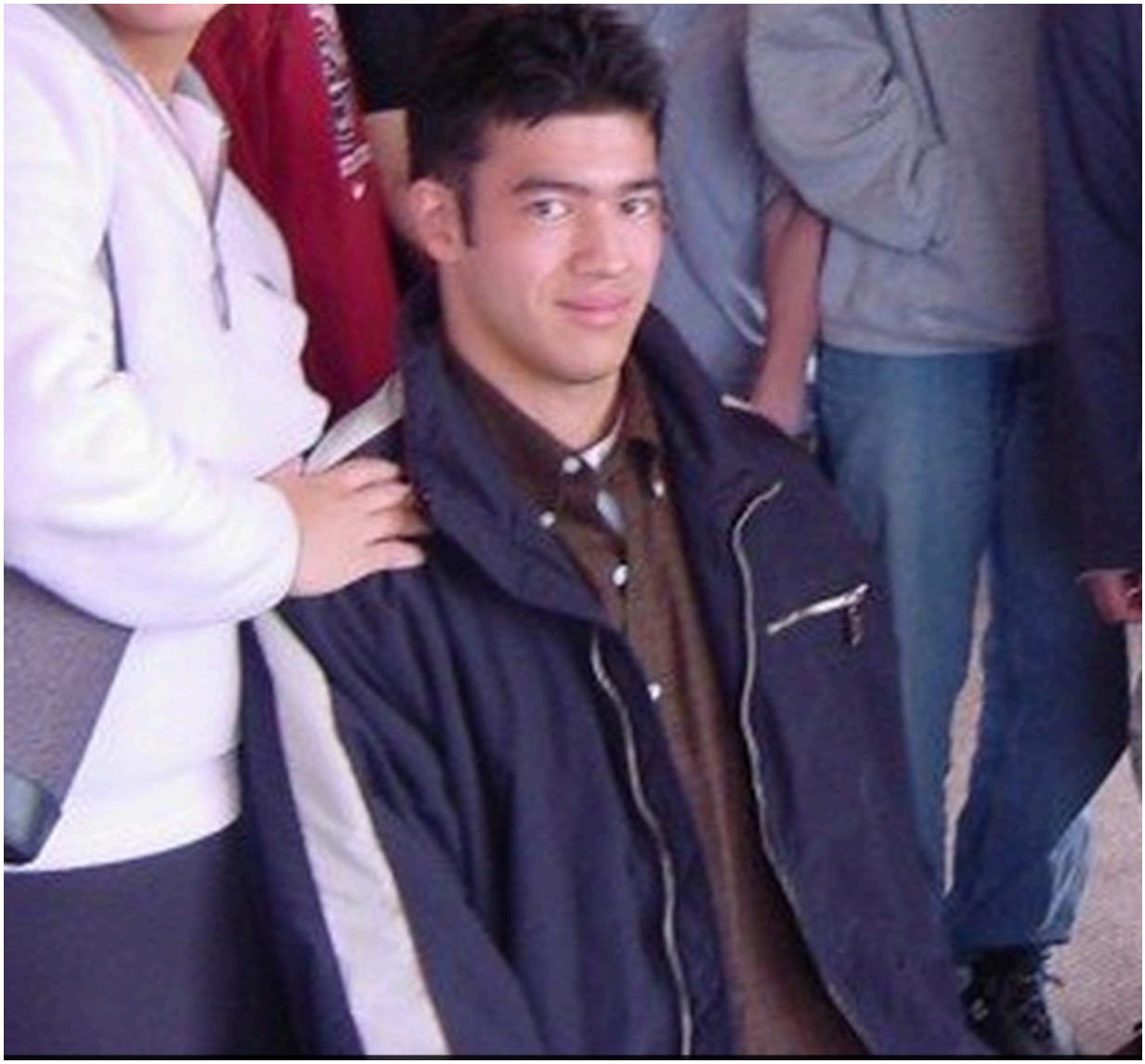
I quit ice hockey (full-time sport) during my Junior year and became ABSOLUTELY OBSESSED with working out.

My Dad bought me a Smith machine and some dumbbells and I would work out 5-6 times a week for 2 hours at a time (completely overtraining). But I loved it. The baby fat fell off my body, my arms got veins and most importantly - my face came through.

Guys respected me, girls were interested in me.

This gave me some confidence and I ended high school on a relative high note.

I was still super insecure but it was a step in the right direction.



Try to Earn a Scholarship to a Large Public University

Here is my full opinion for those who are considering college.

In short, it depends on the alternatives, but the ideal situation is to earn a scholarship to a LARGE, ALREADY-AFFORDABLE, USUALLY IN-STATE, PUBLIC SCHOOL where you can get a good education, hook up with hot girls, be part of fun culture/tradition, meet cool people, watch Division I sports and not put yourself $100,000 in debt.

If your family is wealthy, you can consider a small private school. It's still probably waste of money unless it's an Ivy League school - in which case, your life and future social skills are all but guaranteed to be pretty miserable.

Get the best grades you can get in high school.

Take some Advanced Placement (AP) classes but take some other bullshit classes to pad your GPA.

Research your teachers if you are able to pick them.

Kiss up to your English teacher, he or she can usually write the best recommendation.

(you need at least 2 academic recommendations)

Cheat smartly when given the opportunity.

Volunteer your time to further fluff your resume.

(write your college application essays about how volunteering changed your life)

Claim minority status, if applicable.

Start preparing for your SAT (or ACT) during the 2nd half of your SOPHOMORE YEAR.

This test is as important as your GPA.

Do not wait until Senior year to prepare for standardized tests.



Get a Girlfriend and Have Sex, By Any Means Necessary

This will be more difficult if you aren't popular but by no means impossible.

Lower your standards, this isn't forever and you only doing this as a learning experience.

You don't need to fuck 50+ girls to get a lot of experience and kill most of your sexual anxiety.

You can literally do it with ONE GIRL.

Have intercourse, get blowjobs, eat her pussy, lick her asshole in the 69-position, do all sorts of kinky shit.

Do it sober, do it fucked up.

Experience erectile dysfunction, good sex and bad sex.

GET AS MUCH SEXUAL EXPERIENCE AS YOU POSSIBLY CAN.

If you end up liking the girl, be willing to get your heart broken.

Better pussy is ahead.

You don't want to go to college being totally inexperienced.

That can absolutely kill you because college girls can go for older, more experienced guys over a timid Freshman that isn't sure how/if his dick works.

If you can gain your experience in a fuckbuddy/uncommitted situation - great.

Most guys won't have this luxury.

Don't turn down critical newbie sexual experience because you are trying to be a "player" because of some shit you read on the Intenet.



Learn About Nutrition

One area of Good Looking Loser that you should invest some time is our health, fitness and basic nutrition sections. Specifically, Nutrition 101 at Lifestyle By Good Looking Loser.

You'll need this to get something out of your workouts and look your best.

Most guys your age will first have to get away from eating garbage such as burgers, pizza, French fries and other crap.

- Learn how to read nutrition labels.
- Learn how diet affects your body composition.
- Lean how to gain weight.
- Learn how fat loss works.
- Learn which foods supply clean protein.
- Learn which carbohydrates are good and which are not.
- Learn why most dietary supplements won't do anything.

Apply this advice.

Ask questions in the forum if you need to.



* Play Sports

(Not Applicable to Some)

If you already play sports for one or more of your school's teams - continue to do so.

Don't quit.

Athletics are exactly what you are supposed to be doing and it helps your physical, emotional and social development.

My decision to quit hockey wasn't an easy one. It probably hurt me social life but I used the free time to get ridiculously ripped.

The majority of guys reading this aren't athletes however.



Better Days Are Ahead If You Take My Advice

I'm not a fan of living in the future any more than living in the past but I want you to understand -

YOUR BEST DAYS ARE YET TO COME.

If you take our advice.

If you waste away playing video games and drinking Kickstart by Mountain Dew for breakfast - you

are on your way.

On your way to becoming even more invisible in college as you were in high school.

Look -

The only time I talk glowing about myself is when I have a point to hammer home.

I don't even like doing it for that purpose.

I am living proof that the high school years are not representative of your ultimate social and sex life.

It can be but it doesn't have to be.

I'm willing to bet 3 of my fingers, 1 thumb and a sushi dinner that I've gotten more action in the past 6 years than the 15 most popular guys in my high school class - combined. (some them married beached whales)

If I'm wrong, I'll buy you dinner and you can cut off my fingers but you'll see that I was damn close.
(I honestly would be fucking shocked if I was wrong)

Even though I didn't know it at the time, perhaps the most critical part of my entire life was what I did when I stopped playing hockey.

My obsession with my body, which only proved to be an issue 5 years later when I got into big doses of steroids, was my ticket to significant attention and self-esteem. My only problem was that I became too reliant on my appearance and had very little Killer Instinct.

For a terribly insecure kid that barely had any girls as friends to a year later having hot girls trying to take pictures with me when I was shirtless - it was incredible.

In fact, the feeling (validation) was probably more incredible than anything that's happened in the past 6 years.

I want you to experience that feeling.

The feeling that -

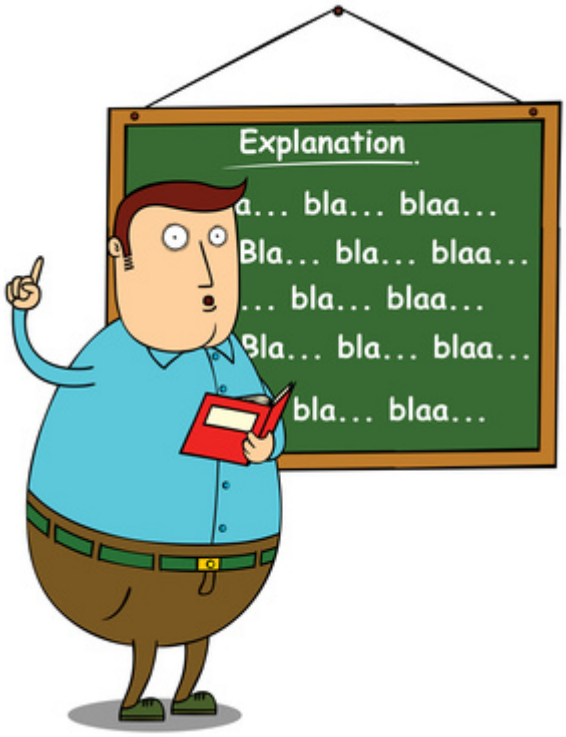
Everyone in your high school was wrong.

You were right.

The hot girls love you.

You're the man.

At some point you'll have to get away from the validation whore life but the best way to do that is to GET A LOT OF VALIDATION and find that it no longer satisfies you. Then you'll move onto better things.



Keep Ya Head Right

In the meantime, there's not a ton you can do to *significantly* change your social standing in high school.

The game is pretty well locked.

Getting involved in team sports can help but it's certainly not a golden ticket unless you are a legit athlete.

Transferring schools (if you don't know anyone at the new school) isn't usually productive because the same social constraints are in play in every high school.

Your focus should be on YOU.

Improve yourself on the things I listed and keep the big picture in mind.

Your success or non-success in high school isn't a predictor of the future.

A lot of guys that are popular in high school actually see a tremendous decline in their social/sex life when the college years hit.

Since they grew up popular, kept the same friends and circles for a decade, had girls already interested in them (on a status basis) they never really developed social skills to meet new people or girls outside their circles. In college and new surroundings, some have a tough time meeting new people and often transfer back home to be with their friends.

I know at least 25 guys that did just that.

Most of them are married or trying to get married to girls we went to high school with.

But some guys that were popular in high school end up doing really well with women because they have a ridiculous "Sense of Entitlement" and did develop basic social skills. Some of these guys (usually the better looking guys) end up being the hardcore dirtbag players that can legitimately compete against Scotty and I.

Some these guys are scary good with women and often share these traits.

Don't worry about what you can't control.

And Don't worry about the stuff you can control.

Just fix it.

If you are ~18 years old and reading Good Looking Loser - there is no reason you can't exceed anything and everything I've ever accomplished.

It's up to you.

I'm rooting for you.

Do You Have Social Anxiety? (A 25 Item Checklist to Measure Your Social Anxiety)

July 11, 2014 | by Good Looking Loser | Link | Original Link



Do I Have Social Anxiety?

(Do You Need Professional Help or Is It Normal?)

We'll have our second professional pick up video out very soon, lets say - 10 days?

The video will feature aggressive screening at night.

As of now, this video is the only "night game" video we have from inside a bar.

Anywho...

Below we have a checklist to see where you stand with your social anxiety and if you might benefit from professional help or what your next course of action should probably be.

You don't necessarily have to go out to do any drills (although you certainly could) - you should know right away what is "doable" and what will be difficult.

It helps to be honest with yourself.

These "drills" are meant to be done ALONE.

There can be a world of difference between your social freedom while rolling solo and your social freedom when you have drunk friends egging you on.

Lets define Social Anxiety.

Definition

By Mayo Clinic Staff

It's normal to feel nervous in some social situations. Going on a date or giving a presentation may cause that feeling of butterflies in your stomach, for instance. But in social anxiety disorder, also called social phobia, everyday interactions cause irrational anxiety, fear, self-consciousness and embarrassment.

Social anxiety disorder is a chronic mental health condition, but treatment such as psychological counseling, medication and learning coping skills can help you gain confidence and improve your ability to interact with others.

It's Hard for Psychiatrists to Understand You

If you have or think you have social anxiety, I recommend that you speak to a medical professional.

I recommend this because -

Most people that don't - end up doing absolutely nothing and anxiety presides over their entire life.

Whether they know it or not, their anxiety affects their sex life, social life, career choices and even their relationships with [safe] people they are close to.

Consciously or subconsciously, many people purposely pick stereotypical "introverted" career paths (working on computers, for example) to avoid social situations.

Sometimes they think they "chose" their career but the fact of the matter is - it choose them.

So consider seeing a specialist -

You have NOTHING TO LOSE - minus the co-pay.

Still, I totally understand the limitations that a visit to a psychiatrist can have.

THEIR GOAL is to make you/give you something so that you are reasonably comfortable in social situations and don't constantly isolate yourself.
(get blood work done to detect endocrine problems before you are prescribed any medications)

YOUR GOAL is to get comfortable enough to meet a ton of women and have the Killer Instinct to take them home within 45 minutes.

It's not the same thing.

It's two different universes.

I urge you to take one thing at a time though.

If you are ever you are to become "that guy" that can sleep with 3 or 4 new women a week, you are going to have to become "that guy" that can feel normal around strangers.

"That guy" needs to be able to chill out.

If you have social anxiety - that is your #1 goal.

Once you've achieved that, you can think about starting the Approach Anxiety Program or doing some Basic/Nervous Guy Game.

Over the years, from working with some people in-person and observing obvious trends on our forum, I have a pretty good idea about who needs professional help and who is just inexperienced or just needs a kick in the ass (or structured program).

Remember, all guys have some amount of social anxiety.

This is normal.

Very few guys can walk up to hot girls and talk to them without being under the influence, especially in "non-social" settings.

I'd say - only 1 or 2% of guys can do that.

If you can do that pretty comfortably, you already have above-average social freedom.

Here are some basic tests so you can see if you have an over amount of social anxiety that might require professional help.

(I am not a doctor, this is not an adequate substitute for advice from a real psychiatrist)



Seeking professional help may be beneficial if you *cannot* do these BY YOURSELF in a sober state-

1. Go the mall and sit alone in the food court for 30 minutes, without texting on your phone and without any food to eat.
2. Say "Hi," to an employee in a store before he or she greets you.
3. Walk up to a cashier and ask for change for a $1 bill while calling him or her by their first name (on nametag).
4. Walk up to a fast-food restaurant in the food court and ask for a cup of water (without buying anything).
5. Finish the water and ask for a refill.
6. Buy condoms at a grocery or connivence store from a female cashier.
7. Ask a stranger for the time and directions
8. Wear a "wife-beater" (sleeveless tank top) to the mall.
9. Ask someone who works at the mall where the restroom is.

10. Walk backwards in the mall (or in public) for 15 seconds.
11. Wear sunglasses in the mall for 3 minutes.
12. Ask someone to take a picture of you with your phone or camera.
13. In an elevator, ask a stranger what floor he or she going to and push the button.
14. Make eye contact with a girl (of any quality) and hold it until she looks away.
15. Approach a store clerk and ask for help to find a certain size/item in a store.
16. Ask the opinion of someone who works at a clothing store (Do you like this shirt?).
17. Ask the opinion of a lady (employee) in the cosmetic section what she thinks of a certain scent of cologne.
    (let her smell it on your wrist)
18. Ask for samples of frozen yogurt or ice cream at an ice cream store in the food court.
19. Finish some food or drink a beverage in a grocery store and then pay for it.
20. Go into a coffee store (Starbucks) and ask them how they make the coffee and where it comes from.
21. Make eye contact with the annoying pushy employees at a mall kiosk and do not stop walking when they try to sell you something.
    (just be standoffish or rude to these aggressive assholes)
22. Ask a female in a store how old she thinks you are.
    If she won't guess, keep insisting that she does.
23. Ask the cashier at a fast-food restaurant in the food court for a list of calories/ingredients in their food.
24. Ask an employee in a store where something is and insist that they walk you to exactly where it is.
25. Ask an employee in a clothing store what his or her favorite flavor of ice cream is.

Remember - ALL these drills are meant to be done BY YOURSELF, not with a friend(s) who's "mere presence" provides additional social freedom or security.

How Did You Do? (BE HONEST)

- I can do all 25, by myself, without much hesitation.

You are fine.

You might benefit from the later Approach Anxiety Drills, but you should try doing some Basic Guy or Nervous Guy Game until you are ready for Screening.

- I can do all 25, by myself, with some hesitation.

You are fine too.

Don't convince yourself that you have social anxiety or are a special basketcase.

You might have some Approach Anxiety but that is normal too.

- I can do 20-25, by myself, with or without hesitation.

You are fine too.

You should try some Basic Guy or Nervous Guy Game concurrently with the Approach Anxiety Program.

- I can do 15-19, by myself, with or without hesitation.

This is normal too.

Start the Approach Anxiety program and go through it as directed. Slowly.

- I can do 10-14, by myself, with or without hesitation.

I am concerned about you.

To see where you stand - start the Approach Anxiety program.

You can't finish the first 10 days, in a 30 day span - it's worth a trip to the doctor.

This is not normal. It's not your fault.

There is something going on and we need to bring back your natural state.

You are not living in a mental state that the rest of us are.

- I can't do more than 9 of them.

Listen.

The bad news is that there's something going on.

This is not natural.

Forget about Approach Anxiety, approaching women and getting laid for now.

Even if you have some success, beat some anxiety via repetition, there is still probably something wrong and you'll need to address it a some point.

The good news is that it can be quite easy to detect endocrine/hormonal problems that could be causing your anxiety.

In 2008, I was a basketcase and I decided to get my blood taken. I had hyperthyroidism (self-induced from too much T3) and it was making me terribly anxious and irritable.

I even remember running out of a hot Los Angeles nightclub, absolutely terrified that something bad was going to happen. I even threw a homeless guy on the ground (he did grab me first).

I got it completely under control in 2 weeks.

You might have been in this unnaturally-anxious state for awhile. Many years.

You may think this hyper-anxious state is normal or have accepted it as "normal" - but it's not.

The rest of us are living in a different state.

If you can't do most of the Social Anxiety Checklist, you have a hypersensitive fight-or-flight trigger and we need to see why that is.

Once you do return to a normal state, we can start lowering your other anxieties.

Your #1 priority needs to be getting this fixed.

It's even worth taking a semester off from school or a leave from work if you are dealing with depression too. Simply burying yourself in school work or a job is a form of denial. Denial never fixed social anxiety.

Please - do yourself a favor.

You have lived in your head for too long.

It's time to reclaim your life.

It's time to make your life what it's supposed to be - livable.



What's It Like To Feel Normal?

You might not even remember.

I forgot what "normal" felt like in 2007 when I was taking 40mg of Percocet every 3.5 hours to mask my hyperthyroidism.

For one, you should be able to do the vast majority of the Social Anxiety Checklist, even if with some hesitation.

The items on the checklist should all be doable - even for introverts.

I can easily approach women but asking for a cup of water for free can be weird for me for some reason.

Always has been.

It's nothing I can't do but it sometimes requires me to be assertive with my brain that is telling me, "Don't bother them for water, you didn't buy anything." or "Just find a water fountain Chris, there are plenty at this mall."

You may have little quirks too, some items might be harder than others.

That's normal.

What is not normal is to be powerless to tell your brain -

> *What the hell? Asking where protein supplements are? That's not weird or hard. I'll show you.*
>
> *Stop making me feel creepy, asking for water is perfectly normal.*
>
> *Stop making me nervous, asking for a sample of frozen yogurt is perfectly normal.*
>
> *When I talk, people listen, the store clerk is paid to listen to me, I'm going to do it.*
>
> *Wearing sunglasses inside is weird/douchey but I know I shouldn't care so much what others think.*
>
> *The worst thing that can happen is - nothing.*

If you don't have major social anxiety that keeps you deep inside your head whenever you leave the

house, with some determination/effort, you'll be able to overrule your brain or hit the breaks on the negative "YOU SHOULD NOT DO THAT" feedback loop.

Normal is not -

1. Playing on the Internet in your apartment all day, if consciously (or subconsciously) to avoid potential social interaction or busy public places.
2. Only going to the grocery store or gym during off-hours.
3. Going to the self-checkout at the grocery store when you have several items and a regular cashier will be faster.
4. Not being able to make small talk with the guys and girls at the gym desk check-in or establishment that you regularly frequent.
5. Reaching for narcotic substances when you need to leave the house.
6. Being nervous to call your friends or family on the phone.
7. Not being able to say "Hi," to your neighbors or familiar faces.
8. Getting an adrenaline (fight-or-flight) spike when you see a safe person that you know.
9. Being overly irritated by something only somewhat annoying. (baby is crying and you want to kill it)
10. Considering anything social to be a hassle.
11. Walking around a public area and looking at the ground the entire time (or purposely wearing sunglasses).
12. Looking at stranger and and thinking, "I hope this person doesn't look/speak to me."
13. Getting an anxiety rush from a stranger's harmless pet.
14. Being overly anxious while walking to and from your car.
15. Not being able to pee in a urinal.

If this resembles your life - that's not normal.

It's problem that can be fixed.

Feeling normal is getting some anxiety, but being able to recognize it and then take control of it without totally removing yourself from the situation.

Feeling normal is being able to leave your head most times when you really try.

Feeling normal is not having racing thoughts without the visual appearance of potential danger.

Feeling normal is being able to enjoy *familiar* social situations and environments.

Feeling normal is not being paranoid or avoiding routine, day-to-day activities.

It might have been a while since you've felt normal.



What to make of all this...

Get help.

Making understanding, treating and beating your social anxiety your #1 goal.

I'm all for natural 'performance enhancing' "soft-core" non-narcotic compounds such as Kratom and dietary supplements (Phenibut, Kava Juice Extract, Yogi Kava Tea, L-Theanine, etc.) to encourage pro-social desire and behavior.

They make a world of difference.

But they'll be EVEN BETTER if you get a handle on your social anxiety and aren't simple "masking" your anxiety.

But the fact of the matter is - if you have an undiagnosed medical problem that is causing your anxiety, self-medicating is just temporarily masking the problem.

It's a band-aid on an open wound.

Hardly a treatment.

You need to feel what it's like to be normal again.

You need to feel what it's like to live on planet earth again, not just in your head.

No dramatic fight-or-flight adrenaline spikes or avoidance of normal social situations or daily activities.

That's not normal.

That's not how the rest of us are living.

If this checklist suggests that you have social anxiety, make an appointment to see a doctor (or at least DO SOMETHING to try and treat it). You might have to try a few doctors until you find one you like.

You might feel anxious just from making the phone call.

Don't give up, it will be worth it.

If you don't have insurance, you can always get a blood test from an independent lab.

Take a look at your numbers and post them in the forum if you need help interpreting them.

Take those numbers to a doctor afterward.

I've gone to a doctor several times for anxiety, both general and social. My brother and sister have too.

Celebrities do too, if you need any more motivation.

Please help yourself.

Be honest.

It's nothing to be embarrassed about.

We were all dealt different genetics, predispositions and childhoods.

Refusing help or being in denial is something to be embarrassed about.

Not getting laid while other guys that are far less attractive and far less cool are getting action - is embarrassing.

Get this through your head -

IF YOU HAVE SOCIAL ANXIETY, YOU WILL NOT HAVE MUCH OF A SEX LIFE.
YOU MIGHT NOT EVEN HAVE A SOCIAL LIFE.
NOTHING WILL SIGNIFICANTLY CHANGE.
GOT IT?

This is affecting your entire life - far beyond your empty bedroom. That's actually the least of your problems.

It's time to take back your head.

It's time to take back your life.

You are welcome to tell your story below, post comments or short questions.

For FASTER, more in-depth feedback and multiple questions, I recommend that you hit up the 'Beat Social/General Anxiety' section of the forums. You will receive WAY MORE feedback in there.

How to Get on the Radar of Successful People (Part Deux)

July 13, 2014 | by Ludvig Sunström | Link | Original Link

How to Meet Successful People

By Ludvig Sunstr, StartGainingMomentum)
(and a quick perspective on "Networking" from GLL)



Meet Ludvig Sunstr.

So far, he is the first and only guy outside of the Good Looking Loser community to do a full guest post here.

He's been published on Bold & Determined.

He has his own community that you should check out - StartGainingMomentum.com.

He has some excellent content.

I particularly like how he incorporates historical figures and references into a lot of his work - as you know, I'm a history nerd myself. I stay up until 5 am a couple nights a month sipping Kratom and watching World War II videos on YouTube. Julius Caesar, Winston Churchill, Genghis Khan, it's all so interesting to me for some reason.

I originally came across his community about 20 months ago when I was poking around the Internet to find what type (the quality of) material was out there on "networking" (more on that in a minute) and meeting successful/established people and celebrities.

Here was the best article I found -

- "How to Get on the Radar of Successful People"

It was excellent, it incorporated the stuff I already knew but in a structured way.

More significantly, Ludvig pointed out certain techniques/approaches that I had not thought of. He gave specific examples from his own life and it wasn't just another diarrhea theory post from another faceless Internet marketer.

As some of you guys know, I had the ultra-fortunate experience of meeting and befriending a certain A-list celebrity (via cold approach) in 2006 who basically gave me the opportunity to leave Law School in San Diego and move to Los Angeles to start my personal training (within her circle). Meeting her has paid big time [financial/social/self-esteem] dividends.
(ironically, she is the highest caliber celebrity I have ever talked to and I didn't even live in LA at the time)

Ludvig originally wanted to guest post a follow up our College Series with a comprehensive comparison of college in the United States vs. University in Europe (Sweden).

I liked the idea but I decided to twist his arm (and have him abandon an entire article that he spent

numerous hours on) to write about 'Networking' and meeting successful people, something I have personally observed him do (writing for Victor at B&D, who never lets anyone touch his blog and myself who is evermore selective on who gets my endorsement).

I'm happy I did so and his discussion below is REALLY GOOD and very applicable, even if your social skills aren't that tight.

Sometime in the future I'll do some posts on 'Networking'.

I have something that I want to say now though.

"Networking" is term that is ridiculously overused and seemingly not even fully understood by the people that preach it and tell you, "Just network!" "Networking is the key!" "It's all about networking!"

Another word for "Networking" is -

> ***MAKING FRIENDS.***

Just think about that until then.

It doesn't matter if it's for social mobility or a business venture - you only gain insider resources/access by providing "value" to people and/or making emotional connections, even if it's not a huge one.

Now, I'll turn you over to Ludvig who knows this stuff better than anyone.



How I've Gotten on the Radar of Successful People (and How You Can Too)

By: Ludvig Sunstr

I've been in contact with a lot of people who I'll happily admit are far above my level in terms of success and life experience?

...and you should too.

Cus D'Amato, the genius trainer who molded young Mike Tyson into becoming a ferocious fighter, said:

> *"There are very few new things in this world, very few.* ***That?s why people that are young, if they?re smart, try to profit from the experience of an older guy*** *so they won?t have to go through all the pain and suffering. But a certain amount of pain and suffering is good, because it makes a person think they?ve learned.?*

But how do you get someone successful to help you ? or possibly even decide to mentor you?

Well, it definitely helps if you start by asking them.

But how?

Don't worry. That's what I'll show you how to do in this article ? in detail.

I'm going to share a couple of different strategies you can use to:

- Get the attention of successful people
- Get them to like you and help you out
- Get them to answer your questions and do what you ask of them

Oh, and just to be clear ? these things I'm about to tell you don't just work on successful people. They work on everyone. It's just that successful people are busier, or have a bigger ego, than normal people. This makes it necessary to use certain strategies for breaking down their "protective barrier".

I'm going to divide these strategies in two categories: **Online & In-Person**.

Let's start with online.



How to Meet and Contact Successful People Online

You can get to know all sorts of cool and successful people just by asking for their help over the Internet. All it takes is a bit of boldness, and the ability to write a good email.

But before I tell you how to do that I want to ask you: How do you think I got to write this article for GLL?

I'll tell you why.

~~It's because I'm such a great writer.~~

It's because I've written for Victor Pride over at Bold and Determined.

That's why.

And since I knew that Chris and Victor were friends, I asked Victor to introduce me to Chris.

This is common sense. But it actually taps into some powerful psychology like:

- Social proof ? Since Victor already let me write for him, Chris will be more likely to let me do a guest post because he trusts Victor's impeccable judgment when it comes to writing.
- Word-of-mouth referral ? Instead of me introducing myself, I had Victor do it for me. This did two things: First, it was more persuasive. Second, it was more likely to succeed since Victor already had Chris?s attention, while I didn?t.

and,

Out of these two things, **social proof** is the most powerful one.

Most people ? girls in particular ? will just shut off their brains when there's social proof involved: "Wow, he knows so-and-so. *He's famous. And he's surrounded by other women who like him ? then I must I like him too!"*

Now, Chris is a smart guy.

So he wasn't impressed by my social proof alone. He did his due diligence and then decided he was interested.

But I still needed all that other stuff as a sort of prerequisite just to get his attention. I had to break his "protective barrier".

Get me now?

To be perfectly honest: I tried getting on Chris's radar a while back, by myself ? and failed.

But it worked like a charm when Victor helped out.

Quick Tips for Writing a Good Email

What is a good email?

A good email is an email that gets opened, read, and acted on.

There are some basic rules you'll want to follow to do this:

- Use an appropriate subject line. Appropriate as in fitting the situation. If you met someone in person at a restaurant and you're sending a follow-up email, you might want to use a subject line like "restaurant follow-up".
- Use the other person's name at least once in the email. People like hearing their names.

- If it's the first time you're contacting someone, always go right into why ? specifically ? you're contacting this person. Give the other person a good reason to respond and you will probably get a reply back!
- Keep the message short and don't include anything that isn't absolutely necessary ? unless you already know the person.

I often get emails from people who read my site and have some question for me, or are struggling with something. Most of these emails are good ? but some are a damn pain.

Why?

Because instead of sending a short email saying:

Hey, this is who i am... I'm wondering about this and that? Could you tell if it's like this?

They send an enormous email telling me their entire life story, asking ten different questions, and don't use any spacing. This makes the email hard and time-consuming to read.

This would easily be avoided if they could?

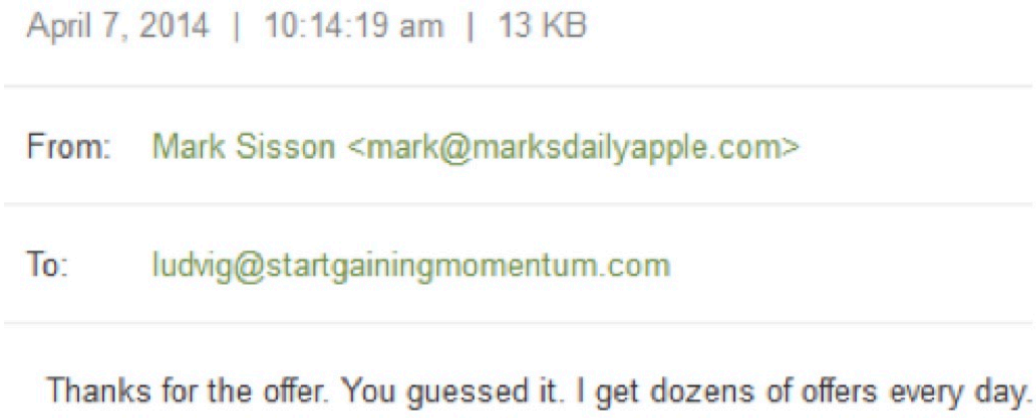
Identify With the Other Person's Position

If you're *pitching* something ? which is exactly what you're doing when you want someone you don't know to do something for you ? you want to try to put yourself in the other person's shoes.

Depending on who you're contacting, it's going to be different. But it's safe to assume that the other person is busy.

Here are two lines I love to use in the beginning of an email, when I pitch busy successful people:

> *"I understand how many pitches/proposals you must be getting"*
> *"I realize you're busy man/woman, but I'd really appreciate it if?"*



And I don't see any downsides to using it.

You either get it wrong, and the other person isn't busy at all. What then?

Well, in that case you've flattered the person.

And if you get it right? Then they?ll like you for being able to understand their position.

Find an Arbitrary Reason to Contact Someone Successful and Stay in Contact

Some time ago, a guy I know wrote an article where he asked a bunch of people who were into self-

development about their favorite books.

I was one of the people asked. So was Derek Sivers (famous for his TED talk on not telling people your goals and for his company CD Baby).

So the day after, I sent Derek an email saying we'd both been featured in that article, that I'd read his website, and that I thought his book summaries were awesome.

He then replied and we sent some emails back and forth. He then sent me his book for free, and I recently returned him the favor by sending him my two latest eBooks.

June 30, 2014 | 9:42:02 pm | 6 KB

From: Derek Sivers <derek@sivers.org>

To: ludvig@startgainingmomentum.com

Hi Ludvig -

Very cool! Thanks for thinking of me for this. I'll check it out. Especially the 75 tips.

--
Derek Sivers derek@sivers.org http://sivers.org

Now let's discuss how you can meet successful people in-person.



How to Meet Successful People In-Person (And Get Them to Help You!)

Ok, so you see contacting people online is easier than you think ? most people can be reached if you?re a bit clever and can write a nice email.

But what about meeting successful people in person, or doing networking?

Well, there are strategies for that too...

...like my strategy for "getting on the radar of successful people". It's based in a lot of psychology, and it's powerful.

Here's how it works:

(1) Successful person gives a speech.

(2) You listen intently.

Clearly signal your interest. You do not ever mess around with your phone or computer, because it makes you come across as disinterested or rude. If possible, you sit in the front.

(3) Unless it's considered rude, ask a question as soon as possible during the speech.

The reason you're doing this is because you want to get the speaker's attention as soon as you can. This will set you apart from the rest of the audience. If you do it well, you'll become "special" to the speaker, and he/she will look at you more than the rest of the people in the crowd.

[Note 1 on question: Just don't ask your question immediately, because most people need get "get in the zone" with their speaking, and they will unconsciously dislike you if you disrupt their flow early on. So wait just a little bit first. You can usually tell when someone starts getting comfortable speaking.]

[Note 2 on question: You may feel scared at this point. You may feel like your question is stupid, and like everyone is going to think you're stupid for asking it. This is false. It's just your brain trying to keep you inside of your comfort zone. Ask the question no matter what.]

(4) When there is a break, or when the speech is over, go up and introduce yourself as soon as you can.

Just don't run, or bumrush, the successful person. That comes off as creepy.

The less approach anxiety you have the better. Most people get pretty nervous ? and animated in their behavior ? when they're speaking to successful people. They instinctively seek approval, lean in, use weak tonality, and so on...

Don't do that.

Relax.

Speak as if you were speaking to a good friend.

You're going to ask questions to the successful person. But first, you must introduce yourself and shake his hand. You'd be surprised at how many people don't do this.

Here's what you want to do when it comes to the question-asking:

#1 Make the person feel good. If you can do this he/she will like you.

How do you do it?

You get them talking about something they feel they're the authority on. People love talking about stuff they're good at.

Your best bet is to ask about something they said in the speech that you think they could be interested in. This will also subtly signal that you paid attention to what they were saying, which they will like, because it feeds into their image of them being an important person.

#2 Ask a canned question. It could be anything as long as it involves getting their advice. I like asking for book suggestions.

I think this is a good canned question for two reasons: First, I have a genuine interest in books, so it doesn't come off as canned. Secondly, because people like giving suggestions.

Why do people like giving suggestions?

Because it reinforces their image of being the expert.

#3 Ask your target question. This is where you pitch your idea, get them to help you, and get their number, email, or business card.

All the work you did was to get to this point. If you did a good job they will do what you ask them for in an instant. It's like a magic trick. If you don't have any experience with it, you won't believe your eyes.

If you don't know exactly what to pitch, you can always ask this question:

> *"I am doing [insert goal]. Do you have any tips, or is there anything you can do to help me?"*

(5) Follow-up.

After you've gone through this process, it may be worth nothing?

...unless you immediately send a good follow-up message. It could be an email or a text message, depending on the situation.

You want the message to be brief but still very specific.

Why specific?

Because if it's a successful person, he/she's probably meeting a lot of other people. By being so specific, you make it easy for them to remember you.

Here's an example:

- Subject line: ?Seminar follow-up ? Ludvig?

> Hey Albert,
>
> This is Ludvig Sunstr. It was great meeting you today at the seminar. I really appreciated your speech on wild antelopes. I had no idea that Impalas are similar to pimps, the way both of them surround themselves with a group of obedient females.
>
> I would like to thank you for recommending me to read "Why Antelopes Are the Best Animals." It seems like a great book.
>
> I also appreciate you offering to help me [achieve cool goal]. That?s s very nice of you.
>
> Best regards,
>
> Ludvig

It's very important that you follow-up.

Woody Allen supposedly said that ?90 % of success is about showing up?, and that may be so. But among the people who do show up, only a few of them will do any follow-up.

WHY DOES THE STRATEGY WORK SO WELL?

Alright ? do you see what I'm doing here with this strategy?

With each question I am gradually shifting the focus from the other person, unto me.

Notice that I transition from:

- The other person (question #1),
- To something neutral (question #2),
- To me (question #3).

And I'm not just jumping right to talking about myself ? I'm making the shift incrementally. This leads the conversation smoothly.

Another important reason why it works is because of something called the ?serial position effect", which means that **you remember the first and last things people say**. But not what?s in the middle.

This is great, because it means that they'll only remember the most important parts: How I took the initiative to come up and be nice to them, and how they agreed to help me out.

Finally, notice that I am giving before I'm taking. They?re not going to help me unless they like me ? and they won't like me unless I first show them that I listened to what they were saying and that I cared about it.

Got it?

I have a mad success ratio with this.

In my last year of university I attended around 15 guest lectures given by CEOs and marketing executives of big companies. I used this strategy and got their contact info to so that I could ask them to let do my thesis for their companies.

And I got several offers, with ease.

Why?

Because I?d been recommended by the CEO to the HR people I was in contact with.

That's the power of social proof.



How I've Got On the Radar of Successful People ? And You Can Too

So, I want you to know that I've used those exact strategies for getting on the radar of successful

people a bunch of times.

And all of this has happened 100 % naturally ? natural as in me not having deliberately stalked the successful person to appear at the same event. (Though that would be a smart thing to do.)

Here are a few examples?

#1 Swedish businesswoman/entrepreneur.

She gave a speech at an event for my university. I thought her speech was interesting, and she mentioned having recently published a book ? so I asked a question about that during the speech and got her attention.

Then I talked to her afterwards, whereupon she agreed to do an interview for my site ? on the topic of networking. It went great. She knows a lot about that stuff, she's often on the front pages of newspapers.

#2 Former Swedish Justice Minister

I don't want to spell his name out, but I did the same thing with him. When I spoke to him after his speech he also said he'd do an interview for my site ? but then he never replied to my emails, despite the fact that I was helpful to him.

If he had just said "no" to me I wouldn't have cared. I can totally understand he's a super busy guy. But it pisses me off that he lied to my face.

Just because he did that, I will always think he?s a prick.

Lesson: Never tell anyone you will *"definitely get back to them and do [what they ask for]"* and then not follow-up on it.

Don't break your word.

#3 Famous Marketing Guy

This guy is the biggest expert in Sweden at a certain type of academic research. I don't want to mention him publicly, because I am not sure he'd like me doing that.

Here's how it began.

He gave a talk at my school. I used my normal strategy ? as you've seen above ? and spoke to him in the break, and after class. I made a good connection with him because we shared a common interest: Neuroscience.

He also gave me some great book recommendations that I immediately checked out. I then used that as a reason to email him when I'd finished reading those books ? showing that I had taken his advice.

After I did that, he gave me the contact info for business contacts and told me to tell them that he?d recommended me. I did that and got the offered to do my thesis for two major food companies.

But, in the end, I got a better thesis on my own ? for IKEA.

Some months later I went to a big retail and e-Commerce fair, representing IKEA. The guy gave a speech there, so I approached him ? and he was pleasantly surprised to see me again. He then sent me an email out of the blue saying he *?liked my intensity"*.

Then I offered to do him two quick favors.

The first one he accepted and I finished it in just a day or two. The second favor was about blogging. He hasn't taken me up on that yet. But I'm hoping he will.

Why?

Because, even though I am not working in the industry he's in, it's not impossible that I will eventually. If I should want to do that, it pays to have built a relationship with him.

He?s one of the big shots in that niche. So, if he takes me up on my blogging-favor, I'll have a good reason for being in regular contact with him?

...and when things like that happen, you never know what may come out of it.



Start Hitting Up Some Big Shots!

Good things happen when you build relationships with successful people, and ? like Cus D'Amato said ? you can learn a lot from someone older who?s got more life experience than you.

But to do that you first need access to such a person ? and you only do that by starting to hit people up.

Be bold and reach out for help. Intelligently.

At worst, you'll get ignored.

At best, your life will change dramatically.

Remember to always:

- Write emails that are easy to open, read, and act on.
- Ask successful people questions in person and use the strategy for getting on their radar, then follow-up with a message.
- Be helpful and do favors for successful people
- Find a reason to contact them
- Find a reason to stay in contact longer

If you?d like you can email me at Ludvig at startgainingmomentum.com, just don?t tell me your entire life story!

If you have any useful strategies of your own, I'd appreciate it if you shared them with me. Perhaps you could give an example of how you used it?

Be sure to check out Ludvig's community at -

- **Start Gaining Momentum**

Ludvig - I appreciate your contribution very much. I think it came out super well and is some of your VERY BEST!

You are most certainly welcome to drop your feedback, comments or questions below.

Ludvig will personally answer them.

Good Looking Loser's Bathmate Xtreme Review

July 15, 2014 | by Good Looking Loser | Link | Original Link

Bathmate Xtreme Review
Updated: January 3 2020

(Good Looking Loser Community Free priority/shipping from Bathmate - The Official Manufacturer)

The Bathmate Hercules was my very first recommendation to the Good Looking Loser community when I started this website in 2012.

It's excellent.

But you probably know that already.

Lets talk about the long-awaited, latest Bathmate model - the Bathmate Xtreme.

It came out in 2013, so my review is a bit late, but I have been using it since then.

It is my default pump and I only use the regular models when I travel, since they are easy to bring along.

In short, the Xtreme is fantastic; you'll make faster gains and ultimately be able to exceed the progress you could make with the regular model or male enhancement in general.

With that said -

The Xtreme is expensive.

I absolutely DO NOT want you purchasing it if you don't have the money or are shaky on your commitment to using it.

You can gain an inch or more (and even more substantial girth) with one of the regular models. People have been doing that for a decade.

Don't think that you *need* this pump and that the other ones are obsolete.

They aren't.

In fact, the new x30 and x40 models are quite good.



Good Looking Loser's Review of the Bathmate Xtreme

Table of Contents

0:00 This is a review of the New Xtreme
0:25 I've used the Bathmate for 4+ years (Hercules starting in 2009)
0:50 What's in the Xtreme set
1:30 Bottom Line - the Xtreme gives your more pressure/expansion
2:15 Pump is great but if you can't afford it - don't buy it
3:10 What you can expect from the Bathmate Xtreme (Lasting Gains)
3:30 What you can expect from the Bathmate Xtreme (Immediate Gains)
4:15 What you can expect from the Bathmate Xtreme (Instant Bedroom Size)
5:15 Takes less than 60 seconds to put on - once you figure it out
5:30 What you can expect from the Bathmate Xtreme (Fun to Use)
6:00 What you can expect from the Bathmate Xtreme (Safe if used as directed)
6:20 Bathmate Xtreme x30 vs. Bathmate x30
7:15 Prediction for how much Newbie's will gain
8:30 Comparison to Vacu-vin pumping method from MattersOfSize.com
10:20 Comparison to pre-Bathmate jelqing
12:35 The 4 types of guys that should consider the Xtreme
16:00 Xtreme is great, you'll love it - but the other models are still good

Exactly What You Can Expect

You can expect all the same things as with the other Bathmate models -

- Lasting Gains - after several months of consistent use, your size gains will slowly become permanent.
- Immediate Gains - after using it for 8-12 minutes with a full erection, your penis will be bigger (especially girth) for 3 to 24+ hours.
- Big Cock Sex - these immediate gains can be taken into the bedroom to fill your partner.
- Easy to Use - although there is definitely a learning curve with the Xtreme models, the whole process is hands-free and takes about 10-15 minutes once you figure it out.
- Fun - Bathmate is usually a huge success for most guys because they look forward to using it every single day and don't slack off.

- Safe - although the Xtreme model can generate significantly more pressure than the regular models, you will have absolutely no problem if you use it as directed and do not become overzealous.

Check out these posts for more details on exactly what you can expect from the Bathmate Hydropump, including order confirmation, discrete payment/shipping and frequently asked questions.

Bathmate Xtreme vs. Non-Xtreme Models

The Bathmate Xtreme is basically the same as the regular Bathmate models but the Xtreme gives you the option of adding another level (or two) of air vacuum pressure that is impossible to achieve with the regular models.

This additional pressure is most likely to benefit guys that have been using the pump for at least 6 months or have hit a 'plateau' in their gains (usually just after gaining your first inch).

It is my opinion that total PE newbies will gain at the exact same rate, regardless if they use the Xtreme or any of regular Bathmate models.

Remember, newbie gains come REALLY FAST.

The first inch is the easiest and can be had in just 4-8 months (6+ is more realistic) if you are truly committed.

After that it gets harder.

That is where the Xtreme will really show it's magic.

Bathmate Xtreme vs. Advanced Bathmate Techniques

Long before the Xtreme was released, ambitious guys discovered other ways to increase the pressure on the original Bathmate models.

One such way was created by the legendary Male Enhancement community "Matters of Size" where a wine saver device was used to generate an air vacuum to significantly increase the existing water vacuum pressure.

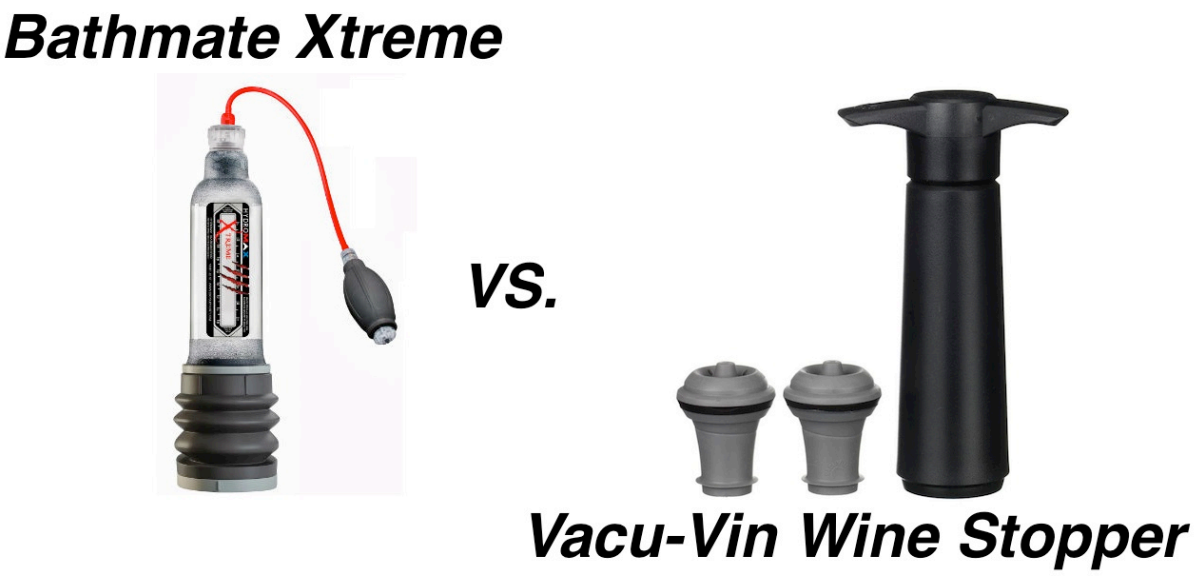
Xtreme vs. Vacu-vin (Wine Saver)

The Matters of Size method was quite good at adding additional air pressure to increase expansion.

In my experience, the only downside to this method is that the additional pressure mainly expands the head and glans (top) of my penis - while the additional pressure didn't seem to affect the shaft (middle of penis) as much.

With the Xtreme pump, the pressure is consistent and delivers significant expansion on the entire shaft.

Still, the Matters of Size method is quite good if you have a regular pump or don't want to put the additional dollars for the Xtreme.



This is a purely experimental method, not endorsed by Good Looking Loser or any of the other brands mentioned.

Xtreme vs. Pre-Jelqing

Another method that encourages further penile expansion is doing a jelqing session prior to using the Bathmate.

If you have never done this before, it can be very intense and I suggest you proceed with extreme caution.

The downside to the pre-jelq method is the time it takes.

If you are doing it safely, you should be warming up, jelqing for 5-20 minutes, cleaning off the lubricant and then applying the Bathmate. You need to set aside ~30 minutes to do this safely and be vigilant to overtraining. It can be hard to get a strong erection after a jelqing session, which compromises your Bathmate session.

Still, this method is a cost-effective way to increase pressure if you don't have the Xtreme model.

Again, proceed with caution.

This is serious stuff and is not an official technique recommended by Bathmate.

Who Should Consider the Xtreme?

Listen -

I get a commission if you purchase the Xtreme or one of the other Bathmate models.

You get free shipping and priority service if you use our link below.

I will state again - Do not get ANYTHING if you cannot afford it.

You can do manual stretching (length) and manual jelqing (girth) to get size for free.

I did that for years and made decent progress.

The Bathmate (and other devices) simply makes the process easier/faster and more fun.

In my opinion, the following guys will most benefit from the Bathmate Xtreme -

Veterans who have plateaued

If you find yourself at a standstill and have been doing male enhancement for a while and already

gained your first inch - you might want to consider the Bathmate Xtreme.

The additional pressure will likely allow you to break through the plateau and head toward another inch.
(it is my opinion that most dedicated guys can gain 1.75 to 2 inches in total)

Guys who have outgrown their Hercules or x30

If you are in the market for a new pump and have outgrown the original Hercules or newer x30 model, you might want to consider the Bathmate Xtreme x40.

You'll never need another pump, that's for sure.

Lazy guys

(Guys don't have the desire/time to do manual exercises)

Although I totally recommend that you do manual penis stretching and jelqing concurrently with whichever devices you are using - you can certainly make significant gains if you just use the Bathmate Xtreme for 10-12 minutes a day.

As I've mentioned - your first inch will come quickly if you are completely new to PE.

After that, you may have to incorporate some manual exercises to reach your genetic potential.

Girth-seeking guys

If you have a case of "Pencil-dick" and are looking to add girth as quickly as possible, this is going to be the ultimate solution.

There's not a more efficient or productive girth option out there.

You'll notice the difference almost immediately if you have never done any pumping or girth-specific exercises.

Combine daily Xtreme use with jelqing (not necessary at the same time) and your girth will explode.

Still, I encourage you to look at male enhancement as a marathon, not a sprint.

What Bathmate Xtreme Size Should I Consider?

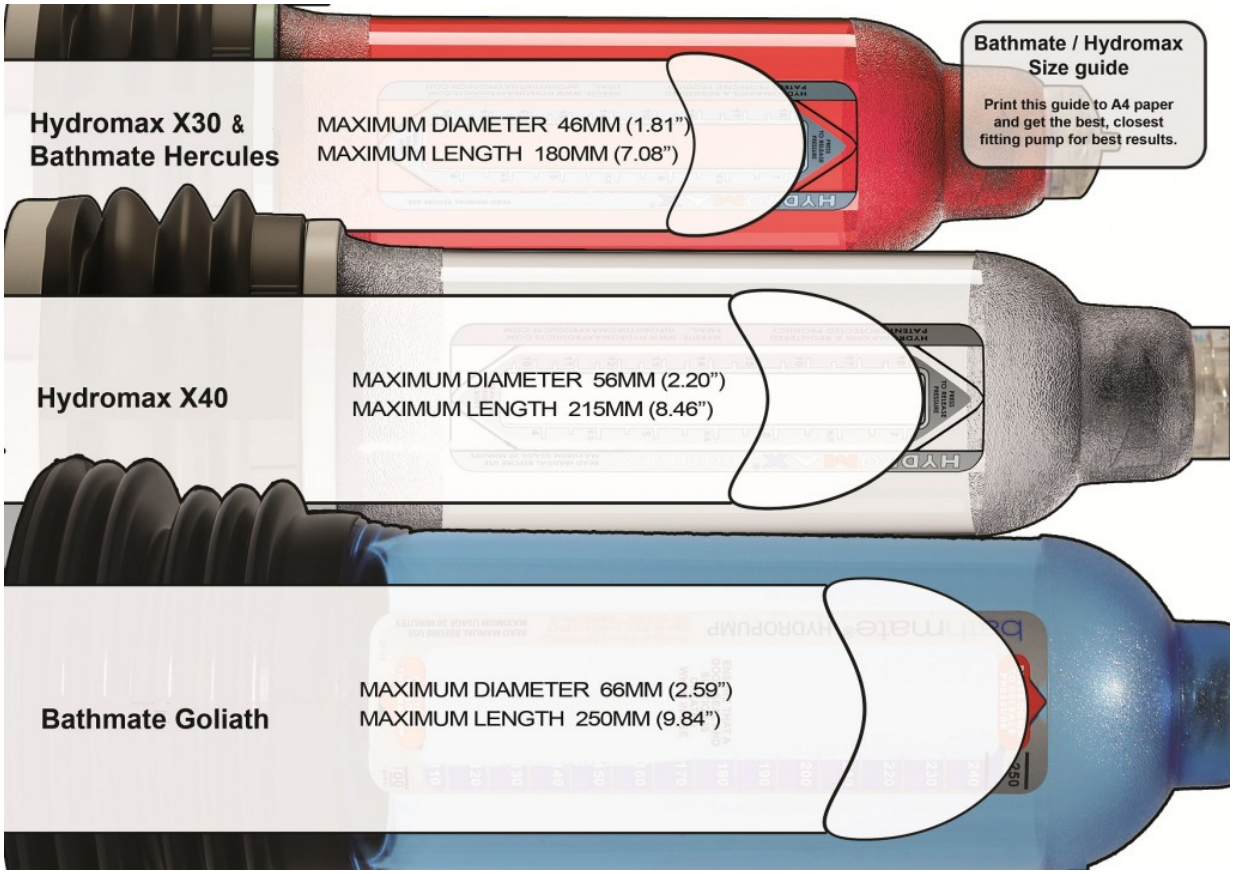
The sizing is the exact same as with the regular models.

In general -

If you are under 6.5" (without PE experience) - get the x30 or Xtreme x30.

If you are 6.5" or over (without PE experience) - get the x40 or Xtreme x40.

Use the sizing chart below or see "Bathmate vs. Penomet - A Critical Comparison" for even more specific advice based on your starting size and prior male enhancement experience.



If you are still unsure which size is for you - you can always write in below or ask in our Bathmate Forum for an answer in about 20 minutes.

What Else is Included with the Xtreme Package?

The primary addition to the Bathmate Xtreme is the suction air pump tool, suction hose and the special air pump-ready Bathmate model (the Xtreme air pump and suction hose can't be attached to any of the regular models unfortunately).

Also included in the Xtreme package is -

- A big black hard carrying case with lock and key
- The Bathmate cleaning kit
- Special Bathmate Xtreme comfort ring
- Male enhancement ruler and pressure/progress gauge
- Pjur Man water-based lubricant and towel

Chris Shows What's Included in the Bathmate Xtreme Package

(view in a different browser if video ain't there)

How to Put On the Bathmate Xtreme

There is a bit of a learning curve.

I suggest you read the instruction book (page 4) that comes with your pump.

This is basically what it says in regards to putting the Xtreme on -

1. Close the 'valve pip' by moving the black button to the left or right.
   (just so long as it's not in the center position)
2. Fill the Bathmate with water.
   (if the valve pip is closed, no water will come out)
3. Make sure the 'valve knob' is turned to the right (clockwise)
4. Put the Bathmate on.
   (only use a full erection if you have used it for 30+ days)
5. Open the 'valve pip' by moving the black button into the center position.
6. Attach the Bathmate by pumping the Bathmate toward your body, securing as TIGHT a seal as possible.
   (water should come out of the front, but not "shoot" out in large amounts)
7. The Bathmate should stick to your pubic region and be hands-free.
8. If you are using the air pump, open the 'valve knob' by turning to the left (counter-clockwise)
9. Attach the pump (or the pump with suction hose) to the knob.
10. Safely increase the pressure of the vacuum.

It takes some practice. Try not to get frustrated if you can't do it perfectly every time.

Soon enough, you'll be able to do it in about 60 seconds.

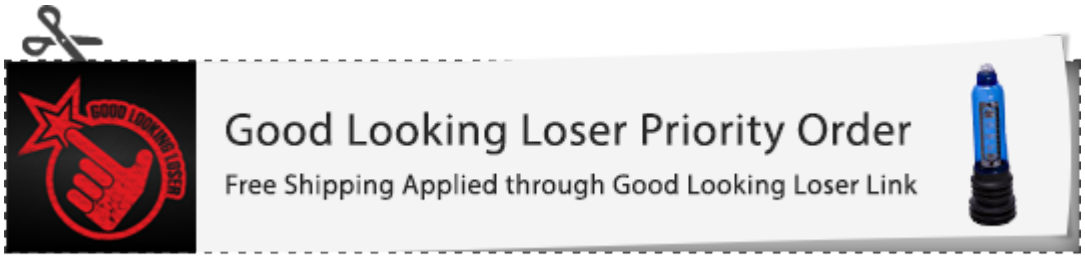
Just about every other troubleshooting issue is answered here -

- The Ultimate Bathmate Hydropump Video FAQ (Bathmate.guru)

Is There A Coupon for the Xtreme?

Since the Xtreme is the newest model, as of 2020, the manufacturer has restricted coupons that directly lower the price.

If you are in the United States, Canada or Europe (select countries only), our coupon link below gives you free shipping and priority status (will ship immediately) -



- Bathmate (Official Manufactuer)
  (use link for free shipping/priority handling)

Pour Conclure

My final thoughts are this -

The Xtreme model is the very best hydropump on the market.

There's not really much room for discussion.

The pressure and expansion you can get is unmatched.

It is quite expensive, however, and not something you "need" to gain size.

It has by no means made the prior Bathmate models obsolete - you will just get quicker and ultimately more results (especially for girth thickness).

The decision to purchase one is largely, if not entirely - a financial one.

Complete Newbie Xtreme Advice

Use the pump as directed and do not be over aggressive with it.

For the first 30 days, I would use the pump every-other-day without a full erection and without the air pump.

- Week 1 - 6 minutes (0-20% erection)
- Week 2 - 8 minutes (0-20% erection)
- Week 3 - 10 minutes (35-50% erection)
- Week 4 - 10 minutes (50% erection)
  (I'm sure you will want to see how awesome it is with a full erection/using max pressure - just proceed with caution)

The first 30 days, for complete newbies, is more about getting your penile tissue used to the vacuum expansion.

You might make some gains - measure in centimeters or millimeters to see your progress.

After 30 days, however, the "break in" process is over and you can consider using an ~80-100% erection (this makes a world of difference) and using the air pump.

This will be a bit of a trial and error period too, but you should very quickly feel how much pressure you can take.

You should not feel any sort of acute pains and you won't if you use the air pump slowly (and as directed).

The pump is safe.

I've used this one for a year and the Hercules for an additional 3.5 years.

Just be smart about things; if you feel any sharp pains - take it off and start over with less pressure.

As a rule of thumb -

If you can't get a solid boner before training, you dick is fatigued and you should take the day off.

It will return to normal in 24 hours or less.

Remember - like weightlifting/bodybuilding, you grow during your REST PERIODS and not during your training sessions. Don't hesitate to take days off.



Other Resources

- My Review of the Original (and x30/x40) Bathmate Models
- Exactly What to Expect if You Order the Bathmate (includes shipping/confirmation information)
- Video FAQ: Frequently Asked Questions About the Bathmate Hydropump (Bathmate.guru)
- Easy Bathmate Routines to Follow
- Good Looking Loser's Before & After Pictures (adult content)
- Good Looking Loser's Bathmate Forum (ask any question you like)
- Index of all Bathmate related articles on Good Looking Loser

User Reviews of the Bathmate Xtreme

- Bulleit's Xtreme Review "Is It Worth It? YES." (September 2013)
- TheHappyNomad's Xtreme Review "Best Thing I Have Ever Bought" (April 2014)
- Ben007's Review "Bathmate Xtreme x40 Is A Miracle!!!" (January 2015)

User Reviews of the Bathmate Hydropump (various models)

- "This is Without a Doubt - The Best Thing I've Ever Bought in My Life" (thehappynomad)
- "More than a Believer, I Want to Tell Everyone!" (Bawssbo)
- "All Hail the Bathmate!" (ReyBetancourt)
- "I Love Bathmate - Girls Pussy is Tight to Get Into!" (Billy11)
- "1 Inch in 1 Year!" (DukeXXX)

As always, you are welcome to ask questions below.

For a faster response (usually within 15-20 minutes) drop your question on our Bathmate Forum.

"Player" Accusations From New Girls/Fuckbuddies (What They Mean & Dynamite to Destroy Them)

July 16, 2014 | by Good Looking Loser | Link | Original Link

You're a Player...

When you start to reek Swag Factor and/or become above-average looking with social skills, you will eventually face potentially damning charges -

YOU'RE A PLAYER.

That's right.

And It might happen a lot.

Even if you aren't actually a player and are trying to hit up a girl that is significantly less attractive/cool than you are.

It will happen with fuckbuddies that you haven't given enough emotional progress.

It's even happened to me on camera -
(ironically it's NOT usually the younger girls, like in these examples)

- "How to Pickup a Nervous Teen and Take Her Home"
- "Young Girl Accuses Good Looking Loser Of Having His Shit Together"

In general, it's not a bad thing though.

Let me tell you why.



Why You Are Being Accused of Being a "Player"

(and Why it's a Good Thing 98% of the Time)

It's helps to understand why you are facing these accusations and why it's definitely not a bad thing most of the time.

Take it as a compliment.

The girl bringing the accusations - LIKES YOU.

Dorky, pushover nice guys without sex appeal never get accused of this.

Once you *look* like a secure, confident guy, with social skills and sex appeal - you will eventually be accused of being a "player". Girls see you as a desirable guy, if even just for 1 night.

And There will be general consensus.
(I was considered a "player" based solely on looks - long before I actually was)

You definitely want to look closer to a "player" (sexually-active good guy with boyfriend potential) or "scumbag" (hardcore player with no/limited boyfriend potential) than "boyfriend material" (total nice guy, provider) if you want a hot sex life.

See profiles of these guys here -

- "Retention - How to Keep Fuckbuddies Cumming Back for More (and Profiles of Guys)"

Fairly or unfairly, girls stereotype "players" (or scumbags) to be sexually-active and potentially really good in bed. They are sexy and a challenge since they have plenty of options. And generally seem like they have a fair amount of experience.

They think of "boyfriend material" (nice guys) as the polar opposite - not sexually-active, inexperienced with limited options.

Boyfriend material is a guy who's sole responsibility is to provide a safe boyfriend/husband, money, house, 2 children, mini-van, white picket fence, dog and bags to clean up the dog shit.

But that's not you.

YOU'RE A PLAYER.

You have options and you often sample those options.

You only call back the options that satisfy you.

Safe guys don't have options.

YOU'RE A PLAYER.

Be happy you're not mistaken for a total nice guy boyfriend/husband material who largely repulses sexually-active/DTF girls who are looking for a confident guy to fuck them good.

Sexually-active girls know that nice guys are almost always awkward in bed (and even step in-between).

For every satisfying fuck they've had from a man's cock, they've had 3 or 4 awkward experiences (or non-experiences) with a timid nice guy that couldn't pull the trigger.

Nice guys can barely initiate a conversation with women they are interested in.

They are scared to touch the girls that they are able to speak to.

They can't even say the word "sex" or "breasts" without their little dicklet retracting inside their body just before emitting a little pee-pee.

What on earth suggests that they will even know how to undress a girl, let alone - give her an orgasm?

Maybe some of these statements are exaggerations but -

Even nice guys know that hot girls rather fuck "bad boys".

You know that too.

You're a player.

And The fact that you're a player makes you a challenge.

The hottest girls love the challenge of converting a lifelong-player into loyal boyfriend while sharing their pussy for months on end while accepting "fuckbuddy" status.

But SOMETIMES...

-Your player status can make you seem unattainable-

Particularly to girls that are Sexually Available (but not necessarily DTF).

These girls aren't necessarily ONLY looking for boyfriends, they are just intelligent (from experience) and don't want to get emotionally attached to guys that ultimately have no interest in them.

This is particularly true of girls that are 25 years old or older.

Intelligent, single, sexually-active girls often think twice about getting emotionally invented/signing on for fuckbuddy status (or even a one-night stand) with a guy if they know they have no chance of keeping him.

Older girls (25+) aren't naive and generally (at least subconsciously) looking for a relationship down the line.

But again, if you are trying to getting laid (or even if you are looking for a relationship) - you want to be seen as a player/scumbag that has options who is a going to be a challenge to lock down.

Not a "boyfriend/husband material/provider" pushover.

Girls will fight to keep you and you will have a loyal girlfriend if they win you over.
(this dynamic is usually the complete opposite - guy chases girl 100% of the time and begs for an official relationship)

Now that you know where the player accusations come from and what it all means, lets talk about what to do if you face "player" accusations.



How to Diffuse Player Accusations (Without Making a Big Deal of It)

As you know, we aren't big on techniques but here are two that can be effective even though they have limitations.

If you are accused of being a player - treat it like a joke.

Instead -

Accuse Her (and her Mom) of Being a Player (Lighthearted)

(use on new girls)

This is what I generally do, it's basically a automatic trigger.

I was caught a bit off-guard (it's rare to hear this when you just meet a girl, let alone a young girl) but I have a near-automatic trigger for this.

Example @ 15:35

<iframe src="https://player.vimeo.com/video/80028493" width="500" height="281" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe> How to Pick Up a Shy Girl and Take Her Home from Good Looking Loser on Vimeo.

Basically - just have fun with it, neither admit or deny it.

Diffuse the situation by making it a funny situation.

Since it's a funny situation, the girl can't "hate" you for it.

But more importantly -

You can call this a "shit test" or whatever you want, it doesn't happen too often and it's a sign that the girl is *at least somewhat interested*.

Nothing to panic about, even if you don't give the "right" answer.

Just don't try to completely duck these things.

It wouldn't even hurt to text the girl later on -

> ***What up playa***

Absurdify the Situation (Lighthearted)

(use on new girls)

This comes from my days in the seduction community (BradP, he gets girls).

When you are accused of being a player, pretend to accept the blame and then make absurd claims -

> *You're right, I'm a player. I've slept with 4514 girls and you'll be the next.*
>
> *Even if you're not, I have another girl lined up after you leave.*
>
> *In fact, if you hang around until 10 pm - we can all fuck and I'll be at 4516.*

or

> *I'm not only a player but I'm a total prostitute.*
>
> *That's what my mom calls me.*
>
> *Did you know that?*
>
> *I literally made money for every girl I fuck.*
>
> *$50 for a blowjob. $100 for penis in vagina. $250 if I put my dick in a butthole.*
>
> *And An added bonus of another $250 if you put my dick in your afterward.*
>
> *It's a pretty good gig. Definitely better than my old job where I would only earn $20 for fondling my asshole on webcam for a bunch of guys.*

or

> *How dare you call me a player.*
>
> *I'm totally offended.*
>
> *All you people judge me and it's not fair.*
>
> *I'm actually a very nice boy and I'm very sensitive.*
>
> *Just ask my Mom.*
>
> *One day - I want to meet someone.*
>
> *Maybe I want to meet someone too.*
>
> *I want to meet someone that doesn't judge me and calls me awful names.*

If the girl has even half a functioning brain, she'll realize that you are joking and generally let the player accusations go for the night.

It's just another lighthearted way to skip over the subject.

Like I said - most girls will drop the issue for the night.

Limitations of These Lighthearted Techniques

These two techniques can be effective but they have their limitations.

Unfortunately, I only realized this after the fact.

I have definitely lost 3 girls by not knowing how to handle this situation. One was one of the hottest girls I've ever even spoke to. I remember it well and I was furious that the 2nd technique didn't work and no one could offer a solution (see below).

The primary limitation is -

Although it's funny and can bypass the issue -

It doesn't change the girl's mind.

She still thinks you may be unattainable and is weary about getting emotionally/sexually involved with you and getting hurt in the end.

Therefore, she is unlikely to spend time with you and even more unlikely to share her pussy.

To some extent, you have to change the girl's mind.

You don't have to convince her you are "innocent", just "not guilty".

Meaning - that you have s*ome* boyfriend potential and you aren't totally against relationships.

The technique (patented by Good Looking Loser) will do just this.



How to Diffuse Player Accusations

(Serious Good Looking Loser Technique)

I suggest trying one of the other two methods first.

You can go here first though but this is mainly once you are sure the girl definitely likes you.

It's powerful.

I'm Disappointed in You (Serious, Not a Joke)

(Use on Fuckbuddies that are considering breaking it off)

If you face player accusations, it's time to put your foot down and destroy these absolutely ridiculous accusations.

Just so you know - I've have done this several times before.

You aren't using something that I haven't used effectively.

When a girl/fuckbuddy accuses you being a player, address it immediately.

Here is how the "serious" technique sounds (@3:45)

Tell her that you are disappointed in her -
(adjust it accordingly if you just met the girl)

> *I'm so disappointed in you.*
>
> *Are you serious? That's where your mind has been?*
>
> *I've been really enjoying the time we've spent together and didn't know you were JUDGING ME the entire time. Please tell me that you are kidding because this is completely messed up.*

and then

> *You are an attractive girl too, I never once stereotyped you for being a party girl? who sleeps around a lot. Never once.*
>
> *And Even if you did in the past - I would give you the benefit of the doubt. I don't judge.*
>
> *I take every relationship, friend, family member in my life at face value and form my opinion of a person's character based on my personal experience.*

optional:

> *I was actually picturing a future with you but I don't know about that anymore.*

? - Don't say "slut". Just don't, okay?

OUCH.

You probably see what I'm doing here.

It's a HUGE GUILT TRIP.

(I don't mind endorsing this - this stuff is ridiculous and men need all the ammunition they can get against this bullshit)

Not only does the girl think you're not a player/no longer a player, she feels completely awful for even raising the issue.

IT WILL NOT HAPPEN AGAIN until she pings you for "relationship status" after you've been fucking her for months and she totally digs you.

This is straight from the book of Good Looking Loser and I've never had a girl that wouldn't back down.

It's dynamite and as foolproof as a technique could be.

Though it's primarily made to handle accusations from girls you just met/been sleeping with for a short time, you could potentially use this technique when a fuckbuddy wants to have "the talk" and

wants to "define the relationship" or get you to commit to something you aren't yet interested in.

Just adjust it accordingly - I think you get how this works.

If you have any other ways (that you've actually used) to diffuse "Define/Determine the Relationships" (DTR) discussions or "Player Accusations", drop them below.

We can never have enough ammo against this type of thing.

Brian (Scotty) On RxMuscleTV #77 (July 17, 2014)

July 18, 2014 | by Good Looking Loser | Link | Original Link

Brian on RxMuscleTV #77

Brian was on Dave Palumbo's show tonight.

Dave was extremely influential on Brian's bodybuilding career, Brian was actually Dave's protege in his early 20's.

Brian's pre-contest diet was written by Dave.

Since the 2012 episode, Brian and I have each lost 25-30 lbs.

Table of Contents (Brian Discussion)

(There's some in-field footage of Scotty throughout)

9:40 Dave gives Brian an introduction, discusses "The Game" (Brian doesn't even know this book)

10:45 Dave asks, "Do looks matter?"

12:10 Dave and Brian discuss rejection/screening.

13:15 Brian describes how he picks up girls.

15:15 Brian describes sexual undertones.

16:20 What Brian tells people to do (at workshops).

17:55 Can Brian find a girlfriend or has he become desensitized to the world?

18:25 Why do you have all those tattoos?

29:40 Dave asks Brian about rejection, training program that Brian has.

30:45 Brian advice for guys that are just starting out (don't be too picky).

32:20 What 'quality' girl does Brian usually pick up?

33:10 Brian vs. Jeff Magic throwback footage. (2012)

34:40 Brian on honesty, authenticity and pick up lines.

35:45 Dave asks Brian about what to do if you don't know what to say. (move the girl, "follow me")

37:20 Creepy > Passive Behavior

38:15 What to do on the phone when following up with a girl. (and why girls know what to expect from Brian)

39:40 What percentage of phone numbers sleep with Brian?

40:45 Contact Scotty on the forum.

42:35 Are most girls looking for relationships?

43:10 How to be direct.

44:50 Body types and what girls like.

45:30 Where has Brian had the most success?

46:20 Brian talks about getting banned from every mall, for a period a time.

56:00 - end - Bodybuilding/physique discussion.

Check out -

- **RxMuscle by IFBB Pro. Dave Palumbo.**

and

- **SpeciesNutrition by Dave Palumbo.**

The Real Reason Why You Didn't Get Laid This Weekend

July 19, 2014 | by Good Looking Loser | Link | Original Link



Why You Aren't Getting Laid

This is a shorter post, even though you've told me that you prefer the comprehensive ones -



There's no reason why this one needs to be too in-depth.

I'm going to tell you something that I wish I heard when I was your age.

Although, when I was your age, I probably wouldn't have listened.

Lets begin -

Anytime someone signs up for the forum, we always insist that they try to answer this question -

- What are your main blockages?

(contributing to underachievement in your sex life)

Most are quick self-diagnose with many of the usual fundamentals -

- I have too much Social Anxiety.
- I have too much Approach Anxiety.
- I don't have enough Killer Instinct (game).
- I don't have enough Sex Appeal (looks/style).

... usually a combination of the 4.

It's all probably true.

Somewhat.

The fact of the matter is - there's a lot of other guys in the same boat as you, but some of them are getting more action than you are seeing.

There's a 5th blockage that is likely affecting you as much, IF NOT MORE.

In fact, it's quite likely that this 5th blockage has disguised or magnified itself as other blockages - which aren't as bad as you think.

This 5th blockage is -

I refuse to have sex with the girls that want to sleep with me.

On first impression, you might be thinking -

> *That's not true...*
>
> *I don't have that problem...*
>
> *Why would I turn down sex? I'm not like that...*

But you do.

I sure did.

It led to long streaks in college without getting pussy and the deflated confidence that accompanies these self-inflicted "slumps".

It's just another way to say -

I refuse to lower my standards.

I don't like to phrase it that way because the issue is much deeper than that.

It can also be tough to convince guys to "settle for less" or "lower their standards".

Even if everyone agrees that it is a good idea in the short-term.

Like my former self but unlike most guys that are naturally successful with women, a lot of guys would rather get **NO PUSSY/EXPERIENCE** than to hook up with a girl that was average or didn't earn the approval/social points from his entire group of friends.

This is a validation issue, not a legitimate "quality" issue.

Guys turn down pussy/experience that is right at their fingertips. (sometimes, literally)

THIS IS WHAT CAUSES DRY SPELLS.

THIS IS WHY MOST OF YOU DIDN'T SLEEP WITH A GIRL THIS WEEKEND.

THIS IS WHY MOST OF YOU WON'T SLEEP WITH A GIRL *NEXT* WEEKEND.

THIS WILL CONTINUE FOR MONTHS ON END FOR SOME OF YOU.

Don't confuse -

I refuse to have sex with the girls that want to sleep with me.

with

I have Approach/Social Anxiety, I'm not good looking enough or I have "no game" right now.

It's a totally different issue and the ultimate form of self-sabotage.

The reality is - you probably have a decent chance with every girl that is single and looking so long as you make the effort to present yourself as more attractive and cooler than she.

The rules apply to online dating as well.



A Decent Attitude to Have

Don't look at it as "lowering your standards".

Look at it as -

FUN.

That's it, fun.

Better than sitting at home.

Maybe the girl isn't your ideal woman.

But can you find ONE thing you like about her that *somewhat* turns you on?

Maybe she has nice eyes.

Maybe she has nice lips.

Maybe she has a big chest.

Maybe she has a round ass that she can lower over your face.

Maybe she has neither but your thick dick will demolish her petite/un-endowed body.

Maybe you can get her to do things (lick your asshole, indulge your fetishes, kinky shit, etc.) that you'd never try with a hotter girl on the first night.
(hint: THIS IS WHERE IT'S AT FOR LOWERING STANDARDS AND STILL HAVING FUN)

Just find something.

Have a look at this post for ideas on how to turn yourself on with girls that don't quite do it for you -

- "Non-Mainstream Ways To Beat Sexual Anxiety/Turn Yourself On"
  (I particularly like this old article - I'll update it some day with more recent examples)



Try to look at it like this -

Would you rather:

- Get pussy/Get a blowjob?
- Have a new experience?

or

- Sit at home wondering where the fun is?
- Do the same exact time as every other weekend?

It might not be the hottest girl ever.

It might not be the best sex ever.

If nothing else - you will learn something and have a new experience that will make the weekend (or any night) more memorable than sitting at home.

I'm willing to bet that you are turning down more pussy than you know.

There's plenty of girls on your Facebook and in your cell phone that would be willing to sleep with

you - you just have to ask them out.
(who cares if it isn't smooth? your goal should be to GET LAID, not "be smooth")

Right now - there's 100's of girls on the Internet that would be willing to sleep with you.

You don't even have to do any approaching.

Just letting you know.

You might have to go on a few dates and pretend that the girl might be your girlfriend one day - but who cares. It's better than spending 6 months without getting laid.

Are you telling me you can't hit up a few lonely, less desirable girls online and share a decent time with them?

Sure you can.

You know you can too.



Look Who's Talking...

I'm not really the person that should be the messenger on this subject.

I actually feel a bit strange presenting myself as an authority on this topic since I've been the PERFECT EXAMPLE of what not to be.

In my teens and the majority of my 20's, I had ridiculous standards that were way too high to ensure any sort of consistent sex life (or progress).

That's why it took me way longer than it should have to beat Approach Anxiety.

That's why I never had more than one fuckbuddy until 2008.

In hindsight, I absolutely realize how much pussy/experience/fun my "standards" cost me.

Not only did I directly lose out on a lot of girls that were seemingly willing to sleep with me,

I also indirectly lost out on the girls I wanted to sleep with since I was so timid and fairly inexperienced.

I easily had the potential to sleep with 50+ girls in college. Maybe even at 2 or 3 schools.

I was looking for international super models though.
(I actually was in 2002-2004)

There's no reason whatsoever (even as a several-time transfer student) that I shouldn't have had a consistent sex life in college. I was even on a dating show when I was a sophomore and did well on national TV.

When the rare occasion presented itself when I was alone with a hot girl, I was often too scared to act unless I was absolutely sure that I wasn't going to get turned down or move too fast.

It was probably equally as awkward for the girls who were sitting on my bed (that I brought to my room) that I wasn't interested in.
(ironically - a lot of girls felt like I turned them down and didn't realize I was just scared)

Why did I even do that?

Because I wanted people to see that there was a girl in my bed.

One girl (who flew in from California and set aside 2 days to spend with me in 2002) later told me in an email -

> *Instead of showing me pictures of what you looked like in high school and those Red Hot Chili Peppers' music videos, I wish you would have did me on your bed. We had the entire place to ourselves.*
>
> *Oh well, it was nice seeing you.*

I was 19 at the time.

In an upcoming discussion I'll talk about how I was able to "lower my standards" aka NOT TURN DOWN SEX, enjoy myself in the process and not seemingly hurt my fragile ego.

And Just because you lower your standards doesn't mean you won't get super hot girls.

In fact, you are MORE LIKELY to get them with what you learn and the experience you gain.

Story of my life (1982-2006)

Not interested in the 90% girls that liked me

+

Scared to talk to the 10% that I liked

=

A lot of nights alone

Feel free to drop me a line below if this topic relates to your life.

or

You have a certain mindset when it comes to quality vs. quantity or "lowering your standards".

I feel it relates to A TON of guys and some don't realize just how much is it affecting their current experiences (and their future experiences).

A lot of you guys are really leaving easy experience on the table.

I know I did.

Super Super Related -

- **"How to Lower Your Standards (and Keep Your Dignity & Boner)"**

The Golden Era of Peace, Indifference and Pussy (When Picking Up Women Actually Becomes Fun)

July 26, 2014 | by Good Looking Loser | Link | Original Link

THE GOLDEN ERA

(of Perpetual Peace and Complete Indifference)

When does this shit *actually* become fun?

When will I *actually* stop caring about the reactions I get from girls?

When will I *actually* being screening women?

When will I get wildly successful with women and never look back?

When will I *actually* believe that I can get laid if I wanted to?

There's a period where ALL this happens, I call it -

THE GOLDEN ERA



What is the "Golden Era"?

The Golden Era is the beginning of your prime and ultimately - the last major improvement surge that you will ever make.

After the Golden Era, life achievements, making money, experience, maturity, experimentation, perfecting your sex appeal (looks, style), getting closer to the top 1% of men - will all help you get

laid and retain more/hotter girls.

But there usually aren't anymore drastic improvements to your "game".

There's 2 periods when guys make the most improvement -

1. When they are actively beating their Approach Anxiety
2. The Golden Era

But it's during the Golden Era that your optimism, desire, understanding of screening, killer instinct (advanced social freedom) and overall successes (girls in your bed) will skyrocket.

It's during this period of time that you will actually start to have fun and become *truly* indifferent to outcomes.

Good or bad outcome.

It doesn't matter anymore.

You can Get Laid - and you know it.
(I define "I can get laid" as - you can go out 1-3 times a week and bring at least 1 pretty girl home)

No one can ever take that from you.

Not surprisingly, it is during this period that you can get incredibly good with women - if you take advantage of it.



When Does the Golden Era Arrive? (Your Prime Begins)

There's two things that can happen that can usher in your Golden Era -

#1 You get 2 fuckbuddies, both of whom meet or exceed your standards -- and you continue to meet other girls.

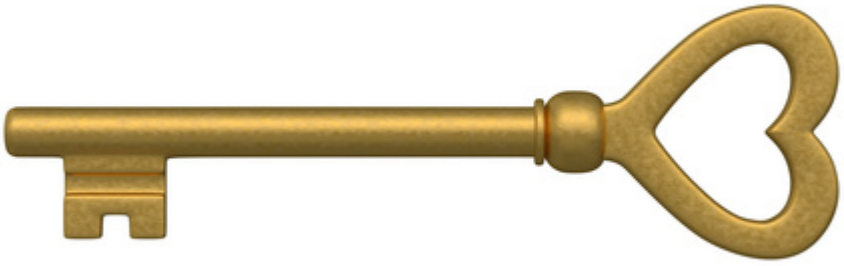
(from cold approach, not from online dating)

#2 You have a committed, yet not *fully* exclusive, girlfriend that is hotter than just about every girl you talk to -- and you continue to meet other girls.
(basically a hot girlfriend that either doesn't really care if you hook up with other girls, doesn't matter how you met her)

I've been fortunate enough to have experienced both situations, several times.

Unlike some things, the first time is actually special.

Lets talk about the first situation since it's more common.



Golden Era via 2+ Hot Fuckbuddies

This situation is easy to comprehend.

But only when you get here will you fully recognize the effect it has on your life, especially if you have been underachieving or sexually-starved in years prior.

You have 2 hot girls you met from approaching - that are totally into you.

You sleep with one of them every 7 to 10 days - if you are following my Retention Guide.

Never in your life have you felt so desirable, sexually fulfilled and content.

Every night your sheets have a girl's scent, regardless if she's actually in your bed that night.

Your Sense of Entitlement is off the chart compared to the average guy - you truly feel you deserve hot pussy and a lot of it.

~~Seems like~~ You made it.

You've proven to yourself that you bring in *at least* 2 hot girls that will keep coming back.

You're a player.

And It's not the end of the world if one (or both) girls stops talking to you. You can do it again.

You also realize you could probably be fucking even more hot girls if you wanted to.

Maybe even hotter/cooler girls than you are currently sleeping with.

What You Need to Know #1 (Enjoy It)

The most important thing is to **enjoy this period of time** - fuckbuddies come and go.

But the period when you get your first 2 hot fuckbuddies is truly a special time.

In my experience, it's as good *if not better* than the night I lost my virginity, the day/period when I realized I'd never have to work a job for money again or those happy times in 2007 when I'd take

50mg of Percocet every 3 or 4 hours for an entire day (before it stopped working, haha).

The amount of psychological freedom (wow, now what do I do with my time?) is astounding.

It is a perpetual raw happiness that I can pinpoint but never quite describe in words.

You will be at total peace with the universe and optimistic about your future goals.

But enjoying it - is the easy part...



What You Need to Know #2 (Kill It)

Equally important is what you do during this period.

It's simple -

CONTINUE TO MEET WOMEN.

GO AFTER THE HOTTEST ONES YOU CAN FIND.

HIT UP THE OLD NUMBERS ON YOUR PHONE AND JUST ASK THE GIRLS TO COME OVER.

DO DIRTY (KINKY/FETISH) STUFF WITH NEW GIRLS THAT YOU DON'T CARE IF YOU LOSE.

TRY TO FUCK 10 OTHER GIRLS THAT MONTH.
(5 is more realistic if you don't live next to a bar/club)

During this Golden time, you will have no 'sexual neediness' and very little emotional neediness - don't be surprised if girls are more receptive than ever.

And Don't be surprised if you could care less - you are authentically screening them now.

If their sex appeal and personality isn't what you are looking for - you'll walk.

Just like hot girls do to guys that don't make make the cut.

I'm not really one for this kind of statement -

> ***When you are getting laid - you have a confidence aura to you***

> ***that you don't normally have.***

... but it's true.

There's a HUGE DIFFERENCE when you have a hot girlfriend/multiple fuckbuddies and approach random girls than when you don't. Especially if you've never been in that territory before.

Unfortunately, most guys don't take advantage of the Golden Era.

Most guys fortunate enough to make it here (or even not-yet-Golden Era guys that just get their first fuckbuddy) -

TOTALLY START RELAXING.

They don't go out to bars/clubs anymore.

They don't even talk to pretty girls that they see during the course of their day.

They totally shut it down and go into a temporary retirement.

Their use of marijuana may increase.

Some guys even start to neglect their body, other hobbies and goals.
(this is more common with guys that get their first girlfriend who they really like)

What happens after that is -

- Guy gets married to one of the girls and opts for a true retirement.
  or
- Eventually both fuckbuddies move on once they realize the relationship isn't going anywhere.

When the second happens, the "temporarily retired" guy finds himself with no women in his life and his sex life mirrors his previous one - his hand.

There might even be a grieving period where he feels like he got dumped.

This is a bad situation because his self-esteem is a bit low and he's in no position to go out and meet girls.
(if this is you - just do some online dating until you feel better)

While the Golden Era might be a nice vacation from previous difficulties of meeting women, most guys completely squander an enormous chance to truly become or at least *feel* elite.

- They never get to actually feel what it's like to aggressively approach women and AUTHENTICALLY not care what happens.
- They never get to actually feel what it's like to have the power to authentically evaluate attractive girls based on whatever criteria they decide.
- They never get to actually see where their sex life can truly go.
- They never get to actually have some real fun with this stuff.

For some guys, it will be a long road back to the Golden Era circumstances or even just the mindset.

The second (or third) time around isn't as special.



Golden Era via Hot Exclusive Yet Uncommitted Girlfriend

This situation is obviously more rare and usually happens to guys that can already get laid.

There's usually "special rules" to the relationship such as a 'Don't Ask, Don't Tell' policy when you are not in the same city.

Very few girls, especially confident attractive girls, will go for this type of thing.

And Most guys crumble under the pressure that their *sorta* girlfriend is busy sucking on someone else's dick that is bigger than their own.

But some lucky young guys go off to college in one of these relationships (usually with a young naive girl) and immediately get an unreal amount of pussy when they get on campus.

They have a hot girlfriend to fuck on Winter Break and during the Summer. She lends him emotional support and loyalty during the school year by saving her pussy for him. He fucks other girls because it's not

against the rules. She usually doesn't.

For most of us, this type of thing remains a dream or is far off.

If you find yourself in one of these situations where it's not cheating to sleep with other girls, if you really want to have fun and blow up your sex life - do all the same things I mentioned above: talk to hot girls - a lot of them, try to get hotter/cooler fuckbuddies (keep at an arm's distance and don't get attached), etc.

Don't squander this opportunity - these situations are quite rare.

Guys that have this sort of relationship at a young age are spoiled.

When they lose the girlfriend safety net - they are often very shaken for a while if they can't get laid.

This type of thing also works well for guys that have reliable fuckbuddies in different cities or average-looking exclusive yet uncommitted girlfriends.

But it's definitely not the same as having a hot girlfriend to fuck if you are in a slump or bored.



Golden Era = One-Shot Deal?

The Golden Era isn't necessarily a 'one-shot' opportunity.

It can come again in some shape or form but it won't be as intense as the first time.

You would be wise to make your first Golden Era as good as it can be.

You build the necessary self-esteem, experience and courage to never look back.

You will have a lot of positive thoughts to reflect on - just make sure you are still hitting up girls.

A lot of people talk about 'channeling negative energy toward positive things', make sure you can channel positive energy toward positive things too.



Good Looking Loser's Golden Era

I'm able to glowing speak about the Golden Era because I remember it like it was yesterday.

Technically, my Golden Era began right around the same time as I did that "What If I Approached 100 Girls, Would I Get Some Pussy" (Basic Guy Game) experiment.

I had established two solid pretty hot fuckbuddies from that Summer, Mandy and Sharon (pronouced Shar-rone, Israeli princess).
(fun fact: I met Sharon the exact same night as I met Brian aka Scotty)

Obviously the results a bit skewed because of that.

At the time, I was still doing *some* that of that "pick up artist" funny man stuff, going on dates, playing "text game" - so I wasn't being particularly efficient with women. Screening, as it is taught today, has not yet been realized.

While it was a 'Golden Era' per criteria (2 Attractive Fuckbuddies), I still hadn't learned to be really aggressive, so I didn't quite see the benefits that I describe above.

It was certainly a nice period of time though.

The real Golden Era began the following Summer after I left North Bel Air prematurely and moved to Santa Monica beach.

I had finally began taking girls home on a somewhat regular basis and even a few during the day.
(living at the beach is **ABSOLUTELY IDEAL** if you want to pull off same day stuff)

I had 4 hot girls in my life, I liked each one as much as the other. I had an awesome place and girls from back East were coming to see me too. I also had an exclusive yet fully uncommitted girl in my life. It was insane how far I'd come.

As I describe in "About Good Looking Loser (Chris)" - I'd walk out to the beach a few hours after I hooked up with a girl and I would just stare at the waves for hours. I was so giddy about my life, my future and how I was doing it all my way and it was working.

I was so friendly to random people it was ridiculous. Even the small percentage that were rude to me.

This period lasted about 3 months or so.

18 months prior, I had dropped out of Law School, been addicted to pain killers and a year around the seduction community (spent ~$60,000+ toward workshops/seminars/etc.) didn't quite put me where I

thought I should be.

But my life was absolutely starting to work now.

The memories, the thoughts, the walks, the girls, everything from this period - I will never forget.

Equally important, I wasn't bitter about anything anymore - not high school, not the "PUA Thing", not my extended stay in college, not my parent's tumultuous relationship, nothing.

Every choice I made, good or bad, put me here.

I had never been so happy in my life before.

A lot of undersexed guys will tell you that sleeping with women is overrated and a meaningless life.

I am here to tell you otherwise.

If you are in your 20's (or early 30's) - it is absolutely fulfilling and a stage that you should embrace for at least a little while.

It's a part of maturing and becoming a man.



Pour Conclure

When you reach your Golden Era, do not squander it.

It may never come again.

Even if it does - there's nothing like the raw emotion, optimism and gratification of the first time.

You will never move so fast with new girls.

You need to remember - the Golden Era is the BEGINNING of your prime. You have not reached your potential.

It's a time to enjoy but not a time to hit cruise control.

I probably don't have to twist your arm at this point, just make you aware -

The Golden Era is the beginning of 'as good as it gets' for your sex life.

Enjoy.

You are always free to comment or leave your questions below.

But lemme ask you something Losers -

How far away does the 'Golden Era' seem for you?

Regardless of your answer, the reality is - it's only 1 or 2 girls away.

I met Molly and Sharon on the same exact weekend.

A Hardcore Lesson in Sexual Availability

August 3, 2014 | by Good Looking Loser | Link | Original Link

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A Long Story on Female Indecision

This is long.

Even by our standards.

Female psychology is no small topic.

Just ask any girl - she's complicated.

The best ones know it and doesn't even trust themselves.

It helps to understand why this is.

Not for purposes of manipulation but rather so you don't take it personally or analyze it any deeper than you have to.

The weather changes.

Sometimes on a daily basis.

Good Looking Loser's Concept of Sexual Availability

To my knowledge, we were the first to explain/invent the concept of "Sexual Availability".

In short, the concept describes how -

At any given time, on any given day, any given girl is either UNAVAILABLE, AVAILABLE, or AVAILABLE (& Down to Fuck).

(the majority of women are UNAVAILABLE for emotional, logistical or social reasons)

Her availability (or non-availability) and logistical/social commitments are already established BEFORE you even speak to her and there's not much you (or anyone else) can do to change it.

The examples I most often cite are -

> *#1 - If a girl is the designated driver and has work in the morning at 6:45am, you aren't taking her home and neither is anyone else. Regardless of how good looking you are or how sick your "game" is.*
>
> *#2 - If you hit on Kate Middleton (Duchess of Cambridge) and she isn't interested - it's because she is married to Prince William and a member of the royal family. It has nothing to do with your lack of "game". Despite what other experts might say - not every woman is available and can be seduced with "good game".*
>
> *Hundreds of other less extreme examples hold true as well.*

The outcome of your interaction is already determined, in a lot of cases.

(Often you'll get a phone number from an unavailable girl who is being polite but will not return your text/call. It has nothing to do with your "text game". She wasn't available)

Provided you meet the above-average "looks threshold" that most girls have, any sort of "rejection"

that you experience is usually a result of UNAVAILABILITY rather than "bad game" (PUA reasoning) or "you're too ugly" (normal guy reasoning).

The concept goes on to explain why talking to a lot of girls (numbers game) is absolutely mandatory and "screening" (a quick way to determine availability) is the most productive and efficient way to do so.

Here are a selection of articles if you need to reinforce the Sexual Availability concept aka "The Reality of Picking Up Women".

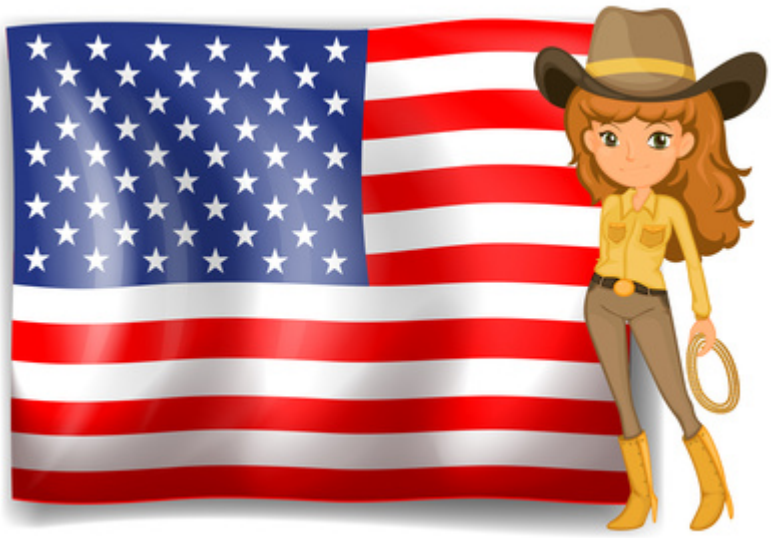
Despite my understanding and experience with the concept (after all, I "invented" it), it only became evident to me in the middle of 2010, almost 3 1/2 years after I started this whole "try to pick up girls" thing.

My experience in Los Angeles with a certain transplant girl from a wealthy suburb in Houston, TX. shed light on the concept and made sense of every interaction and girl I'd been/not been with.

We have her to thank.

Her behavior and desires were truly all over the place.

It eventually all made sense.



Lacie - The Most Loyal & Flaky Girl Ever

My year-long 'friends-with-benefits-with-no-strings-attached' (her words) open-but-don't-ask-don't-tell relationship with Lacie began just after I moved back to West Hollywood in 2010.

My apartment at the time, on Kings Road, was literally a 3 minute walk to several enormously popular nightlife spots.
(mainly bars)

This is where I had my greatest success in the bar scene and before I really got into the Hollywood club scene.

The dates and dialogue on this timeline are approximate but fairly accurate.

Chris Meets Lacie - Spring 2010

Status: Unavailable

It was like any other Friday night.

I walked down the hill at about 11:30pm when the bar had just started rocking.

The girls were social (and drunk), closing time was at 2 am - so there was just enough time to pull a girl out of the place, take her up the hill to my one-bedroom apartment and get her back just before her friends started wondering where she went.

That's how you do it when you live 180 seconds from a bar - no after-party, no handling unwanted friends, no bullshit.
But you have to move quickly - the second you feel a girl is interested, start thinking about leaving the place.

I made a lap around the bar and went to get a drink while scoping out and trying to make eye contact with the hottest girls I saw.

(I wore my contacts on a regular basis then)

Whenever I hit the bars later in the night, I generally made it a habit to [try to] hit up the hottest girl in the place as soon as possible to blast me into an aggressive state. It would work sometimes.

It was glaringly obvious to absolutely everyone in the entire place who the hottest girl was.

She stood 5 feet 11 inches, dressed to the 10s with perfect skin and a perfect smile to counterbalance/support her super intimidating looks. She stood next to a group of 3 or 4 other girls.

I didn't get eye contact with her but I barged right in and started talking to her and one of her friends.

The interaction went pretty much nowhere.

Everyone seemed cold as fuck.

Even the least pretty girls in the group had "why is this guy talking to us" eyes.

The interaction fizzled out and I continued on my way to some other girls that were clearly more interested.

Although everyone else was fairly friendly to me for the rest of the night, I didn't have much luck and I ended up going home alone at around 1:55am.

By 2010, I didn't take rejection too hard.

I was getting laid and I had a long-distance girlfriend that was prettier than 95% of girls that I talked to.

But for some reason this particular rejection was difficult even though I've been turned down by super hot girls plenty of times.

She was a "10".

In my book and yours too.

Although this shit is a total numbers game, it reminded me that there was a tier of elite girls that I couldn't get on the SAME day/night. At least not on any sort of consistent basis. It would require months of dating and I'd have to absolutely fight for my life and sanity the entire time.
(this was me in early 2010)

I didn't show it but I was upset.

The fact that she probably wouldn't even remember me the next day made me angry.
(and turned me on)



On a Wednesday Night, 2 or 3 Weeks Later...

Status: Available and DTF

Although I periodically thought of what happened that night for the rest of the weekend, by the following week I had largely forgotten about it.

One random Wednesday night, my friend had invited me to a pretty big "warehouse" trance-theme party (sort of like a rave but more classy). I decided to go with him.

Within about 15 minutes of getting in the place, he noticed a group of hot girls who seemed to be looking our way.

Sure enough, it was the exact same group of girls, with Lacie and one or two other girls that I hadn't seen before.
(The Hollywood Scene is a small world, for better or worse)

My friend (who does pretty good with girls) asked me, "What should we do..."
(this was code for - CHRIS GO UP AND TALK TO THEM AND I'LL STAND NEXT TO YOU)

I told him that I had tried with that group on another night and they were nothing but total bitches.

Even seeing them made me irritated.

He was having trouble hearing me over the music, so I kept trying to yell the story at him.

As I was trying to explain, we were interrupted.

The entire group of girls came over to us and started talking to us.

Lacie grabs my wrist and and says -
(this is a near exact quote)

> *"I've seen you before. Do you remember me? I've seen you before. We've met before."*

I answered -

> *"Umm... No I don't"*
>
> (Obviously I did though and she looked even hotter in her little purple dress - her perfect breasts were the center of attention for every guy and girl in the place)

She refreshed my memory -

> *"I met you at Saddleranch about a week ago, you came up to talk to us!"*

Her friend that was totally rude on that night adds -

> *"You know him! He's that tall guy."*

I tell them that I'm still not sure.

(I'm thinking - yeah I remember, you were all so fucking rude.)

Lacie introduces herself and tells me that she has several free drink tickets and invites me to go spend them with her at the VIP bar on the 3rd floor of the place.

The other girls seem to be talking to my friend and I bounce with Lacie to the 3rd floor.

We proceed to get drunk and make out with each other and just before 1 am we get a cab and go right to my apartment to have sex. She even paid for the cab and gave me gum - blatant girl foreplay in my eyes.

I pounded her pussy until she was dizzy.

What a good night.

As curious as I was about why she (and her friends) were so cold to me just 2 weeks prior when we first met, I decided not to go there.

What did it matter?

I got her.

And She was the hottest girl I'd been with since I moved to California in 2007.

But part of me was totally confused.

I was getting pretty good at this stuff and I really thought I had it ALL figured out.

This didn't make sense.

Why did she like me tonight... when a few weeks ago she wouldn't speak to me?



Friday, 2 Days Later...

Status: **Completely Unavailable**

Lacie and I traded texts all Thursday and most of Friday afternoon.

She told all of her friends how spectacular our night was.

(In 2010, I had really been getting into the Bathmate and things were really changing downstairs, it was a magical time)

We set up loose plans for Sunday evening. We both couldn't wait to exchange bodily fluids again.

My friend had slept (or messed around) with one of her friends and all of Lacie's girls liked him too.

I was ecstatic - I had a Perfect 10 on my hands and I seemingly had the experience to retain her for a long, long, longtime.

Equally as important - she liked me a lot.

But then something bizarre happened.

Hollywood is a small world, I was really starting to realize this once I moved back to West Hollywood in 2010.

I was at Trader Joe's (USA grocery store) on Friday afternoon and sure enough - Pretty Lacie was too.

It was no big deal though. We liked each other.

(After you fuck a girl, the chase is usually over and she is usually loyal to you, especially if she likes you more than you like her)

I was happy to see her and went to go talk to her.

Lacie looked at me like I was a total stranger.

Within about 30 seconds she told me -

> "*I have to go.*"

and even said -

> *"Good luck."*

and

> "*Nice meeting you. Bye.*"

I really had built up a lot of confidence by 2010.

I was beginning to fly.

My part-time personal training business topped over $120,000, I had a hot long-distance un-fully-committed girlfriend that I adored and I realized that I was making it in the world, playing by my own rules.

This threw me for a complete fucking loop.

Couple that with confusion that I already experienced with Lacie and her entire group of friends.

I felt sick to my stomach.

It was just like the old days - whenever I got close to a hot girl, she seemed aloof or cold to me the day after.

(although I wasn't hung in my early 20's, it wasn't a size issue back then. a lot of times we never got that far...)

It brought back a lot of lousy memories.

Vintage Good Looking Loser.

- Was this bitch *trying* to send me mixed messages?
(girls usually do this via text, intentional phone-tag - but are very sweet in person)

- Was she legitimately confusing me for another person?
(this happens in Los Angeles)

- Was there another guy in the grocery store? Maybe a husband??
(she must be hiding something or someone?)

- Did she have severe mental problems?
(38.7% of the girls I hook up with do)

- Did she not enjoy the sex we had?
(this is bad to think about - read 'The Truth About Sex With a New Girl')

I was in a horrible mood.

My stomach was turning and I sped home without my seat belt or glasses on.

I cancelled my plans for the night and decided to Facebook stalk her, smoke cigarettes on my balcony and stare at the moon.

I even left my phone in my car so I wouldn't be tempted to text her.

I was a fucking mess.

I hated myself for caring so much.



Saturday, The Following Day...

Status: (Seemingly Unavailable)

I stayed asleep as long as I could on Saturday morning.

I hadn't eaten in since Friday afternoon.

I had no appetite and I was still just as upset.

I decided to walk down to my car to grab my phone.

Maybe Lacie sent me a text?

It had been about 20 hours since I looked at my phone.

If she had texted me, I would be happy.

If she didn't text me, I would be further sick to my stomach.
(these were the exact same feelings I had in my early/mid 20's, I was so angry that I was experiencing it all again)

I turned on my phone.

Nothing from Lacie.

Stupid bitch.

I was too distraught to go out on Saturday night, but figured I'd play with my aggressive version of online dating which later became "Good Looking Loser's Guide to Plenty of Fish" to distract myself.

I caught a girl named Kendra in Pasadena (a good 45 minute drive) that seemed up to have sex.

I drove all the way out to see her, got a couple of drinks and went back to her place.

I did her on her living room couch that was covered in dog hair.

She was very average looking (to put it nicely) and we both knew it would probably be the last time she'd ever see me again.

I drove back to West Hollywood still thoroughly annoyed but happy that I found a NO BULLSHIT girl to sleep with that night.

I missed Lacie though.

I missed her so much.

I turned off my phone again and left it in my car so I wouldn't text Lacie.



Sunday

Status: Sexually Available and DTF

I slept in late on Sunday too.

I forced down some Muscle Milk when I woke up and went down to my car to check my phone.

Again, nothing from Princess Lacie.

I was thoroughly disgusted with her and more so with myself for caring so much.

I went to my friend's place (the same kid that I went to the warehouse party with) and we smoked a lot of weed.
(I never smoke weed but I was still so upset and it would force me to eat)

My friend gave his best attempt at trying to cheer me up and reminded me that -

> *"Chris, girls are weird."*

I drove back to my place at about 11 pm - I was planning on taking an Ambien and just passing out.

As I walked up the flight of stairs to my apartment, my cell phone buzzed.

It was Lacie -

> *"Where are you??? :-("*

A wave of calmness hit me.

She texted me!

I put my evidently-fragile ego aside and called her.

I explained that I "totally forgot" that we made Sunday plans and offered to come pick her up from her place.

She agreed.

We got some pitas on Sunset and I took her back to my apartment and fucked her silly.

I licked the sweat from her groin region on the side of her pussy, I wanted to taste the salt of the beautiful girl that completely fucking owned me.
(this is actually what I was thinking at the time)

After some ridiculously fulfilling sex and a mutual orgasm, I remember that I walked out of the room and went out on my balcony to stare at the moon as I did on Friday night.

I didn't know what to think.

It was like I discovered a ridiculously awesome drug that made me feel like I was God.

But knew that I was addicted and it was going to end terribly for me.

I know addiction, I've lived it, I've beat it and the cycle was about to start again.

Lacie came outside and asked me what was wrong.

I told her that nothing was wrong and I just needed some fresh air.

I told her that I needed to take her home because I had something to do Monday morning.
(totally not true, I didn't have shit going on...)

Lacie started crying and asked why I was "kicking her out".

This surprised me so I decided to let her stay the night.

Evidently, she came prepared - she brought a toothbrush, cell phone charger and coffee for breakfast.



Monday and Beyond...

Status: Sexually Available and DTF

We had sex the next morning before I took my usual morning dose of Kratom (so I was hypersensitive and REALLY into it). I sprayed my cum all the way up to the ceiling. It was insane and we were both quite proud of me.

It was a Monday morning. Most of the world was hard at work doing jobs they don't really like.

I'm hooking up with one of the hottest girls in the universe and I have nowhere else I have to be.

Praise Jesus, Allah, whoever is in charge.

I dropped her off at her place and she kept kissing me and wouldn't get out of the car.

Eventually she did.

I was ecstatic again.

On my ride to Subway (the sandwich place) I remember thinking to myself -

> *Damn... I don't really get what's been going on.*
>
> *But I think I'll be okay if I never see her again.*
> (I was still a bit insecure so I was preparing for the worst - for some reason)
>
> *Chris, you got her, you survived those feelings of emptiness. You fought past her bullshit and fucked a girl that is absolutely beautiful.*
>
> *You're the man again!*

Yup, I needed some self-validation.

The weekend was rough. I lost 6 lbs.

When I got back to my place, I went to take a nap (I never sleep well with someone else in my bed) and the sheets smelled like her perfume.

I slept on the pillow that was under her ass when I was fucking her, it was divine.
(this is crazy how well I remember it, our relationship had a serious effect on me in 2010)

For the next several weeks, I partied and slept with Lacie once every 5 or 6 days or so.
(this is slightly more than I recommend in my Retention Guide because her friends always had wild parties)

I was retaining her, just like I thought all along.

Everything was going smooth, managing relationships is probably my biggest strength.

There were some hot/cold moments, missed texts, times where she 'needed' to know where I was, some Lacie is jealous for no reason incidents, a few mood swings (nothing much more than an emotional girl on her period) but Lacie was completely into me, we both knew it.

Her initially bitchy friends turned out to be a good connection too. They could get my friend and I into just about any [non-celebrity] door (club) in Hollywood and would often supply the drinks, drugs, car rides and party house - free of charge.

It was a nice way to get started in the club scene, that world can be quite intimidating if you are an outsider or a newbie.

We had it made.



5 or 6 Weeks Later

Status: Sexually Unavailable

On a routine "date" with Lacie, we did the usual - grab some food and flirted with each other (foreplay) at the table en route to my bedroom.

As I began to tell her how big my dick was getting (I just told her that I was still growing because of my high testosterone levels), she seemed aloof and preoccupied.

She cut off my bullshit "Chris' penis is still growing" story and began to ask me where our relationship was going.
(I had followed my 'Retention Guide' perfectly - slow emotional progress which usually locks girls down for 4-5+ months.)

I was unprepared for "the talk" but responded with my default answer -

> *I like where things were going, it's great, I'm excited about things. I think about you a lot.*
> *But we can't force things and need to let things "naturally" play out.*
> *It's heading in a good direction.*

With EVERY OTHER girl - they respect this answer and are usually 99% satisfied.

Lacie wasn't.

She started yelling at me -

> *You're just playing me.*
> *I knew it.*
> ***That's what I thought in the first place.?***

I denied it.

The fact of the matter was - I was having real, albeit cloudy thoughts of some future with her. She needed to prove herself to be loyal though. I had forgiven her initial behavior but I hadn't forgotten. I had a hot, long-term, long distance, don't-ask-don't-tell-when-we-are-in-different-cities committed girlfriend but I was still somewhat open to seeing where a select few other relationships went.

Lacie got up from the table, stormed outside and supposedly walked all the way back to her house.

She also sent me a text that read -

> *"Don't ever call me, text me or message me ever again Chris."*

? **"That's what I thought in the first place,"** was very telling. Everything made sense now. She thought I would break her heart, so logically - she tried to pull away after we had sex the first time.

Hence the Hot/Cold feelings.
(which presided over the past few months when we were sleeping together - without conflict)

At the same time, she REALLY liked me and gave into her emotional feelings when she saw me again, often to revert to logical "he's a player and will hurt you..." "you need to distance yourself or you'll get hurt..." when she was alone.

A little "seduction" theory for you.

Dorkspeak. But it's accurate.

This is sexual availability.

It applies to your initial interactions but also to uncommitted relationships.

Here's a discussion on how to handle "Player Accusations" with an audio of exactly what I would say.



Months and The Year Afterward...

Status: (Sexually Available & Unavailable)

Every so often, I'd text Lacie.

She would usually not answer but sometimes she'd reply -

> *"Don't text me Chris"*
>
> *"we are done"*

About ~3.5 months later, sure enough, I got Lacie to meet up again -

I did the usual, texted her -

> *"Hey sexy"*

When she answered my text back (with something friendly), I called her to setup plans just like old times.

We met up, we had sex, we talked about our lives, her new puppy, her little brother that wanted to play football at the University of Texas and she invited me to come to Houston for her Dad's golf tournament.

When I politely declined (I ACTUALLY had stuff going on) she stopped talking to me for another 1 or 2 months.

In my mind I was done with her though.

I had moved on.

I literally didn't care anymore.

My legitimate indifference was a shock to me.

She wasn't the untouchable girl that I met earlier that year who put me through the mindfuck of my life.

She was just like every pretty girl that appears to have everything going her way in life - she wasn't where she wanted to be in life, she didn't know what she wanted and her moods changed daily.
(the girls that actually know what they want in life generally aren't sleeping around, unfortunately)

But more significantly -

During 2010, I started to develop an enormous empathy for women because I was really getting to know a lot of pretty girls on an deep, emotional and even a spiritual level.

From housemates to bed buddies to my long distance relationship - I really was starting to understand women.

Even when they couldn't understand themselves.

They were always confused and confusing themselves.

They never knew if they should be -

single and getting laid?

single and not getting laid?

having a boyfriend?

looking to get married?

or having several fuckbuddies?

Most haven't decided if sex is okay or sex is "bad".

Their hormones would change on a monthly basis.

Their emotions would change, sometimes on a daily basis - as I describe in "Swag Factor".

They never knew what they wanted or who deserved to bang out their pussy or how they should feel after it happened.

I finally got it.

I stopped taking things personally and realized what Sexual Availability was and the importance of TAKING CONTROL OF THE SITUATION - make up their mind for them.

I also decided that I wasn't going to break anyone's heart unless I absolutely had to.

I'd push away girls that I knew would cling to me even though they might make good fuckbuddies.

I'd do them the favor.

Sometimes.



What I Learned From Lacie

Although it would take me a good ~2 more years to fully realize (and later conceptualize) - I saw, experienced, and learned every stage of sexual availability from Princess Lacie.

Lacie initially outright rejected me but later became a girl that was absolutely obsessed with me while

still being hot and cold the entire way through.
(sometime around November my car had seemed to get vandalized, it looked like someone deliberately scratched it, I don't know if it was her however)

For Lacie, her availability seemed dependent on her daily love/hate quest for trying to convert a player (me) into a boyfriend while shielding her heart (and probably cautiously exploring her other options of 10+ guys trying to get at her pussy).

This is common and a lot of you guys will experience this as you add more and more fuckbuddies to your stable.

It doesn't matter how "good" you get or how good looking are you - girls will be erratic.

There's nothing you can do about it sometimes.

Some girls aren't easy to manage.

A lot can't even manage themselves (self-control) and that is a red flag that they wouldn't be good girlfriends.

Sometimes, the "player" thing is held against you (but it's a good thing 98% of the time).

But there's a million and one other reasons for their sexual availability and unavailability.

While Lacie and our "relationship" is an extreme example of Sexual Availability (most girls are more grounded, until they REALLY like you and you won't commit), it's a metaphor for EVERY OTHER girl you talk to in your life.

They are hot and cold.

Often it has nothing to do with your looks if you have been working hard on your appearance and sex appeal.
(please do)

Even more often it has nothing to do with your "game" outside of general confidence.

Girls don't know where they stand and once they figure it out - they change their mind.

They are fickle and can't even help themselves.

One day they are looking for a tall, handsome stranger with a thick penis to take them home, [voluntarily] tie them up and smash their pussy.

The next day they watch a mooshy "chick-flick" movie and they want a boyfriend and romance.

The next day they "hate guys" because they see that their ex-boyfriend has a new girl who is hotter than they.

The following day they want a husband when they hear their friend is getting married and they feel their clock is ticking.

The cycle repeats itself, usually in bi-monthly cycles but it can be a daily rotation as well.

Women's emotions are highly volatile.
(the best girls KNOW IT)

The key is to MAKE UP THEIR MIND FOR THEM and assume 100% of the leadership role while not taking it personally if they give you resistance. Often, they aren't resisting you - they are resisting themselves.

Remember - any girl you've slept with and *sometimes* even ANY GIRL you've kissed, went on a date with or even texted back and forth with (assuming flirtatious dialogue) - **LIKES YOU** [to some extent], you've met or passed the "Looks Threshold" and there is at least some interest in taking it further.

It's just a matter of catching her on a night when the proverbial "window" is open.

Don't delete phone numbers of girls that reply to your texts just because they don't want to hang out THAT DAY or seem to avoid making plans with you after 1 or 2 tries.

Slowly pick off these girls - ONE BY ONE.

While this seems like a lot of work and that you are coming from a position of weakness - it's not.

If you collected 50+ numbers of girls that were legitimately interested in you (while you were aggressive with them) but not necessarily available on the day you met them -

Chances are, if you sent them all a mass text that read -

> *"Hey Sexy"*

ONE (or more) of them would reply and have some free time.

That's the ONE invite out for a drink/to your place for a movie that night.

That's as easy as it gets.

One day you may ACTUALLY BELIEVE the Sexual Availability concept, usually at the same time as you internalize the screening mentality and make further progress on your "Sense of Entitlement".

When that happens - you will have no need to ever read Good Looking Loser or dating advice ever again.

You will hit your Golden Era and never look back.



Pour Conclure

Lacie made me experience, realize and later conceptualize the entire "Sexual Availability Cycle".

From our very first interaction when she barely paid attention to me to the night that she asked me if I would ever consider letting her to be the mother to my children, she bounced around the cycle.

Single girls and fuckbuddies go through an availability cycle on a monthly (but often weekly, nightly) basis.

The stages include -

- unavailable
- sexually available
- sexually available and DTF
- "I actually don't even know where I stand and I admit it..."

If your sex appeal is above-average - rejection is usually a matter of her availability and not your appearance.

Don't take it personally. She isn't looking or she's just looking for a boyfriend.

Having sex with a girl is often a matter of timing (the window) and a lot of the factors are outside your control.

You should control what you can control, your fundamentals, but most significantly -

- your appearance (attract girls)
- your killer instinct/game (finishing the job)

Don't make it hard than it is though.

Look good.

Talk to girls.

The one(s) that are DTF will reveal themselves.

Take her to your bedroom and stick your tongue in her pussy and pound her pussy so hard she gets a tummyache and tells all her friends.

A couple of months ago, Lacie texted me.
(she married now and went home to Houston)

She kept a CD I burned for her and was listening to it.
(this was the song playing in the cab during our first night together, it's rare one and thats why we both remember it)

(It's crazy how music can take you back to a specific moment in time and make you remember all the excitement/emotions you were feeling; it was one of the best nights of my entire life)

This was long.

I hope it was useful to you.

I look back the "Lacie Era" with nothing but smiles and have absolutely no ill feelings.

She was just what I needed.

If you haven't yet, view this series below, it's some of my best work -

- "30 Things I Wish I Knew in my Early 20's (Part 1)"

As always, you are free to comment or ask questions below.

I will read them.

Our forum is the best place to post if you have in-depth questions or want people to read your full story and offer help.

How to Avoid Getting Emotionally Attached to Girls Too Quickly

August 7, 2014 | by Good Looking Loser | Link | Original Link

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How To Avoid Getting Whipped

This is something we all can relate to.

At least at some level.

Emotional attachment.

Particularly - rapid, extreme emotional attachment that drives you insane and drives away the new girl you like.

Yes.

It's a problem.



When you are in your 20's, your social/sex life is best spent seeing multiple girls and exploring all your options.

Chill with plenty of girls, party with plenty of girls and sleep with plenty of girls.

Have fun.

Don't let your ego get in the way of gaining social and sexual experience.

Like I did.

Maybe the new girl that likes you isn't your perfect 10 - but can you *at least* have some fun with her?

Experience and variety is super important because it helps define your personality preferences and helps you develop sexual experience that will serve you well in the future when you become more

selective and look for a serious relationship.

More importantly, it is IMPERATIVE that YOU KNOW THAT YOU CAN GET LAID before you get into a serious relationship.

If you can't get laid, future girlfriends (consciously or unconsciously) will leverage that against you because they know you need them for sex and won't ditch them.

Even sweet, well-meaning, emotionally-healthy women treat guys that get laid differently from guys that don't.

Nobody respects a partner that has no options.

Ideally, in my opinion, you shouldn't consider having a serious relationship until you have slept with *at least* 10+ girls, retained several of them as fuckbuddies and had a chance to live out your Golden Era.

It doesn't matter if you don't become some sort of "huge player" or don't totally makeover your personality from nice guy to "top alpha dawg". The 24/7 pick up/party lifestyle isn't for everyone.

The confidence of knowing that you can get hot girls whenever-you-want is.

As long as you know - **YOU CAN GET LAID** - you will always be in a relationship because you WANT TO BE and not because you HAVE TO BE.

Unfortunately...

Most guys never make it anywhere close to this point.

Most guys never give themselves a shot at setting the foundation for an ideal relationship (where the girl fights to win/keep you while you are seeing other girls, rather than the other way around) and have a hard time managing uncommitted relationships (potential girlfriends) because they instantly get emotionally attached to girls.

Despite the enormous benefit of having a relationship on your terms or just managing a couple hot fuckbuddies, getting a grip on emotional attachment, if nothing else, will help keep you from going insane.

We're going to talk about emotional attachment, when it doesn't matter, when it's bad and how to limit it.

There's nothing worse than staring at your phone for hours hoping the girl you "love" texts you back.



Perspective on Emotional Attachment

First, I don't think "getting emotionally attached" is a bad thing.

It's healthy. It's human. It makes the relationship worthwhile and exciting.

But when it happens *TOO QUICKLY*, all the behavior that follows reeks of desperation and it is a clear sign to the girl that you are not emotionally healthy.

My strategies and methods are meant to **limit emotional attachment** but not to completely avoid it.

You don't have to become a cold-hearted sociopath to have, enjoy and retain several fuckbuddies.

Most guys, however, especially those without much of a sex/social/real life, get emotionally attached WAY TOO QUICKLY.

Women, especially the hottest girls (non-teens), generally need several months to get really attached to a guy.

These girls have plenty of options and are really selective to whom gets to be seen with them in public or gets to lick their pussy.

Most guys don't stand a chance to retain those girls because most guys get way too serious, way too quickly.

It works like this -

Girl is having fun, girl likes guy, guy gets too serious, desperation shows, the chase ends, and the girl loses interest.

Repeat until marriage.

We are going to show you how to NOT BE THAT GUY.

Just so you know, this was something I had to work on.

In my teens and early 20's, I was really insecure and I got attached to girls very quickly. Even girls I hadn't slept with. I would tell my friends how I wanted to marry [insert hot girl] and not be any sort of challenge.

I truly was Good Looking Loser.



How to Avoid Getting Emotionally Attached to Girls Too Quickly

I'm organizing this into two categories -

1. Personal Life/Lifestyle Adjustments
2. Social/Sex Life Adjustments

Some of these will be insightful, some will be common sense, all should receive your attention.

If you do them all, you'll be able to beat your I-get-emotionally-attached-too-quickly disease.

Or at least prevent it long enough for the girl to be totally obsessed with you first.



YOUR PERSONAL LIFE

Here are some personal life/lifestyle adjustments that can prevent you from getting emotionally attached too quickly.

#1 Acknowledge and Work On Your Emotional Baggage

When a guy gets deeply emotionally attached to a new girl he just met/slept with - IT IS NO ACCIDENT.

He is insecure and often inexperienced.
(it's okay, it happens to all of us - you just need to understand why and not live in denial)

It's a direct reflection of his self-esteem and lifestyle.

And Mostly: It's a direct reflection of his other options (or lack thereof).

If you fall into this category - just acknowledge it and decide that you aren't going to pursue a serious relationship until you fix most of your issues.

Even if you are able to get a girl into a relationship, if you are insecure - she'll be able to walk on you unless she totally depends on you or is significantly less attractive than you (lucky to have you).

Fix the problem before having the relationship.

#2 Have Something/One Goal That Means More to You

You will always get emotionally attached very quickly if 'the girl' is your #1 priority from the start.

A lot of dating advice suggests to "be busy".

Being busy never solved jackshit and it's a form of passive-aggressive denial.

Ideally, you should have a real life, at least something in your life or at least ONE GOAL that means more to you than any stranger that you just met.

Even if it's just a short(er)-term goal such as getting ripped for a photoshoot or building a small

website.

Something you are obsessed with that defines you.

Though it may sound ridiculous -

My friend that sleeps with 30-40 attractive girls a year has a dog that he loves more than anything.

Just him and his dog. He'll stop talking to girls if they aren't super nice to the dog.
(some of his stories are hilarious)

He has no job or goals but the dog is his #1 priority.

He says it keeps him from liking girls too quickly.

Whether he is right or wrong - he's convinced himself that his dog is the most important 'person' in his life.

Hopefully the dog lives forever.

You will probably need something more than a dog but the point is -

The more things you are passionate about or emotionally attached to - the less you will pour into any new girl.

You can also work on creating juxtaposition if you need some variety.

#3 Have a Tentative Plan For When You Want To Have a Serious Relationship

Though subject to change in the event that you really do meet a great girl - it's not a bad idea to have a general idea of when you see yourself in a serious, healthy relationship (with marriage potential, if you believe in that).

It can be a specific age.

It can be a specific financial/sex life milestone.

Or both.

Anything in-between you can consider a "fling" unless you are convinced otherwise.

It's a good mentality (if you stick to it) because the girl will have to work to change your mind.

One thing that I've told a lot of girls is -

> *"I'm down to see where this goes... I don't go into ANY relationship looking for it to be my last but I'm willing to be convinced otherwise..." (the line is money)*

#4 Make Sure You Are Alive

Guys that get emotionally attached/reliant on girls generally don't have a ton of fun in the other areas.

I was like this.

All I did was go to the gym, play on the Internet and do well in school.

Nice life, hardly exciting.

It wasn't a lot different than what other guys were doing.

Guys might work hard, some might even be successful, some might be fairly content, but they rarely have new experiences or make exciting memories.

If they hook up with a hot girl - it's usually the highlight of the entire year.

As I suggested in "Good Looking Loser's Life or Death Test", most people would benefit enormously by simply scheduling SOMETHING NEW/FUN EVERY ~14 DAYS.

It gives you something to look forward to and get excited about.

It gives you something to talk about for the remainder of the month.

It helps to break the cycle and remind you that YOU ARE ALIVE.

It helps to remind yourself that LIFE CAN BE FUN, with or without a girl by your side (or on her knees).

#5 Get Into Shape

If you are serious about having a good sex life, you'll want to get in shape regardless.

Lots of guys who aren't in shape have a good sex life but they could always be doing better if they looked their best.

This is indisputable.

If you've never been in shape, never gotten compliments on your body or never had groups of girls trying to take pictures with you - you don't truly know the emotional benefits to looking your best.

Superficial or not, when you have a good body, you feel superior to other guys.

You get told you are superior by both genders too.

Aesthetically speaking - YOU ARE.

This helps your Sense of Entitlement as well as simply making you more attractive.

My suggestion is to get down to a somewhat muscular ~8% body fat physique, since low body fat is more important than big muscles.

Getting into shape can also be a "productive diversion" and a healthy release of emotional energy if you find yourself thinking about a girl/anything too much. It's better than "be busy".
(this is hard, whenever I really liked a girl in my 20's - I couldn't leave my apartment, let alone be productive)



YOUR SOCIAL/SEX LIFE

Here are some adjustments that you can make to your social/sex life that will help prevent you from getting emotionally attached too quickly.

#1 Understand When Emotional Attachment is Actually a Problem

(When You Like Her More Than She Likes You, Usually in the First 6 Weeks)

Like I mentioned, getting emotionally attached isn't a big deal - it's normal.

When it happens **too quickly** - it can be an enormous problem.

You are no longer a challenge.

You begin to try to "prove yourself".

Hanging out with the girl isn't fun anymore, it's simply an ongoing audition for the role of 'Loyal Boyfriend'.

You lose the power and it's generally impossible to get back unless she's more insecure.

As a general rule, throughout the entire relationship -

> ***YOU WANT THE GIRL TO LIKE YOU MORE - THAN YOU LIKE HER.***
> (even if it's just *a little more*)

So long as this is the case, you can still manage the relationship pretty easily via the Retention Guide.

Just use it - it works nearly 100% so long as the girl respects you and considers you to have some boyfriend potential (or just really good in bed).

In the scenarios where you like a girl more than she likes you - you'll have to do your best to hide it until she's feeling the same way.

That's just the way it is.

I don't make up the rules to human psychology. So don't blame me.

Emotional attachment, however, is only a problem when the girl doesn't feel the same way or happens way too quickly.

When a girl is REALLY FEELING YOU, you don't have to worry about getting emotionally attached to her as much.

But I still suggest taking it slowly.

Girls that are overly obsessed with you from the start usually have their own emotional voids.

Those are the types that vandalize your car or tell the police that you are running a drug cartel.

They might even come over unannounced to see if you are fucking other girls...

...While you are fucking other girls.

#2 Go Out With Multiple Women

(Even if you don't end up sleeping with them)

If rapid emotional attachment is a constant problem, it is ABSOLUTELY MANDATORY that you convince yourself that YOU HAVE OPTIONS.

The way to do so is - SEEING THOSE OPTIONS.

Ideally, also converting those options to fuckbuddies.

But you don't have to actually have to sleep with those options to reap the emotional security benefits though.

Simply going on dates/hanging out with girls is a good way to prove to yourself that you have options.

Having 2 or 3 dates (or meet-ups) a week is ideal.
(Hint - You can get these from online dating if you have Approach Anxiety)

Unless it's a blind date, EVERY GIRL that agrees to meet up with you - ALREADY LIKES YOU (or is at least somewhat interested).

Even if you don't end up liking or sleeping with her, it helps to assure yourself that YOU DO HAVE OPTIONS and it's just a matter of time before it works out for you.

In 2008, when I was still loyal to the PUA thing, I went out with at least 60 girls during that year.

Although I didn't even get half of them into bed because I acted like a fucking circus monkey on steroids, seeing my options really helped my self-esteem.

My self-esteem had been in the toilet after dropping out of Law School and joining a $4000/month pick up program with absolutely no income.

All jokes aside, this period of time really helped me regain my confidence.

Don't turn down "dates" or hanging out with a girl just because she's mainly looking for a relationship.

You can do that once you get more experience.

#3 Continue to Do Online Dating Even After You Are Seeing a Few Girls

After you have some options to sleep with, protect your investment by bringing more options in - usher in your Golden Era.

You aren't going to want to live this way forever, just have fun with it and reap the psychological benefits.

See a trend here?

OPTIONS.

Having options is the answer to your emotional attachment issues.

ANYTHING that reminds you that you have options is a good thing.

ANYTHING.

Rapid/Excessive emotional attachment generally comes from a lack of options.

Although online dating for a guy isn't close to as flattering/productive as online dating as a girl, it still helps to see that you have plenty of options online too.

Get to 8% body fat or lower, get some affordable professional pictures from Groupon and throw up an online profile on Plenty of Fish, OkCupid and/or Tinder.

More experienced guys can check out Adult Friend Finder (works best if you live in a big city).

I encourage you to look online to try and find a more attractive/cool girl to add or replace the ones that you are currently seeing.

Even if nothing becomes of it, simply going out with girls from the Internet should remind you that

you are physically attractive enough to be seen with.

That will be a big step for some.

Here are our guides for online dating -

- "Rooster's Guide to Plenty of Fish" (Newbies)
- "Good Looking Loser's Guide to Plenty of Fish" (More Aggressive)

#4 See/Sleep With Girls That Are Below Your Level

Sleeping with girls that you can 'do better' than or are 'below your level' can help treat attachment issues with hotter girls.

Some guys with super high standards think that sleeping with average girls is psychologically damaging.

After 27 years of thinking that - I now firmly disagree.

Listen to me here before you dismiss the idea of "lowering your standards".

There's a psychological effect that comes from dating/sleeping with a girl below 'your level'.

Like my former self, most guys think it's a negative effect.

But it's not.

It's just the opposite.

When you intentionally date/sleep with girls that are "below your level", you won't risk getting emotionally attached because you will feel that you can do better.

This superficial attitude will boost your confidence.

The girls telling you how hot you are, bragging to their friends and swallow your load with pride - it's an ego boost.

An ego boost you absolutely need if you have over-attachment issues.

Appreciate their compliments.

One day you'll hear it from a girl you are more physically attracted to.

Just be nice to them and don't hurt their feelings.

Some of them are legitimate sweeties and know that they don't have a real chance to keep you.

They will want to show you off to their friends and take pictures with you.

It's kind of a big deal for them to be seen with a guy that is better looking than they are. It helps their ego.

But it's also kind of a big deal for you too. You need to get validation in order to get past this phase.

It's a temporary thing, just have fun with it and realize that YOU HAVE OPTIONS.

I wish I heard this advice, I wouldn't have been such an insecure shmuck in my early 20's.

Some of my most flattering/rewarding/funnest (is that a word?) times came from hanging out with/partying with girls that I wasn't all that interested in at the beginning.

There's way less pressure and there's absolutely nothing to lose.

If nothing else, it's better than going through long periods of time without getting any pussy.

That is more damaging on the psyche.

You don't have to sleep with overweight girls, just don't write off average or slightly above-average girls that would love to spend time with you and will make you feel good about yourself.

While it's nice to "not need validation from women".

It's also quite nice to get when you need it.

#5 Follow Good Looking Loser's Retention Guide

Of any "skill" - managing relationships is what I'm best at.

Yes, better than picking up girls and better than my social freedom "level".

I have had some incredible women become and stay a part of my life.

Some would pay to fly across the country to spend a weekend with me in the Hills.

Others immediately hit me up when they go "on break" from their boyfriends.

It's truly amazing sometimes, I really did become "that guy".

Everything I do/know is in our Retention Guide.

If you follow the guide - things will take care of themselves.

You won't have to do anything special.

When a girl simply spends time with a guy she likes - she gets attached slowly but surely.

Even if you find yourself more emotionally attached than the girl is, if you can exhibit some self-control and just follow the guide - you'll eventually be on the same page.



Pour Conclure

Excessive emotional attachment often has very little to do with the girl you just met.

She's not special.

Even if she is - you barely know her.

Excessive emotional attachment is mainly a barometer of your own emotional well-being and

self-esteem.

The idea (and reality) of having fuckbuddies is a happy one.

The Golden Era is the beginning of the most fun you'll ever have.

But if you get attached to women too quickly, dating women (let alone trying to handle multiple women that you are obsessed with and scared to lose) can be a supreme challenge and absolutely wreak havoc on your emotional health.

But that's no different than the emotional havoc of being in a normal committed relationship when the girl starts to walk on you because she knows you can't get pussy elsewhere.

Just follow the advice above and that won't be you ever again.

There's nothing more dangerous than a man with options.

He can do whatever he wants.

He's the elite guy that women chase.

He's the guy that women brag to their friends about.

He's the guy that can land 3 fuckbuddies in a single weekend.

You don't have a be a cold-hearted sociopath to date multiple women.

You just have to be ***a little less emotionally attached than the girls are.***

We've all had girls burn us in the past because we got overly attached too quickly.

It happens.

That's fine, that's life.

What isn't fine is if the scenario repeats itself EVERY SINGLE TIME and you take no strides to investigate or improve your emotional health.

If you have any other suggestions to avoid/delay emotional attachment, I highly encourage you to write in.

This list is by no means the final word on this subject.

How Brian (Scotty) Gets Laid In 5 Minutes - The Quick Hit (Podcast 6 w/ Scotty)

August 11, 2014 | by Good Looking Loser | Link | Original Link

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How to Get Laid in 5 Minutes

disclaimer: Consider this all entertainment. Try this at your own liability and risk.

This is the type of stuff that you will only see on Good Looking Loser.

I've thrown a lot of bare-minimum/newbie "Nervous Guy Game" at you recently but this is the aggressive/dirty stuff that a lot of you guys signed up for.
(by the way - our aggressive nighttime screening video is DONE and will be up within a week)

Whether you are into this or not, I suggest you listen to this.

There's a lot to be learned.

You will be hearing the mindset and actions of a REAL guy that spent almost an entire year (nearly every night) trying to pull girls into his car (or bathroom) in under 5 minutes.

He became really good at it.

When Brian (formerly, Scotty Flamingo) was coaching in the mainstream PUA community around 2008 he had a reputation of being an absolute fearless "speed demon".

Here are his "lay reports" from the PUA era -

- Scotty Flamingo Lay Reports

If Killer Instinct is truly the definition of "game", then Brian has the best game on the entire planet.

Not just among pick up-artists - but among EVERYONE.
(I'm serious on this, I don't know anyone who can do "quick hits" anywhere close to him)

This is the kind of stuff that separates him from the rest of the universe.

For an extended period of time in 2008-2009 he was literally taking girls into a bathroom (or more often, his car) in about 5 minutes.

Aaron Sleazy recalls just this -

- "Sleazy Recommends Scotty from Good Looking Loser"

This the kind of stuff that was mind-blowing that you'd have to see to believe.

I've done some speedy stuff on camera (bathrooms/backseat of cars we're never quite first option) but Brian is better than ANYONE in the entire world at it.

Certain weeks he was getting laid in his car 4 or 5 nights a week in under 5 or 10 minutes. Unreal.

Though we've spent hundreds and hundreds of hours on the phone (bromance), we never actually spoke extensively about how he was exactly doing this.

Surprisingly, Brian was somewhat reluctant to speak about it with me (let alone to all of you guys).

After talking about some depressing shit (rare), sports, pick up videos, common friends and family,

slugging some Kratom - we really got into this "bathroom pull" thing.

For the first time I finally got the chance to pick his brain on what the hell was going through his head and how he was doing it.

Some of what he had to say was news to me.

note: These days Scotty isn't doing this "quick pull" very often. He explains why. He also explains why he was so obsessed with it in 2008. He also discusses several misconceptions surrounding the character "Scotty Flamingo" and how he was more often taking girls to his car rather than trying to have sex with them in a dirty bathroom.



Update on Scotty's Workshops:

Scotty is running an amazing deal if you want to work with him. He has official prices now too.

- 3 night sessions in a month (6 per, 18 hours total) for $1200.
- 3 all day sessions in a month (12 per, 36 hours total) for $2200.

You will not find a better guy at cold-approach nor will you find a cheaper price.

For more information and a contact for to get in touch with him, look here -

- Scotty's Private Training (NYC)

This offer is subject to change and likely will in the few months.

Have a listen -

(download it from SoundCloud if you like)

Check Good Looking Loser Out on iTunes -

- Good Looking Loser on iTunes

Table of Contents

0:00 Welcome!

0:45 This podcast is brought to you by the new Bathmate Xtreme.
(some proceeds benefit the Children Cancer Research Fund in Minneapolis, MN.)

1:05 Background information on Brian from 2008.

2:20 Where Brian learned this from (Pheromone Kid, BradP) and why he was obsessed with getting laid so quickly.
(not an affiliate link, this interview is worth checking out - it had a MAJOR effect on Brian)

3:55 Chris' signature "line" is actually from the Pheromone Kid.

5:45 Brian would listen to this CD everyday for hours straight.

6:55 Aaron Sleazy was influential on Brian's "quick pull" mindset.

7:55 Brian made the "quick pull" his ONLY goal. No phone numbers, no taking a girl home - only getting her to his car in 5-10 minutes and/or jerking off alone in the car.

12:00 Brian is generally against "structured game" but had a repeatable gameplan/method that he followed 110%.

12:45 Here is the method.

(During this part - we *really* wanted to make sure Brian could give you a step-by-step method, so I jump in to make sure we stay on a chronological track. Forgive the interruptions - we wanted to make sure you guys GET EVERYTHING, IN ORDER that he told me in our 3 hour long Podcast prep.)

Venue: Bar or Club with a Dance Floor

1. Stand just off the dance floor and scan which ONE GIRL is the most horny, most sexual, DTF, dancing the wildest, grinding the hardest, party-mode. (13:27)
   You aren't necessarily looking for eye contact - you are just watching her.
2. GET IN THERE/POUNCE IMMEDIATELY when there's a break in the dancing. (17:35)
3. WALK RIGHT UP TO THE GIRL and grab her hand and reel her in and talk to her. (22:20)
   What you say isn't important, it can be small talk - the key is to show your intentions via physical dialogue.
4. Within about 1-2 minutes - try to pull her outside the club with THE INVITE "Lets go get some fresh air" or "Follow me" (24:20)
   or use the Pheromone Kid's "come watch me jerk off invitation" (28:20, see below)
5. Walk her right out the front door, right to your car that should be as close as possible. (32:44)
6. Tell the girl to hop in the passenger seat and get in the driver's seat and immediately take out your dick. (33:15)
7. Start touching yourself with your left hand, get your dick hard and try to get the girl more involved, "Do you have any spit?", have your right hand on her legs (34:05)

- **Recap of the first half of the process (scan, approach, engagement) (18:15)**
- **Recap of the second half of the process (engagement to invite to pull to car) (36:05)**

37:00 When a girl comes to your car she knows what is going on (~non-verbal consent) and probably

will not walk.

37:15 What happens when the girl sits in your car.

40:15 The supposed roots of the "bathroom" pull - from a homeless guy?

40:50 Method #2: Sleazy's influence on Brian (less verbal 'invite' screening, more immediate physical)

48:00 Method #3: The non-dance floor method (do several laps around the bar until you find the horniest girl and make eye contact with her. Immediately begin to leave the place with her.)

49:00 Brian got laid without speaking one night. I did something similar in Fort Myers one night.

52:30 What about the girl friends? How do you handle them? Will they shut you down?

57:20 Brian's all-or-nothing gameplan - he was going to jerk-off alone or jerk-off/have with a girl.

58:50 How in the world did Brian have such high-percentages at this crazy shit?

1:03:00 Brian's final thoughts on the "quick hit" and being absolutely ALL IN.

1:04:20 Why moving quickly with girls actually can be easier. (hint: less verbal needed)

1:06:30 Brian talks "quick hits" during the day and his old lifestyle.

1:10:20 Being comfortable is key.

1:10:45 Brian's goal was strictly to sleep with as many girls as possible and that's why he got good quicker than Chris who was obsessed with only the hot girls. Quality will come with experience and general self-improvement.

1:12:30 Brian was doing "quick hits" within his first 10 months of approaching.

1:15:00 Chris' perspective on what Brian has accomplished.

1:16:00 Go look at Scotty's Training page if you want to work with him.



Further Discussion of Key Concepts

Watch Me Masturbate - The Pheromone Kid Invite (28:20)

(but not necessarily in those words)

After 1-2 minutes of immediate small talk while holding her close, you extend the invite for the girl to come watch you jerk off.

Typical things Brian/Pheromone Kid would say in a comfortable matter of fact way:

> *"I've had a long week..."*
>
> *"I'm really pent up..."*
>
> *"I'm really crunched for time right now..."*
>
> *"I need to release some tension..."*
>
> *"I'm going to take off..."*
>
> *"Why don't you come watch...?"*
>
> *"Take get some fresh air..."*
>
> *"Lets take care of this."*

For more information on the Pheromone Kid - check this out.



One Shot - One Kill? - Sex Off Only 1 Approach? (20:45, 58:55)

Despite the aggressiveness and "weirdness" of this approach which would seemingly lower odds, Scotty describes it as a slamdunk and can be a 100% success ratio* if you really know what you are doing and can really spot the ONE GIRL with the highest "buying temperature".

* nothing is 100% - Brian spent almost a year doing this and he had really good percentages toward the end of his run.

This is the part that is outrageous to me and separates Brian from everyone I know.

Yes. I believe him.

His intuition is ridiculous. Especially during this period of time.

For a good period in 2008-2009, he was making 1 approach a night and taking a girl to his car more often than not.

The idea of "Getting Laid in 5 Minutes" seems absurd.

Keep in mind, it's more like 15 minutes (out the door in 5 minutes) and it's usually with a girl that is massively attracted to you and is just as horny.

If you learn to spot those factors and act with Killer Instinct, quick things can happen.

Thank you for listening!

The best way to talk to Brian is in his section in the forum and the best way to learn about his workshops is his training page.

Your Hair vs. Anabolic Steroids (How to Stop Hair Loss Guide - Part V)

August 29, 2014 | by Good Looking Loser | Link | Original Link

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Your Hair vs. Anabolic Steroids

This portion and the entire "Hair Loss Prevention Guide" is subject to our Medical Disclaimer.
It is not medical advice nor the replacement for advice from a qualified physician.
You should have a legitimate prescription to use anabolic steroids and must do so under a physician's supervision.
This is for educational purposes ONLY and should be followed if approved by a physician.

Welcome to Part V of "Good Looking Loser's Hair Loss Prevention Guide".

The vast majority of this guide is featured on the safe-for-work website, Lifestyle by Good Looking Loser (GLL-GetALife.com), but this particular section is filed under 'Get Juiced' on GoodLookingLoser.com because it references anabolic steroids which is considered to be a 'mature' topic.

I highly suggest you check out the full guide if you are prone to Male Pattern Baldness and want to keep your hair -

- **"Good Looking Loser's Guide to Hair Loss Prevention" (index)**

It is based on over a decade of experience, trial and error, wasted money, two hair restoration procedures and clinical studies.

We used to have an entire YouTube channel 'Hair Loss From Steroids' that discussed this topic in-depth but the content is against YouTube's new guidelines and was removed.

You can find most of the videos on DailyMotion: Hair Loss From Steroids.

The original website is here (yes, it's ghetto, it's the first website I made) -

- HairLossFromSteroids.com



My Hair vs. Anabolic Steroids Story

I am very prone to Male Pattern Baldness.
(if you aren't prone to Male Pattern Baldness - steroids will not "cause" permanent hair loss)

I had 2 hair restoration procedures before I turned 30, which was tremendously accelerated by taking large amounts of "hair-unfriendly" anabolic steroids in my 20's.

Even though I'd lose 200+ hairs a day in the shower, my attitude was -

> *I'll just get a hair transplant. (or two)*

And I did.

For the most part, it solved the appearance issue - even though I have a significant thin spot on the top of my head that I cover up with a certain hair fiber product.

If I could do it all over again, I would have ONLY used hair-safe steroids and not touched any of the really bad ones.

At the time, I was so insecure, bored and obsessed with being big and strong. So "not doing steroids" wasn't an option.

I also would have ran my "Hair Loss on a Budget" stack at all times instead of sporadically.

Finally, I also would have used Dutasteride (really expensive in my mid 20's) and/or RU58841 (not available in my mid 20's).

If I had taken these 3 measures, I probably could have avoided getting a second transplant.

But it is what it is.

My hair looks decent (with the concealers in it) and the treatments I use work really well.

My hair has looked the same for 5+ years - which is a sign that the treatments are working.

Let me give you some perspective on this.

 This is an older photo, right toward the end of the juice era.

Have Your Cake and Eat It Too?

If you have Male Pattern Baldness, can you take steroids and not lose hair?

This is a very general question.

First - There are so many different types of anabolic steroids. Some are worse for your hair than others.

Second - Everyone has a different predisposition to Male Pattern Baldness. I am a 'diffuse thinner' and ALL my non-donor hair is subject to miniaturization. Some guys just see thinning at the hair line or the hair line and crown.

It's impossible to give a 'yes' or 'no' with much accuracy.

The answer is 'maybe'.

The good news is, educating yourself on this subject will help tremendously (the majority of guys that lose their hair from steroids and want it back have no idea how to protect themselves or what they were doing).

There's several advanced protection measures you can take, including cutting-edge compounds such as RU58841 (post no longer available, sorry) and knowing which androgens you can take and which you need to avoid.



While there are some exceptions, the majority of bodybuilders have long exhausted their hair follicles.

Debate: 3000 Hair Follicles -or- 8lbs. of Muscle?

(and the more important question to ask yourself)

I fully understand the never-ending psychological debate that anabolic steroid users that are prone to Male Pattern Baldness face.

Is it worth it?

I can get another 5 or 10 lbs of muscle.

But it will cost me approximately 3000-5000 hairs.

Although most of it will come back, the majority will be finer and thinner.

Is it worth it?

I mulled this question during every cycle, after every cycle, during every post-cycle therapy period, after every post-cycle therapy period and just about everyday when I looked in the mirror and watched as my former super good looks had morphed into a new, bigger, more bloated appearance that I curiously enjoyed.

Still, every time I debated this question (2002-2007), I arrived at the answer -

> ***Yes.***

The truth is, to some extent, you could always buy more hair.

At the same time, after something else (such as business, women, school, etc.) becomes your #1 priority - a lot of the muscle will go away and your hair won't be coming back.
(unless you maintain it with HRT and HGH)

That's why -

Years later, after I turned 29, the answer became a definite -

> ***No.***

It absolutely wasn't worth it anymore.

Especially since I had invested over $10,000 in hair restoration and countless more thousands in treatments.

If you are prone to Male Pattern Baldness and worried about anabolic steroids eating up your hair, there's some other equally significant questions that need to be answered -

> ***Why are you using anabolic steroids?***
>
> ***What are you trying to do?***
>
> ***Is it for you? Or not?***

For me, since my athletic career was over, I was using steroids to attract women and feel more secure with myself.

Although I genuinely enjoyed it (1.5 grams of testosterone and going hard in the gym made me feel great) but I wasn't trying to become a competitive bodybuilder or do anything I *needed* steroids for.

Getting huge is fun.

But I was psychologically addicted.

I admit it.

The fact of the matter is -

I would have been WAY BETTER OFF and WAY MORE ATTRACTIVE to the opposite sex with about 30lbs. less muscle.

I don't know if I knew this or was in denial.

Lifting weights and making progress in the gym was the only thing I had in my life.

It was fun.

A fun escape though.

If you are using anabolic steroids to become more attractive to women - just know that you don't have to use them (or high doses) or you should stop using them after you get to about 205-210lbs if you are seeing side effects that you don't like.

The ideal body is ~8% body fat and looks nothing like a professional bodybuilder.

If you ARE trying to compete - you should probably just forget about your hair, or make it a lower priority.

Bodybuilding isn't a sport for normal-looking, pretty, age-defying guys with scalp hair.

It's a sport for increasingly ugly freaks - LEGITIMATE **HARDCORE** BODYBUILDING that is.

Make your decision.

So is it worth it?

It all depends.

If you *do want* to use steroids and *do want* to keep your hair looking good -

At the VERY LEAST: you should use the most hair-safe anabolics and take the most extreme measures to protect yourself from Male Pattern Baldness at all times.

The daily "Hair vs. Muscle" debate sucks.

But it is what it is.

Be prepared and don't lose any more hair than you have to.



Just Shave Your Head!

On just about every bodybuilding/steroid forum, if you bring up the topic of hair loss, 5 or 10 guys offer the incredibly insightful solution of -

> ***Just shave it!***

While you shouldn't completely dismiss this "solution" (shave your head first and see how you look), this is hardly a solution for most guys.

Especially guys that want to look their VERY BEST.

Remember -

The majority of guys that frequent bodybuilding forums don't have much of a sex life (there's always exceptions) and juicing or writing on their favorite muscle forum is their entire life.

Many will go weeks without speaking to a woman in-person.

They don't go out and have fun.

Training is their life.

It's not like they are depressed.

They just don't do too much else with their life.

Sorry.

It's true of a lot of guys. It was for me.

I do believe guys that are legitimately committed to become a competitive bodybuilder or in the advanced stages of Androgenic Alopecia should shave their heads if they aren't considering getting a hair restoration procedure.

If you are reading this, "Just shave it!" is not what you came to Good Looking Loser to hear and it's the LAST THING I will tell you to do.

You want solutions.

You want to have your cake and eat it too.

I don't blame you.



I don't like posting pictures like this. The fact of the matter is - if you are noticing hair loss YOU MUST DO SOMETHING ABOUT IT ASAP.

Specific Compounds and Their Effect on Hair Loss

This list is based on my experience, I've tried the majority of compounds (sometimes with protection, sometimes without).

If you are using anabolics, you should still be using the "MAXIMUM Hair Loss Prevention" protocol to minimize hair loss.

There will be some guys (that usually have never used an extensive amount of steroids or experienced hair loss in any capacity) that want to debate which compounds are good and bad and cite its relative androgenic properties and how it metabolizes.

As respectfully as possible -
(I usually don't go off like this)

I ABSOLUTELY DO NOT FUCKING CARE ABOUT THIS.

I know the science, anabolic properties and various conversion pathways of just about every anabolic steroid as well as anyone does.

I'm not debating the science with anyone.

It's imperfect and contradictory.

It's also insignificant because -

I know which compounds ripped my hair to shreds and which left my hair alone.

I know which compounds made me shed 25,000+ hairs in 10 weeks and which did not.

That is what I base my opinion on.

Hair Safe Compounds (For Me)

Anavar (oral) - Anavar is safe for my hair. The biggest issue is - underground labs fake this compound ALL THE TIME. It's expensive so unethical underground labs will give you 5mg Dianabol tablets instead of 10mg Anavar tablets. The Dianabol will significantly munch on your hair. You NEED to make sure you are getting REAL Anavar. It's expensive stuff so guys in their 20's might be tempted to just "fuck it" and use Dianabol or a cheaper compound. I highly recommend against that.

Epistane (oral) - This legal steroid was hair-friendly to me. It's not particularly strong so I'd rather use Anavar or Superdrol. There have been reports from others that said Epistane caused hair loss or shedding.

* Nandrolone (Deca Durabolin/NPP) - By itself, Deca/NPP should not cause much hair loss. If you are taking Finasteride (which you should be indefinitely), it will cause significant androgenic hair loss that can last up to 18 months. Avoid this one unless you are trying to be a competitive bodybuilder, in which case you shouldn't be using Finasteride.

Human Chorionic Gonadotropin (HCG) - Once only regarded as strictly a post-cycle compound, I (and thousands of others) use this compound while ON cycle (or HRT) at a small dose (250ius, every ~3 days) to maintain testicular size and function. Basically, it keeps your balls from shutting down. As you might expect, it produces all the same hormones that your balls would - Testosterone and DHT being two. Since it increases your natural testosterone levels, Finasteride should do the job to prevent that DHT from reaching your hair follicles.

Human Growth Hormone (HGH) - HGH is safe for your hair, for the most part. Any hair that you lose is likely due to "shedding" (I explain this concept in "Good Looking Loser's Hair Loss Prevention Guide - Part I") and will regrow once your hormones stabilize. Anytime your hormones (not just DHT) fluctuates, you can shed hair. HGH isn't a necessary or realistic option for guys in their 20's because real HGH costs a lot of money. You are better off using Ipamorelin or a peptide substitute. Over the counter "HGH Boosters" are garbage and aren't something that you should ever consider.

Post Cycle Therapies (Nolvadex/Clomid) - Like HGH, these medications shouldn't give you any permanent hair loss. Any hair loss you experience is either from the compounds you used during your cycle or just a general fluctuation in hormones (back to baseline). I've lost so much hair during PCT that I'd be bald 10-times over if it was permanent and not hormonal shedding.

Superdrol (oral) - This is highly debated but Superdrol has been kind to my hair. If you haven't tried it - it's AS GOOD as Dianabol but without all the gross bloat. It's really that good (provided you get legitimate Superdrol). I have gone up to 50mg and not seen a significant increase in hair loss or shedding. There have been reports from others that it caused hair loss or shedding but it was nice to me. Real Superdrol was a great one. Probably my favorite.

Testosterone (under 350mg/week) - Assuming I am taking Finasteride and using a Ketoconazole shampoo, Testosterone won't begin to destroy my hair until I go beyond 500mg. A lot of guys can go up to 750 or 1000mg of Testosterone and be fine if they are taking Finasteride. I am not one of those guys. It seems pointless to take anything less than 500mg of Testosterone but it's not. A 250-350mg dose can be used as a nice Testosterone base so you don't feel like crap on your cycle, you don't need a huge Testosterone dose with your orals unless you are trying to get huge.

* Turinabol (oral) - On paper, Turinabol is safe. I've used it with some success and it didn't touch my hair. One time, however, it seemed to attack my hair. That is likely because the product I receive wasn't actually Turinabol. I suggest that you avoid Turinabol unless you are ABSOLUTELY SURE of the product you are getting. Like Anavar, it's often faked as low-dose Dianabol. Turinabol isn't that good so I'd just avoid it altogether.



Hair Unsafe Compounds

*** I admittedly have not used these because they are VERY LIKELY to completely destroy my hair.**

Anadrol* (oral) - Anadrol makes guys that aren't prone to Male Pattern Baldness to shed hair. I would absolutely avoid this messy compound unless you are a real bodybuilder.

Dianabol (oral) - Dianabol absolutely destroyed my hair. It's unfortunate because it's one of my favorites and always gives amazing size and strength gains. Superdrol is similar, without the DHT and bloat issues. It's a good substitute.

Equipoise - On paper, Equipose (EQ) doesn't seem that bad. And it's not as bad as the prior mentioned compounds. I did see a significant amount of hair loss once I exceeded a 400mg dose and although some of it was general "shedding", I suggest you avoid EQ unless you are an endurance athlete simply because it isn't that strong and may cause additional anxiety and hair loss in those prone to these conditions.

Masteron* - This androgenic compound will eat your hair. That's why I never used it and suggest that you avoid it too.

Primobolan - Like EQ, on paper, Primobolan (Primo) appears to be one of the safer choices for your hair. The one time I used Primo, it was part of a stack that had some pretty androgenic compounds that ate up my hair. To be fair, I can't blame this on the Primo, but I'm not planning on touching it ever again. It's just too expensive and is sometimes faked.

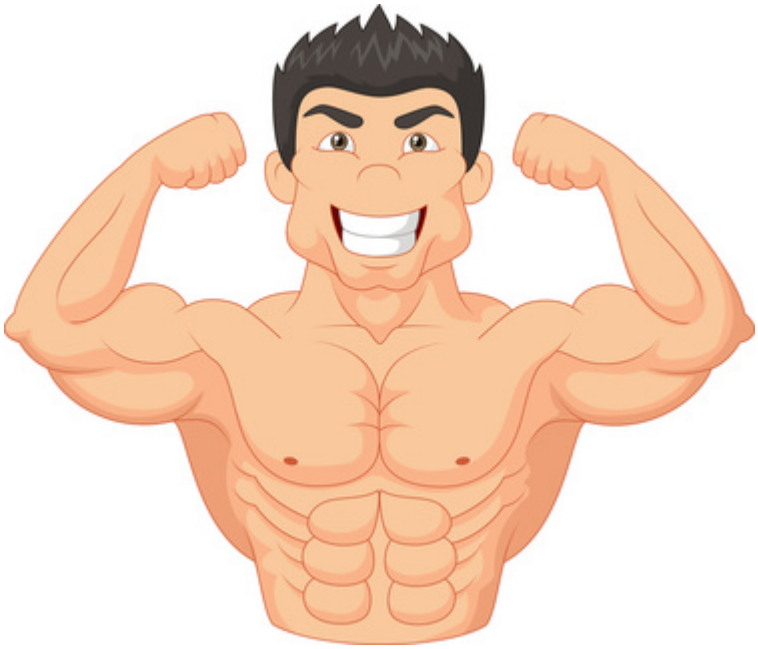
Proviron* - Call me ignorant but I stayed away from Proviron because it is methylated DHT, the exact stuff that destroys the hair. I suggest you skip this one.

Testosterone (of any kind) in excess of 350mg - This will vary from person-to-person but despite my prevention measures I've never been able to fend off hair loss whenever I surpassed 350mg

(underground lab) of Testosterone. It didn't matter which ester I was using (there is no 'hair safer' testosterone ester). If you use more than 350mg of Testosterone and care about your hair - you should absolutely make sure you are using MAXIMUM prevention.

Trenbolone - Trenbolone (Tren) is NASTY on the hair. I probably lost 20% of my hair use Tren-Ace for 10 weeks. Luckily, I came across some hair loss concealers at the time and masked the recession really well. With that said, my strength gains were phenomenal, by the end of the cycle I was inclined to benching 225 x 26 and running faster than ever. Don't touch this one if you value your hair. If you are very prone to Male Pattern Baldness, I doubt that our MAXIMUM Prevention Protocol will even help you.

Winstrol* - Winstrol (Winny) is absolutely nasty for your hair and joints. I have never touched it (although I have used a low dose of "Prostanozol"). I suggest you avoid this one. Anavar at a high dose does all the same things as Winstrol.



Hair Safe Cycles

These stacks are safe(r) for my hair.

They are quite simple.

By no means will they be completely hair loss "free" and I can't guarantee that your results will be the same as my own.

They are just for your education.

Hair-Friendly Bulking Stack (10 weeks)

- 250mg of Testosterone
- 40mg of Superdrol (Week 1-4, Week 6-10)
- (again, Superdrol has been kind to me)
- 250ius of HCG (every 3 days)
- * 4ius of HGH or alike peptide (optional)

To be used with our MAXIMUM Hair Loss Protection protocol or with Dutasteride substituted for

Finasteride.

Hair-Friendly Cutting Stack (10 Weeks)

- 250mg of Testosterone
- 50+mg of Anavar
- 250ius of HCG (every 3 days)
- * 4ius of HGH or alike peptide (optional)

To be used with our MAXIMUM Hair Loss Protection protocol or with Dutasteride substituted for Finasteride.

That's it.

You can actually use either one for bulking or cutting.

If you are bulking, eat 4000+ calories.

If you are cutting, eat 2000 or less calories and avoid carbohydrates.

Again, these stacks aren't meant to make you Mr. Olympia.

They are meant to keep your hair safe while you put on/preserve lean mass.

If you want to be ultra safe, you can drop the Testosterone and just use HCG (250ius, every 3 days). That will work just fine and you won't experience any low-test side effects. The orals give you the majority of your gains in these stacks anyway.



What Works for Preventing Hair Loss From Steroids?

Lets talk prevention.

You should view the preceding pages in this guide to understand these compounds, what they do and how to use them.

Finasteride - Finasteride only helps lower Type-2 DHT that comes from Testosterone and it's esters. That means it will work with any sort of Testosterone analogue and HCG. There is no "safer" Testosterone but I found that the VERY WORST for hair loss was Testosterone Suspension. Finasteride WILL NOT prevent hair loss from DHT created by any other hormone except

Testosterone.

Dutasteride - Dutasteride helps lower Type-1 and Type-2 DHT. On paper, it's the solution for DHT from anabolic steroids. I didn't have much luck with it, although I question if my Dutasteride was legitimate. A lot of guys find significant success with Dutasteride however. I didn't see results any better than Finasteride, so that's why I don't suggest it to people.

Ketoconazole Shampoo - This is the only shampoo ingredient that is clinically proven to reduce scalp DHT. It should be a staple in your battle against Male Pattern Baldness whether you use steroids or not. See our hair loss recommendations in the preceding parts of the guide to see our specific recommendation.

RU58841 - RU58841 is an experimental treatment (meaning it hasn't been reviewed by the FDA) that topically prevents DHT from attaching to your hair follicles. As you know, since beginning RU58841 (2014) I have not used anabolic steroids. The feedback on RU58841 from the bodybuilding community has been REALLY GOOD and I would absolutely use it if I still used anabolic steroids.

Azelaic Acid - This one is discussed in our MAXIMUM Protection protocol. It's an acne treatment that is clinically proven to kill DHT and is useful to prevent hair loss.

These are the effective treatments.

They will work better for some people than others.

Everyone has a unique sensitivity to Androgenic Alopecia.

You will just have to figure out what works for you and the effective dosage.

You will also have to figure out which anabolic steroids you can use and the dosages you can "get away with".



When Should I Begin These Treatments?

At bare minimum, it would be wise to indefinitely follow our "Hair Loss on a Budget - Save Your Hair for $1.33 a Day" protocol or a similar 'Big 3' protocol.

If you want to keep your hair - you should be following that protocol EVERYDAY under your

doctor's supervision, regardless if you use anabolic steroids.

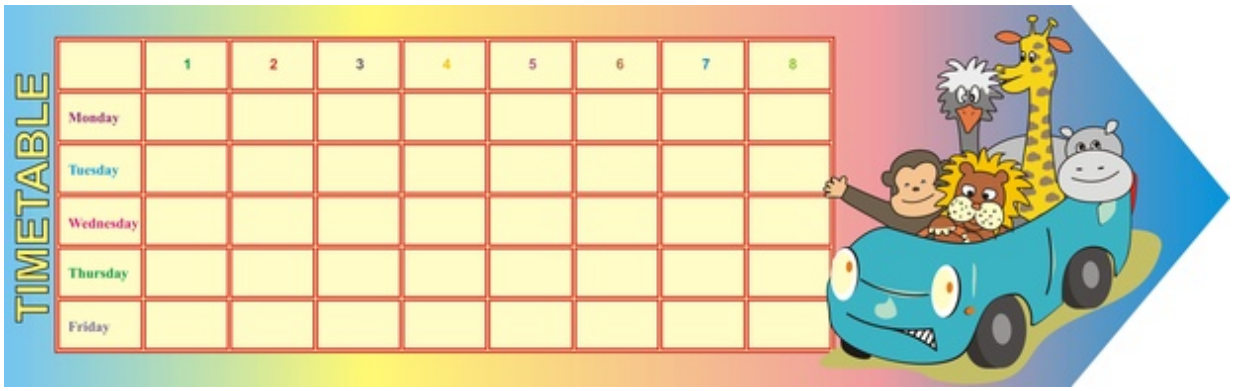
If, for some reason, you aren't using the 'Big 3' treatments on a daily basis, you should begin your Hair Loss Prevention protocol at least 5 weeks before your cycle and continue it throughout your post-cycle.

Don't start it when you begin your cycle.

The DHT from the oral steroids you are taking will beat the treatments to your hair follicles.

I guarantee it.

Unfortunately.



Hair Transplant vs. Anabolic Steroids

We'll discuss hair restoration procedures in-depth in the next section.

A common question is -

> ***Will transplanted hairs be resistant to DHT from anabolic steroids?***

In theory, the answer is "Yes".

So long as the transplanted hairs were taken from your donor area (or other areas) that are immune to DHT, they will not be subject to miniaturization from natural DHT or DHT from anabolic steroids.

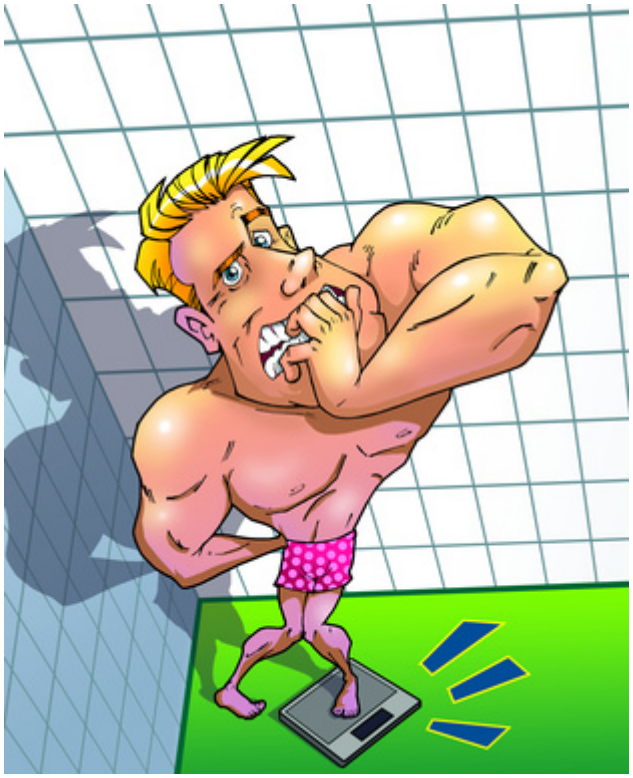
In practice, thankfully the answer is "Yes" as well.

Although no longer, I have run post-transplant cycles and my transplanted hairs have been just fine.

There is nothing to worry about in this department.

A fair amount of bodybuilders and WWE professional wrestlers get hair bi-yearly transplants to "keep up" with their Male Pattern Baldness.

Obviously - you still have to worry the further miniaturization of your native hair.



Pour Conclure

Hair loss is a bitch.

It's probably the only major appearance problem that I face and the majority of my hair loss has been self-inflicted (to some degree).

But like almost anything else, it can be "gamed" and minimized.

The key to minimizing hair loss from steroids is -

1. **Using only the hair "safe" compounds and avoid the unfriendly ones.**
2. **Using the greatest protection that you can afford on a daily basis.**

To put a positive spin on things - it's never been a better time to fight back against Male Pattern Baldness.

There's plenty of treatments that do a pretty good job.

Like I said: if I simply used the basic protection protocol (Big 3 + 1) on a daily basis and only used the hair safe(r) compounds, I would have been a lot better off.

But - without being totally reckless, I shoot first and ask questions later.

That's the same reason I've been successful at a lot of significant areas in my life.

I suggest you live that way too but educate yourself ahead of time.

The Hair Loss Prevention Guide continues on 'Lifestyle by Good Looking Loser' -

- **"Hair Restoration and a Long-Term Approach (Part VI)"**

For questions on our Hair Loss Prevention Guide - Visit the Good Looking Loser Hair Loss Prevention Forum.

A Big Thank You to Everyone in the Good Looking Loser Community

September 9, 2014 | by Good Looking Loser | Link | Original Link

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Thank You!

I'll have a post (rather, series) coming out pretty soon -

> *How to Lose Your Virginity*

It's an important one so I want to take my time on it.

It will be the MOST IMPORTANT one to a lot of guys and I don't want to let you down.

To be honest, I've kind of struggled with it and that is rare since most of these blog posts basically write themselves because I just have to think back to the stuff I've done.
(unfortunately, the blog posts don't usually write themselves with the correct grammar)

Despite how well a lot of our members do (it seems like more guys are posting pictures of naked girls on their bed in the private forum every day), ~1 in 3 guys that reads GoodLookingLoser.com still needs to lose their V-Card and that is presumably why they are here.

I will take care of you guys.

I promise you.

You just need to do what I say.

I'll have a 'low-risk' way to lose your virginity and a recommendation if you need a structured program for it.



The second thing I want to say is - THANK YOU.

I am beyond grateful that you guys feel that our community is worthwhile and have trusted me (on

whatever issues you are looking for advice on).

When I started Good Looking Loser back in December of 2011 (although early 2012 is really when I started developing it), it was never supposed to be an entire community or something that I planned to dedicate more than a couple months to.

I wanted to tell my story (= the stuff I learned from PUA was okay but a more aggressive approach was a lot better) and be D.O.N.E. with it.

In fact, if not for Brian (aka Scotty) - I probably wouldn't have started building it.

I really didn't like the idea because -

When I started chasing down pussy full-time in Los Angeles (2008), I wasn't anywhere near an Internet forum or any websites.

I found that the Internet is absolutely no place to learn about how to meet women.

Since 2008, however, there's been some advances in technology (blog-based websites, pick up videos, for example), that are pretty worthwhile if you actually go out and apply what you learned.

It still has it's limitations however.

I try my best.

Still, it is because of YOU GUYS that I will dedicate the rest of my life to improving yours.

I know a lot of people want to hear about how to make money online - we will get there in due time.

I will make a lot of you guys wealthy.

I'm not able to smash out quality content on a 24 hour basis though.

I really do believe though - if you stick around here during your 20's, a lot of you will have been with more girls and have more money than I do by the time you turn 32.

A special thanks goes out to Mike at Danger & Play and Victor at Bold & Determined.

The content on Good Looking Loser isn't without controversy or universally appealing - so your support means that much more. I'm forever appreciative for your support and hope to repay you for a lifetime.

If there hasn't looked like there's been a post on GoodLookingLoser.com in a few weeks, it because we been working on these guides over a 'Lifestyle' by Good Looking Loser -

- "Good Looking Loser's Fall 2014 Guide to Style"
- "Good Looking Loser's Guide to Hair Loss Prevention"

If you want to drop me a note about how this community has helped you or about what else you are interested in seeing here (I'll do it - so long as I have real-world experience with it), by all means, hit me up below -

I have a million and one ideas (literally written over 6 dry erase boards) but I still want to hear what you are looking for.

Thank you again.

Chris

How to Lose Your Virginity - Getting Started and Universal Appeal (Part II)

September 10, 2014 | by Good Looking Loser | Link | Original Link

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How to Lose Your Virginity

Welcome to Part II of our "How to Lose Your Virginity" series.

In Part I, we discussed the biggest problem that Virgins face (lack of a Sense of Entitlement) and 4 specific things to keep in mind that will help you feel good enough about your chances to Get Laid for your first time.

In this section, I'll explain how you are going to lose your virginity, slowly increase your 'Sense of Entitlement' and safeguard your fragile self-esteem.

You just need to follow this process until it happens.

This process is not meant to be "aggressive" or move quickly.

It is at YOUR SPEED.

In fact, it's relatively slow and a lot like how most guys sleep with girls (and lost their virginity in their teens or early 20's).

You have never enjoyed that luxury, so it's time that you experience it.



Getting Started

You won't be losing your virginity the way that you think.

A lot of inexperienced guys are 'turned on' by cold-approach (hitting on random girls, in-person) and

see it as a means to lose their V-Card.

It works for a minority of guys.

The only problem is -

Cold-approach (until you are good at it) is the hardest way to score.

Especially if you are inexperienced.
(some of the most sexually experienced guys can't do cold-approach well)

Once you get comfortable with it, it's easy (taking a pretty girl home 1 out of every 2 or 3 nights is realistic). However, the initial period of trying to shake off Approach Anxiety can be very difficult, to get action or not get really discouraged and quit.
(if you get discouraged, look over Part I again)

Cold-approach is seen as the most "masculine" way to Get Laid.

And it might be.

For now, however, I beg you to to DROP the "[I'm a virgin but].... I'm a player!" mindset.

You will be much better off.

Get that "same night pull" and "fuck girl in 10 minutes" stuff out of your head for now.

You have no business doing that stuff. Not yet anyway.

Okay?

Step 1: Make An Account on Some Online Dating Sites

That's right.

You are going to do this ONLINE.

Not only will this shield your self-esteem but you will know that you are going out with girls that are INTERESTED IN YOU.

The experience of calling up girls that like you and going on some dates/meetups with girls that like you will be REALLY GOOD for you.

You can't lose.

I don't mean that all the girls will end up in your bed - I just mean that you will be in mostly safe situations and you won't get hurt.

Here are the sites that I recommend -

- Plenty of Fish (free)
- OkCupid (Free)
- Tinder (Free - I've never used it however)

Right now, there is *at least* one girl (probably several) among those sites that will be willing to sleep with you.

It's your job to locate her and fulfill her wish.

We have some guides to Online Dating but I suggest you just stick to this series and the recommendations that I give you - these posts are targeted at inexperienced guys.

We will hold your hand as much as possible.

KEEP THIS IN MIND AS YOU READ THROUGH THE REMAINDER OF PART II:

While you are making your profile, you are going to want to find a balance between -

> ***UNIVERSAL APPEAL &***
> ***BEING YOURSELF***

You need to make a profile that makes YOURSELF appealing to as many girls as possible.

You need to find your own balance between the two, I can't and shouldn't decide it for you.

Step 2: Get Professional Pictures Taken

Plain and simple, you will get 30% more responses if you have professional pictures in your profile.

This is particularly important if you aren't super good looking.
(even if you are - they will help)

It's never been cheaper to get good professional pictures done, check out your local deals on Groupon.com.

They won't cost you much over $60, in a lot of cities.

In the pictures, I suggest wearing a suit or something formal/suggests that you have money (or at least some status/class) or have it be a "natural" shot that isn't a staged headshot.

These professional pictures should present your best sex appeal and not be "funny" or "goofy".
(you can use those later)

They shouldn't look like a high school yearbook picture or like you are a used cars salesman.

Simply getting professional pictures taken will set you apart from 90% of guys and guarantee that you get responses.

Having professional pictures in your online profile is NOT try hard if you use 1 or 2 of them.

Step 3: Select Several Pictures that Give You 'Universal Appeal'

In addition to your professional pictures that highlight 'sex appeal', you need some other pictures to convey the 'cool' and 'fun' side of your personality.

I generally agree that most guys should follow Rooster's advice and select 1 main picture for sex appeal and 2-3 supporting pictures that aren't all selfies.

Unless you are particularly low in body fat, I don't suggest any shirtless pictures. At most - JUST ONE.
(shirtless pictures are a Screening method, not a Universal Appeal method)

No pictures of crappy quality (a dark webcam creeper picture) and no try hard pictures where you are with other girls.

Crop the girls out and it makes you look good.

No guns, knives, gang/hate group affiliations, drugs, immature t-shirts, military uniforms or anything

unnecessarily polarizing (unless it is super important to you).

If the picture is questionable - don't use it.

This is what I suggest you use -

- 1 or 2 Professional pictures that give you sex appeal (sexy, with class).
- 1 or 2 "Edgy" pictures (nothing too edgy like an outline of your dick in tight jeans or flipping the middle finger however).
- 1 or 2 "Funny" or "Fun" pictures that shows you are a cool guy with a sense of humor who doesn't take himself too seriously.
- 1 "Normal" picture that shows you up close. *optional*

Each picture won't necessarily have 'Universal Appeal' but the combination of all of them will.

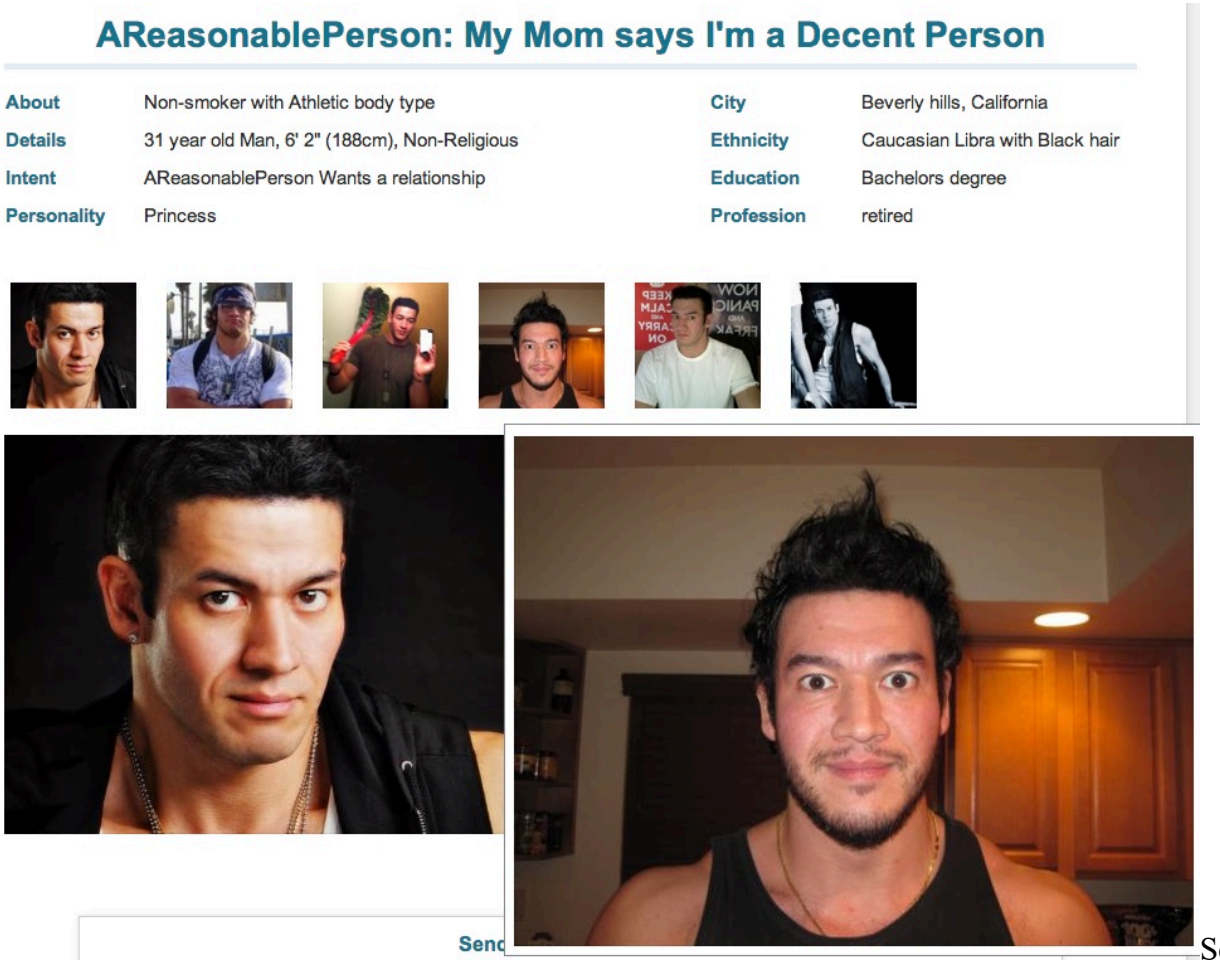
I will show you an example in a minute.

Unlike what I suggest in "Good Looking Loser's [Screening] Guide to Plenty of Fish", I don't suggest that you use any "hardcore" pictures that disqualify girls that are looking for boyfriends and not down to fuck (DTF).

When you get some more experience under your belt, you can do that.

Until then, you want to appeal to as many girls as possible.

Here is my 'Universal Appeal' package example -



Select **'Wants a Relationship'**. That appeals to the most girls and hardly means that you will have to wait for an official relationship to have sex. For the other fields (Personality, Hair Color, Smoker), just put

in whatever you are or something funny. Being funny in moderation is okay for this type of thing. I wouldn't say that you smoke anymore than 'socially' however. If you are below 5foot9, list yourself slightly taller and consider getting these shoes.

Here is why I why I picked each picture (left to right) -

#1 - Professional pictures make you look like a model. (sex appeal)

#2 - Edgy picture to counterbalance the 'nice guy' stuff. (edge)

#3 - In the bathroom with a huge Swiss Chard leaf. (funny, I look decent in that picture)

#4 - Again, another 'goofball' picture. (funny)

#5 - Close up picture. (authenticity)

#6 - Professional picture #2. (sex appeal)

- If you naturally look masculine, I suggest 2 "funny" pictures and only 1 "edgy" picture.

- If you don't naturally look masculine, I suggest 2 "edgy" pictures and only 1 "funny" picture.

These are just fine-tune suggestions.

They won't make or break you.

Make sure you cover the whole spectrum though -

> ***Cool guy, with masculine sex appeal and a sense of humor, who doesn't take himself too seriously.***

The combination of these pictures presents a Universal Appeal and the hard to find juxtaposition that makes girls go crazy (which we will expand on in the written profile section).

Even some girls that don't consider you their "type" (by looks and interests) will find you quite appealing compared to the clueless, generic, one-dimensional guys that have been messaging them.

That is what you are shooting for.

UNIVERSAL APPEAL.

If you want feedback, drop a link to your profile in our Online Dating Forum.

You will get plenty of help - you should mention that you are shooting for 'Universal Appeal' and not Screening for DTF girls.

If you sign up for Rooster's program "How to Get Laid in 5 Weeks, Even If You Are a Virgin", he will personally help you.

* Please don't put a link in the comments section below, we can't have links in there unfortunately.

Step 3: Present Your VERY BEST Self

As I mentioned, unlike online "Screening", you will want to have a profile that appeals to the majority of girls.

At the same time, I suggest you "be yourself" (I fucking hate that term) and don't blatantly lie or totally exaggerate your lifestyle.

Here is why -

Although saying that you are a millionaire might make you appealing to 10-20% more girls, it's not

worth saying.

Even though you want 'Universal Appeal', the idea is to still go out with girls that are INTERESTED IN YOU for what you have to offer.

The good thing about online dating is - if a girl agrees to go out with you, **SHE LIKES YOU** (to some extent) and you don't have to worry about "rejection" on a physical level unless your photos are completely different from how you look.

I don't suggest going out with girls under false pretenses.
(at the same time, I have friends that lie their asses off and get mad pussy - so it's up to you)

Without lying, you should present your VERY BEST Self and not be too cool to fill all the profile sections.
(girls actually read this stuff, especially if they are interested in you)

Lets go through the sections one-by-one -

General Information

I am Seeking a	Woman	For	Dating
Needs Test	Not Completed	Chemistry	View his chemistry results
Do you drink?	Socially	Do you want children?	Undecided
Marital Status	Single	Do you do drugs?	No
Pets	No Pets	Eye Color	Brown
Do you have a car?	Yes	Do you have children?	No
Longest Relationship	Over 2 years	How ambitious are you?	Very Ambitious

There's not much to explain here.

I would keep **'Do you drink?'** to [Socially].

And I would keep **'Do you want children?'** to [Undecided].

That is a relationship type question and any definitive answer [YES/NO] can only hurt you.

It's not a big deal though.

Concept: "Girlspeak" - Standing Out and Relating to Women

From this point forward, I want you to be aware of something that I call ***"Girlspeak"*** (also called "Chickspeak" or "Chick Crack").

I have it ALL OVER the remainder of the profile.

It's basically "insider" terms, jokes, tendencies and subjects that girls can relate to and always talk about with each other.

No, it doesn't make me look like a homosexual.

It makes me look like a cool guy who can relate to women and is part of the "in-crowd".

It makes me look like a guy who understands women and probably has a lot of attractive of girls as friends who are trying to pursue me.

Relating to women is part of 'Swag Factor' and it's kind of a big deal.
(see my list about the tendencies of Hollywood girls)

I haven't done much online dating (with the exception of Adult Friend Finder) since 2009, but girls would literally be telling me that I was the ONLY cool guy online in the entire city of Los Angeles.

Some would even message me, some of them were actually hotties too.

It is rare for good looking girls to message guys online.

Obviously, there's a ton of other cool guys in Los Angeles but simply from my online profile - girls knew instantly that they could relate to me and I'd be cool to hang out with - if nothing else.

"Girlspeak" is something that I've picked up from chilling with hundreds of girls through the years, both as friends and sex kittens. I don't expect you to be as well-versed in this subject, it comes from experience.

Nor do you have to be.

When I was in my early/mid-20's, I didn't understand women and their lifestyle all that well.

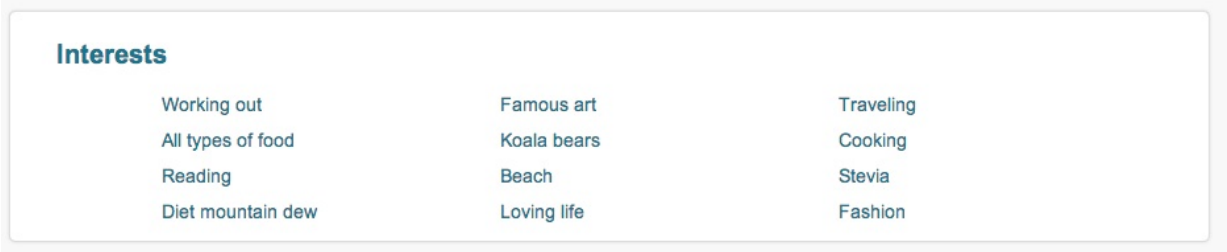
Just a little ***"Girlspeak"***, however, GOES A LONG WAY.

You just need a few terms/lines in your profile to suggest to the girl, "This guy gets it," "This guy is *normal* and not a creep."
(by *normal* I mean - not a complete weirdo)

It's actually quite powerful and you know that I don't usually go for this "game" stuff.

Just use what you know.
(you could just copy my profile, that's fine - but it's better to be YOU)

Interests



Basically I seem like the Dream Guy, right?

Well...

It's not like I'm not interested in those things. I do them all to some extent.

I'm just creating a powerful overall presentation.

I'm aware of what women are looking for.

Remember, one of the goals is to create a juxtaposition.

- If you naturally look masculine - present your nerd/I-have-a-brain/sensitive side in your interests.

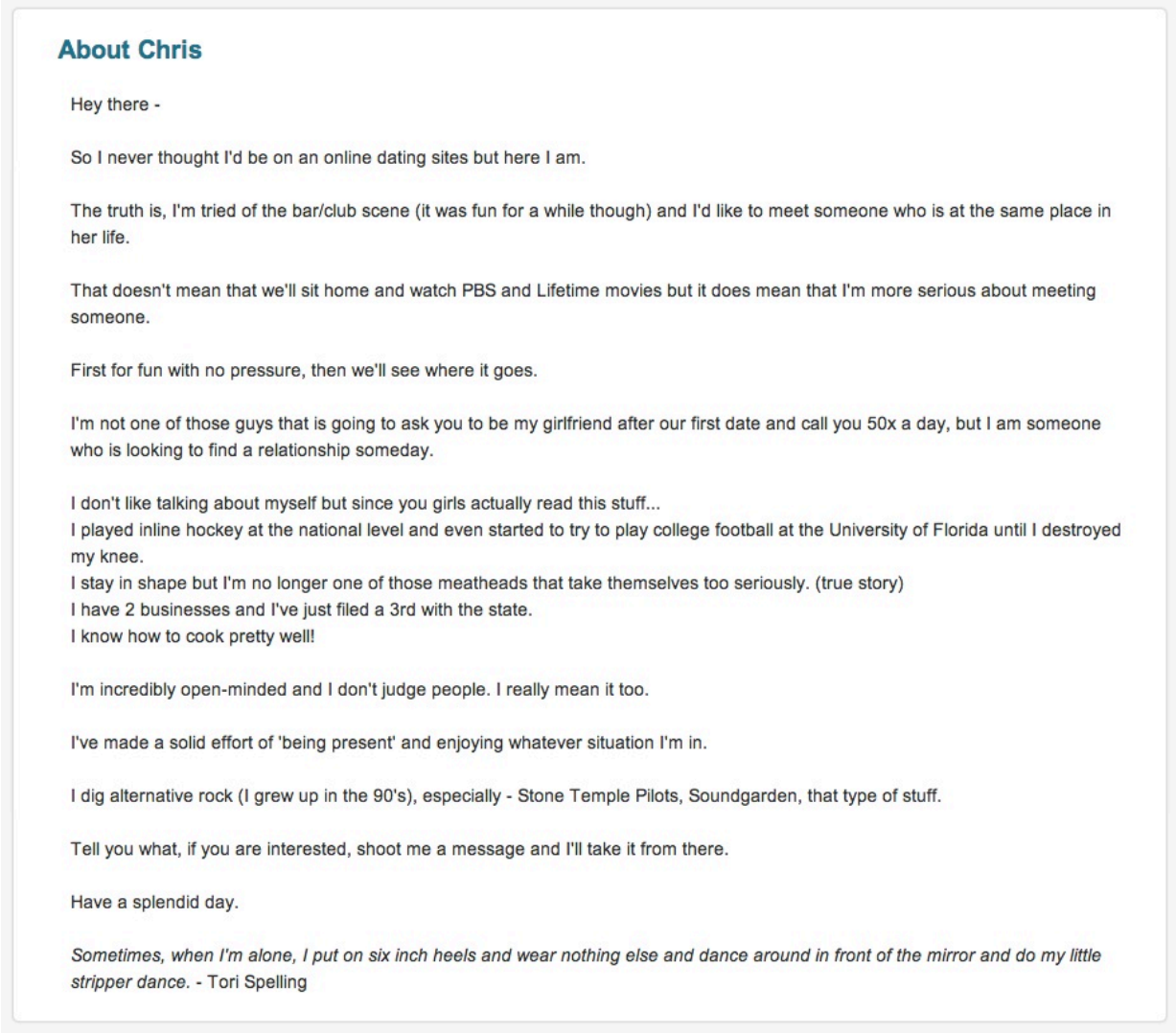
- If you don't naturally look masculine - present your 'tough guy' or masculine side in your interests. Some suggestions are: MMA, boxing, powerlifting, skydiving, contact sports, etc.

About Me

You will want to put some thought into this section - it's totally worth it and can really put your Universal Appeal over the edge.

Not to brag but - I REALLY KNOW WHAT WOMEN WANT and I'm handing that straight to you so you can benefit.

I'll talk about this part after you read it -



About Chris

Hey there -

So I never thought I'd be on an online dating sites but here I am.

The truth is, I'm tried of the bar/club scene (it was fun for a while though) and I'd like to meet someone who is at the same place in her life.

That doesn't mean that we'll sit home and watch PBS and Lifetime movies but it does mean that I'm more serious about meeting someone.

First for fun with no pressure, then we'll see where it goes.

I'm not one of those guys that is going to ask you to be my girlfriend after our first date and call you 50x a day, but I am someone who is looking to find a relationship someday.

I don't like talking about myself but since you girls actually read this stuff...
I played inline hockey at the national level and even started to try to play college football at the University of Florida until I destroyed my knee.
I stay in shape but I'm no longer one of those meatheads that take themselves too seriously. (true story)
I have 2 businesses and I've just filed a 3rd with the state.
I know how to cook pretty well!

I'm incredibly open-minded and I don't judge people. I really mean it too.

I've made a solid effort of 'being present' and enjoying whatever situation I'm in.

I dig alternative rock (I grew up in the 90's), especially - Stone Temple Pilots, Soundgarden, that type of stuff.

Tell you what, if you are interested, shoot me a message and I'll take it from there.

Have a splendid day.

Sometimes, when I'm alone, I put on six inch heels and wear nothing else and dance around in front of the mirror and do my little stripper dance. - Tori Spelling

Let me tell you what is going on in this section.

The whole thing is ***"Girlspeak"***.

I'm going to explain so you can come up with your own version that has Universal Appeal.

Hey there -

So I never thought I'd be on an online dating sites but here I am.

The truth is, I'm tried of the bar/club scene (it was fun for a while though) and I'd like to meet someone who is at the same place in her life.

That doesn't mean that we'll sit home and watch PBS and Lifetime movies but it does mean that I'm more serious about meeting someone.

The first 3 sentences hit home with 98% of girls -

> ***I never thought I'd be on an online dating site...***

- Girls feel the EXACT same way. Some are embarrassed, even though it's socially acceptable.

> ***I'm tired of the bar/club scene...***
> (typo in the profile - no biggie)

- The best looking girls are online for THIS REASON too. Presenting yourself as a 'non-party boy' or a 'retired-party boy' will make you look good to the less desirable girls too.

> ***... watch PBS and Lifetime movies...***

- When girls are depressed/PMS'ing, they sit at home eating Ben & Jerry's ice cream and watch shitty late-night movies on the Lifetime Network. Most girls will get this reference or just think it's funny.

First for fun with no pressure, then we'll see where it goes.

I'm not one of those guys that is going to ask you to be my girlfriend after our first date and call you 50x a day, but I am someone who is looking to find a relationship someday.

I talk about how there's ***"no pressure"*** and ***"seeing where it goes"***.

These themes are repeated later.

Every girl (online or otherwise) has had a high-pressure date with a high-pressure guy that was painful to sit through.

Simply by acknowledging that, you seem cooler than 90% of guys.

Girls have also dated the "clingy guy", so putting in a line about ***"seeing where it goes..."*** is intelligent and funny.
(just don't be mean-spirited, e.g.: *"I'm not that clingy insecure faggot who is gonna stalk ur ass..."*)

I don't like talking about myself but since you girls actually read this stuff...
I played inline hockey at the national level and even started to try to play college football at the University of Florida until I destroyed my knee.
I stay in shape but I'm no longer one of those meatheads that take themselves too seriously. (true story)
I have 2 businesses and I've just filed a 3rd with the state.
I know how to cook pretty well!

I'm incredibly open-minded and I don't judge people. I really mean it too.

I've made a solid effort of 'being present' and enjoying whatever situation I'm in.

I dig alternative rock (I grew up in the 90's), especially - Stone Temple Pilots, Soundgarden, that type of stuff.

This is the part that needs to be YOU.

I'm perceived as a total douchebag by 90% of the population so I insert the line -

> ***I don't like talking about myself...***
> (which I actually don't)

To balance it out.

If you are perceived in a similar way (or have a nice resume), it's better to downplay it from the start.

Just cover a wide range of stuff so you present yourself as a sexy, confident, athletic, interesting, cool, intelligent young man.

After you type it up, it shouldn't have any glaring grammar mistakes, but it shouldn't look like you spent 2 hours on it.

Again, this is for 'Universal Appeal' not Screening for DTF girls.

I have found that longer profiles are better than shorter profiles if you want to get a lot of responses.

Tell you what, if you are interested, shoot me a message and I'll take it from there.

Have a splendid day.

Sometimes, when I'm alone, I put on six inch heels and wear nothing else and dance around in front of the mirror and do my little stripper dance. - Tori Spelling

This is the final part of the 'About Me' section.

I always tell girls to step up and message me and I'll take care of the rest.

Girls know they *can* message guys but this line makes them feel like it wasn't their idea.

The Tori Spelling quote communicates with the Hollywood girls that I see most often, but also to the girls that aren't into entertainment.

Tori Spelling is considered a joke of an actress and nobody in the world respects her.

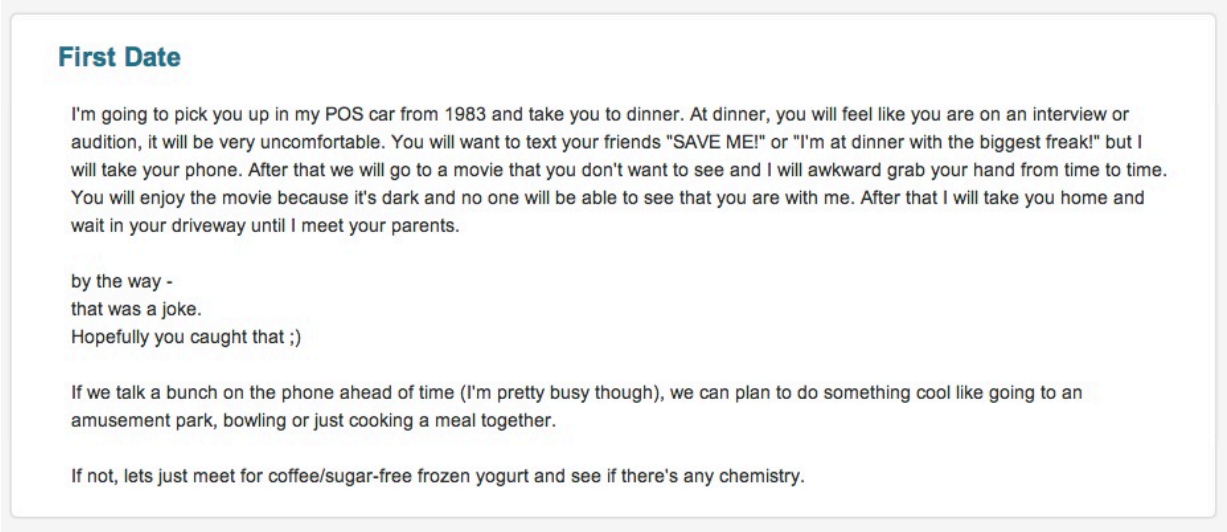
Even her biggest fans simply feel sorry for her.

First Date

You WILL be going out on some dates so don't act like you won't be/too good for that.

It's gonna be good for you anyway!

Here is my "First Date" -



First Date

I'm going to pick you up in my POS car from 1983 and take you to dinner. At dinner, you will feel like you are on an interview or audition, it will be very uncomfortable. You will want to text your friends "SAVE ME!" or "I'm at dinner with the biggest freak!" but I will take your phone. After that we will go to a movie that you don't want to see and I will awkward grab your hand from time to time. You will enjoy the movie because it's dark and no one will be able to see that you are with me. After that I will take you home and wait in your driveway until I meet your parents.

by the way -
that was a joke.
Hopefully you caught that ;)

If we talk a bunch on the phone ahead of time (I'm pretty busy though), we can plan to do something cool like going to an amusement park, bowling or just cooking a meal together.

If not, lets just meet for coffee/sugar-free frozen yogurt and see if there's any chemistry.

That's probably more elaborate than you expected.

And probably more elaborate than you need.

My friend who gets 100% of the girls he sleeps with online just writes -

> ***FUN***

for his First Date.
(I get significantly hotter girls than he does though)

Way back when I was doing the pick up artist stuff, I had a 'First Date' section that was very similar to this one.

It seemed to work REALLY well and I had just about 1 out of every 3 or 4 girls writing back to me; many said my 'First Date' was the funniest thing they ever read.

Even in 2008, I literally had more girls than I could possibly go out with just from online dating.
(that's a huge reason I beat approach anxiety but that's another story)

Now, you know what I think about being "Mr. Funny Man", when it comes to Screening for DTF girls and GETTING LAID.

It's a waste of time and can make you look like a total goofball.

But for simply 'meeting women' or casual dating, in moderation - it comes off really well if it's juxtaposed with masculine behavior and assertiveness.

I'm not against "being funny". I'm against trying to be Mr. Funny Man.

There's a difference.

You've seen my videos, I say some funny shit every now and then.

Since you are shooting for 'Universal Appeal', I suggest you lean toward the 'sense of humor' or 'fun' side of your personality instead of "I'll fuck your pussy up" side (a role that you are not yet familiar).

I suggest that you write something funny and then "keep it real" at the end, telling them you'll just meet them for a no-pressure coffee date.

Whatever you put in this section, finish it with -

> ***... we'll see if there's any chemistry.***
>
> ***no pressure...***

That is ***Girlspeak*** and that is EXACTLY what they are looking for, especially from a guy they meet online.

Here is my full example profile so you can see the whole thing -

- **Chris' Universal Appeal Plenty of Fish Profile**

Good Looking Loser's Guide to "How to Lose Your Virginity" continues here -

- **"How to Lose Your Virginity - Meeting Girls and Getting Them To Go Out With You (Part III)"**

If you have comments, questions or anything else, please drop the comments on PART V (or on the Forum).

You will get direct feedback from one of us - we want you to lose your V-Card and getting moving.

How to Lose Your Virginity - What Inexperienced Guys Need to Remember (Part I)

September 10, 2014 | by Good Looking Loser | Link | Original Link

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How to Lose Your Virginity

For some of you, this will be the most important post you ever read.

Losing your virginity is literally your first step to having a sex life, ending a lifelong sexual 'slump', moving past years of frustration, underachievement and self-loathing that extends to several other areas of your life.

For some of you guys - this will be the start of a REALLY GOOD sex life.

For others - it will simply be validation that you can Get Laid and you can move on with your life.

I take this privilege to tell you how to do it - very seriously.

If you follow what I tell you - you will not be a virgin any longer.

There is a structured guide and program that expands on this guide that is available here -

- "How to Get Laid in 5 Weeks (Even If You Are a Virgin)"
  (this is discussed in Part V)



Forward by Good Looking Loser

In this series, "How to Lose Your Virginity", I'm going to give you a step-by-step process to lose your V-Card that won't be too hard on your self-esteem.

In fact -

You will not be cold-approaching any girls.

If you are a virgin/inexperienced and think your odds are higher (or you are more of a "player") by wandering around by yourself, indiscriminately mass approaching women and somehow fearlessly pulling them back to your house within an hour to have sex - by all means, go do that.

That is not what I recommend.

The vast majority of guys who [try to] take that approach end up not getting any pussy, are totally deflated, and end up on an Internet forum talking about how they hate women/pick up artists, or are still searching for top secret methods to improve their "game".

I have a different way.

Listen to me.

Before get into the "how-to", we have some things we need to discuss.

I Know Why You Are Here

Unless you are super new to GoodLookingLoser.com, you probably saw (and voted) in last month's poll -



(over 50% of our readers are in the 22-30 age range) and most live at home with family or by themselves)

After looking at a detailed report of the statistics, the actual percentage is about 35% (some people voted multiple times), nonetheless - a significant part of our community is here to do ONE THING -

LOSE THEIR VIRGINITY.

I've known this for a long time (although I figured it was more like 15-20%) and that is why I push Online Dating and boring (but tremendously effective) approaches such as "Basic Guy Game" and "Nervous Guy Game" that nobody likes.

Most of you guys have no business trying to be aggressive with girls. Not yet.

The Main Problem Preventing Most Guys From Getting Laid

After working with guys in-person years ago, getting feedback from Brian's (Scotty) workshops, reading threads on our forum, and spending years around the pick up community - I figured out the BIGGEST PROBLEM that most virgins are facing.

It has nothing to do with 'Approach Anxiety'.
(you can have a decent sex life without ever cold-approaching girls)

It has nothing to do with "game".
(you don't need good "game" to Get Laid either; plenty of guys sleep with girls without much "game")

Believe it or not, it doesn't usually have anything to do with 'looks' (appearance) or even social skills (Swag Factor).

Even though virgins/inexperienced guys tend to have approach anxiety and are often overweight/underweight with below-average social skills -

None of those fixable factors are the *main* issue that is preventing them from Getting Laid.

The problem lies in the 'Sense of Entitlement' sphere.

(it's a specific element of 'Confidence')

Hear me out.

A lack of a 'Sense of Entitlement' is what separates the guys that hook up with above-average girls and the guys that hook up with the hottest girls.

But it also separates most virgins from the average guy who has already slept with a few women.

Virgins and inexperienced guys, consciously or subconsciously - do not feel like they deserve pussy.

This might not be obvious in safe day-to-day interactions but it really rears its effects whenever they see/like a girl that *might* actually like them back.

When they get a girl's phone number, hear that a girl likes them, consider starting a "more than friends" conversation or actually start getting busy with a girl - they find some excuse (pussy out) in order to avoid potential disappointment or rejection.
(It is displayed in many forms including: "I don't know what to say...", "She's not my type...", "What do I do next?" or "She's probably a prude/slut")

Self-sabotage/not trying almost always traces back to a lack of Sense of Entitlement.

Often combined with having higher standards than they can [currently] fulfill - it leads to a non-existent sex life.
(For good Looking guys - unreachable standards are the main problem)

Many quietly analyze their life and tell themselves a complicated story about how they are 'special', 'different' and often 'more intelligent' than normal humans, and decide that a vibrant sex life is just not something that is meant to be.

In order to make it less painful, most do not try to pursue women.

THIS CYCLE WILL REPEAT ITSELF - FOR YEARS.

That's what has been happening to a lot of you guys.

I've seen it more times than I can count.

We are going to try and break this silent self-loathing cycle as soon as possible.

What You Need to Remember To Beat This Problem

It is super important to break this defeatist cycle that repeats itself anytime you consider taking things further with girl.

I'm not one for 'affirmations' (mainly because I haven't seen them to be too effective when it comes to Getting Laid), so I'm just going to give you some **UNDENIABLE TRUTHS** for you to remember instead of thinking about the default "I'm a Virgin"/"Girls Just Don't Like Me" cycle that sabotages your chances with women and extends into everything you dream about doing.

What I'm about to tell you won't instantly give you a strong 'Sense of Entitlement' (you have to gain

the experience) but it will help to remind yourself of these things on a daily basis when you meet girls, right up until you have sex -

A Guy Who is More Ugly Than You Are - Got Laid Last Night

(A Guy Who Sucks More Than You Do Got Laid Last Night, etc.)

That's right.

A guy who is uglier/suckier than you are shared an orgasm with girl while you were "doing research" on the Internet to try and figure out what is wrong with you.

I have an entire post on this -

- "She's Already Fucked a Guy That Is Uglier Than You..."

You can't deny it.

You know it's true.

Maybe it's common sense but you probably don't think about it this way.

Instead:

You choose to beat yourself up and make ridiculous generalizations that "no girl" likes you.

Mr. Uglier-Than-You-Are-Guy might not have aggressively picked up a super hot girl at a bar or club. But some girl found him attractive/not-sucky enough to take off her clothes, expose her vulnerability/pussy and allow him to put his average dick inside of her. They cuddled and told secrets to each other afterwards.

How did he do this?

He tried.

At some point in time, usually slowly and awkwardly - he expressed interest in the girl and she expressed that she felt the same way. Usually in a similar shy fashion.

After weeks of hanging out and going a little further each time - they had sex.

And they have been doing it ever since.

Good Looking Losers (Guys on This Site)

Compared to the "pick up community" at-large, a lot of our members are quite good looking.

For 99% of you guys (overweight guys excluded) - being "not good looking enough" or "not cool enough" is simply a convenient excuse to stay a virgin and avoid potential disappointment.

True - you have to be above-average looking/cool (have above-average sex appeal) to be a cold approach "all-star" and bat high percentages (7-15%) with the hottest, most popular girls.

But by no means do you have to be good looking to get action.

At the *very least,* you stand a chance with every 'single-and-looking' girl that is equal or less attractive than you are - regardless of how much 'anxiety' you have.

You might not get them in bed the first night (you won't), but don't think that they wouldn't want to fuck you and tell their friends.

The good news is - you are a guy.

So you won't be entirely judged on solely your 'looks'.
(which you can improve)

While we singled out "looks" (sex appeal) the topic could have also been -

- **A Guy Who is Shorter Than You Are - Got Laid Last Night**
- **A Guy With Less Social Status Than You Have - Got Laid Last Night**
- **A Guy Who has Less Hair Than You Have - Got Laid Last Night**
- **A Guy Who has a Smaller Dick Than You Have - Got Laid Last Night**
- **A Guy Who is Not as Cool As You Are - Got Laid Last Night**
- **A Guy Who is Older/Younger Than You Are - Got Laid Last Night**
- **A Guy Who is a Minority, Just Like You Are/Aren't - Got Laid Last Night**
- **A Guy With More Anxiety Than You Have - Got Laid Last Night**
- **A Guy Who has Less Money Than You/Your Family Has - Got Laid Last Night**
- **A Guy Who is More/Less Intelligent Than You Are - Got Laid Last Night**
- **A Guy With Less "Game" Than You Have - Got Laid Last Night**

Get my point?

It's time to stop solely blaming your appearance (or whatever other perceived weakness) for your lack of experience.

Your lack of effort is mainly to blame.

You aren't trying to meet girls or you are using low-odds, often deflating methods (such as cold approach) on only a select group of girls that meet your standards.

After you beat yourself up enough (you already have), it's time to move on.

Let's fix shit.

The good news is -

You will also be the one to credit when you do Get Laid.

The Average Guy Gets Laid 3 to 5 Times in 76 Years

You know what separates your sex life from a "regular" guy?

3 or 4 girls.

Maybe 5 partners?

Nothing that most of you can't exceed in a single year after you tag your first.

The first one seems the most daunting.

It is - until it happens.

It might even be special (the experience/relief, not the girl).

After that - it's pretty much all the same.

You Don't Have to Be An "Alpha" Male to Lose Your Virginity

One of my criticisms of the "seduction community" (and self-improvement, in general) is how grossly exaggerated it is suggested that you "have to be alpha" to find success.

Instead of trying to achieve the goal (Getting Laid), guys stay busy "improving" themselves in hopes of one day beginning their pursuit.

YOU DO NOT HAVE TO BE THE PERFECT BULLETPROOF "ALPHA" MALE TO GET

ACTION.

By all means - work on yourself and get better each day.

But don't think for a second that you have to be superman or anyone special to Get Laid.

You can be a **TOTAL LOSER** and Get Laid.

You just have to try.

If, one day, you want to nail the super hotties or have a consistent sex life - you'll need to have solid confidence.

If They Show Up, They Like You and Consider You Attractive Enough

The last thing I want you to remember is -

You just need to start going out with some girls.

If a girl agrees to meet up with you and shows up -

SHE LIKES YOU.
(or is interested to some degree)

SHE CONSIDERS YOU PHYSICALLY ATTRACTIVE ENOUGH TO BE SEEN WITH AND POTENTIALLY TO SLEEP WITH.

When a girl likes you and considers you physically attractive enough:

- She will answer your texts.
- She will answer your calls.
- She will meet up with you.
- She will kiss you back.
- She will want to see you again.
- She will eventually share her pussy with you.

Very little "game" required.

Girls that like you will let you 'take the lead' and get emotionally attached simply by hanging out with you.

There is very little chance of "messing up" unless you are more weird or clingy than she is.
(if this is a problem read this article)

After a girl likes you - don't need a ton of "skill" to get her into your bed either.
("skill" is required to get them into bed quickly but most girls will make it super easy for you after 4-5 dates)

She'll basically jump in your bed after a while because she's emotionally attached and wants to have sex with you.

Unless you are seeing a girl that is waiting for marriage or has significant emotional problems/unhealthy views on sex, this is usually at about 5 or 6 dates or 6 to 8 weeks. Whichever comes first.
(Some girls have an *absolute criteria* so they don't feel like whores)

Obviously, there are some girls you will lose along the way, that's normal.

With my advice, you will be talking with enough girls so it won't really matter if one of them goes MIA.

So, remember these things when the "I'm-a-Virgin-Therefore-I-Will-Always-Be" Cycle kicks in -

1. A guy that is uglier/suckier than you are - got laid last night.
2. The average guy has sex with 3 to 5 partners in his entire lifetime.
   (you aren't that far behind)
3. You don't need to be an alpha male to lose your virginity.
4. If a girl agrees to meet up with you (therefore she finds you physically attractive enough), unless you act like a total nutjob - you will probably be able to sleep with her, at her pace.

Again, these aren't meant to mindfuck you into believing that you deserve the world's most, best pussy.

Just to remind you that you can and will lose your V-Card if you really try.

Good Looking Loser's Guide to "How to Lose Your Virginity" continues here -

- **"How to Lose Your Virginity - Getting Started and Universal Appeal (Part II)"**

If you have comments, questions or anything else, please drop the comments on PART V (or on the Forum).

You will get direct feedback from one of us - we want you to lose your V-Card and getting moving.

How to Lose Your Virginity - Meeting Girls and Getting Them To Go Out With You (Part III)

September 11, 2014 | by Good Looking Loser | Link | Original Link

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How to Lose Your Virginity

Welcome to Part III of our "How to Lose Your Virginity" series.

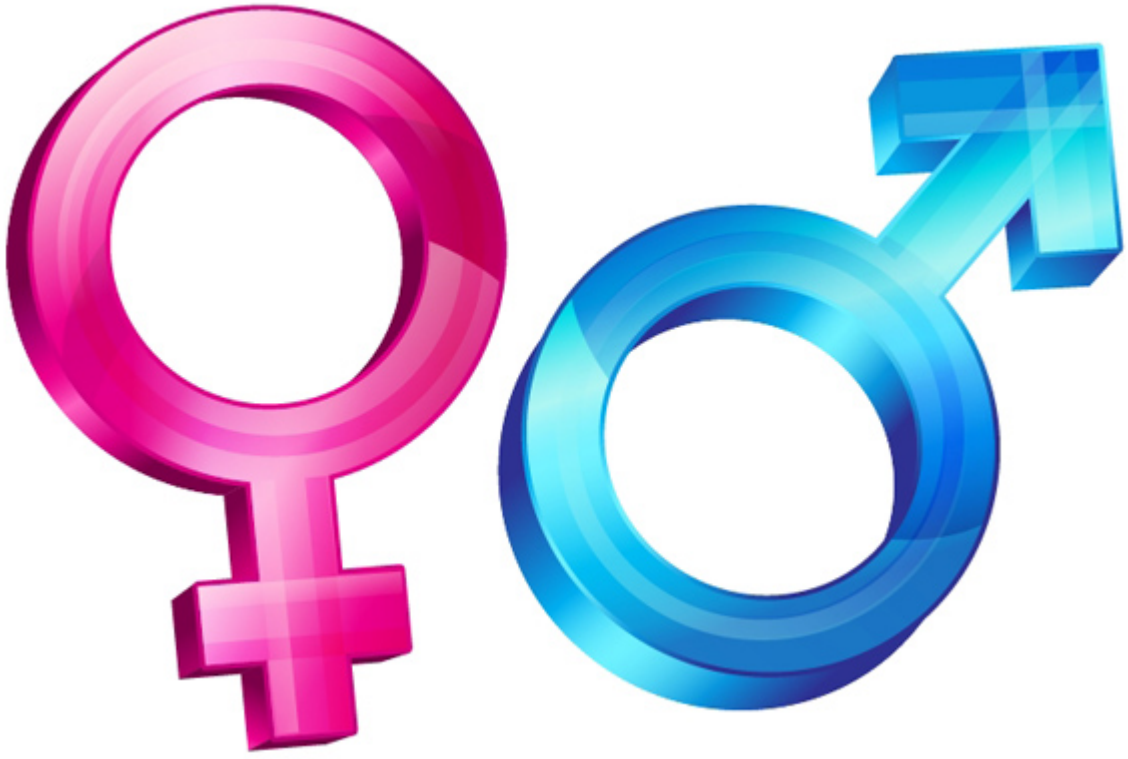
In the previous section, we talked about how you are going to meet girls and present yourself with Universal Appeal.

In this section, we are going to discuss how to efficiently message girls online, get their number and call them.

We'll discuss the "dates" in the next section.

Again - if you think our advice for losing your virginity is "soft" and your chances are better if you timidly hit on hundreds of girls, then go do that.

That is not my advice for total newbies/inexperienced guys.



Step 4: Message Girls One of Two Ways

Whenever you get online, message all the girls that are also online.

They are at their computer and can reply to your messages.

MESSAGE EVERY GIRL THAT YOU ARE REMOTELY INTERESTED IN.

DO NOT BE TOO PICKY.

Unlike Screening, or a more aggressive approach to online dating - I don't suggest straight up

spamming (copy and paste game) girls.

At the same time, you can't waste 15 minutes reading a girl's profile who might not even respond to you.

You need to find a median.

Here is what I used to do and it seemed to work out quite well:

For girls that you would only be interested in if they were interested in you

Have a generic message(s) to quickly copy and paste to girls -
(see the lack of punctuation I use, no periods on the ends of sentences - not a huge deal though)

> ***Hey there/[name], you're genuinely quite attractive - I just thought I'd tell you that. naturally pretty***
>
> ***Hey kidd/[name], you're really naturally pretty - I can tell. Anyway, nice to meet you, I'm Chris***
>
> ***Hey Cutiepie[name], you are actually naturally quite attractive. Just wanted to make you smile. I'm Chris by the way***

This "naturally" beauty thing seems to work really well since it's something that no guys are telling girls.

Girls can't turn down this compliment.

I've never heard a girl say, "No. I'm ugly as shit, it's all the fucking makeup, can't you tell?"

They are flattered and accept the compliment because they want to.

Inserting the girl's name helps too but I've gotten by without it. Try both.

For girls that you are actually fairly interested in (Hot Girls)

Use the generic message, insert their name and add ONE (or two) lines that shows you read a specific part of their profile -

> ***Hey Angie, you're really naturally pretty - I can tell. Anyway, nice to meet you, I'm Chris***
>
> ***By the way - I'm from Florida too. Go Gators***

This was with this EXACT message that I began a conversation with one of the top 4 or 5 hottest girls I've ever slept with.

From her pictures, she looked absolutely unattainable - even to me who started doing pretty well back in 2009.

She was absolute fire, funny and sweet. We had so many inside jokes and we loved having sex outside, particularly in wealthy areas of Beverly Hills and Bel Air.

Unfortunately, she moved back to Florida later that year. Lacie showed up shortly thereafter.

Here's another example -

> ***Hey Steph, you're really naturally pretty - I can tell. Anyway, nice to meet you, I'm Chris***
>
> ***That's awesome you like Norm McDonald, I love him too. Totally underrated.. Did you know that he got kicked off SNL for screaming during a live episode that the writers of the show were ruining it***

That's another message (it's not exact though) that I used to start a conversation with a hot, yet surprisingly pretty funny girl that became my fuckbuddy for about 2 months.

Send the 'copy and paste message' or 'copy and paste + custom' message to all the girls that are currently online that you are into.
(frankly I would just message ALL the girls and just see what happens)

The girls usually read your profile if your default picture (thumbnail) looks good and message you back.

It takes them a little longer because they usually read the profiles and they are shuffling through a ton of messages from other guys.

Obviously, just like in real life, "what you say" doesn't matter all that much - you have to pass the look (profile presentation) threshold and not be a weirdo.

Step 5: Exchange 3 or 4 Messages and Ask For Their Number

The goal of talking to girls online is to get their number.

Not to get them to like you or get to know them.

If they reply to your initial message then in most cases - THEY ARE INTERESTED.

If they reply to your 2nd and 3rd message then in most cases - THEY ARE DEFINITELY INTERESTED.

If THEY ARE INTERESTED IN YOU - there's not a lot of reasons to have a long conversation.

You should exchange names/locations and whatever naturally pops up in the course of conversation - but there's no reason to drag things out.

Believe it or not, the vast majority of girls are pretty comfortable giving guys their number online.

It's not a huge deal and that is why they are on the site.
(some girls are only looking to get their egos fed, that is why we don't engage long conversations)

Although you should certainly learn how to improvise and build your "online social skills", here's a few things that I reply with:

You can keep these in Microsoft Word and just paste them as well -

> ***I'm headed to Nordstorm Rack to see if I can find some awesome deals, whats on your agenda today***
>
> ***I'm about to run out with my friend and grab sushi for lunch, whats on your agenda today***
>
> ***I've got to pick up my friends at the airport, I have a bunch of friends flying in to see me, what are you up today***

It's worth spending an extra 30 seconds to customize the message - you probably have a girl that is interested if she replied to your first message beyond just a single word.

You don't need the "false time constraint" either - just make sure you seem like you have a life (even if you don't) and it's not rude/weird when you end the conversation.

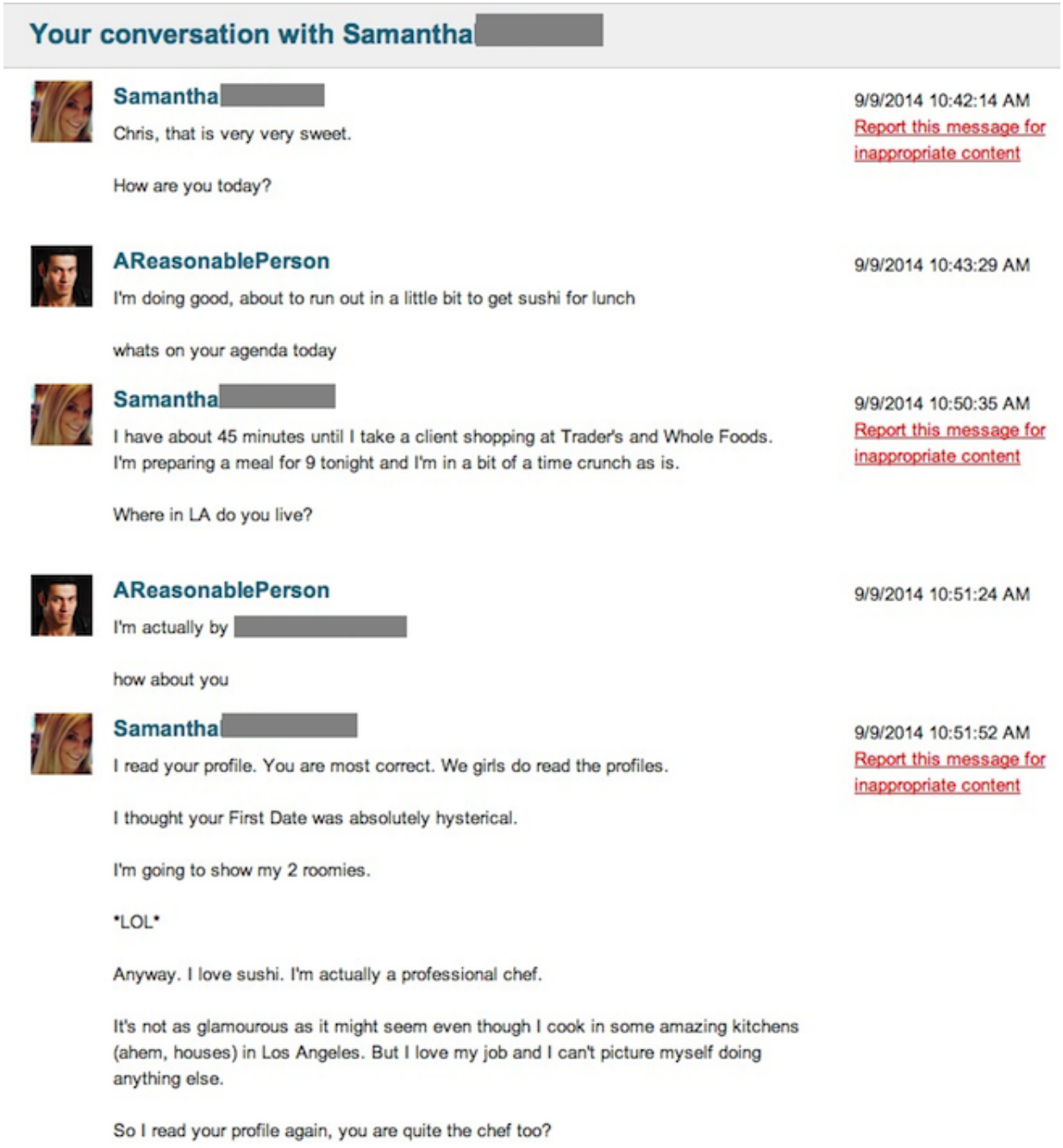
Don't tell them -

> ***I'm at home masturbating to these overgrown studs ruining this girl's barely 18 pussy.***
>
> ***Goddamn, how do they do it and how did they grow those penises?***
>
> ***I'll be here all day, so message me back.***

Here is an example of what you should do:

My initial message to her was -

> ***Hey Samantha, you're really naturally pretty - I can tell. Anyway, nice to meet you, I'm Chris***



Your conversation with Samantha[redacted]

Samantha[redacted]

Chris, that is very very sweet.

How are you today?

9/9/2014 10:42:14 AM
Report this message for inappropriate content

AReasonablePerson

I'm doing good, about to run out in a little bit to get sushi for lunch

whats on your agenda today

9/9/2014 10:43:29 AM

Samantha[redacted]

I have about 45 minutes until I take a client shopping at Trader's and Whole Foods. I'm preparing a meal for 9 tonight and I'm in a bit of a time crunch as is.

Where in LA do you live?

9/9/2014 10:50:35 AM
Report this message for inappropriate content

AReasonablePerson

I'm actually by [redacted]

how about you

9/9/2014 10:51:24 AM

Samantha[redacted]

I read your profile. You are most correct. We girls do read the profiles.

I thought your First Date was absolutely hysterical.

I'm going to show my 2 roomies.

LOL

Anyway. I love sushi. I'm actually a professional chef.

It's not as glamourous as it might seem even though I cook in some amazing kitchens (ahem, houses) in Los Angeles. But I love my job and I can't picture myself doing anything else.

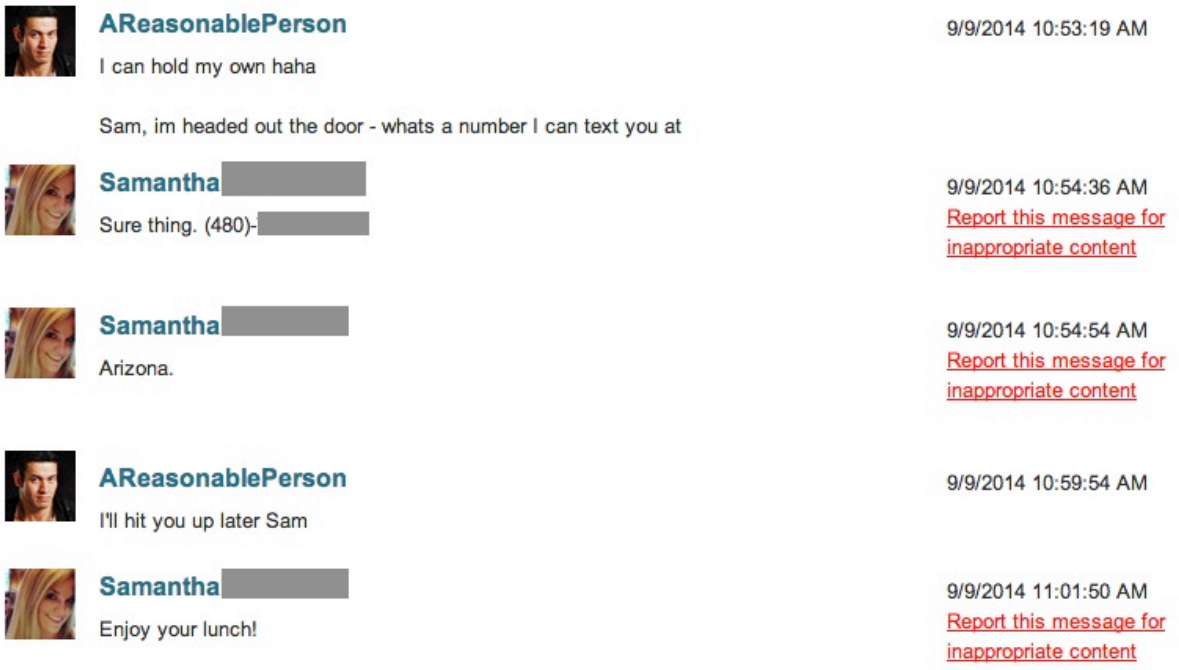
So I read your profile again, you are quite the chef too?

9/9/2014 10:51:52 AM
Report this message for inappropriate content

After I know she is interested (which I can tell by her detailed message/just the fact that she writes me back a few times), I shut down the conversation and take her number.

It's basically the same exact thing that I would do in-person.

IN AND OUT -



I texted her immediately -

> ***Hey Samantha, its Chris, I'll give you a call later today***

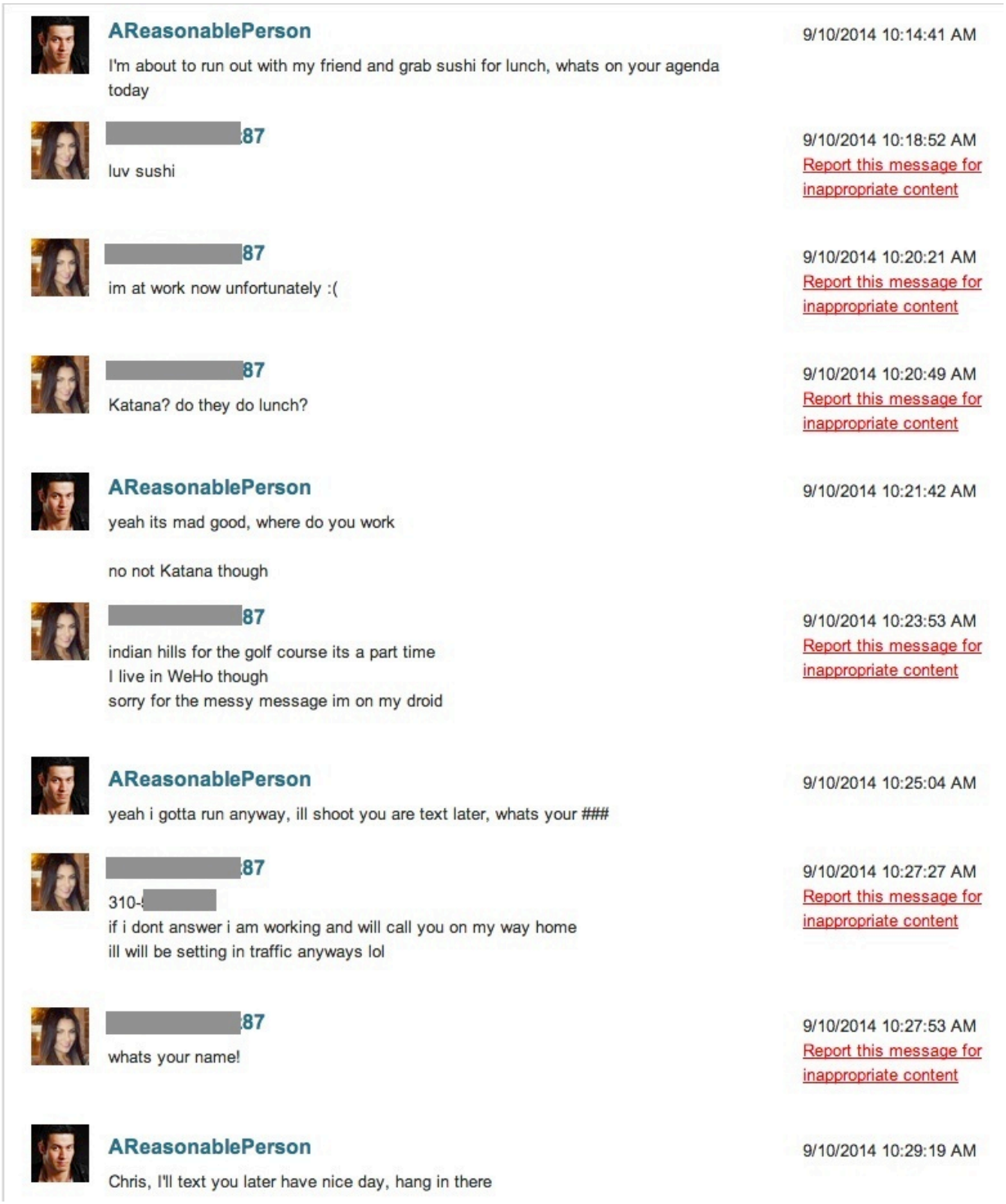
She replied immediately.

Here is another example where the girl says less -



Same type of "opener".

She oddly takes 5 minutes to reply though (likely reading my profile) -



This conversation bounces in and out because she's at work.

Nothing special.

I texted her immediately -

> ***Hey Kris, its Chris, we'll chat later today***

She replied immediately.

Just repeat the process until you get (and confirm) at least 3 numbers.

Some girls may notice that you are still online (when you said you were going to Nordstrom Rack/Sushi/Airport).

I've found that it doesn't affect your chances with them.

If they get jealous that you are still online when they haven't even met you, then they are psychotic and going to cause trouble.

Just tell them that you have the "Plenty of Fish Mobile App." and your account always appears online, if you really want to give an explanation.

After you get each number, text the girl so she can save your number, and tell her that you'll text/call her later.

Step 6: Call the Girls

Later on, you need to call the girls.

AS I ALWAYS SAY (and is especially true of online dating) - if they give you their number, then THEY PROBABLY LIKE/INTERESTED IN YOU.

If they pick up your phone call then - THEY DEFINITELY LIKE YOU.

You don't need to be worried about your "phone game" or the steps you are going to take to convince the girl to like you.

The phone/text process is nothing special.

The goal of the text->phone call is to setup plans with the girl. Nothing more.

It goes like this

Send them a text.

> ***Whats up [name]***
>
> ***Hey Kidd***
>
> ***Hey [name], how are you***

... works just fine.
(don't send them a "Hey Sexy" or "Hey Sexy Bitch" text, we aren't screening)

When they text you back - CALL THEM RIGHT AWAY.
(they will have their phone in their hand and there usually won't be a missed call)

The phone call only needs to be about 5 or 10 minutes

- When they answer, be enthusiastic and ask them how they are and what they have been up to.

- Listen.

- Talk about your day/week/weekend and make it seem like your life is good and you don't want to die.

- Ask them basic questions along the way, slowly transitioning into what their schedule is over the next 72 hours.

> ***So what's the rest of your week look like?***
>
> ***So what do you have planned over the next few days?***

- Once you hear a day/time that is open, suggest meeting up at that particular time.
(they will usually be good to go. If not, say, "actually that day isn't great for me either..." and suggest another time.)
(usually you won't need a 3rd attempt. If you do - just let her pick the time and see if it works for you.)

> ***Oh nice, I have some time on Friday afternoon, let's meet up then.***

> *My week is packed but Tuesday afternoon I can sneak away, lets meet up.*

- Repeat the date and time and tell her that you'll text her on that day to confirm.

> *Cool, I'll catch you on Thursday night at 6.*

Again -

If the girl picks up the phone, reveals her schedule and agrees to meet up with you - **SHE IS INTERESTED IN MEETING YOU**.

You don't need to stress over "messing up" or if she likes you.

The only way that you will mess up is -

Not calling her or spitting large amounts of "game" at her that makes you seem like an oddball because she is already interested in you.

- The morning of your "date", text her to confirm your plans and the specific time -

> *Hey [name] I'll catch you at [time] tonight, I'll text you the plans soon, cool?*
> *Hey [name] looking forward to meeting you, I'll see you at [time]*

They will reply to it if the plans are still on.

Compared to other guys that run the 'numbers game' online and in-person, I get very few flakes.

I'm lucky in that regard, but most girls (if they liked your pictures and spoke to you on the phone) will be excited to finally meet you.

The majority of girls will follow through.

Here is an example of how it sounds to set up a date with a girl from the Internet -

We get disconnected at 1:15 and I call her back.

Again, the point is - if the girl picks up your call - **SHE LIKES YOU.**

Be enthusiastic and say whatever you want (I talk about having some shit stuck in my throat - it.does.not.matter.), just try not to be too available or desperate.

This is the easiest thing in the world. It takes some practice though.

Good Looking Loser's Guide to "How to Lose Your Virginity" continues here -

- **"How to Lose Your Virginity - Dates and Going Further Each Time (Part IV)"**

If you have comments, questions or anything else, please drop the comments on PART V (or on the Forum).

You will get direct feedback from one of us - we want you to lose your V-Card and getting moving.

How to Lose Your Virginity - Retention, Sexual Experience and Other Issues (Part V)

September 12, 2014 | by Good Looking Loser | Link | Original Link

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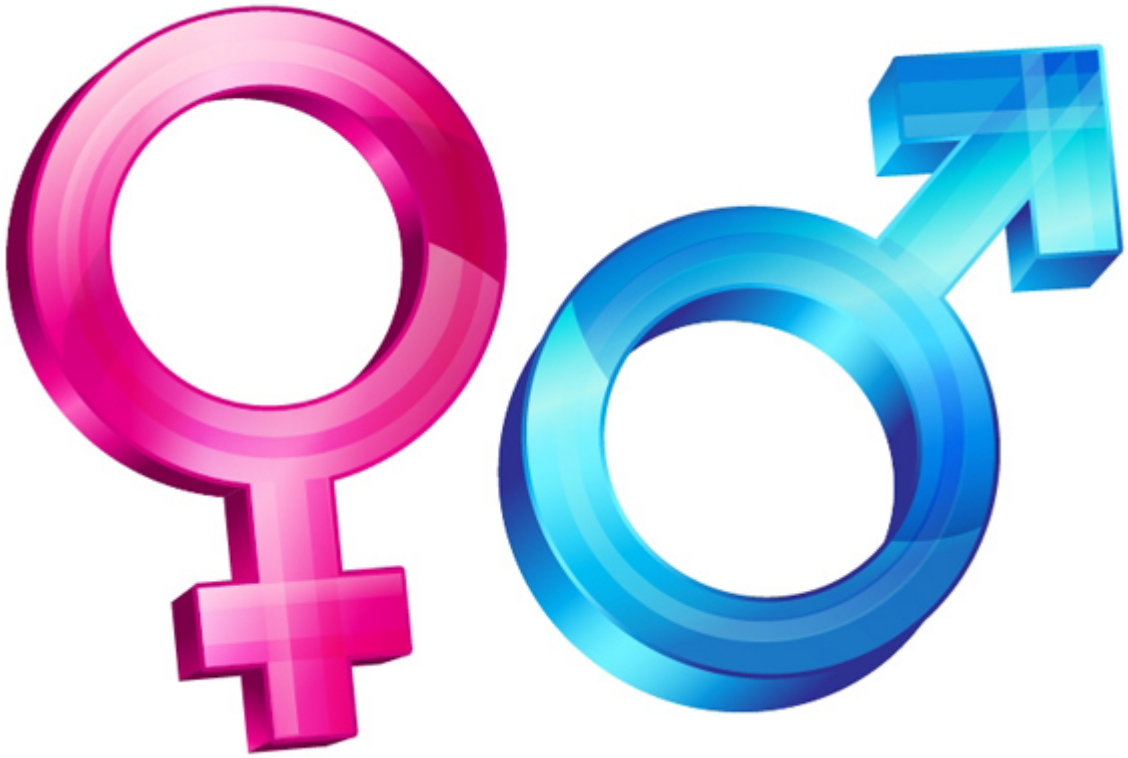
How to Lose Your Virginity

Welcome to Part V of our "How to Lose Your Virginity" series.

In Part IV, we discussed the "dating" process and what to do on each and every date.

Most guys will lose their virginity after Date #5 or #6; they are comfortable by then and the girls are ready.

Let's discuss the period after you lose your V-Card and some other potential issues that you should be mindful of.



After You Lose Your Virginity

First off - congratulations.

You did it.

So now what?

No matter how much potential you see/don't see in your first partner, I HIGHLY SUGGEST keeping her around BY ANY MEANS NECESSARY (scroll down).

Even if she's insecure and begging you to be her boyfriend.

Next Stop - Sexual Experience

If you lose your V-Card with this process (as opposed to banging some random drunk girl from a bar), she/you will have some degree of feelings for the other.

That's great.

That is the reason that she is going to come back for more.

She is your ticket to shedding your sexual anxiety and becoming confident in bed with EVERY WOMAN that you nail in the future.

You are playing catch-up with the rest of us and this girl is going to skyrocket you forward.

You don't need to sleep with a whole bunch of girls to beat sexual anxiety or become good in bed (although it certainly doesn't hurt) - you just need to DO EVERYTHING with one girl.

Everything -

- Missionary
- All Different Positions
- Oral Sex
- Anal Sex
- 69/Facesitting/Lick Her Butthole
- Fuck in Different Settings
- Role Play/Fetish Stuff

... and Whatever Turns You On.

I suggest doing WHATEVER it takes to keep her around.

Even if you have to be a "nice guy" or put up with some bullshit.

It's only temporary and it's totally worth it in the long run.

All the while - continue meeting other girls and try to get them in bed too.
(if you agree to a committed relationship - then don't do this)

Meeting women while you are already getting laid is significantly more fun and easier.

Although you have a ways to go, it's a bit of a mini "Golden Era" and it's much deserved after years of involuntary celibacy.

Enjoy it and make it productive as can be.

Here is our famous "Retention" guide for how to keep fuckbuddies around -

- "Retention: How to Keep Fuckbuddies in Uncommitted Relationships"

Use it, but be flexible and don't be afraid to get close with the girl.

Potential Issues and Roadblocks

Here are some concerns that you may have:

Lack of Options in a Small(er) Town

The most legitimate problem with online dating is that (just like approaching girls in-person) there are fewer options in smaller cities.

That shouldn't stop you from trying.

Sign up for the free sites - Plenty of Fish, OkCupid and Tinder.

Consider signing up for pay sites - Match.com, eHarmony (last resort), HotorNot, jDate, Adult Friend Finder (just try your best), etc...

Are you telling me that you can't go out with 2 or 3 girls if you hit up ALL those sites?

If that's the case -

MOVE.

IMMEDIATELY.

Where the hell are you living?
(this is part of the problem with your entire life)

If you are against paying for an online dating site, look at it this way -

If I offered you one of my girls to lose your virginity to for $29.99 (or however much a pay dating site would cost), would you do it?

The correct answer is -

YES.

Growing Unrealistic/Low-Odds Standards

A lot of the guys that remain virgins into their mid/late 20's, consciously or otherwise, make the decision -

> ***Well... I've waited this long, so I'm only willing to lose my virginity to a BEAUTIFUL WOMAN.***

You can probably see the problem with this.

Meeting and sleeping with that beautiful woman won't be easy (otherwise it would have already been done) and disqualifying 90%+ of the opposite gender is a recipe for your "slump" to extend into your mid-30's.

The main reason you don't Get Laid on a yearly basis is the same reason that other guys don't on a weekly basis -

You are only open to meeting THE PERFECT GIRL and don't even give the rest a chance.

I'm not telling you to flat out 'lower your standards'.

But I am telling you to BE OPEN to more women if this is an issue.

There's an above-average looking nice girl with overgrown breasts that will fuck you after 5 dates and keep it real who will be a better first partner than the super hot girl that still goes to clubs for attention and has 10 guys chasing and jerking off to her.

You will have a hard time handling that "PERFECT GIRL" anyway.

You will be freaking out all the time and you know it.

Lose your V-Card to an attainable girl that turns you on but won't leave you in total despair if she walks.

Related -

- "How to Lower Your Standards and Keep Your Dignity"

I Want the First Time to Be Special

This is somewhat related to the prior concern.

While I generally think this *'I Want [Losing My Virginity] to Be Special'* thing is a form of denial and avoidance, let's suppose your plight is authentic.

The first time will be special.

It's the experience that is special, not the girl.

That is what you will remember.

You will be proud of yourself and you damn well should be.

In a few years, you won't even remember much about your first time other than you were nervous but you were successful.

You'll probably remember how happy you were the following day more than the actual sex.

After you have sex for the first time, you will be thinking "Damn... I want more pussy." and not "Wow, that she was so amazing and she's so perfect."

Stop thinking like a teenage girl and just go Get Laid.

Then do it again.

Online Dating is "Soft"

Some inexperienced guys will dismiss this guide because online dating is 'beneath' them.
(just like 90% of women are beneath them too)

They are "hardcore" players in the making.

That is an awful attitude to have and frankly the exact same attitude that has kept many of them sleeping alone for a lifetime.

Don't be that guy.

Say what you want about today's world of social media and declining social skills and physical fitness of our gender...

The bottom line is - IT HAS NEVER BEEN EASIER TO MEET WOMEN.

And I suggest that you take advantage of it.

Online dating is the EASIEST, MOST SELF-ESTEEM FRIENDLY WAY to lose your virginity.

I have a friend "Matt" who nails 25+ girls a year.

~ALL OF THEM he meets on Plenty of Fish or jDate.

He follows the exact same "dating" protocol that I have recommended to you - only he usually has them in bed on Date #2 or #3.

You can have a top 1% sex life JUST FROM ONLINE DATING.

I definitely think cold-approach and "party game" is worth getting into but don't think you can't tag 3 or 4 girls a month from the Internet.

What If She's a Virgin Too?

Although once you get a lot of experience under your belt, you probably won't mess with virgins (Brian and I don't) - if a girl shares with you that she's never had sex, I absolutely suggest that you

take her virginity if she wants you to be her first.

You can even share your secret with her too.

She will like you even more but likely start looking at you as a long-term boyfriend.

With virgins, you will have to take the TOTAL LEAD but you will learn a lot.

There's nothing more amazing than teaching a young, inexperienced girl about her body.

The process is amazing and they stay around for months if you make them feel beautiful.

Inexperienced girls (virgins, especially) won't give you much feedback in the bedroom, but they are extremely loyal and you won't have to worry about them hooking up with another guy while you are dating.

Their pussy is significantly more tight than the average girl, so you will have to gradually loosen her up.

Use 1 or 2 fingers at first and tell her to masturbate at home.

The first time experience for a female virgin can be a rough one.

I want you to reassure her and yourself that sex is not normally that way.

She will likely bleed, she may have tears in her eyes, she may be really nervous and confused as to what she should be doing during the process.

Just reassure her that she is doing a good job and is beautiful.

Do not use your Bathmate to pump up your dick before sex. Your dick will not fit inside of her. Even if you aren't hung.

Will She Know That I'm a Virgin?

The answer is a very likely: 'No'.

If you simply follow this guide, you will appear more experienced/confident than most guys.

Even if you fall apart in the bedroom, so long as you undress the girl and eat her pussy - she won't think you are a virgin.

She's seen erectile dysfunction (and premature ejaculation) before if she's had a boyfriend. It's not a huge deal unless it continues to happen.

If she hasn't seen it, then she isn't very experienced and you have even less to worry about.

If you are attractive enough for the girl to go out with, chances are - she thinks that you've been up with other girls that found you attractive too.

Even if she "finds out" you are a virgin, I see no reason why it would hurt you anyway.

If anything, she'll tell her friends and they will say that you are -

> ***A KEEPER.***

It's rare to find a male virgin. To girls - it's not a bad thing whatsoever.

Beating Sexual Anxiety

If it's your first time (or your second time and the first time didn't go as planned) - you will probably have some sexual anxiety.

It's important to understand this about sex with a new partner for the first time -

- "The Only Thing You Need to Know About Performance Anxiety"

You can take some steps to make certain you get a good erection and perform adequately -

1. Take Cialis (go to your doctor for an Rx) 8-10 hours ahead of time. It works, that's why millions use it.

2. Practice jerking off in condoms (preferably to the girl you are going to sleep with). This will help you make sure you have the right size and get you used to being wrapped up.

3. Just go through the motions if you are nervous. If you take Cialis, your dick will be so sensitive that the slightest bit of pleasurable contact will cause an erection. Take your time, cuddle with the girl and try to keep your mind on HER and not you.

4. Remember - if worse comes to worst, you can always get the girl off with your hands and/or mouth. Some girls even prefer oral sex.

Go see your doctor for Cialis - do not buy it from an online pharmacy.

Pour Conclure - Final Thoughts

That brings us to the end of our "How to Lose Your Virginity Guide".

I know many of you haven't known where to start, gotten highly discouraged from approaching women and will quietly follow this guide until it happens for you.

That is what I want.

I have a tremendous amount of sympathy for guys that are late-bloomers/adult virgins.

Although I wasn't a virgin in my mid-20's, I consider myself a 'late bloomer'.

Most of you guys have really beaten yourselves and may be living a total lie (appearing confident in front of friends, telling stories about getting laid, disqualifying girls that you like to avoid disappointment, etc.).

You haven't come to GoodLookingLoser.com to become a "hardcore player", you have come in hopes of having a normal sex life and feeling decent about yourself.

I hear you.

It's time that we start working toward that and get 'er done.

If you follow my advice in this guide, in 6 months (likely sooner) you won't be a virgin anymore.

Come tell us your story, you should be proud.

Rooster's Program - How to Get Laid in 5 Weeks (Even If You Are a Virgin)

Rooster aka Ross is one of our original members.

He is one of the only guys that I've have allowed to write blog posts that are published on GoodLookingLoser.com.

By now, he has more experience with online dating than I do.

I can actually learn from him at this point.

Recently, with my encouragement, he published his own guide specifically for inexperienced guys who may be looking to finally lose their V-Card.

It took him several months and he really put his heart into it.

I think it's very good and I've read every single page of it.

It incorporates (but in greater detail) what I have laid out and discusses other issues such as EXACTLY what to say, response rates, how to get your pictures rated, helpful mobile apps, tanning and additional anxiety issues that inexperienced guys tend to face with online dating.

He makes an effort to stay one step ahead of you and keep your mind right.

Furthermore, his guide contains a structured program that takes out the guesswork and tells you EXACTLY what you should be doing.

Like I said for Victor Pride's book, "30 Days of Discipline", if I made a "Lose Your Virginity" program - this is basically what it would look like.

Perhaps most importantly, he is providing support on "Rooster's Online Dating Forum" for those that join the program and additional help on Skype if you need it.

Whether you Get Laid in 5 weeks more/less depends on several factors, including: what city you are in, who you are willing to sleep with and your current physical appearance. Neither he nor I guarantee you will sleep with your first girl in 5 weeks.

But what I do guarantee is - YOU WILL EVENTUALLY LOSE YOUR VIRGINITY (or break out of your slump) if you don't quit.

In fact, although there may be some setbacks along the way, you will start to feel optimistic about your chances for finally getting laid.

For some guys - this will be the first time you have ever felt that way and the BEGINNING OF THE END of your life without sex.

I recommend his program and using him as a resource -

- **"How to Get Laid in 5 Weeks, Even If You Are a Virgin"**

Check out his other blog posts on GoodLookingLoser.com -

- **"Rooster's Articles on Good Looking Loser"**

If it matters to you -

I think I'm a decent judge of character.

Rooster is a good guy. He's not a piece of shit.

He genuinely wants to help people and will see that you won't get left behind so long as you put forth the effort.

Feel free to drop us a comment below, for specific questions about this guide or Rooster's program, please drop your message in our Online Dating forum.

How to Lose Your Virginity - Dates and Going Further Each Time (Part IV)

September 12, 2014 | by Good Looking Loser | Link | Original Link

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How to Lose Your Virginity

Welcome to Part IV of our "How to Lose Your Virginity" series.

In Part III, we discussed how to efficiently message girls online, get their number and call them.

Now it's time to meet up with them.

Remember how I told you that "you are going to Get Laid for the first time, like most people Get Laid for the first time/in general"?

That is what this covers.

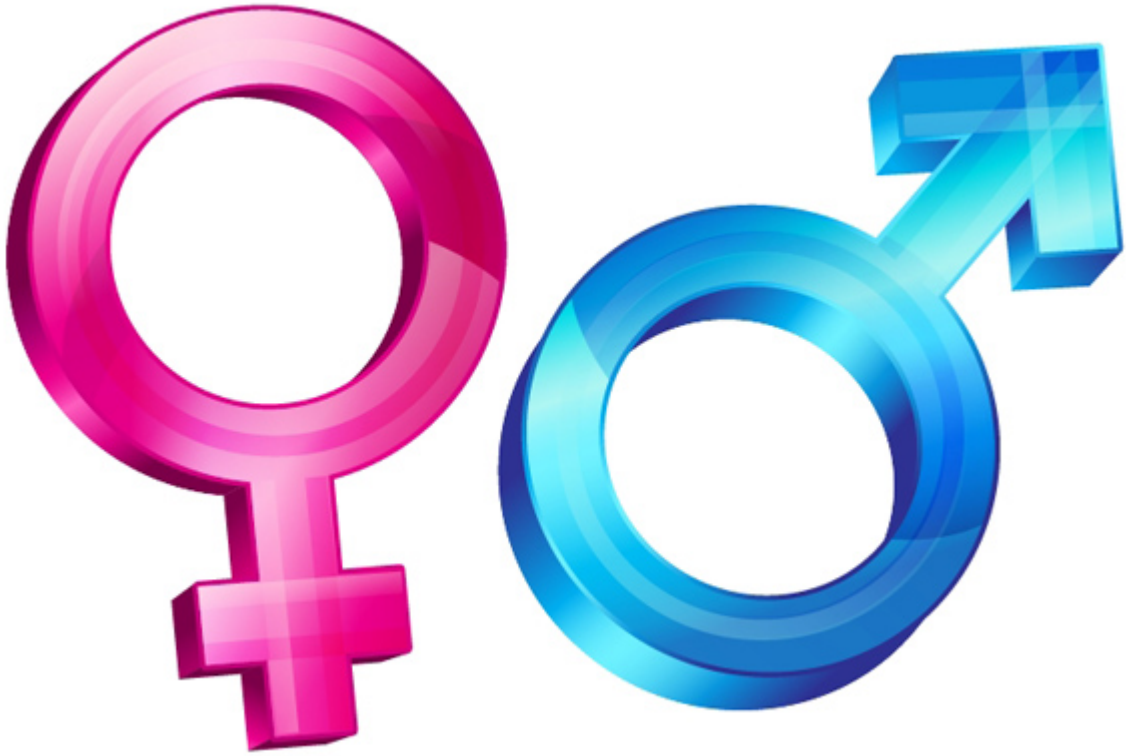
You will go out with a girl that is interested in you (and physically attracted to you because she chose you based on your pictures) and you will go a little further with her each time.

Most guys ARE NOT meeting girls at bars/on the street and aggressively dragging them to their apartment and fucking them.

Most guys are moving slowly with girls and engaged in some sort "dating" (usually 'courting') dynamic.

I know you don't want to be like *most guys*, but you need to drop that attitude for right now.

Most guys have already lost their virginity - so let's just start there.



Step 7: Meet Ups and Date(s)

You will likely be going on *at least* 3 dates before you sleep with girl - I want you to know that upfront.

5 or more dates is more realistic.

On each date, you will be going a little further with the girl.

There will be very little pressure; by the time the 4th or 5th date comes around - you will be fairly comfortable and she will want to get naked.

I don't even want to put extra pressure on you and tell you, "The goal of EVERY date is to Get Laid".

It's not.

In general, this is what we are shooting for -

- **1st meet up - Meet the girl**
- **2nd date - Kiss the girl**
- **3rd date - Mess around with the girl (clothing on, usually)**
- **4th date - Get naked with the girl and mess around**
- **5th date - Get naked with the girl (have sex - if you haven't yet)**
- **6th date - Repeat/see 5th date**

Somewhere between date 4 and 8 is when you will have sex.

By Date #6, the vast majority of girls will be expecting it.

I cannot tell you enough -

IF THEY GO OUT WITH YOU (particularly on a 3rd and 4th date)...

THEY LIKE YOU.

AND WILL BE EXPECTING "SOMETHING TO HAPPEN".

So if you get scared, insecure, or confused, try to remember that they "like you".

By the #6 or #7 - it is more awkward to NOT mess around with the girl than to try to get her naked.

It will happen for you.

I promise you.

Just follow what I say -

First Meet up (Coffee Shop/Cafe/Brief Meet Up) - Goal: Meet her

Once you get more experience (or you spend a decent amount of time on the phone with the girl), you can setup a first date where you scoop her up from her house and drive her back to your place or begin at Date #2 or #3 .

For now, your First Date is just a brief meeting at a coffee shop or non-server cafe.

Figure out a hot spot (or a location halfway between her and you) and go meet her.

Get coffee, ice cream, a sandwich, walk on the beach, some drinks, whatever.

You can pay for her if you want, or not - it doesn't really matter.

Just lean back and talk with the girl.

Get her talking about the subjects that she is into and just listen -

> ***What was it like growing up in [city]?***
>
> ***What's your favorite part of being a [occupation]?***
>
> ***How often do you go home and what do you parents do?***

After about 30-45 minutes, tell her that you've love to stay longer but you have to get going.

This shouldn't be abrupt or unexpected - she should know in advance that you were only meeting up for a little while.

Don't worry about touching her or trying to kiss her - I don't even want you doing that.

Just give her a hug goodbye and say you'll text her later.

You can text her "Nice meeting you!", 15-20 minutes after you leave.

If she replies, she's likely interested in seeing you again - which the vast majority will be if you look like your pictures and got them talking about themselves.

First Date Prep

Since you are inexperienced, it's helpful to have a few things, stories, themes to talk about with the girl.

You can make a note of these in your cell phone.

Just make sure you look good and feel sexy.

Don't be more than 5 minutes late.

After the first date, don't be trying to text her to "check on her" or see what she is doing.

Do not add her on Facebook after your First Date.

If she texts you - answer her back (usually not right away) but don't get caught up in some long text thread. If she keeps trying to contact you - get her out on Date #2 ASAP.

Second Date (~2-3 Hour Meet Up)
- Goal: Kiss her!

After at least 2 days, ask the girl out on a second date using the same phone/text procedure discussed in Part III.

(Ideally, you should be going out with several other girls following this exact blueprint. In one 3 day period in 2008, I had 18 dates I went on. YES - 18 - I actually went on only 11 however.)

Text her, when she replies - call her, make small talk and setup plans - ideally for nighttime.

Your plans can literally be ANYTHING.

When I was still doing the "dating" thing (2008) before I was getting same day/night action - I used to pick up girls and drive to 'Chuck e Cheese' (it's a goofy kids place with games) for my second date. But I also did things such as hiking, desserts, grocery/clothing shopping, smoking hookah, beach afternoon, bowling, etc.

Just nothing too expensive.

This time you will drive to her place, pick her up and go on your date.

Same deal - just have fun and get the girl talking.

The girl is already getting emotionally attached.

Don't worry about your "sexual vibe", just have a good time.

Here is when you have to PONY UP -

At the end of your date, drive her home and before she gets out of your car (or you walk her inside, which I never do) - KISS HER.

SHE IS EXPECTING IT.

Just hold her hand and say -

> ***GIVE ME A KISS.***
> (you kiss her though)
> or
> ***CLOSE YOUR EYES.***
> (and kiss her - just like you've seen me do in the videos)

She will close her eyes and you can kiss her.

That is how to kiss a girl.

That is how I did it when I wasn't too experienced and that is how I do it now.
(I just do it faster now)

For some of you guys, that will be your first kiss.

Congratulations.

Come tell us about it in the Forum.

DO NOT PUSSY OUT OR YOU WILL HAVE TO REPEAT THIS DATE.

If she stops you (98% chance she WILL NOT, kissing is not a big deal to most girls), she still likes you - you will kiss her on Date #3.

Second Date Prep

I am going to repeat this ad-nauseum - if a girl meets up with you for a second date -

> ***SHE LIKES YOU.***

Although plenty of relationship-seeking girls didn't want to see me after our first date, I can't remember a single time when a girl went on a second date with me and cut me off after.

Not once.
(that I can remember)

Like the first time around, you might want to keep a bullet-point list of talking points in your cell phone if you are scared you will run out of stuff to say.

Take a look at it in the bathroom or pretend to text somebody to peek at it.

Third Date (Whatever + Drinks and a Movie)
- Goal: Get Physical - Clothing On (Perhaps More)

At this point, the girl has already made up her mind if she is going to sleep with you, if she hadn't when she first met you.

The only question is when.

If she agrees to a third date, she is down to sleep with you (now or in the near future).

The main priority on this date is to make sure the final destination is your place - specifically: your living room couch or your bedroom.

If you want - you can go out to get food, a club or do some activity (try not to get her sweaty - girls are self-conscious about a sweaty/salty pussy) and come back to your place for a movie with desserts and/or drinks.

The more convenient plan is to pick her up, drive to a grocery store to buy food and come back to cook it together.

That way, she'll be at your place the entire time.

By the third date, you should be pretty comfortable with the girl, so I encourage you to be a little more 'touchy-feely' with her as compared to your first two dates.

Cook some food together. (or not)

Open up some drinks.

Go sit in front of the TV together.
(or your laptop and watch YouTube videos if you don't have a TV)

Drink up and put on a movie or find something on TV.
(you can also play Nintendo Wii or Kinect on Xbox360)

Make sure you are sitting right next to the girl or cuddling up with her.

Sometime during the movie/show, put your arm around her and begin playing with her hair and massaging her neck for a few minutes.

She is expecting this.

Kiss her after that.
(Kiss her neck too)

Continue kissing her and let your hands wander elsewhere - her legs, her chest and then her pussy.

For a lot of guys - this will be your first time doing this.

That's great!

You can do this for a while and/or try to take things further.

You might not know yet but - you can get girls REALLY WET even if they are fully clothed.

If you can muster up the courage, tell the girl "let's get a little privacy..." and walk her to your room.

Continue the process and try to go all the way with her with the "escalation" guide that will be presented below.

If you don't go all the way on Date #3, that's just fine, so long as you met the goal of getting intimate and feeling her up.

DO NOT PUSSY OUT or you will have to redo this entire date.

Fourth Date and Beyond (Whatever + Back to Your Place) - Goal: Go Further/Sex

If you are a virgin and the girl you are seeing is not in "party mode" (girls you meet online rarely are), chances are you won't be having sex with her until *at least* the 4th or 5th date.

That is fine - that is what I am planning on and why I going to discuss 'How to Have Sex' in this section.

You will be fairly comfortable by then and she will be expecting it.

Identical to the third date, you will want to setup plans where you pick up the girl (or have her drive to your place) and make sure YOUR PLACE is the final destination of the night.

Again, it doesn't matter what the plans are (if any) so long as the girl is in your living room or bedroom at the end.

You don't need to have an "adventurous pick up artist" date because the girl ALREADY LIKES YOU.

If she meets up with you for the fourth time, she's definitely planning on having sex soon enough.
(unless she has flat out told you she is waiting for marriage)

At some point, usually while having some drinks, you will want to start up the same exact process while you are cuddling with the girl - play with her hair, massage her neck, kiss her and feel her up slowly.

This time, however, you are going to go further.

SHE IS EXPECTING IT.

Once you have been kissing/feeling her up for 5-10 minutes, tell her "let's get a little privacy" or lead her into your room with "follow me".

If you are already in your room - just walk over to the bed and sit her down.
(If the girl thinks she is having sex, she might stop you and go to the bathroom to pee and fart - this is a good sign. Just put on some music and pick up where you left off - pour more drinks if you are drinking)

"Comfortable Escalation/Foreplay for Newbies"

(it doesn't matter the order in which you undress the girl/yourself)

Here is a basic way to get her turned on and naked.

While still clothed, so far you have -

1. Played with her hair then
2. Massaged her shoulders and neck then
3. Kissed her then
4. Touched her legs then
5. Touched her breasts and butt then
6. Touched her inner thighs and pussy

After you have been doing this for 10-15 minutes or so, take your shirt off and remove her shirt (just grab her shirt and take it off of her).

Get back to kissing/feeling her up for another 4 or 5 minutes and then remove her bra. You can remove your pants at this time if you want.
(you guys might have trouble with this, just go behind her and unlatch it - it's not a big deal if you have trouble with it)

Give her breasts some immediate attention - rub one of them and suck the other. This feels amazing for them.

(this might be another first - if so, congratulations - you earned it)

Do this for a couple of minutes and get your hand down on her crotch.

Rub it through her pants for 3 or 4 minutes. You can push hard, it won't hurt her.

Between the breast stimulation and the pussy stimulation, most girls will be ridiculously wet.

Remove the girl's pants and underwear and then remove your own.

This might be the scariest thing you have ever done, just keep in mind - SHE LIKES YOU and she is worried mainly about if you like her naked body and not your body fat percentage or the size of your dick.

(Even if she stops you, she still likes you and just isn't ready to share her pussy. Continue with the foreplay.)

If you have a hard-on, by all means - put on the condom and finish the job. Most girls will be wet enough to take you.

(if you have a fat dick, you will need to lick her pussy for a couple minutes or put some lubricant on her)

If your senses get overwhelmed and you lose your erection, it's okay - just get on your knees and eat her pussy and touch yourself at the same time to get a boner going again.

If you get to this point when she is fully naked on your bed and turned on from all the foreplay - you will either have intercourse with her or you won't.

If you get nervous and can't penetrate her, don't worry about it - it happens and it often happens on the FIRST TIME with a new partner, let alone the FIRST TIME ever. My dick went limp during my first time.

She still likes you and you'll finish next time.

Just get busy licking her pussy and using your fingers (go upward, not downward).

If you've never eaten pussy before, don't worry - it's the easiest thing in the world and you can't lose.

When aroused, a girl's pussy (particularly the clitoris, on the outside and 2-3 inches in) is super sensitive.

Just lick it at different speeds/directions and see what she best responds to.

You can also just ask her,

> ***"Does this feel good?"***
>
> ***"Tell me if this feels hot."***
>
> (No - it is not 'beta' to ask a girl what she likes. In fact, girls love a guy that is confident enough to ask and is trying to please them)

This girl will be your very first so take care of her.

If sexual anxiety is a concern, review this blog post beforehand -

- "The Only Thing You Need to Know About Performance Anxiety"

If you successfully have intercourse -

Congratulations, you aren't a virgin anymore!

When losing their virginity, the majority of guys will penetrate the girl for a few minutes but not orgasm.

THAT IS COMPLETELY COMMON.

If you lose your boner, you can still take care of the girl with your fingers and mouth. I suggest you

do so.

As explained in the blog post I link to above, provided that you engage in adequate foreplay, a girl's experience is primarily based on her own sexual health.

Some girls will cum the second you insert your dick and others simply don't know how to have an orgasm because they don't masturbate.

There's only so much you can do, her orgasm is largely her responsibility and so long as you try, she will respect your effort.

Troubleshooting Dates

What If the Girl Stops Me?

Remember, most girls you meet online are looking for a relationship and don't want to appear "easy" or look like a slut to a potential boyfriend candidate.

But since this "dating" process is gradual and fits most girls' timetable, I don't think you will have many issues with girls shutting you down.

The only time I can see this happening is on Date #3, if you try to take things further after kissing/feeling her up during the movie.

Like I said, by Date #5 or #6, most girls will be expecting to *at least* be naked with you.

If girls stop you, by all means - just try again in 5 or 10 minutes.

If it's clear they don't want to go further, just respect that - THEY STILL LIKE YOU.

Good Looking Loser's Guide to "How to Lose Your Virginity" continues here -

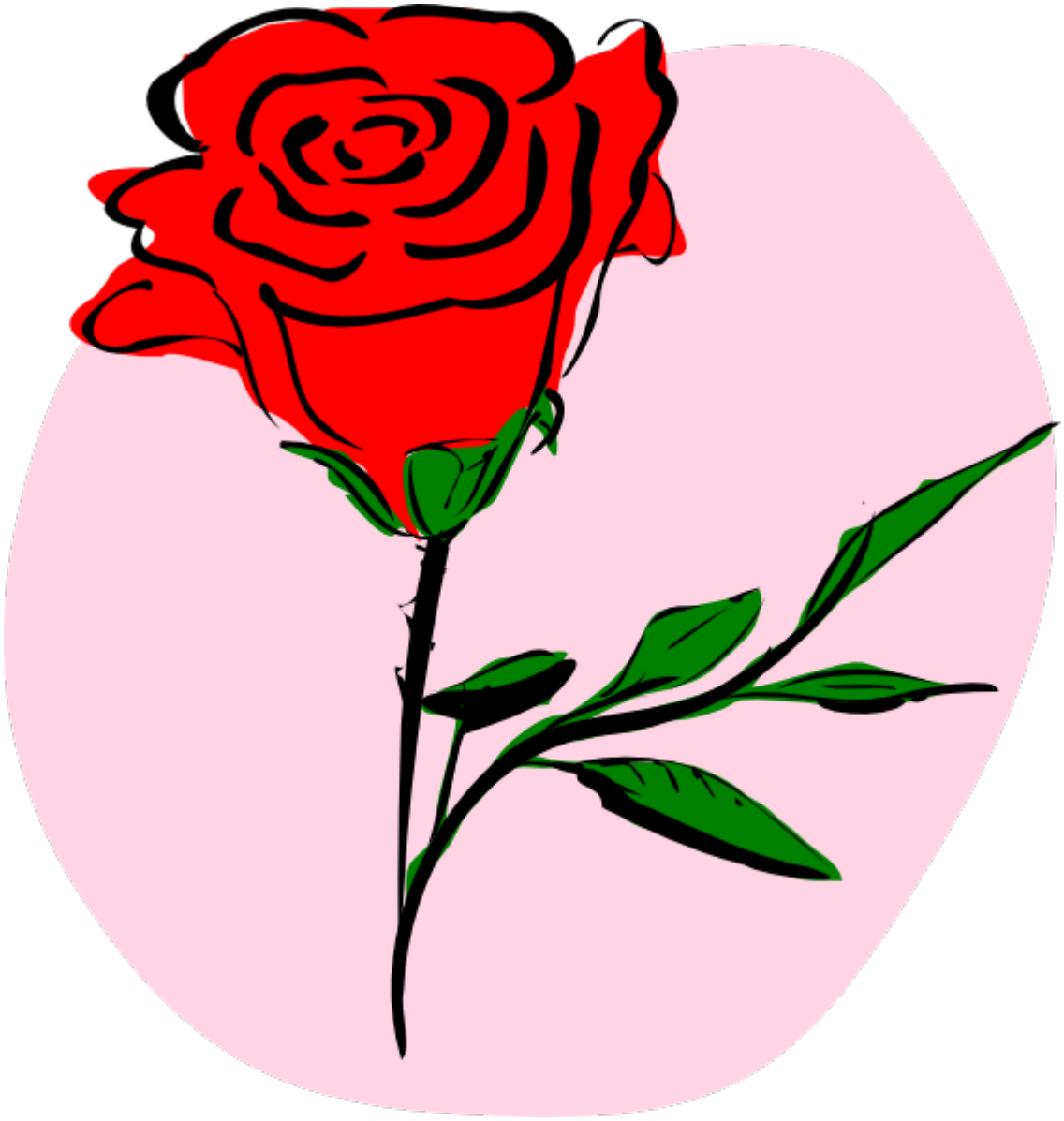
- **"How to Lose Your Virginity - Retention, Sexual Experience and Other Issues (Part V)"**

If you have comments, questions or anything else, please drop the comments on PART V (or on the Forum).

You will get direct feedback from one of us - we want you to lose your V-Card and getting moving.

Why You Aren't Getting Laid on Your First Dates (Boyfriend Material)

October 3, 2014 | by Good Looking Loser | Link | Original Link



Why You Aren't Getting Laid On First Dates

Before we jump into this subject, I want to make something clear -

If you are inexperienced - completely disregard the first part of this post.

Go out on as many dates as you can and try to go a little further with the girl each time.

That's how "serial daters" (guys that have a top ~5% sex life but don't necessarily "pick up" girls) get nasty good.

AND

If you are Getting Laid - you are GETTING LAID.

Don't let any Internet-forum-stay-at-home-pick up-artist/analyst tell you that you *need to* be "more aggressive" or somehow having sex after going on 3-4 dates "doesn't count" or is "bad".

I went out on ~semi-traditional dates for years and they were some of the best years of my life.

Some of the later experiences were frustrating and a waste of time, but I definitely ended up sleeping with some really hot girls that otherwise wouldn't have been interested if I had no "Boyfriend Potential" and didn't have any "Nice Guy" (dating) attributes.

Sometimes the anticipation of going on a bunch of dates, being seen with a really hot girl, getting to [somewhat] know her and bringing her home is more rewarding than pulling a random girl out of a bar in 17 minutes.
(scroll down to interaction #5)

Really.

Sometimes.

At the same time - if you plan on getting a steak and blowjob for dinner, and just the steak comes.

It can be frustrating.

Although GoodLookingLoser.com is home to an aggressive Screening approach to GET LAID and not simply another community that discusses "meeting women" or "picking up girls", we tend to put too much importance on aggressiveness, speed and are way too quick dismiss girls as "asexual" or "only looking for a boyfriend" if they don't get down on the first night.

Until you have *at least* 2 fuckbuddies, you should be open to going on dates with girls and try to go further with them each time.

That is how I did it.

But it's going to take you less time because I had to figure this subject out on my own.

Stop 'Screening Out' women that want to sleep with you - just not on the first night.

When you have 2 regulars and a cell phone full of potential girls 'on call' - you can change your policy.

Some girls simply *require* an emotional investment beyond a half-hour of fluff talk to let you take their panties off.

Especially those that are looking for a relationship or recently got their hopes up over a guy that fucked them and never called them back.

Most quality women, especially if you are meeting them online or in slower daytime/nonalcoholic environments with non-aggressive approach, will make you work a little bit before they let you get at their pussy.

Unless they are purely in "party/slut mode" and/or instantly receptive to your touching, many women will have a specific criteria of how many dates are required for their panties to come off.
(the term we use is 'Countdown to Sex')

Sometimes, there's not a lot you can do to get them to have sex with you if they have ALREADY made up their mind that they aren't doing it.

What you CAN do is learn how and why you Get Laid (or don't Get Laid) on your first dates.

That's what I'm going to cover.

For the record, it was YEARS of doing this "pick up thing" before I started consistently Getting Laid on first dates.

Although I made a really good sex life from being somewhat of a "serial dater", I definitely didn't understand why guys such as Scotty were ALWAYS fucking girls on their first meet up while I was

taking them to a bowling alley with a Groupon.

The reasons are completely beyond obvious now but no one could offer me an explanation at the time.
(this circumstance, not 'pick up', is what made me lose faith in the seduction community)

It was the end of Summer 2008.

I was told I was a "near finished product".

I had a nice tan.

I could talk to any girl, in just about any situation.

I was getting hot girls.

Yet, it would still take me 2-3+ weeks to get them in bed with me.
(although every now and then, I would take a girl home from a bar)

I would certainly go further with girls than most guys did on first dates, but I usually ended up sleeping alone with my baby harp seal stuffed animal.

Finished product?

This wasn't what I signed up for...



The #1 reason that you don't Get Laid on your first date/meetup with a new girl -

Women See You as 'Boyfriend Material'

You are mainly attracting sexually-available but not DTF girls.
The Problem Isn't "End Game", it's your "Front Game" (Screening)

Some of you guys already know this.

Others - this will scramble your brains and you'll see why the guys in our community actually get

results.

Everyone thinks that if you aren't Getting Laid on your first date(s) that the problem is your "End Game" or inability to disarm "Last Minute Resistance".

It's assumed that you aren't pulling the trigger or are simply clumsy/timid when it comes to initiating sex or "escalating" a girl.

This *could be* true.
(and often is if you are inexperienced)

But if you've already slept with a few girls - it's NOT the problem.

The problem is -

You are simply hanging out with a girl that is NOT down-to-fuck.

In fact, many available-but-not-so-DTF girls will be somewhat confused/creeped out when you try to get physical with them beyond the general first date kissing that most girls plan for.

Some will even tell you -

> *I wasn't expecting this...*

Listen to her feedback on this one.

Don't dismiss this as "her problem".

The reason you are finding yourself on a date with an available-but-**not-DTF** girl traces back to your initial interaction with the girl.

Specifically - the impression (profile) you made when you met her, your overall appearance/vibe and how aggressive you were (or weren't).

There's 3 general profiles that girls put guys in -

- Boyfriend Material (Nice guy) *ideal for absolutely nothing*
- Boyfriend Potential (Player who is a challenge) *ideal for retaining girls*
- Scumbag (Guy to just have sex with) *ideal for quick sex*

Most guys are ~90% Boyfriend Material (Nice Guy) and ~10% Boyfriend Potential (Player).

Girls will go out with this type of guy with the sole intention of being courted, flattered and seeing if he would indeed make a safe boyfriend.

She also assumes he is a "dater" or "looking for a relationship", as Plenty of Fish calls it.

Since she sees him as a potential significant other, at most, she doesn't want to sleep with him right away and look like a slut with weak sexual morals.

This is the reason that the vast majority of guys (unless they have sexual anxiety/completely inexperienced) aren't getting much action on their first dates and are often wait 3+ weeks to sleep with their newest prospect.

Good Looking guys that are Boyfriend Material experience this too, but less attractive girls are sometimes willing to amend their 'Countdown to Sex' criteria, especially if the guy "gets them drunk".

Explaining how to lose the 'Boyfriend Material/Nice Guy' persona and put yourself in Player/Scumbag territory is a separate article altogether and in multiple discussions all over this site.

But the main things you need to remember are -

- Dress with a current, edgy style - with accessories. (Style - sex appeal)
- Touch the girls in some capacity when you meet her. (Screening)
- Text girls "hey sexy" or "what up sexxxy" to see who means business and who does not. (Screening)

Those 3 things alone will significantly limit how many girls look at you as "Boyfriend Material", attract sexually-active DTF girls and will drastically shorten the 'Countdown to Sex' with all girls.

Although I was attractive and considered "hot" by most girls, I was the Good Looking Loser that they pictured having a relationship (and family) with.

Not the Good Looking Loser that they pictured absolutely obliterating their pussy with a wider than naturally possible dick.

I had this issue for years and everyone blamed my "game" or "Last Minute Resistance" for not getting girls in bed.

They couldn't have been more wrong.
(to be fair - I didn't get this either)

I simply was not *chilling* with girls that were looking to fuck me.

I was on *dates* with girls that wanted to get to know me and prove to me that they weren't "easy".

Great.

In fact, I probably did pretty well, considering most of these girls were definitely trying to hold out for as long as possible.
(I went on lots of dates as a Good Looking Independent College Transfer/Loner)

By and large, being seen as 'Boyfriend Material' is the main reason that most guys aren't sleeping with girls quickly. It's not their "game" unless they are inexperienced.

Even then, chances are - they aren't chilling with a girl that is looking to have sex with them for a little while.

The other reasons I'm going to discuss also play a role but this is the main one.

Fix this and you'll be sleeping with girls a lot quicker.

This is a BIG BIG DEAL.

If you accomplish nothing else in the next 6 months other than being seen as a Player (with Boyfriend Potential) rather than Boyfriend Material - 2015 will be your breakout year.

Trust me, I know.



You Are Blatantly Setting Up and Going Out on Dates

(if you are inexperienced - you should not be reading this; go on all the dates you can)

Most guys around here, regardless of experience level, already understand this concept pretty well.

While the initial impression (profile) you make is critical, it's also important that you don't give the impression that you are taking a girl out on a traditional "date" and voluntarily classify yourself as 'Boyfriend Material'.

The obvious way to do this is not offer the traditional 'dinner and a movie' that most guys do.

What is equally as important is how you "frame" your meet up.

You don't want to call it a "date".

You don't want to propose anything that would cause the girl to tell her friends that she has "a date" and get excited about the prospects of having a relationship with you.

An easy alternative to is ask her to "*meet up* for a drink", "pick her up and *chill/kick it*", "*smoke* some weed", "*go* clubbing".

Very informal and the alcohol/drugs/party reference is an understood polite invite for more.

You may have more girls turn you down for this informal offer but you won't be going out with a girl that is playing hard to get because she wants a boyfriend.

While "dates" are certainly amazing for your overall experience and 'Sense of Entitlement', eventually you will start to get frustrated with getting strawberry milkshakes and miniature golfing instead of putting your penis inside a girl's vagina.

It's just not quite the same thing.

Again, if you are inexperienced - none of these rules apply to you.

Go out on as many dates as possible.

If you haven't been Getting Laid, don't "reject" girls because they want to get to know you a little bit before they sleep with you.

Often these girls stay around a lot longer because they are emotionally invested. So it's not the worst thing in the world - even if you are experienced.

5 years removed from the pick up community "Get Laid" protocol (get number, text game, phone game, date 1, text game, phone game, date 2, text game, phone game, date 3, sex(?) etc.) blueprint - it should have been obvious to me that this wasn't much of a "Huge Player" protocol that the guys that have the most sex follow.

The guys that are Getting Laid the most (from cold approach) are getting pussy into their bed on the SAME NIGHT and often live within walking distance of a high-traffic venue.

They aren't going on any Day 1, Day 2, Day 3's.

I don't know why I didn't realize this.

With that said, you can have an amazing sex life as purely a 'Serial Dater', my buddy Trevor is just that guy.

It's way more time consuming but the girls tend to hang around for several months trying to lock you down or until they discover you are just a womanizer.



You Have No Gameplan For the End of the Night

(it should end in your bedroom)

Just as when you are picking up girls, you need a general, repeatable gameplan for your "dates".

Otherwise, you'll have nights ending with her driving home, you driving home, or even worse - your "date" ending cordially but abruptly with no promises of ever speaking again.

Most guys simply "meet up" at a neutral location for their first date and audition for a second date.

It's literally a tryout.

You won't be doing that and shouldn't be feeling that way unless the girl is from the Internet (and you literally have not met in-person) and you are inexperienced.

In general, this is how you should plan your first "date" unless you are absolutely certain that the girl wants to have sex with you -

1. Have the girl drive to your place and park.
   (this is easy and great in LA since parking is so limited and expensive; you can pick her up and drive back to your house if this isn't possible)
2. Show the girl your place, including your bedroom.

3. Walk to a local spot for a drink or 3. Yes, even during the date - girls love drinking during the day.
   (Drive if you have to, not suggested though - you are better off walking to a grocery store and buying a cheap bottle of wine and a dessert to share).
4. Come back and go into your house under the pretense of "I have to be up early in the morning/do something later today but you can come in for a drink and we'll chill for 10-15 minutes..."
5. Pour drinks, turn on the TV, sit down next to the girl and follow my basic "escalation" blueprint below.
   (massage, kiss, touching her all over)
6. Duck into your bedroom under the pretense of "let's get some privacy".
   (have some music ready to go)
7. Continue what you were doing, all the way to having sex.

This was my version of "The First Date".

I have repeated this so many times I can't even count.

At first, it wasn't super successful (maybe ~15-20% success rate).

But that was because I was going out with girls that were not DTF.

Once I learned to Screen (and was profiled as a 'Player' (w/ 'Boyfriend Potential') and not straight 'Boyfriend Material', this improved to over 90%.

I was Getting Laid more often than not on the "first date".

This was really big for me and I remember the night that I realized it - I had gone 4 for 4, over 3 days.

Regardless of what you do on your "date", make sure the final destination is your bedroom/living room with drinks on hand.

If she is DTF - THAT IS WHERE SHE WANTS IT TO END TOO.

You aren't twisting her arm or seducing her - you are just providing the foreplay.

TAKE HER INTO YOUR ROOM AND SHUT THE DOOR.

Some will try to be cool and helpful by advising, "just fuck her in a park!", "just fuck her in your car!", "just fuck her in a men's toilet stall!", "just fuck her in the alley away from the broken glass!".

You know and I know that you aren't comfortable enough to do that - especially on a first date.

It's also fucking stupid and generally not enjoyable unless you are both beyond intoxicated.

Stop making things hard on yourself (or weird/trashy for the girl) and take her to a clean bedroom like she wants.

If you can't bring girls into your house because your parents are weirdos - GET YOUR OWN PLACE as soon as you possibly can.

If you can't think of an 'excuse' to take a girl into your room, here are some perfectly reasonable pretenses -

> *Hey, let me show you that YouTube Video I was talking about...*
> (grab her hand and walk her to your room)
>
> *Hey, let me show you this YouTube Video...*
> (grab her hand and walk her to your room)

> *Hey, come meet my dog, he might be asleep now though...*
> (grab her hand and walk her to your room - show her a stuffed animal and playfully tackle her onto your bed)
>
> *Let's get some privacy.*
> (same deal, follow me technique)
>
> *Here, let's lay down so we can really get into this massage...*
> (both Scotty and I suggest giving the girl a massage as the first step when you want to get things moving toward sex)
>
> *I have a softer place to sit, come here...*
> (hardly a pretense, just take the girl into your room)
>
> *Lets go into my bedroom now.*
> (yeah, that works too because the girl wants to do that)

No matter what destinations your "date" includes, you should plan to have it end in your bedroom if you want the best odds of sleeping with the girl.
(the living/family/TV room is fine too if you have a nice sofa or Lovesac)

While you could potentially go to the girl's place (I don't suggest this until you are officially fuckbuddies), I see absolutely no advantages to doing this unless you are literally homeless or have parents that will sue you for having sex in their house.



Although a bit of an exaggeration - when I spent a few weeks at my Sister's house in DC. for Christmas instead of going to FL., I brought 2 girls (dates, mind you) back to a room that looked like this. The bed was slightly larger but there was no train set though.

Your Dates Are Auditions and Not Foreplay

Although your initial impression/profile is most important, "how you act" on your date is obviously

significant.

Your first date shouldn't be an audition for a second date or be spent playing "not to lose".
(the exception is an Internet date if you are inexperienced - in which case you will be telling the girl that you are only meeting up with her for 45 minutes)

You should be 'touchy-feely' with the girl from the start.

You probably already know this and it seems like an easy thing to do, but keep in mind - most guys will absolutely not be doing this and that is why making moves on the girl later in the night seems so weird.

At best, on a first date with a new girl, most guys will be trying to prove that they are super interesting/stand up comedian and stumble in for an awkward end-of-the-night kiss after only hugging the girl when the night began.

Keep your hands busy.

Lead the girl around WHEREVER YOU WALK with the basic 'Follow Me' technique.

Hold her hand and walk her to and from wherever you are going like she is a 5 year old kid.

Play with her hair.

Play with her hands.

Put your arm around her.

Put your hand on her legs.

Slap her ass.
(if this "doesn't work" then you have a prudish girl on your hands)

Massage her shoulders and neck.

When you do kiss her, it's not awkward and completely wanted and expected.

That's foreplay.

The simple fact that you have given yourself permission to touch your date sets you apart from 95% of guys who are leaning on their interesting stories and jokes to get girls horny/second date.

Girls will realize they are on a date with a man and not a boy.

YOU WILL HAVE SOME GIRLS TELL YOU THIS TOO.

Remember, a little "touching" goes a long way.

You just need to be somewhat 'touchy-feely' on the actual date and get more physical (massage, kiss, rub intimate zones, makeout) once you are drinking with the girl on your couch.

The main thing to keep in mind when you are out with a girl -

She, in some capacity, ALREADY LIKES YOU.

You have at least met or exceeded her 'Looks Threshold'.

That is why she is okay being seen in public with you.

You shouldn't be auditioning, you should be simply taking things further until she stops you.

If your girl is DTF, the "date" is simply foreplay.

Girls enjoy the 'Countdown to Sex' and the emotional lead up and investment, even if it's sometimes brief.



You Make Things Harder By Not Drinking

I'm not much of a drinker, but I will absolutely kill a few drinks on a date.

In fact -

I insist.

Besides -

Girls want to drink.

Especially DTF girls.

Girls are nervous too.

They are worried if they look hot enough, if you like their dress, if their hair is staying put, if you like their stupid purse, if they are wearing enough/not too much makeup, if you think they are a slut and all the other nonsense they think about that we pay no attention to.

Alcohol (and drugs) loosens them up so they can have fun/sex, as well as an easy excuse if they wish they hadn't the following day.

It's amazing to me how many guys (who look online for dating/sex advice) don't take advantage of the ultimate "Last Minute Resistance" cure - ALCOHOL.

But guys searching for help online want techniques, intellectual answers and eBooks I guess.

The one time there IS a legitimate quick-fix, they don't take it.

If you don't know how to offer a girl a drink, just make her one and hand it to her.

Or say -

> "I'm going to have a drink."
> (and make her one too)
>
> "Drink this, quickly as possible, I'm trying to get you drunk", works great too.
> (they want to drink, especially if they are DTF or want to be DTF - see how this works?)
> (the girl in this video from Vegas insists on drinking before more we go at it)

The average "natural" who is good with girls simply has good social skills, finds DTF girls by exuding a 'Player' vibe and can get girls to drink with them.

Nobody wants to admit it but alcohol is more powerful than "end game".

Actually - normal people admit this all the time.



2 Other Reasons You Aren't Sleeping With Girls on Your First Date (Inexperienced Guys)

Those 5 reasons, ESPECIALLY the first one (Boyfriend Material) are the reasons that most guys (unless they are really inexperienced) aren't having sex on their first dates.

They simply aren't chilling with a girl that has any plans to sleep with them that particular night.

Here are two other reasons -

You Are Legitimately Inexperienced (Sexual Anxiety) or "Bad End Game"

Obviously this is a factor for some guys.

They aren't 'pulling the trigger' because they get performance anxiety.

The most inexperienced aren't 'pulling the trigger' because they simply don't know how to initiate foreplay (just do it, no perfect moment).

If you've gotten laid a few times, however, this is probably not your main problem.

You know how to "escalate" girls, you know when to kiss them (whenever) and you know that at some point in the night you need to be ALONE in a comfortable setting (usually with alcohol) with your date.

Chances are the girl is not letting you undress her because she is simply not DTF.

She isn't DTF because she doesn't quite see you as "that guy".

"Bad End Game" or "Being a Pussy" (performance anxiety) is ALWAYS ONE AND ONLY REASON that is to blame for when guys don't Get Laid when they are alone with a girl that likes them.

This is only the case for inexperienced guys.

Are you not Getting Laid on your first dates because you are "Being a Pussy"?

Or is it because you are not with a girl that is DTF (because you are seen as Boyfriend Material)?

You know the answer.

And so do I.



Inexperienced guys, listen -

We exist to help you.

Although this site is based on some edgy stuff, I damn well know who is seeking out 'dating' advice and it is my goal to fix your sex life and not charge you a penny.

We will do just that.

You Simply Aren't Going Out on Enough Dates and Putting Too Much Pressure on Yourself

If you haven't been going on a lot of dates - each time you go out with a girl, you will feel added pressure to "make it happen".

Chances are, if you are inexperienced, you won't be going out with a DTF girl - so it's not going to happen anyway.

The last thing you need to do is blame yourself or put added pressure on yourself to "perform".

Remember, it was YEARS until I started Getting Laid on my "first dates".

So long as you are following the gameplan and doing what you need to do - there is NO SHAME in going on a date and not Getting Laid.

If you are really inexperienced, even if you had a DTF first date - you probably would get nervous and it wouldn't happen anyway.

That's not a defeatist mind - it's simply to reassure you: IT DOES NOT MATTER.

Your best bet is spending 6 months to a year (or however long it takes) going on dates with girls from the Internet, beating Approach Anxiety and some Basic Guy (compliment, small talk, ask for number) approaches - until you have a couple fuckbuddies.

From that alone you will be getting more pussy than 90% of guys.

And, Oh yeah - get down to 8% body fat.

Dedicate 12 months to that and you tell me if you aren't holdin it down.



Pour Conclure

Unless you are really inexperienced and are still get scared when things are heating up -

If you aren't Getting Laid on your first date (or later dates for that matter), it's because you aren't with a girl that is going to fuck you that night.

The probable reason is because you still reek a high percentage of 'Boyfriend Material' and aren't attaching sexual active girls.

If you have a girl that is DTF, you will get laid with minimal effort.

If you have a girl that is not DTF, you will not get laid with maximal effort.

Keep that in mind.

Obviously, there are some girls that fall in-between and "good game" or drugs/alcohol can close this gap.

But the "end game" element, as always - is overplayed and hardly a solution if you have a girl that has no plans of having sex.

Last Minute Resistance *often* occurs because the girl simply wasn't planning on fucking you.

The good news is - all of this can be fixed once you understand what the problem is.

If you questions, comments or want to express how much you love/hate us, drop us a line below -

(in-depth questions are best left in the forum where you will receive in-depth feedback)

Thoughts and Reflections From Following a Kratom Lifestyle for the Past 5 Years

October 13, 2014 | by Good Looking Loser | Link | Original Link

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A Half Decade on the K-Train

As I mentioned in our popular Kratom Guide, insight on and a source of super high-quality Kratom is *potentially* the #1 thing I can offer you.

It may do more for your life than any legitimate male enhancement device. More for your life than every single page of dating/sex advice on this website. And More for your life than any sort of diet or lifestyle change.

Kratom will be absolutely life-changing for many.
(there are so many positive experiences in the forum that I can't make a clickable list)

For others, it will simply be a wonderful, more healthful alternative to alcohol that makes them highly productive and relaxed, as Uncle Victor Pride describes.

If you aren't familiar with our Kratom discussions, particularly the terminology such as "burning" and "aroma", have a look at Rooster's post on "Kratom Lingo" if you get confused.

Kratom is not something that you smoke and it is a not a drug.

Don't get that impression.

As you read through this, keep in mind - this only applies to DAILY Kratom burning, dubbed - ***"The Kratom Lifestyle"***.

If you aren't using it everyday, much of this discussion won't apply to you.

This discussion is long.

I'm going to try and tell you absolutely everything that I've learned from following the Kratom Lifestyle for 5+ years.

I wasted an entire year of my life burning incorrectly (trial and error, I guess) and a lot of money. I almost gave up on it, believe it or not.

I'm glad I didn't because it's been a homerun for me.



Background and Experience

Over the past 5+ years, I have used an all-natural herbal compound called "Kratom" just about every single day, several times a day.

Only starting in late 2009 did I realize that rotating Kratom strains (using a different one every 24 hours) would *usually* allow Kratom to continue to work its magic.

Prior to then, however, I didn't really know the difference between the strains and I would use the same one for weeks on end. Eventually, tolerance/dependency would hit and I would just be in a "zoned out" state everyday that I'd try to fight with caffeine and other compounds.

This is typical if you use low-quality Kratom or don't rotate strains to keep your receptors ~fresh.

From 2009 to present day, it's a significant part of my life and a big part of my success.



Accomplishments Over the Past 5+ Years

In our Kratom Guide, I make a pretty bold statement -

What makes our site unique is that 99.9% of the stuff we discuss is from **REAL** experience.

Anytime I recommend something, one of my criteria is to be able to tell you ***specifically*** and **EXACTLY WHAT YOU CAN EXPECT.**

Our ongoing coverage of Kratom will be no different.

I credit Kratom for helping me to accomplish just about everything I've achieved in the past 5 years.

This compound has BY FAR made the biggest impact on my life out of ANY SINGLE COMPOUND. That includes anabolic steroids, for which I have over a decade of experience with.

There are tens of thousands of people that feel the same way, for a variety of reasons.

Kratom is my #1 recommendation of anything on this site.



I stand by this.

Without explaining everything that's gone down in the past 5+ years, to give some context, here are some of my more significant achievements, which have been accelerated by the "influence" of Kratom -

- Beat high-moderate approach anxiety. (2008)
- Met and slept with more women than I can count, most of them - quite attractive.
- Cut down to and maintained 8-9% bodyfat.
  (I've done this without Kratom too - I'm not currently at this body fat percentage however)
- Built 2 online businesses that both make over $300,000 in revenue.

- Built 1 business (personal training/nutrition, defunct) that made over $100,000 in its first year.
- Increased my penis size to over 7" in length and just over 6" in girth.*
  * post-bathmate pump (NSFW, adult link)
- Maintained rewarding relationships with my parents.
- Avoided hardcore drugs, except for very select occasions.
- Eliminated any periods of depression and lack of motivation.
  (I had mild depression in my mid-20's)

There's been other less important stuff (per my current priorities) that a "Kratom Lifestyle" has helped with. Including - creativity, making (and appreciating) new friends who are simply acquaintances, mild pain relief and appetite suppression.

These days, I primarily use it for productivity, a sense of well-being and motivation. In that order.

Anytime I thank Kratom for its "influence" in helping me achieve my goals, people tell me that I could have had identical success without it and it by no means was "the reason" for the accomplishments.

I agree.

But -

Kratom made it easier and significantly more fun.

The bad days become decent.

The good days become great.

The great days...

Are spectacular.

That is what the past 5+ years have been like.

The best 5 years of my life.

It's not beneficial for everyone and *everything* (it can even be counterproductive for some things) however.

I've have my bad days that stayed bad, but overall - it has been absolutely fantastic for my main priorities and goals.



I Have Less Anxiety, Most of the Time

Once I learned (discovered) how to rotate strains correctly, to this very day - I have less overall anxiety living a Kratom Lifestyle than I otherwise would.

This is true for all types of anxiety: general, social, approach, sexual, etc.

This is one of the primary people use Kratom.

It absolutely works if you know what you are doing.

I Have More Anxiety, Some of the Time

Although I have less anxiety *overall*, there will be moments (often specific times of the day) when I will have more anxiety than if I wasn't using Kratom.

It's ironic.

I have less anxiety because of Kratom.

But I also have more anxiety (at times) because of Kratom.

Taking too much of a fast strain, even a high-quality fast strain, can do it.

Sometimes a certain strain just won't be hitting that day and I'll get a kick of irritability or anxiety.
(this is way less common if you are rotating several strains)

90% of the time, there is no distinct "crash" after Kratom wears off in 2 to 5 hours.

Once in a while, there is though.

More often, based on numerous factors (hydration, time of day, activity at hand, caffeine, social environment, overall mood/stress levels, etc.) there's sometimes a Kratom "itch".

This itch is closer to "irritating" than typical anxiety.

But again, this is only about 10% of the time.

Overall, Kratom keeps my daily anxiety significantly lower than without.

But sometimes I'll have anxiety from Kratom (or lack of Kratom).

(I'm not naturally prone to anxiety)



My Mornings Will Suck and Then Become Amazing

The most obvious 'Kratom anxiety' that nearly all daily burners can relate to is the initial - MORNING ANXIETY.

If you are following a Kratom Lifestyle, even if rotating correctly, you will wake up in a mild withdrawal/cold sweat quite often. For me, it's not much different than having "the chills" when I have a cold.

It's not a comfortable feeling, but it's far from a crippling withdrawal that hardcore drugs can produce.

The intensity of the 'morning anxiety' will vary considerably from person-to-person based on their tolerance/dependency. If you rotate 6+ strains, the intensity will be considerably lower than if you were using the exact same strain for 6 weeks straight.
(I wasted a good year of my life using a single strain for several weeks at a time. It made me a zombie a lot of the time.)

Once I introduce a new strain (that I haven't used in several months/ever), I find there's no morning anxiety.

Taking a slower strain prior to bedtime can prevent morning anxiety too.
(I don't do this, I have no trouble sleeping and not using Kratom for 8-14 hours is never a bad thing)

Other compounds such as Phenibut or Valium that have a long half-life and an afterglow/hangover will limit or prevent morning anxiety.
(you should not be taking either of those compounds on a regular basis)

I've come to accept the morning initial anxiety/withdrawal and do nothing to prevent it.

Going an extended period without Kratom (even if it's just 8-10 hours) helps your tolerance and I don't think you should use Kratom before bed unless you have to.

Regardless of the intensity of the initial morning anxiety, I'll always feel completely normal (and

slowly fantastic) in about 20 minutes.

The first "burn" of the day is almost always the best one. It is certainly the most dramatic state change.

If you want an incredible start to your day, try this hidden gem with your morning burn. You will absolutely love it.

Having Morning Sex/69 Is Fantastic

Having an orgasm in the morning is ridiculously fantastic.

Most of us committed to a Kratom Lifestyle will wake up and just want to get our morning burn, especially if you don't feel great.

If you can hold off on that - sex (or just having an orgasm) is fantastic.

If you have high testosterone levels, you will often wake up with insane raging hard-ons.

Your body will be trying to get you to give it a natural endorphin blast.

If you don't feel too yucky and have a partner on-hand, the sex will be ridiculously intense. It won't last too long (heightened sensitivity) and it might be really messy.

If you do feel crappy, laying on your back in the 69 position and getting taken care of is a nice way to get a natural opiate/endorphin blast before you give yourself a herbal blast.

I am not against guys (or girls) masturbating if they are a daily Kratom burner.

I suggest you get off everyday.

It's an easy way to get a natural endorphin blast and you don't want your body to get used to living on Kratom endorphins.
(exercise is obviously great too)

There's a lot of talk about "never masturbate" and "never look at porn". That is good advice if you are addicted but does not apply to most guys and certainly not daily burners who will be too content/lowered sex drive to look at pornography.



Kratom Doesn't Seem to Work as Well For

Chicks

Inside and outside of the bedroom, in my experience, girls don't respond quite as well to Kratom.

It's easy for girls to overdo it too.

You should only give them a small amount (2-3 grams) if they want to try it.

I've had 3 or 4 girls puke on me so I stopped recommending it.

Still, there's thousands of girls that follow a Kratom Lifestyle, often for it's ability to kill depression, anxiety and appetite.
(there's a fair amount of girls on the bigger Kratom forums)

These alternatives are WAY BETTER if she wants a sex enhancer.
(scroll to the bottom)

I'm More Happy, Most of the Time

As with anxiety (I have less anxiety, most of the time), I also have a sense of well-being/better mood more than if I weren't using Kratom.

I'm rarely ever in a bad mood.

While it's theoretically "not good" to be reliant on a compound or substance to regulate my mood, the advantage of having a safe alternative to immediately put me in a good mood is priceless.

While critics will call this "artificial" or "cheating", that's fine with me.

I'm usually in too good of a mood to care or debate anyway.

In my mid-20's I battled some mild depression and various slumps.

Kratom would have been a tremendous help. That's for sure.

I don't suggest the Kratom Lifestyle (daily use) for students however. It does affect memory retention and isn't going to be good for studying. For busy work, it should be helpful though.

I'm Less Happy, Some of the Time

As with anxiety also (I have more anxiety, some of the time), there will be certain times when I'm less happy because I'm following the Kratom Lifestyle.

Obviously, these times represent a minority.

The most obvious time is in the morning.

Sometimes, there's a random crash from a strain.

Another time that comes to mind is when I burn too much Kratom.

It makes me spaced out.

The actual "spaced out" state isn't that bad, but it's quite disappointing if I expected to be in a great mood.

Overall though, the sense of well-being from the Kratom Lifestyle is totally worth it.



Happy Days Are the Majority, But There's Lousy Days Too

As I mentioned, following a Kratom Lifestyle, I have less anxiety and greater sense of well-being than without.

Most of my days are splendid.

Every once in a while (and sometimes, but rarely - for 3 or 4 days straight), the Kratom just doesn't work and the day is forgettable or sucks.

While sometimes I think to myself, "I wouldn't be feeling this way if I wasn't following this lifestyle", I also remind myself that - bad days are just part of life.

Kratom Lifestyle or no Kratom Lifestyle, you will have bad days.

Such is life.

When the bad days outnumber the good ones, then that is certainly cause for concern.

My usual ratio of good days to bad days is about 12:1.
(I'm just guessing here; rotating at least 6 strains)

Sometimes, I'll go 45 days without a bad Kratom day.

But sometimes, I'll have 3 or 4 lousy days in a row.

As your 'Kratom IQ' increases, the fewer lousy days you'll have.

It can still happen even if you rotate 6+ strains though.

I'm More Productive, Most of the Time

The primary reason I use Kratom, especially these days, is to make myself more productive.

On most days, I'm more productive than I would be otherwise.

In fact, I can even stay up over 24 hours and be as productive (and content) in the later hours than beginning.

Earlier this year, I would pull these 24 hour days about 2 or 3 days a week.

It really took a toll on my natural state, physical energy, libido and skin.

I've stopped doing this and try not to take Kratom after I've been awake for 16-18 hours.

My usual routine consists of 16-18 waking hours and sleeping for 8-9 hours.

Other than the numerous typos, Kratom has been INCREDIBLY valuable for building Good Looking Loser (and my other online projects). I can't say that enough.

Not just for productivity but it makes me sympathize for my audience.

I think about the reader on the other end. Many are quietly suffering and counting on someone or something to help them catchup in life. I try my best to provide that help.

I'm Less Productive, Some of the Time

The Kratom Lifestyle, on average, makes me significantly more productive because I'm happy to be working on whatever I'm up to.

As with anxiety and well-being, however, there will be some days where the Kratom isn't kicking and it will be a throwaway day.

I have a hard time doing work when I'm in a bad mood. I usually just take a nap and try again later that day.

Again, it's not a huge deal for me now since I make my own schedule/workload.

But it was definitely something that I had to keep in mind when I was a personal trainer and had to show up at certain places at certain times. I made sure I was using a fresh strain when I trained or met with my big money clients.



Relationships with Mom and Dad Are Significantly Better

Relationships (phone and in-person) with my parents are much better.

I love my parents.

But sometimes I can't stand my parents.

My parents can be the most negative people in the world.

I know I'm going to be in a bad mood for the rest of the day if I answer their phone call.

I can't stand their negativity or hearing about whatever they "learned" from Fox News or which politician screwed them over.

Kratom makes this tolerable and I even start laughing at them because I don't give a shit about whatever they are talking about.

This isn't to suggest that I don't have a good relationship with my parents or that they weren't good parents. I have a good relationship and I love them. I just can't stand their negativity and how much TV they watch.

Negativity is toxic and Kratom is my vaccine.

If you can't stand being around your parents or siblings, Kratom will make family outings tolerable and even fun.

My parents are always happy to hear from me because I'm a happy person.

A Kratom Lifestyle Can Be Inconvenient

(Daily and Travel Issues)

Unfortunately, the Kratom Lifestyle can be an inconvenience.

There's the issue of 'timing' your burns to fit your schedule.

There's the travel issue and having to carry it with you.

I'll usually carry a bottle of Vitamin Water with me whenever I go.

If I'm going somewhere for over 6 hours, I'll take whichever Kratom I'm using with me, usually pre-mixed (Kratom + Sugar-Free Sweetener) and ready to go.

I work at home so this issue doesn't affect me too often.

Air travel is a pain, even though you can take the powder on the plane (or in your luggage) with no issues.

(I once traveled with over 15 kilos of Kratom in my carry-on and had no issues; you can always label it as "greens formula")

If you have the patience and desire, buying a home capsule kit and capping your Kratom can make life easier.

Keep in mind, however, '00' capsules are 700mg.

You'll need to use about 10 to 15 of them (6-9 grams) to get the usual effect.

As big of an inconvenience as travel can be, it's something that many of us are totally willing to accept.



I Have to Remind Myself Not to Be Too Nice To People (Happy Mode)

This one might surprise you.

Chris still has nice guy issues?

I thought he picked up all these girls...?

But when you legitimately enjoy your life, have the time/money to do whatever you want and have 12+ types of Kratom on hand - you are literally ***happy*** just about ALL THE TIME.

A high-quality problem obviously.

If you have been successfully following the Kratom Lifestyle for 4-5 months, you might be familiar with this "too nice sometimes" issue too.

I call this "Happy Mode".

Obviously it's different than "being a Nice Guy" (nice guys aren't actually happy people and they do things in order to get something in return) but there's some crossover behaviors/tendencies.

Whether it's a business decision, a friend who is trying to get me to do something I don't want to do or a random someone who is trying to take advantage of me, I sometimes have to pinch myself to put "happy mode" on pause and think critically/pessimistically. Even if it means messing up my own happy mood.

It's not hard to do this; I'm long past any real Mr. Nice Guy/Validation issues, but being in "happy mode" isn't the best state for every situation.

My advice is to simply ask yourself -

> ***Is this person trying to take advantage of me?***

If the answer is "yes" or "maybe"

My advice is to tell yourself -

> ***This person is trying to take advantage of me because he thinks he can.***

That is usually *more than enough* to snap out of "Happy Mode".

I'm an extremely giving person and I love to spread the love.
(really)

But if I feel someone is using that against me - they are basically dead to me.

It's always been that way.

Interestingly enough, my "Happy Mode" issues have only been with business people, friends and random people.

Not girls that I'm interested in.

So that's good.

I *Rarely* Care What Anyone Thinks

Yeah, yeah, yeah - another blogger claiming he "doesn't give a fuck" what people think and goes on-and-on about it.
(I'm not going to do that)

In my case, I've really come along way with this (general maturity), beat my validation issues, attained financial security, accomplished a lot that I'm proud of and daily Kratom is icing on the cake.

It's rare that little things (or people in general) get under my skin.

Someday, I'll write a blog post on *"How to Not Give a Fuck"*.

A big part of it is simply learning to enjoy your life, always working on and accomplishing significant things that you are proud of and realizing that the person 'hating' on you - doesn't really enjoy their own life.

Basically - you won't have the mindset, time or energy to *"give a fuck"*.

Way back in 2008, I had a really bad night and several girls were rude to me.

I left the bar early and came home.

I decided to make a "Gratitude List" to try and make myself feel better.

Among other things, it read -

No Matter How Bad The World Treats Me, I'll Always Have...

> ***#3 Kratom***

It holds true to this very day.

Maybe it's fake or artificial. Maybe it's hiding or running. Maybe it's smart and resourceful.

Call it whatever you like...

But it's undeniable -

You won't sweat the small stuff/people if you are successfully living the Kratom lifestyle.



The Kratom Lifestyle Has a Positive and Negative Effect on My Sex Life

Even with high-testosterone levels (doctor-supervised HRT), Kratom has a negative effect on my sex drive.

In my case, I can still get turned on, sometimes very quickly - but my libido is not as strong as it would be without Kratom. It's far from dead however.

This is typical of long-term use of anything that affects opiate receptors but is certainly less than more "hardcore" compounds.

My general advice - just go through the motions in the bedroom, you'll get a boner. Cialis will obviously solve any ED issues.

At the same time, there's been a really helpful positive effect - Kratom makes me last longer in bed.

Often - a lot longer.

In my experience, the lowered sensitivity from Kratom is absolutely perfect for me.

It's not like a stimulant that will prevent me from getting hard. And It's not like similar compounds (Tramadol, or SSRIs) that totally prevents me from getting off.

Although not always necessary, Cialis and the lowered sensitivity combines for amazing performance in the bedroom.

It's really made me [seem] excellent in bed.

If you want to use Cialis every day, you can ask your doctor about Cialis for Daily Use (2.5 mg Cialis).
(FDA-approved, for what it's worth)

As a side note - Kratom has very little effect on my male enhancement efforts.

The lowered libido is a negative but nothing I can't work past or completely negate with Cialis. I've

gone from ~6.0 to ~7.0 over the past 4 or 5 years, a long way from the modest 5.25" I started at in ~2001.

Kratom Lifestyle Makes Hitting the Gym More Difficult

If you aren't a daily burner, Kratom (especially fast strains) can make you an animal in the gym.

If you are following the Lifestyle, however, Kratom can slowly decrease your motivation to hit the gym.

This is why I do not recommend a full Kratom Lifestyle to guys who are competitive athletes or bodybuilders that cannot miss/half-ass workouts once in a while.

I simply take a pre-workout supplement and fast(er) strain to hit the gym.

Planning for a shorter workout (30 minutes) helps too.

Often, I'll end up staying for 60-90 minutes, but I'd rather plan for a shorter workout and exceed it, rather than leave early on a longer workout.

Gym motivation never used to be a problem for me with the Kratom Lifestyle and it won't be for a lot of guys.

I'm simply less committed to training these days because I have other priorities I care about a lot more.

It's still a good idea to workout for the natural endorphin release. If nothing else.

On days you don't feel like going, just try to go for 20 minutes and you'll probably stay longer.

Also, have a look at our series on "34 Orthodox and Unorthdox Ways to Get Motivation to Hit the Gym".



The Kratom Lifestyle Offers Significant Appetite Suppression

Kratom is the world's best natural herbal appetite suppressant.

If only crap such as Garcinia Cambogia worked as well.

The appetite suppression has been very beneficial, especially since I'm just not in the gym all that much these days.

Following a low-carbohydrate diet is the other big helper.

Kratom makes it easy to get and stay ripped. But it's harder if you are trying to put on some weight.

I don't recommend using Kratom if you are just looking for an appetite suppressant. It's just a welcome side effect for those following the Kratom Lifestyle.

I Have a Clean Bill of Health

I'm not going to try to make the case that the numerous antioxidants in Kratom prevent common colds and keep me from getting sick in the Winter like some Kratom communities assert.

But I am POSITIVE it has had either a slightly positive or no effect on my overall health.

I burn Kratom 5-6 times a day, about 6 to 8 grams each time.

Here is my blood work from my annual physical in January 2014.

The numbers are basically identical to every other physical in the past 5-6 years.

Primary Health Medical Group
PO BOX 191050
Ph- [redacted]

Patient: Deoudes, Christopher M **DOB:** [redacted] **Tel:** [redacted]

Lab: -CMP (14)	
Order Date	**01/06/2014**
Name\Collection Date	**01/06/2014**
Glucose, Serum	76(65-99 mg/dL)
BUN	12(6-20 mg/dL)
Creatinine, Serum	0.97(0.76-1.27 mg/dL)
eGFR If NonAfricn Am	104(>59 mL/min/1.73)
eGFR If Africn Am	120(>59 mL/min/1.73)
BUN/Creatinine Ratio	12(8-19)
Sodium, Serum	140(134-144 mmol/L)
Potassium, Serum	4.1(3.5-5.2 mmol/L)
Chloride, Serum	100(97-108 mmol/L)
Carbon Dioxide, Total	27(19-28 mmol/L)
Calcium, Serum	8.9(8.7-10.2 mg/dL)
Protein, Total, Serum	7.2(6.0-8.5 g/dL)
Albumin, Serum	4.8(3.5-5.5 g/dL)
Globulin, Total	2.4(1.5-4.5 g/dL)
A/G Ratio	2.0(1.1-2.5)
Bilirubin, Total	0.6(0.0-1.2 mg/dL)
Alkaline Phosphatase, S	77(39-117 IU/L)
AST (SGOT)	20(0-40 IU/L)
ALT (SGPT)	27(0-44 IU/L)

Lab: -Free T3	
Order Date	**01/06/2014**
Name\Collection Date	**01/06/2014**
Triiodothyronine,Free,Serum	3.2(2.0-4.4 pg/mL)

Lab: -Lipid Panel + Cholesterol/HDL Ratio, Reflex if Triglycerides >400 to LDL Direct	
Order Date	**01/06/2014**
Name\Collection Date	**01/06/2014**
Cholesterol, Total	164(100-199 mg/dL)
Triglycerides	55(0-149 mg/dL)
HDL Cholesterol	65(>39 mg/dL)
VLDL Cholesterol Cal	11(5-40 mg/dL)
LDL Cholesterol Calc	88(0-99 mg/dL)
Comment:	( )
T. Chol/HDL Ratio	2.5(0.0-5.0 ratio units)

For this test, I was supplementing T3/Cytomel @ 12.5mcg every other day -

TSH	2.100(0.450-4.500 uIU/mL)
T4,Free(Direct)	1.46(0.82-1.77 ng/dL)

Testosterone wasn't checked at this physical but is usually 790-1090 ng/dl.
(I supplement testosterone enanthate @ 250mg/ml every 7 days; HCG @ 250ius every 3 days)



Picking Up Girls During the Day Is Way More Fun

Kratom has always made "Daygame" a blast.

It helps to be in a great mood and spread the enthusiasm to girls - many of which are happy to engage because most live pretty mundane lives.

When I first started going out solely to hit on girls by myself (which I suggest you do for a little, beat AA, get 1-2 fuckbuddies and transition to making it part of your lifestyle), I was somewhat nervous but even moreso - I felt like a fucking loser.

Here I am, Mr. Law School Dropout, wearing a bandana, wandering around Santa Monica Beach at 11:00am on an overcast Tuesday morning, by myself, while my other friends were getting ahead in life.

I felt like a total fucking loser when I started going out alone.

Kratom made me forget "what I should be doing" with my life and if leaving Law School/not having a job was something I should be ashamed of.

It made me focus on the day and run with the positive feelings.

Win or lose, positive reactions or not, phone numbers or none - I was going to have a decent day.

After all, I got to wander around a beautiful beach and wear a bandana, while most of my friends were trapped in cubicles.

Kratom makes the day beautiful and is perfect for socializing, which might feel a bit weird during the day.

For me - pretty much any strain is great for the daytime.

I prefer the faster ones but the slower ones can produce a euphoric "aroma" that is also wonderful to spread the love if I don't overdo it.

Picking Up Girls At Night Requires Some Kratom Experimentation

Kratom at night, however, can be more tricky.

I can get overwhelmed in high traffic areas, especially in super busy environments where the music (bass) is loud.

It's not an anxious feeling.

It's more of a "slow" or tired/indifferent feeling.

In lower traffic areas, such as a bar on a weekday, street or an outside patio area during the night, Kratom can be awesome.

I usually hang out near the patio/less busy zones so I can easily talk to girls and hopefully take them out of the place as soon as possible.

I prefer to take a small amount of fast Kratom (2-3 grams) or none at all, along with 2500-3000mg of Phenibut.

You will have to play around with different amounts and strains until you find what works for you.

If fast strains give you anxiety at night, you can "cut" the anxiety by adding a slower/moderate strain.
(for example - 4grams of Maeng Da + 2grams of Bali)

Combinations with alcohol can be hit or miss for me, it will vary from person-to-person, from strain-to-strain. Moderation is key.
(I am not recommending that you combine it with alcohol; I am only speaking about my experience in a country where both alcohol and Kratom are not restricted)



I Haven't Needed Any Breaks or Washout Periods

Ever since I started rotating 5+ strains I haven't needed any breaks or washout periods.

Every 6-8 months or so, I'll use Stem & Vein for a few days, but it isn't completely necessary.

A couple times a year, there will be some unintentional washout periods where I don't burn any Kratom for 3 or 4 days.

If I catch a cold and spend the day in bed, I purposely won't burn any Kratom.

When the cold runs its course, my tolerance will be significantly lowered too.

My advice is to rotate 6+ strains, using a different strain each day. Throwing in a new one every so

often can be great, since it will tickle slightly different receptors and give the others a break.

Correctly following a Kratom Lifestyle can be costly. It's not for everyone.

I Don't Desire to Use Hardcore Drugs

While anyone with a history of substance abuse should be discouraged from picking up any new habits, thousands of former opiate addicts have used Kratom to stay clean.

In many peoples' experience - it can be a lifesaver.

In my experience - I haven't had any craving for opiates or other hardcore drugs.

I'll only indulge on special occasions (partying), which is less and less often these days.

I Have to Avoid Being a "Kratom Couch Potato"

While Kratom certainly makes me more productive, it can just as easily make me a couch potato if I mess up my burning schedule, don't plan out my days or get too wrapped up in time wasters (surfing the web, social media, inefficient texting, etc.).

Kratom, especially when not rotated correctly, has turned plenty of people into couch potatoes.

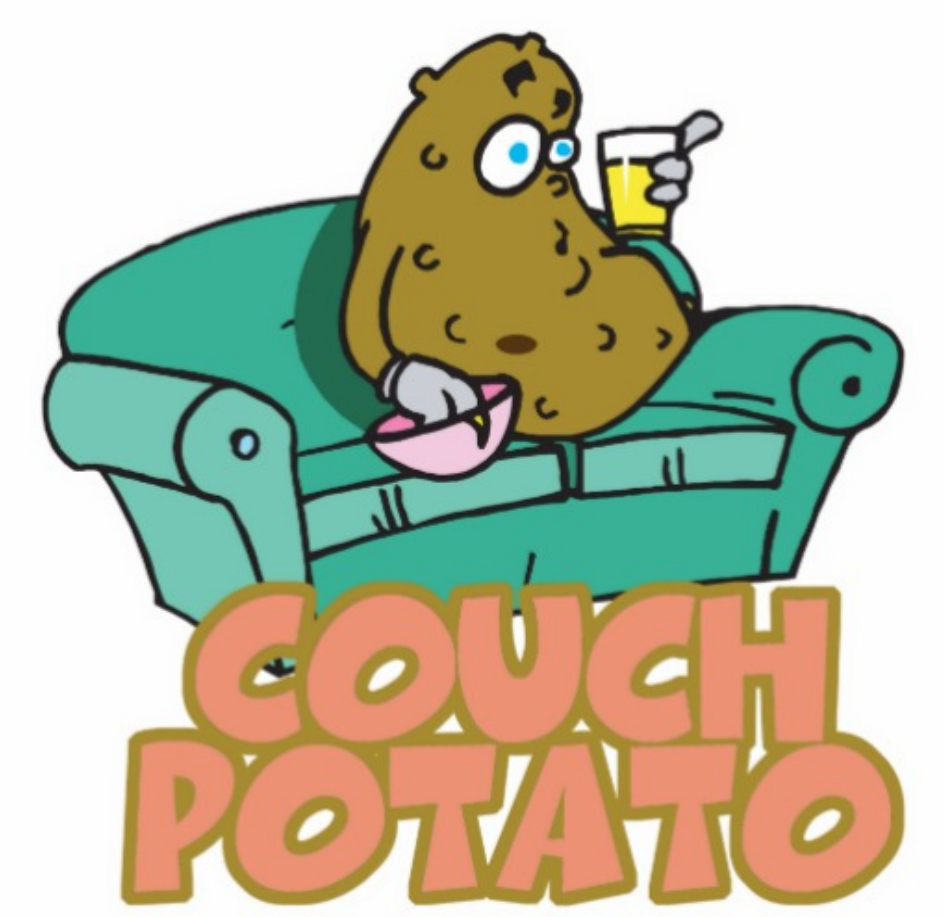
That is my biggest fear when recommending it to you guys.

You may become too content.

We are a super active community and most of our goals require us to leave the house.

I found that the key is simply - LEAVING THE HOUSE with a specific plan/agenda.

I never had too much trouble with this but it's definitely worth mentioning.



I Feel "Normal" Just As Often As I Feel An "Aroma"

One of the bigger misconceptions about the Kratom Lifestyle is that you will be feeling an "aroma" (see the Kratom Lingo post for an explanation) the entire day.

It's not the case.

After the aroma wears off, I'll feel completely normal for a good 2 or 3 hours before I feel any need to "reload".

Most people that follow the Kratom Lifestyle would probably agree.

On average, my aromas last for 1.5 to 3 hours and then I'll burn again 2 or 3 hours after that.

People often ask if burning Kratom will render our Approach Anxiety Program ineffective.

The answer is - NO.

Burning will not prevent you from beating approach anxiety because you will be doing the drills just as often in a 'normal' or 'semi-normal' state as under a full aroma.

I would still have approach anxiety if Kratom negated exposure therapy.

Extracts Are Simply NOT Worth It

I've known this for a while and told you about it too.

It's not a bad thing to repeat it.

Kratom Extracts will slaughter your tolerance and will make it impossible for you to experience regular (plain-leaf) Kratom anymore.

Enhanced blends aren't any better.

Extracts are bad news and will ultimately be one of the primary reasons if Kratom gets restricted in the United States. Irresponsible companies put powerful extracts in bottles labelled "GeT FuCkEd Up" or "GrEEn DrEaMz" and sell them to irresponsible kids.

My Normal Pain Tolerance Is Slightly Lower

While following a Kratom Lifestyle, my body doesn't produce pain relieving natural endorphins as readily.

It's not a big deal, just something I noticed.

It's nothing that Kratom can't mask - if need be.

I've also gotten surgery a few times while living the Kratom Lifestyle.

While Kratom provided some mild/moderate pain relief, my opiate tolerance prevented the prescription pain killers I was given from being quite as effective.

It's not a significant problem, but I would speak to your doctor and see if he advises you to discontinue Kratom at least 2 weeks prior to *major* surgery.



People Notice When I'm Not Burning Kratom, Instead of When I Am

I'm often asked -

> *Do people know when you're burning Kratom?*
>
> *Can they see a difference in your personality?*

The answer is the reverse - people will see a difference when I'm not burning Kratom.

I'm in such a good mood normally, that they'll ask "What's wrong?" if I'm not as chipper or if I'm uncharacteristically quiet/normal.

It's actually a bit annoying when everyone expects you to be their sunshine.

High-quality problem though.

It's Easy For People To Understand Your Kratom Lifestyle

In my experience, everyone (that I'm close to) is supportive of my Kratom Lifestyle.

Not that it matters.

I'm 32 and can do whatever I want.

But it's still nice that people understand and are willing to excuse the handful of bad days because I'm usually so happy, supportive and enthusiastic.

It helps if your 'significant other/primary fuckbuddy' is aware and understanding of your potential moodiness.

Girls don't give a shit and won't regard it as "drugs". Most will want to try some.

I Opt For Stevia and Not Sucralose or Aspartame

(and encourage you to do so too)

For the record, I don't think artificial sweeteners are as dangerous as many natural food enthusiasts claim.

I've read the clinical studies that weren't sponsored by corporations.

Still, I make a conscious attempt to use natural Stevia-based sweeteners instead of Sucralose (Splenda) or Aspartame-based artificial sweeteners.

If you are burning 5 or 6 times a day, you probably don't want to be slugging down an artificial sweetener each time.

Especially if you drink 800 liters of diet soda a day, like I used to.

This is one I use most often, it is made with Stevia -



You can get them at Walmart or online if you can't find them locally.

Also - make sure you are drinking *at least* a half-gallon of water a day if you are following the Kratom Lifestyle. Coffee, tea, diet soda and your Stevia sweetened drinks don't count.

Professional Teeth Whitening is Inevitable

The Kratom plant (Mitragyna Speciosa) is a close relative to the coffee plant, did you know that?

Just like coffee, tea and wine enthusiasts - you'll probably need to get your teeth whitened at some point.

My suggestion is to check your local Groupon offers and find a nearby dentist that offers professional whitening.

You can get the job done (including a FULL cleaning and x-ray) for $75-90, which would otherwise cost over $500.

Since most dentist offices will only honor 1 Groupon (it's usually for new patients), next year - just

find another dentist that is offering the same thing and use his Groupon.

My dentist lets me use the Groupon over-and-over since I refer so many people to him, yours might too.

Also, take a look at Good Looking Loser's Guide to Teeth Whitening - I'll give you a cheap, quick, effective way to keep your teeth white and/or whiten them without much effort.



Po ur Conclure

Although Kratom isn't fully responsible for my success over the past 5 years, it's been more than just a helper.

There are positives and negatives of a daily Kratom Lifestyle, but for my goals over the past half-decade (meeting women and online business), the positives have massively outweighed the negatives.

I don't suggest you commit to the lifestyle without spending several months figuring out what works for you and what doesn't.

I don't recommend it if you can't afford it either.

It's not the biggest decision you'll ever make in your life; you can always stop if you want, but it's still a significant decision.

As I've mentioned many times before -

Not all Kratom is created equal and I HIGHLY suggest that you sample high-quality, clean Kratom before you pass judgment on how good Kratom is/isn't for you.

Our recommendation is Happy Hippo.

Victor Pride speaks glowing about it too and you can see the other reviews in our Kratom forum.

I own the company and I have hand-selected each variety. I started Happy Hippo specifically to give guys in our community access to clean, fresh, high-end Kratom that they can count on.

If you respond well to Kratom, you will really like the vast majority of the Hippo strains.

If you have questions, comments or feedback - I cordially invite you to participate in our Kratom Forum.

Biggest Donation to Date - $2000 For Breast Cancer Research

October 16, 2014 | by Good Looking Loser | Link | Original Link

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Fall 2014 Charitable Efforts

I'm thrilled to announce that the Good Looking Loser community has raised and will be donating $2000 to the Palmetto Health Breast Center for this weekend's event: Walk/Race for Life in Columbia, South Carolina.



There are very few people that haven't seen or heard that a loved one was fighting cancer.

Myself included.

When I was in 4th grade, I lost my brother to cancer.

I've experienced the deaths of all my grandparents, the death of a good friend (Keith) and the apparent suicide of an ex-girlfriend who later resurfaced.

But absolutely nothing was as traumatic as losing my brother prematurely when I was young.

I remember after my brother died, I wanted to donate (to our Greek Orthodox Church) $250 for every goal that we scored in our semi-final hockey game.

My Mom thought that was a bit excessive because our team routinely would score 10 goals a game.

We ended up winning the semi-final game, 8-0, en route in our 3rd straight division championship.

8 goals would have totaled $2000, a bit too much for a 11 year old to donate.

I'm happy and fortunate enough to now be able to make this $2000 donation on behalf of the Good Looking Loser Community and I want to thank EVERYONE that has purchased something through our links, shared our site with others or contributed to this community.

I am forever grateful.

And so is the 'Walk for Life' team that we are sponsoring.



You might find it interesting that I chose to donate to a foundation in South Carolina.

I actually lived there for a while (Greenville, SC. - Furman University), on one of my many college stops in the longest undergraduate career that has ever been recorded. It's a nice place and I met a lot of good people. One is a breast cancer survivor, a former Ms. Kentucky and is one of the most inspirational people I've ever met. We're donating to her team.

Thank you very much!

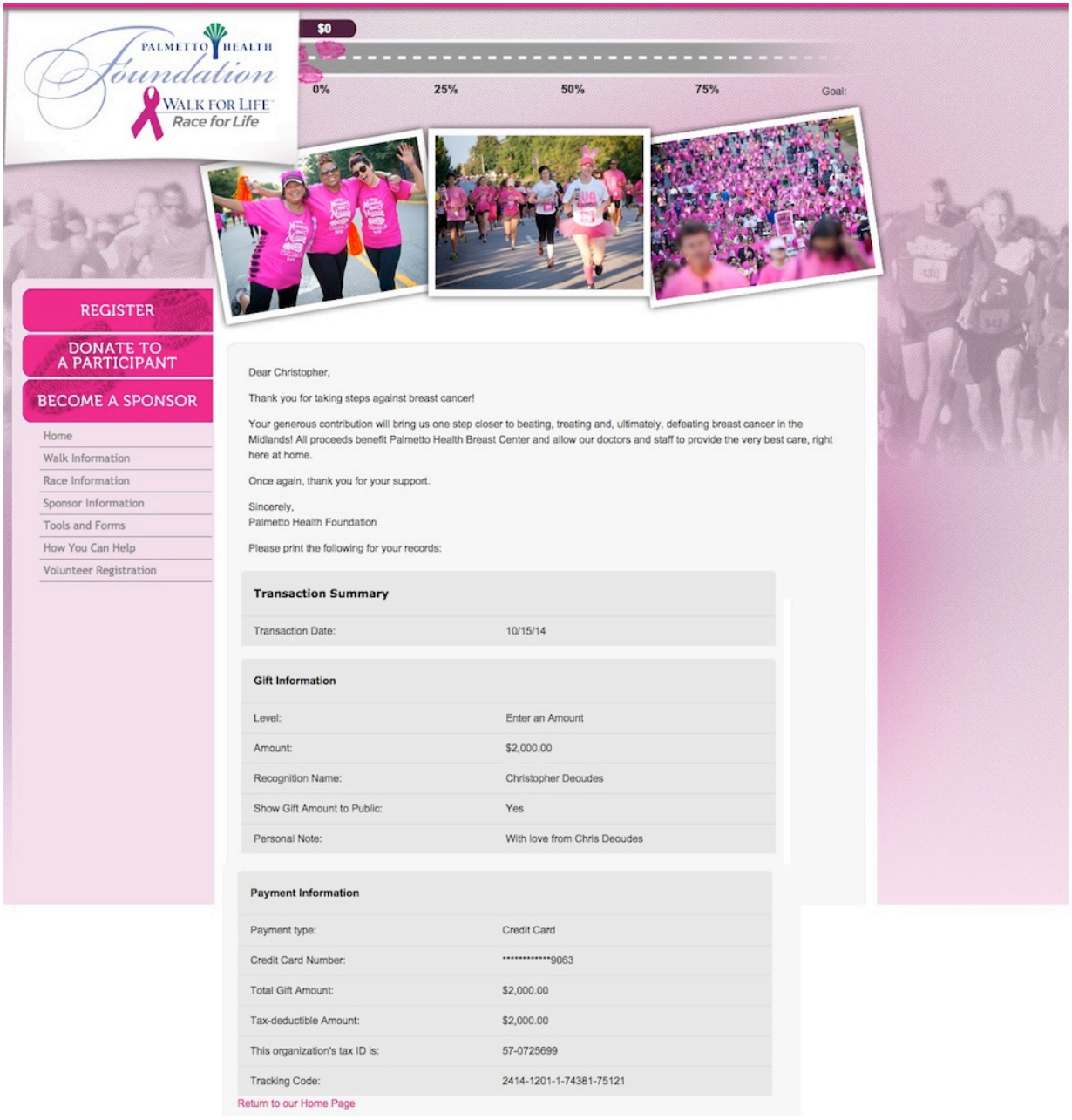
You can read about other charitable efforts here -

- "Good Causes at Good Looking Loser"

Unfortunately, there will be some people that will doubt my sincerity and assert that I never made the donation.

While my instincts/friends tell me to just say, "fuck off", I feel it's reasonable to assure people that have contributed to Good Looking Loser (whether monetarily or simply their time) that **WE HAVE IN FACT MADE THE DONATION** -

(check the donation list if you must, my last name is 'Deoudes')



bank statement -



The comments section below is open and you can say whatever you like.

Tell me how this site has helped you, tell me if you've had to watch a loved one suffer with cancer, tell me if you've overcome it.

Say whatever is on your mind.

Questions that require in-depth answers should be posted in the forum however.

Thank you again, this is not possible without you guys.

Mr. Friendly Man - Extroverts With Social Anxiety (and How To Fix It)

November 17, 2014 | by Good Looking Loser | Link | Original Link



Solving Mr. Friendly Man - The Extrovert With Social Anxiety

Social anxiety has more than one face.

Mr. Introverted Man

When most of us think of ?anxiety?, we think of *Mr. Introverted Man*.

Mr. Introverted Man is shy.

He don't talk too much.

He has trouble with eye contact and more often looks at his feet or an imaginary person in the distance when speaking or listening.
(not making fun of; this is just the reality)

His default response to social tension (or potential social tension) is be quiet. That is the safest thing for him to do.

He never takes the lead in social situations and given the choice - would rather not be a part of most of them in the first place.

He does not treat random people or acquaintances as friends.

But he probably wouldn?t even if he knew how.

He says he doesn't like "being fake".

He often claims he is ?better? and feels safer in one-on-one interactions rather than large groups. He

is usually right.

Despite his quiet demeanor and unintentional tense/unenthusiastic behavior that often gets him confused for *Mr. Unfriendly Man*, he?s usually a decent guy.

He?s just shy.

Social situations where he doesn?t know at least 50% of the people just aren?t his thing. Large groups of people or big crowds are almost always not his thing, regardless of how much alcohol he consumes.

Mr. Introverted Man and this type of anxiety certainly exists and the vast amount of ?social anxiety? advice on the Internet is aimed at helping him become more extroverted and less self-conscious.

But there?s another type of anxious guy who is just as common but rarely discussed.

His name is ?

Mr. Friendly Man

Unlike *Mr. Introverted Man, Mr. Friendly Man* is actually extroverted, or has at least some extroverted tendencies.

Unlike *Mr. Introverted Man, Mr. Friendly Man* tries to avoid social tension by talking a lot.

Unlike *Mr. Introverted Man, Mr. Friendly Man* even seems to have pretty good social skills.

After all, he likes to talk.

But social anxiety affects him just as much as Mr. Introverted Guy, but in a different way.

His response to social tension is not to remain in or retreat to silence.

In fact, his default response to ?Fight or Flight? (via social anxiety) is to do the exact opposite ?

He starts talking.

A lot.

He doesn?t necessarily have a nervous vibe either.

His default reaction to social tension is to become REALLY friendly.

He is super friendly until the tension is neutralized or goes elsewhere.

He starts asking questions, telling stories, smiling from ear to ear and is very polite. He?s similar to Mr. Funny Man, but he?s less of a jokester.
(extreme cases will only feel comfortable if they are the center of attention - this is rare however)

I have a pretty good idea of who Mr. Friendly Man is.

In hindsight, I battled a moderate case of ?Extroverted Social Anxiety? (I just made up that term) until my late 20?s. I didn?t really realize it was a significant problem because I was still getting some attractive girls that picked me. This is basically how I looked when talking to girls - watch how I interact with Nicole, the hot girl.

Needless to say, they usually viewed me a ?Boyfriend Material? and not a guy that was going to fuck them good.

Why Is This a Problem?

The main problem is that *Mr. Friendly Man* and his ?Extroverted Social Anxiety? has no Killer

Instinct.

As Scotty would say -

> ***He?s not a ?sexual threat?.***

He?s not the type of guy that hot sexually active girls get wet over.

He?s not ?sexy?.

He?s just ?social?.

The only problem is ? unless he is good looking (or naturally has a masculine appearance/aura), he comes off harmless and is perceived exactly how he appears ? REALLY FRIENDLY. He?s usually judged as ?Boyfriend Material?, extroverted but hardly a ?player?.

He?ll often end up in the ?friend zone? with most girls that are better looking/cooler than he.

He'll generally only get the girls from his social circles that are looking for boyfriends.

While that is a bummer, the good news is ? he?s not totally afraid to talk, start or lead interactions, even if his social anxiety is a main catalyst.



How To Fix Mr. Extroverted Friendly Guy

(to hit on girls)

We have more good news.

It will take some work, but this is fairly easy to fix and certainly not the worst problem in the world.

#1 Acknowledge That You Have Mr. Friendly Guy Issues

It?s really important that you acknowledge your ?overly friendly? behavior in the face of social tension.

There?s no shame in this, the vast majority of extroverted guys fall into this category.

It beats being a total introvert.

Unfortunately, not a lot of guys are willing to admit that they are ?social? and not ?sexy?.

They often resist with garbage justifications such as ?

> ***I just want to be myself?.***
>
> ***I can start a conversation with anyone?***
>
> ***I am the center of attention when I want to be?***
>
> ***That?s not me? I can talk to girls?***

Chances are, like myself in my mid 20?s, you aren?t ALWAYS *Mr. Friendly Guy,* you just start behaving overly friendly when you are talking to hot girls or in large groups when the social tension is stronger.

If this resembles you, just admit it.

You?ll be way better off.

#2 Touch the Girl While You Are Being Friendly

There's not many instant fix solutions but this basically solves it.

You can be overly friendly, lack a ?sexual vibe? (overrated if you appear sexy) and communicate that YOU MEAN BUSINESS just by grabbing a girl?s hand and holding it.

Like I mention over and over and over, once there is physical contact (even just a little), a girl will know what you are looking for.

She will take it or leave it.

That is screening.

You don?t need an entire personality makeover.

My personally hasn't changed THAT MUCH in the past 5-10 years, but I?m perceived quite differently because I?m not afraid to touch girls upon meeting them.

Whatever your personality is ? keep it.

Just grab the girl?s hand sometime in the first minute or two.

Remember ?

A little goes a long way. You don?t need to make these girls uncomfortable or "escalate" them.

During the day, you can simply hold her hand beyond what a ?normal handshake? calls for.

At night, be more aggressive though.

#3 Slow Down Your Speech

Slow down how quickly you speak.

Again, no personality makeover necessary.

I don?t believe that ?fast talkers? always have a ?nervous vibe?, but it?s just more powerful if you speak more slowly.

#4 Rock a More Edgy/Masculine Appearance

Other than suggestion '#2 Touch the Girl', this will make the biggest difference.

If a girl is physically attracted to you or perceives you as a ?player?, you don?t really need to convince her that you are sexy and not just social.

Your appearance has you covered, for the most part.

Check out our Guides to Style.

Accessories, especially, are a super easy way to add some edge to your appearance.

Why on earth that most guys don?t take advantage of this quick fix is beyond me.

I guess they are busy ?being themselves?.

#5 Remember This One Statement ? ?YOU?RE SEXY?

Screening via physical touch is the easiest way to communicate a ?sexual vibe? and your intentions but verbal stuff helps too so long as it?s not over the top.

Tell a girl she?s sexy and she?ll either be IN or OUT.

No friend zone potential.

Another easy fix.

You might have trouble saying it if you are used to being friendly to hot girls.

My advice is ?

JUST SAY IT.

Watch the 'Screening at Night' video, I say this in some shape or form to all of the girls.

What About Being ?Friendly? To Guys?

All the advice above applies to increasing your Killer Instinct to pick up girls.

It has nothing to do with guys.

If you are extroverted, act however you normally act.

Being ?social? to guys is a good thing.

That?s how you make friends.

I?m really friendly to guys. Otherwise they are usually scared of me.

Just be nice to other guys, they are probably scared of you too.



Chris Is Overly Friendly to Cashiers At Grocery Stores (Big Picture)

I?ve always been super friendly to cashiers at grocery stores.

Perhaps at one time it was an extroverted response to social anxiety (fear of store clerks is apparently quite common), but it?s genuine today.

I am overly enthusiastic when they are bagging my groceries because I could never do what they do.

They work long hours in a repetitive job for low pay.

Most aren?t where they want to be in their lives.

They are used to boring silent customers and just want their shift/life to be over.

If you are ?friendly? to random people, don?t change that.

It probably means that you are a happy person.

Spread the love.

Again, you don?t need a personality makeover to go from ?social guy? to ?sexy guy?, you just need to do a few things differently when faced with social tension from hot girls that you are trying to speak to (hit on).

It will take a few months until it becomes natural to you, but these tweaks can actually make a significant difference in how chicks perceive you.

Do it when you pick up girls, but also when you are one-on-one on your ?dates?.

Even just telling a random girl that walks past you -

> ***You're Sexy.***

Will help.

Progress (and ultimately success) is just a bunch of baby steps, regardless of your gameplan.

Social anxiety has more than just one face.

Introverted behavior is not the only response to social anxiety.

There?s tons of ?Extroverts with Social Anxiety? that turn into *Mr. Friendly Guy* instead of the traditional Fight or Flight.

If this pertains to you ? now you know what to do.

Hey, do me a favor, if you have Twitter, add us -
(My web designer from 2013 apparently thought it would be a good idea to add 20,000 fake Twitter followers, many of which are women in Bangladesh. I DON'T have actually have 20,000+ followers but I'd like to get the Twitter going for some future GLL stuff).

- Follow Good Looking Loser on Twitter

Thank you in advance. It's actually a big help.

How to Get Married and Not Get Burned (Discussion on Legit Prenuptial Agreements)

November 22, 2014 | by Good Looking Loser | Link | Original Link

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The Very Basics of Prenuptial Agreements

(non-legal advice from the based lawyer)

note: This is not legal advice. Our guest, Mike, is a Los Angeles based attorney but you are not his client. Anything he says should be confirmed with your own attorney. The purpose of our discussion is to provide a decent overview of what you need to know BEFORE you get married and the questions to seek counsel on. For many, including myself, that is years away. But now is the perfect time to learn. This post is subject to our General Disclaimer and the content below is simply our opinions that you should discuss with your attorney.

Perhaps this isn't the typical intelligently immature Good Looking Loser post, but something that I feel ALL guys should know.

It's kind of a big deal and you should know what you are doing.



Foreword (Good Looking Loser)

I'm going to start talking about relationships (committed/uncommitted) in the near future, this is a related topic that I feel EVERYONE should see.

Unlike others in this sphere, I'm not against getting married. I will be one day. You probably will too.

In order to prevent future destruction, it would be a good idea to learn what you are getting into (and potentially out of) - from a legal standpoint.

You've heard the horror stories.

They almost always go like this -

> *Guy catches his wife cheating with another guy with a bigger dick.*
>
> *Guy loses half his assets (or more) when he divorces the girl.*
> *(he's offered an hourly job as a live in cuckold, but declines)*
>
> *Guy loses his kids as well.*
>
> *Guy remains poor and single for the rest of his life, girl continues to get pounded by the bigger, more pleasurable dick and teases her ex-husband via Facebook.*
>
> *The End.*

It happens and it's a bummer.

Let's not let that be you.

Information (aka random opinions), emotional stories and non-professional advice about Prenuptial Agreements is in no short supply on the Internet.

Our general advice is to ignore it, not accept anything as fact and get yourself a real divorce lawyer in your state that can spell out how it works. You will likely find that many of the horror stories (why are you reading those anyway?) are simply the result of not hiring a real attorney or cutting corners to save legal fees.

Since I only spent ~10 days in Law School, I'll turn you over to Michael Cernovich - a Los Angeles Criminal Defense lawyer, creator of Danger & Play, Social Justice Warrior destroyer and hero to gamers everywhere.
(google: Mike Cernovich GamerGate for more information)

- **Danger & Play - Home of the Gorilla Mindset**
- **Add Mike on Twitter**

This podcast is brought to you by -

- Dollar Shave Club (Amazing Razors for Cheap!)

These inexpensive razors and blades are dope. I've been subscribed for over a year now. The Executive razor is as good if not better than the very pricey Mach6 from Gillette. Check it out. You won't go back to your current razor.

Introduction - How to Get Married and Not Lose

0:00 Say Hi to Mike the lawyer - someone you've never heard of.
(obviously you've heard of him if you read Good Looking Loser)

0:45 Add Good Looking Loser (Chris & Scotty) on Twitter - we are going to get the Twitter rolling. I appreciate it.

1:20 Topic of the day - Prenuptial Agreements

1:50 Disclaimer - Not Legal Advice

1:55 Defining 'Prenuptial Agreement' (you need a lawyer, potential spouse needs a separate lawyer)

2:30 Primary purpose of a Prenuptial Agreement = Protection from Alimony
(contract CANNOT waive child support - a federal law)

2:50 How to think of a Prenuptial Agreement in a single sentence

3:10 Can a Prenuptial Agreement act as a Will too?

3:40 We always think of a Prenuptial Agreement as a legal way to protect our assets (property, cash, investments, etc.), can it also be used to protect from a spouse's debt?

5:30 Who should consider drafting a Prenuptial Agreement? Only rich guys?
(Mike's big picture perspective - excellent)

7:00 What considerations are MANDATORY for your Prenuptial Agreement?
(term discussed: Community Property aka "she gets half")

Community Property

There are nine community property states: Arizona, California, Idaho, Louisiana, Nevada, New Mexico, Texas, Washington and Wisconsin. Alaska is an opt-in community property state that gives both parties the option to make their property community property.

An IRS website stresses that it's important to determine the proper domicile. Domicile is a person's legal permanent residence and may not be where they currently live. For those in the military, people who have homes in several states, or for those who have moved frequently, figuring out which state is their proper domicile is key.

IRS Publication 555 gives further guidance and states that generally community property is property:

- That you, your spouse, or both acquire during your marriage while you and your spouse are domiciled in a community property state.
- That you and your spouse agreed to convert from separate to community property.
- That cannot be identified as separate property.

9:30 What is a prenuptial consideration(s) that guys often get burned on?
(Not getting one signed, men not fully disclosing all assets/"intimidating" girl into signing it without legal counsel - invalid)

11:20 Mike's suggestion for how to smoothly get your potential spouse to consider and sign the agreement.

13:40 'Separate Property' discussed; refers to your assets prior to marriage or inheritance

** 15:10 I meant to say "Community Property" not Separate Property up for grabs, my fault.*

16:15 What about if you had a business prior to marriage? What happens to that? (Mike's hypothetical)

18:25 So you got a proper Prenuptial Agreement - is your shit *actually* safe? What about the guys that get screwed?
(shit = assets)

20:10 Mike is getting married in a year, what is his legal approach? (and what guys should do)
(I'm taking notes here - forgive me)

23:40 Prenuptial Agreement ALREADY exists between you and the state - even if you don't have one

24:50 What if I'm scared to talk to my girl about a Prenuptial Agreement? (and how businessmen handle it)

26:00 Prenuptial Agreements PREVENT conflict and divorce legal fees, not the opposite

27:00 What is a "Sunset Clause"? Prenuptial Agreement that expires in 10-15 years, when to throw the contract out?

29:00 Closing thoughts from Mike, what to do next and getting one written online (see below)

Protect your past and future!

Respectfully discuss the contract with your girl far in advance of your wedding day.

If she is a girl truly worth spending the rest of your life with, she won't have any problem signing it if the terms are fair and explained to her.

If she comments that she doesn't want "it" to be *"about the money"*, then she can have her way -

A Prenuptial Agreement assures that people ARE marrying for love and not money. Not the opposite.



Pour Conclure

I hope you learned something. I did.

Like I said, talking to Mike is literally like "school" for me.

A lawyer would have charged you $200-300 to tell you this same information.

If you are interested in drafting a VALID Prenuptial Agreement, you should see an attorney who is in your state.

You can also use services such as -

- Legal Zoom (Prenuptial Agreement)

- Rocket Lawyer (Prenuptial Agreement)
  * not affiliate links

I have personally used Legal Zoom for a variety of basic legal matters.

I found the service to be nothing short of excellent.

Remember, it's important that a separate lawyer examines your Prenuptial Agreement and explains it to your potential spouse.

Do me a solid, add us on Twitter if you have it -

- Good Looking Loser on Twitter (Add me!)

Drop your comments or questions below.

We *might* be able to answer questions if they aren't too state specific.

Please understand that any and all explanations are not legal advice and do not constitute an attorney-client relationship.

You already know that, I've mentioned it 5 times.

The Myth and Pursuit of Immovable Confidence

December 7, 2014 | by Good Looking Loser | Link | Original Link

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How Confident Do I Really Have to Be?

(to have a top 1% sex life)

includes: extreme Good Looking Loser propaganda/brainwashing techniques

Recently, a Good Looking Loser forum member asked a good question -

> ***How do some guys have rock hard immovable confidence?***

What he meant was -

> ***How can I develop super strong confidence?***

The short answer is -

GET EXPERIENCE.

From experience, eventually comes success.

From success, eventually comes confidence.

Pick any skill, any activity - that's how it's done.

People are *confident* when experience shows that they can already do something.

Certain guys are confident that they can pick up girls because - THEY CAN PICKUP GIRLS.

There is no eBook, no pick up workshop, no Good Looking Loser post that can raise your confidence like actually Getting Laid will.

If you try enough, you will eventually Get Laid.

Then if you keep trying, you will eventually Get Laid more often and your chances will go up.
(the first one might be the hardest, see here - "How to Lose Your Virginity")

That's the short answer.



That long answer is more complicated is only something that I will briefly touch on -

'Confidence' is a deep subject and nothing I care to theoretically explore in-depth because there's nothing I can *tell you* that will dramatically help beyond what I've already mentioned - GETTING LAID.

We condense the subject into the most important form of confidence - "A Sense of Entitlement".

A Sense of Entitlement is *actually* believing that you deserve pussy and you are cooler than the girls you are talking to. You actually believe that they would be lucky to sleep with you.

A Sense of Entitlement separates the guys that get cute girls and the guys that get hot girls. It also separates the guys that get average girls from guys that don't Get Laid. Aside from sex appeal (Looks, Style) and social freedom (eventually progressing into Killer Instinct), your Sense of Entitlement is the only thing that matters.

With effort, positive feedback (wow, you're hot!, wow you're cool!, wow your dick is a fatty - I'm going to tell my friends on our girl's wine night!, etc.) and results - your Sense of Entitlement will increase.

Having money, improving basic social skills, genuinely enjoying your life/girls and gaining social status in a scene will help too.

Once you fuck (and hopefully retain) ONE hot/super hot girl without the help of your social circle (significant milestone) - you will be in the driver's seat.

If you do it once, you can do it again.

That's confidence.

So now you know how it's done.

The second half of the question is the topic that I feel we do need to discuss.

Remember the question -

> ## So How Do Some Guys Have ***Rock Hard Immovable*** Confidence?

Lets talk about these guys.



Rock Hard, Immovable Pussy Slayers

You know, the guys that are fazed by NOTHING.

They literally DO NOT GIVE A FUCK about ANYTHING.

Their "frame" is closer to a concrete wall than a frame.

Not just with women, but with anything in life.

Not only are they unfazed by social tension, they seemingly always know what to say and what move to make.

You know, like Brad Pitt in Fight Club.

Untouchable.

The world belongs to them.

It's like you could put a loaded .45 caliber gun in their mouth and their blood pressure wouldn't budge.

They would probably just confidently smirk at you.

But the reality is - these guys DO NOT actually exist.

At least not in the sense that many think.

The guys that I PERSONALLY KNOW who are absolutely fantastic with hot girls are very much human. They might show flashes of a fictional immovable character, maybe even several moments, but it's simply a product of experience and not really caring what *most* people think.

When things go well (instant chemistry with a sexually available girl who likes them), it can look like a scene of a movie. There's no mindtricks or smooth moves necessary - when a girl likes you she'll make you look smooth.

Daniel Au Naturale

My former best friend, Daniel, is the best "natural" I have ever seen.

He slept with over 100+ girls in 4 years of college alone. At the age of 16, he hooked up with a 21 year-old Miami Dolphins cheerleader. He had more girls booty calling him on a Friday night at age 19 than most guys will speak to in a month.

Still, Daniel had very pronounced moments of weakness.

If you didn't know him, you'd be surprised that he got any action at all.

He would literally cry if someone smarter than him called him "dumb". He would think about it for a week.

There would be nights where he'd get ridiculously drunk and angry when the 10 or 15 random girls he hit on wanted nothing to do with him. He would ignore texts from his fuckbuddies and just pass out feeling sorry for himself.

He would even pathetically make up stories about Getting Laid if he was in a slump or his favorite fuckbuddy temporarily stopped texting him.

Seems like a "beta male", huh?

Hardly.

He was as good as it gets for a non-celebrity.
(celebrities don't do 'pick up', there is way too much risk to their image if things go wrong; besides, they don't need to)

He had above-average (B+) sex appeal, social freedom and very strong Sense of Entitlement. And Most importantly - he would apply himself and talk to girls while the rest of us were on the side watching him (hoping he'd strike out).
(this is way back in 2000-2001 when I was pretty jealous of him - even though I was somehow able to steal girls away from him)

Curtis Au Naturale

Curtis was the ultimate 'party boy'.

In his prime, he never really tried to pick up girls. He simply invited them (and their friends) to his parties.

Groups of girls would show up, get drunk with us and one or more would reveal herself to be interested in him.

He would take the new girl to his room under the pretense of, "I want to talk to you." or "Come into my room."

He got laid more often than any guy I had ever seen in his party days.

Curtis was human too.

At times, he was overly sensitive and very quick to flip out on any girl that was rude to him.
(he would routinely tell entire groups of girls to leave his parties, personally escorting them out)

This goes against the retarded pacifist mindset of "Don't Be Reactive".
(it is more congruent to "DO WHAT YOU WANT", the Good Looking Loser mentality)

Despite his insecurities and sometimes disturbing verbal sparing matches with girls that would be lucky to sleep with him - he was absolutely amazing with women.

Curtis (nicknamed, 'Lil Wayne Gretzky') was the type of kid that could build a social circle in 6 hours.



AJ Au Naturale

AJ (not the club promotor that I mention sometimes) was one of my first friends when I moved to Los Angeles in 2008. We started hanging/going to clubs in 2009, when he was single.

Standing an athletic, chiseled 6-4, 215lbs with All-American looks and good social skills, AJ didn't have trouble getting girls. When we would hit the Hollywood bars/clubs, he was one of the only guys I partied with that girls were sometimes equally or more interested in.

AJ had a super hot girlfriend back in Florida. Beautiful. Model, local television reporter, the whole deal.

Every few months, they would "break up" for one reason or another and AJ and I would go out.

Once he got warmed/liquored up, AJ had no trouble talking to the the hottest girls in the place. He'd often go home with one of the girls or another almost as attractive girl.

I loved when he was single (no homo), we were a pretty good team and were trying to hook up with the same caliber of women, but I also saw moments of insecurity that stunned me.

When girls, ironically - unattractive girls, were mean to AJ and he wasn't in a spectacular mood - AJ would want to go home or leave the place. Despite getting a lot of hot girls (mainly from his Hollywood/entertainment circles), AJ would get very upset if a girl didn't at least play along and have a conversation with him.

Most of the girls that were rude to him were simply intimidated by him and thought he had no interest in getting know them.

Largely, they were correct.

But AJ didn't know that.

He often blamed himself when girls didn't want to talk to him.

Turned out, AJ was a nice guy.

A nice guy...

That got a lot of pussy when he really put his mind to it.
(per GLL definition, AJ was a 'good guy' and not actually a 'nice guy'; he was just very sensitive)

Related content:

- "Girls That Are Nice to You vs. Girls That Are Mean to You"

Good Looking Loser

The name 'Good Looking Loser' actually comes from my past (7982-2006) when I was considered to be 'hot' by 99% of girls that I talked to. To some girls, I was their perfect 10. The feedback and positive responses I got from girls was amazing.

The only problem was - I didn't talk to that many girls.

I didn't give myself permission.

I was too busy trying to look good/cool and protect my pathetically fragile ego.
(hence the word 'Loser')

Things obviously changed, I'm not as good looking today but all my other fundamentals are lightyears from my former self.

Still, I hardly have *immovable* confidence.

Maybe sometimes. But definitely not "always".

To this day, I feel less confident about my appearance when my face is bloated (something that was a frequent thing when I used steroids). While the bloat from my HRT protocol (750mg of Test E every 10 days and 250ius of HCG every 3 days) is nothing compared to the days when I'd be a grotesque monster from being on a gram of Test, it is still something that I think about.

I'm also not fully secure with my hair line. Why else would I devote so much money/trial and error to making it look decent?
(see: Hair Loss Prevention Guide - Based on 12 Years of Experience)

I also feel less confident when I'm not dressed my best - even though about 40% of the girls I've picked up during the day were at the gym while I was sweaty and wearing shorts.

Even though some of the hottest chicks I've EVER picked up came when I was wearing sweatpants and an Underamour hoodie (they were dressed to the 10's, I was dressed like a [relative] scrub). When under-dressed, I simply feel less confident than I normally would - even though evidence/experience suggests that I shouldn't care all that much during the day.

Perhaps the most surprising of all -

Despite a lot of success, I never completely got over the "wait" after texting a new super hot girl for the 1st time and just waiting powerless for her reply. Once I get that text - I snap into "Yeah, I got her" mode. But the lead up wasn't always without anticipation. But that's what made it so rewarding.
(this phone/text anxiety dates all the way back to when I first started this stuff in late 2006 - when the girls would reply but I never really got anywhere with them)

I remember several times when I felt immortal, looked great and had amazing natural chemistry with a girl that should have been begging for my dick - only for it to result in NOTHING whatsoever.

I also distinctly remember times when my "game" was beyond sloppy, I looked like I just rolled out of bed and had absolutely no natural chemistry with a girl - only to have her to end up in my bed without any resistance within 48 hours.

There's times, often extended periods of time, where I truly feel 'immovable' and invincible but there are moments of self-doubt. I've succeed (and "failed) under both these conditions.

YOU NEVER KNOW.
(while some girls will engage you if they like you, some girls get quiet if they like you)

The lesson learned is -

Confidence will fluctuate but having above-average (B+) confidence, at least most of the time - is all it takes.

Some days you'll really be ON. (A+)

But some days you'll be OFF. (C or below)

It's simply part of the game/life.

If you can average a B+ cGPA (confidence grade point average), you'll be just fine.

Once you start going out with really hot/any girls, you will see that they are hardly 'immovable' too.

They are human.

They will get nervous if they like you.

Just like you will.

Once you come to peace that you'll never *always* have amazing confidence - you'll feel more confident.

Irony.



Let Us Have Social Intelligence As To
Not Become Registered Sex Offenders

Just Who Are These Guys?

As I discussed in "10 Misconceptions About Guys that are "Naturally Successful With Women" (see Misconception #6), the guys that get the most, hottest pussy via cold approach ARE NOT unbreakable, 24/7/365 masculine, never hesitant, never shaken 'alpha' males.

They simply have **above-average (B+)** sex appeal, with **above-average (B+)** confidence, who can move fast once they know a girl is interested in them (Killer Instinct). They also party a lot and are part of the 'in crowd'. They mainly hook up with girls that are equal/slightly less attractive than they are but will also sleep with super hotties from time to time*. They are usually sleeping with 1 or 2 attractive girls, so it's not a big deal if a girl rejects them.

*How easily they retain the super hotties is simply based on their own boyfriend potential and how much of a challenge they present themselves as (or the girl is up to).

Their confidence is a product of experience.

But immovable confidence is an illusion.

A Hollywood, Fight Club illusion.

(Word is - Brad Pitt shot certain scenes in Fight Club over 300 times, prior to professional editing and special effects)



Confidence vs. Self-Esteem

The guys I mentioned (Danny, Curtis, AJ) have consistently good self-esteem (how they feel about themselves).

Their confidence (how they feel about picking up girls) is also well above-average, but it can fluctuate.

Still, I know some guys that tag a lot of top-shelf pussy who actually have strong confidence, but **low self-esteem**.

It seems like a rare paradox, but it's actually quite common in the Hollywood scene.

There are plenty of guys in the scene the live absolutely worthless lives.

They have no ambition, no passion, no goals, no strong conviction in anything they do. They know it too.

Some don't even have jobs.

All they do is party and eat cocaine and pussy. For years on end.

In their weaker (more intoxicated) moments, some have confided in me that they loathe their worthless existence and wish God would visit them and point them on a meaningful course.

Yet, they hook up with plenty of girls.

In the scene - THEY ARE CONFIDENT. REALLY CONFIDENT.

But how is this possible?

How can guys with low self-esteem be confident?

They have experience.

They simply know what they are doing because they spend 5 or 6 nights a week doing it. Some also work a side job as a bartender, low-level promoter or some sort of other insignificant nightlife rat.

They feel more at home in a bar or club than they do in their own house.

I'm certainly not suggesting that you try and live this sort of unrewarding existence, but I do want you see that you can succeed even if your self-esteem isn't where it should be.

Work on your self-esteem, but don't think that you need 'immovable' self-worth either.

You simply need to -

1. Look as good as you can.
2. Talk to girls.
3. Try to be aggressive with the ones that like you.
4. Have sex with some of them and gain confidence.
   Enjoy it too.

You will find that success will exponentially increase your confidence (self-esteem) if you have been on the sidelines for all these years.



Let Us All Read the Fashion Guide and Wear the Exact Same Clothing.

Our Latest Fashion Guide Can Be Found Here -
"Latest Style Guide (Lifestyle by Good Looking Loser)"

How Much Confidence Do You Really Need To Consistently Nail Hot Pussy?

Like all the other fundamentals - you need to have **ABOVE-AVERAGE (B+ or higher)** confidence to have a consistent hot sex life.

You also need to have ABOVE-AVERAGE (B+) sex appeal so that sexually available women will make it easy for you.

(if you neglect these things or are always "working on your game", it will be an uphill battle for the rest of your life)

If you are looking to nail hot pussy on the same day/night, you'll need a house or apartment within about 10 minutes (on foot) of where hot girls party (or next best: shop/hang out, i.e. beach). Otherwise you'll be relying on your cell phone, "dates" and their 'window' (see 'Window and Maybe Girls'), which becomes nothing but a hassle once you know you can Get Laid.

I could over-exaggerate the matter and tell you that ONLY supremely, immovable confident, top 1% guys can have a hot sex life (so buy my eBook!), but the fact of the matter is - IT'S NOT TRUE.

The reality is -

Once you have above-average (B+) fundamentals, you should GO GET LAID and not "work on your confidence".

Confidence largely comes from experience anyway.

Just go Get Laid, regardless of how confident you are.



Pour Conclure

This should be good news to all.

You don't have to become the exaggerated, immovable, invincible movie star that so many inexperienced guys picture.
(related: Hollywood knows you are insecure)

You need to be ABOVE-AVERAGE (B+ or higher) at the stuff that matters.

There are VERY FEW guys that are above-average looking and also not scared to talk to girls.

You might know some, but think of the general population.

Once you are ABOVE-AVERAGE (B+), you will be able to get hot girls if you talk to them. After you sleep with them, you'll gain more experience (and confidence).

Maybe you've seen, in-person, moments and examples of a guy with immovable confidence. It happens.

But it's simply only a snapshot in time.

He is human. Just like you.

He just probably has more experience.

If you have -

- Above-Average (B+) Sex Appeal
- Above-Average (B+) Social Freedom (and Killer Instinct)
- Above-Average (B+) 'Swag Factor' (Social Status/Skills)
- Above-Average (B+) "Confidence" (Sense of Entitlement)

The only thing that is separating you from having 3+ attractive girls in your bed a month is a lack of effort or access to women.

Both of which - you can also control.

Confidence isn't overrated, it's one of the primary fundamentals (Sense of Entitlement), but how confident you truly need to be to get results is often exaggerated.

Alright, enough reading.

You're only allowed to stay home on Saturday night if you've already slept with 100 girls.



Go Ahead Stay Home This Weekend.
I'm Going to Fuck Your Sister.

Plight of the Lonesome Bodybuilder - Legit Potential (Part I)

December 14, 2014 | by Good Looking Loser | Link | Original Link

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Why "Bodybuilders" Struggle With Women

(and what to do about it)

Welcome to our 3-part series specifically aimed at "Bodybuilders".

If you consider yourself a "Bodybuilder" but can Get Laid a lot or you don't want to for some reason (and you aren't lying), you can largely ignore this.

If you consider yourself a "Bodybuilder" and have a slew of hot fitness girls trying to go out with you, you can largely ignore this.

You are not among the majority.

I discuss "Why Bodybuilders Hardly Ever Get Laid" in Part II.

Before we begin, it's important to define "Bodybuilder" and to whom I am referring.

"Plight of the Lonesome Bodybuilder - Full Audio"

Who is this "Bodybuilder" to whom I am referring?

This character refers to any semi-loner who is tirelessly working on his body but has no ambitions of actually competing or playing collegiate/professional sports. His "training" and obsession with his body is solely in the hopes of attracting women and feeling superior to lesser anabolic males.

It doesn't matter if the Bodybuilder is natural or juiced.

Chances are, this character won't be an EXACT match for most guys.

There are many shades of gray which will characterize this isolated lifestyle that so many loners are drawn to.

Although not an exact replica, I bared resemblance to this character ever since I started lifting weights at age 16, right up until I shifted "the gym" to my one of my far lesser priorities in 2007. It has remained there since.

Along the way, I met plenty of guys that were the epitome of "The Undersexed Bodybuilder" - a highly motivated, highly disciplined, progressively more lonesome character using non-competitive bodybuilding as his excuse to forgo a normal social life, in hopes of one day attracting his loyal

dream girl(s).

Again - I am not referring to the **'Competitive Bodybuilder'** who *actually* does competitions and 'pussy' is *actually* not one of his primary motivators.
(many competitive bodybuilders would rather Get Laid than win competitions though)

I am also not referring to the **'Juiced Party Boy'** who has a social life, parties often, drinks/smokes cigarettes socially and has plenty of friends.

I'm referring to the guy that is a loner, follows a 24/7 Bodybuilder lifestyle and has the secret agenda of "getting girls" as the primary reward from his hard work.

I'm referring to the guy that claims he is "against drinking" (and party culture) because it will lower his natural testosterone for 18 hours and cost him "gains", a moot point if he is taking steroids.

He often considers himself "too good" for health clubs where members aren't hardcore non-competitive Bodybuilders. Yet, ironically, he hates on other bigger/smaller Bodybuilders that follow his exact same lifestyle.

He is the "gym rat", has no social life and lives in his head.

He finds comfort and esteem in his never-ending competition of being bigger and stronger than other guys.

He turns to bodybuilding as a vehicle to ward off depression and remain in denial.
(physical activity is a wonderful means of treating depression, many including myself have found success, but some never move on and become very one-dimensional. And Still don't Get Laid)

Post cycle therapy (or cruising) periods are tough because he simply has nothing to do beside daydream about his next cycle and read various anabolic forums.

And the most obvious sign of all -

He'll be at the gym at 10pm on a Friday night. Alone.
(many Bodybuilders go to the gym during low-traffic hours to avoid social anxiety/talking to people)



Bodybuilders Have Really Good Potential

(if they don't have too many emotional problems)

Before I dissect "The Lonesome Bodybuilder" and anger countless near-perfect examples, I want to express some optimism to whom this may concern.

The Bodybuilder has a lot of potential and if his problems don't run too deep - he'll be getting plenty of pussy once he can do a slightly above-average job of talking to random girls.

Scotty and I are living proof of this.

Within about a year of starting "pick up", both of us had multiple fuckbuddies.

Let's talk about that potential.

Fitness Girls Already Like the Bodybuilder

Although many hot, popular party girls don't feel the same way - the Bodybuilder usually has first dibs on fitness/gym girls and other chicks into the lifestyle.

Many fitness girls (and all heterosexual female bodybuilders) feel his body type is ideal, so long as he isn't too much of a freak.

They are also sympathetic of the emotional struggles that anabolics, relative body dysmorphia and strict dieting bring.

After all, they are basically the same person but have a vagina.

There's plenty of fitness girls that are MEGA HOT and I encourage Bodybuilders to leverage this advantage.

A good looking Bodybuilder with decent social freedom and social skills will have his pick of almost any single-and-available fitness girl at his gym. Cougars, as a distant 2nd option, also like younger Bodybuilders and can somewhat take the lead if the Bodybuilder doesn't know what to do.

To consistently score hot non-fitness girls, however, there's usually some changes that Bodybuilder will need to make.

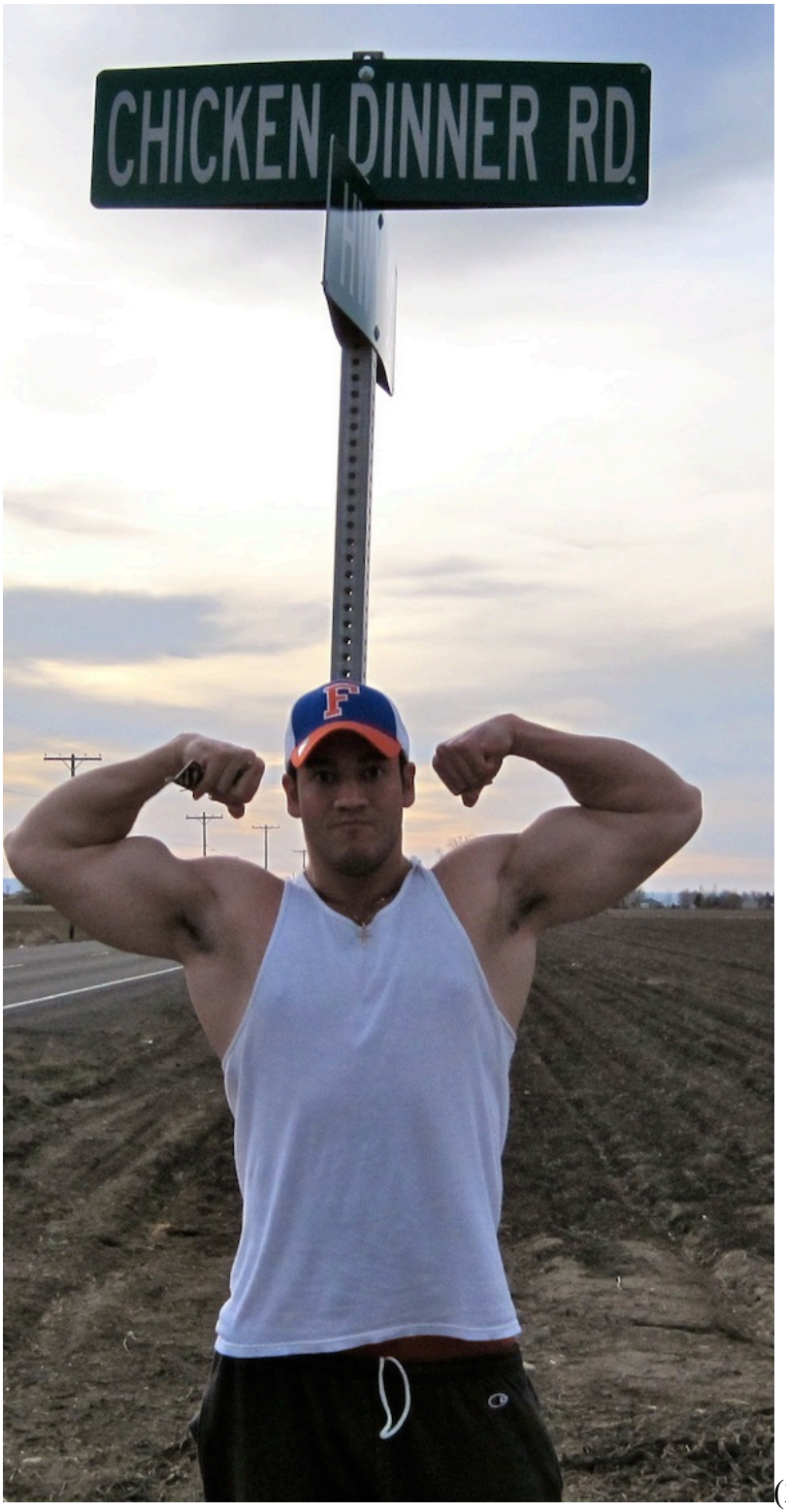
The Bodybuilder Already Has a Good Body and Looks Masculine

Although the impact of "body" on sex appeal to women is overrated, it offers the Bodybuilder a decisive advantage over the average, underweight, skinny-fat guys that are looking for dating advice on the Internet.

The Bodybuilder usually has good posture, looks healthy (if not too big) and masculine characteristics from years of dedication.

If he's not too much of a freak and has a decent FashionIQ, the Bodybuilder will stand out - in a good way.

This will all serve him well if he makes the conscious attempt to go after pussy.



(2010, long past my 'Bodybuilder' days, but a stereotypical picture nonetheless)

If you noticed that one of my arms is slightly bigger than the other then you have problems.

The Bodybuilder Often Feels Superior to Non-Gym Male Folk

This subject runs deep and is quite complex. I will explore the negative flipside of the matter later on. (see problem #9)

Many Bodybuilders feel they are superior to less active, less anabolic males.

On paper, this should be a good thing, they should have a greater 'Sense of Entitlement' to hot pussy than normal guys.

Some legitimately feel this superiority and have a strong Sense of Entitlement to hot pussy.

But MOST don't and their constant comparisons and evaluation of other male's physiques is simply evidence of their own major insecurities.

It's a mixed bag and it's hard to know which Bodybuilders actually have an authentic 'Sense of Entitlement' and who is pretending.

Most are pretending.

The Bodybuilder Has Major Juxtaposition Potential

This may not make sense unless you have read the extremely popular and often-referenced discussion -

- "Mr. Juxtaposition Is So Hot Right Now"

Basically, the Bodybuilder can easily become this multidimensional, sexy guy that can easily retain hot girls if he expands beyond the gym into other less stereotypically masculine hobbies/goals.

Here are some examples -

- The Bodybuilder that travels and is trying to be an actor.
- The Bodybuilder that plays the piano and volunteers to help special needs children.
- The Bodybuilder with tattoos that is in medical school to become a cosmetic surgeon.
- The Bodybuilder that knows how to dance and has an excellent sense of fashion.
- The Bodybuilder that can actually have meaningful conversation with non-bodybuilders.

These examples present 100x more 'boyfriend potential' (critical to retaining fuckbuddies) than -

- "The Bodybuilder that is in the gym when he's not in the kitchen"
- "The Bodybuilder that has absolutely no life"
- "The Bodybuilder that can barely speak"

Most Bodybuilders, competitive or not, never invest their time in anything other than the gym and typical areas unfortunately.

While the "Dumb Jock" stereotype doesn't apply to most Bodybuilders (they are usually more intelligent than the average guy), the "Boring Bodybuilder" stereotype is often completely appropriate.



While being a skinny-fat pussy with low self-esteem won't land you too many girls - being a huge-ripped pussy with low self-esteem won't be too helpful either.

The Bodybuilder Is Incredibly Disciplined

Whether it's obsession fueled by insecurity or genuine dedication and a love for lifestyle - even the non-competitive Bodybuilder who silently wants pussy is admirably disciplined.

He is willing to put his body under tremendous amounts of pain and stress because he believes that it will, one day, pay off in a hot sex life and endless worship from both genders.

He is willing to structure his life in order to eat 6+ meals, macro-nutrients precisely calculated, timed 2.5 to 3.5 hours apart and spend 2+ hours a day in the kitchen while still attending to his other commitments.

He is willing to do this EVERYDAY for years on end.
(how in the hell I did this - I have no idea... the mind is a powerful weapon)

This tireless work ethic (or madness) is admirable and should serve him well if he ever really dedicates himself to Getting Laid.

The Bodybuilder has potential with girls.

Whether he realizes or harvests this potential is a completely different story.

To quote the legendary college basketball coach, Robert (Bobby) "The General" Knight -

> ***Potential only means that you haven't done shit.***

We prefer to take a more positive view however.

Like I tell anyone who even semi-resembles this Lonely Bodybuilder character -

> ***If you talk to JUST ONE girl for every hour you spent in the gym, you would NEVER be without sex.***

It's true and is worth repeating -

> ***If you talk to JUST ONE girl for every hour***

> ***you spent in the gym, you would NEVER be without sex.***

For many, THAT is the take home message.

The potential is there, stay ripped (sub 8%) and under 205lbs unless you are over 6 foot 2.
(I've picked up chicks when I was 165lbs, all the way up to 242lbs. This is what I've learned.)

Unfortunately, very few Bodybuilders ever take advantage of this potential.

Most waste away their 20's in denial and succumb to the most common problems that Bodybuilders face with the opposite sex -

- "Plight of the Lonesome Bodybuilder - Problems & Solutions" (Part 2)

Questions or comments can be left in Part 3 of this series.

More extensive questions or requests for feedback are best left in our forum.

Plight of the Lonesome Bodybuilder - Problems and Solutions (Part II)

December 17, 2014 | by Good Looking Loser | Link | Original Link



The Main Problem(s) With Bodybuilders

In Part I of our series, "Plight of the Lonesome Bodybuilder", I discussed who "The Lonesome Bodybuilder" is and why he actually has pretty good potential with women if his emotional problems don't run too deep.

In this section, we're going to discuss the common mindsets, tendencies and self-imposed roadblocks that The Lonesome Bodybuilder faces.

More importantly, we'll offer a first-step solution to all of these.

Many lonely undersexed Bodybuilders aren't ready to hear this.

(I'm plenty qualified to give advice on bodybuilding and how to escape it - I've done more juice than 99% of guys that are reading this. It was my entire life for 5.5 years.)

 Because cardio is boring.

While I wasn't quite the 'Lonesome Bodybuilder', I had many of the following problems.

Obviously, not ALL these issues will fully apply to ALL Bodybuilders, many will however.

I suggest that you keep an open mind and acknowledge any issues you might have, rather than looking for excuses to deny them like the typical bodybuilder always does.

Regardless of how good you are at denial, I was pretty good - your 20's will pass you by.

> *Reality always wins.*

REALITY ALWAYS WINS

Will you be eating pussy or just oatmeal?

Take your time reading and thinking about this series.

It's a LONG one.

#1 The Bodybuilder Lacks Swag Factor (Coolness)

(and general social awareness/skills)

Although social freedom (ability to talk to girls) is a primary problem for the Bodybuilder, a bigger problem is often his lack of social awareness and experience.

We call this fundamental -

- **Swag Factor**

He is simply not a cool guy.

He is not necessarily a 'loser' (the bad kind) or a weirdo, he just isn't cool.

Introverted and a loner by nature, he began hitting the gym to look good in hopes of getting attention. What began as a psychologically healthful hobby turns into the perfect antisocial diversion.

Years pass...

His social skills stagnate, his ability to communicate with most women erodes and he becomes almost completely one-dimensional.
(extreme cases will go WEEKS without talking to girls, unless a female employee is at the gym desk)

He can't understand or relate to popular girls or even most guys his age.

He doesn't understand or recognize popular culture.

It's all "gay" to him.

He is out of touch and he is no one that a popular girl would want to be seen with.

His answer to "What's new?" is always -

> ***Not Much.***

Small talk with non-Bodybuilders is tough.

There is nothing going on in his life and he doesn't know how to encourage others to talk.

He decides socializing (talking to other humans) is "gay".

Though usually in denial, the gym gives him some pleasure and a daily sense of accomplishment - often keeping him from hitting rock bottom and really making the decision to create a decent social/sex life.

First Step Solution

Swag Factor (developing social skills and social status) is not a quick fix.

A reasonable first step would be to get a WEEKEND job as a bouncer or doorman, just to get the Bodybuilder out into the scene.

Even just standing at a door asking people for their ID and talking to bar staff will be more helpful than another night at home.

Just by being out in the scene - guys will compliment his body, praise he hardly needs, but it's better than another night of jerking to YouTube videos and eating canned sardines. Eventually, someone on the bar staff will invite him to an afterparty and he can eventually make some friends that will force him to come out more.

The isolationist cycle needs to be broken as soon as possible.

That's how the lonely Bodybuilder can do it, break into the scene and slowly gain confidence.

Swagger

Swagger is to to move with **confidence**, **sophistication** and to be **cool**.
Swagger is to conduct your self in a way that would automaticaly earn **respect**
To dress in a very stylish and quirkily fasionable way would suggest one is swagger.

Wolf, Cry Wolf are more swagger than Mick Jagger!

definition from

Urban Dictionary

Swag is not about "acting Black" or parading around like a clown.
It's about being seen as a cool guy who is a social asset rather than a liability.

#2 The Bodybuilder Judges Himself Based on How His Body Looks That Day

(and is terrified of rejection)

Never-ending body dysmorphia.

Like girls have their "fat days", the Bodybuilder will have his psychologically devastating "small days".

His self-esteem is almost completely based on his appearance, which is ever-changing from anabolic bloat and usually loosely-defined fitness goals.

The bigger problem is -

The Bodybuilder thinks that EVERYONE ELSE is also judging him on his body.

Any sort of rejection is interpreted as -

I am not attractive enough.
(seeking to guard against this - most Bodybuilders will absolutely not try for any girls)

This is a death blow.

The reality is - no one really cares if his arms aren't 18" that day or if his calves look small that day.

With the exception of other Bodybuilders, nobody even fucking notices.

Unfortunately, on the days that he looks great, he does nothing but go to the gym, or at best - takes new selfies to post on social media.

He never leverages the momentum to talk to women.

First Step Solution

Like Swag Factor, self perception and years of body dysmorphia has no quick fix.

I have two starter steps though -

1. ADMIT that girls prefer the athletic-but-not-too-big guy or "surfer boy" who has abs and a little muscle to the grotesque chemical monster with overgrown features and emotional problems. (see #18)
   (fitness girls may prefer bodybuilder physiques)
2. ADMIT that you have anxiety about talking to women and that is the other primary reason that you are and will remain undersexed.

Those 2 realities are extremely difficult for the Bodybuilder to come to grips with.

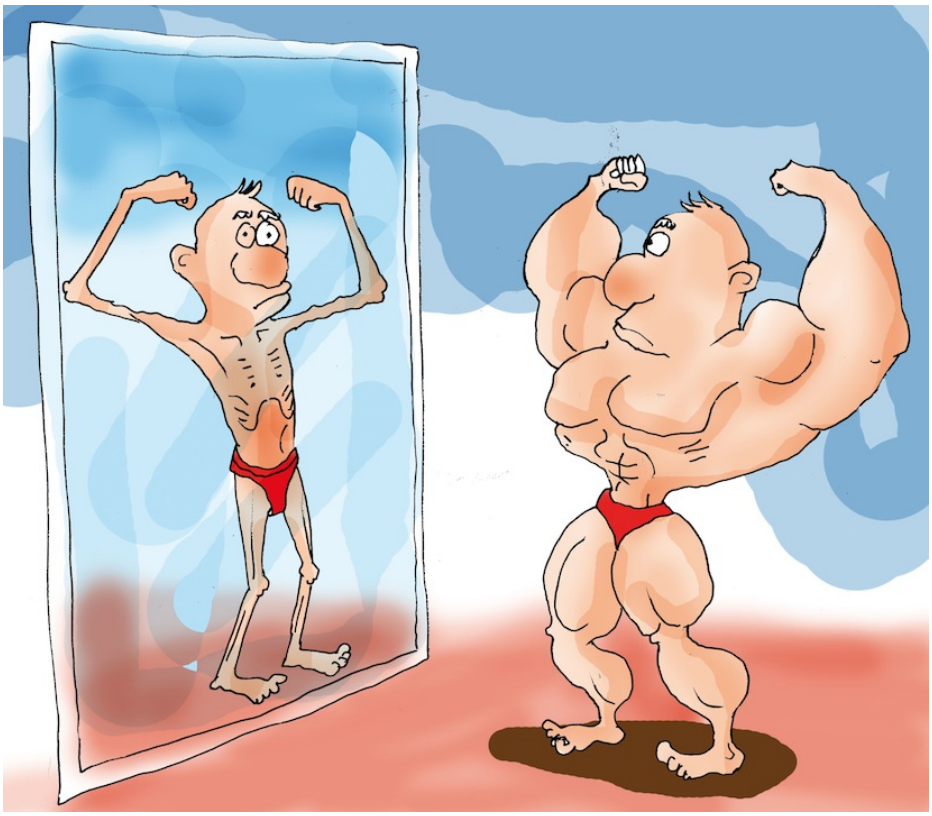
Most will go to the grave before they concede these weaknesses.

I was in denial for many years. Of any problem, admitting to myself that I was scared of pretty girls was by far my biggest hurdle.

Years later, I would learn that "rejection", IF you look above-average, was a matter of 'Sexual Availability' and not a lack of sex appeal.

That changed everything.

I never took rejection personally again.



#3 The 24/7 Bodybuilder Lifestyle Prevents a "Normal" Life, Social Development and Simply Having Fun

We've been over this already.

You get it - the lifestyle is antisocial.

Introverts gravitate to it.

If you can't cut down on your gym/kitchen time, at least take "Good Looking Loser's Life or Death Test" and make a vow to do something fun one or two times a month.

First Step Solution

Admit that life isn't exciting.

Take my test above.

Do what I suggest.

You probably already have a better body than 98% of guys and already have potential to get pussy - stop wasting it at the gym if you aren't a competitive bodybuilder or athlete.





Very few

Bodybuilders have a sense of style. We'll discuss that later.

#4 The Bodybuilder Rarely Has Girls Who Are His Friends

As touched upon in 'Lack of Swag Factor' (#1), the 24/7 non-competitive Bodybuilder rarely has girls in his life, in any capacity.

He loses touch with anyone who doesn't go to the gym and has a particularly hard time relating to popular girls.

Extreme cases start to hate women, which is often a point of no return.

You NEED to have at least some girls as friends (they hook you up with their friends - it's a great thing).

Don't listen to that "No Friend Zone" shit that geeksquad pick up artists talk about.

They have no cool friends - male or female.

First Step Solution

Fitness girls are pretty friendly and they like to meet the big/frequent guys at the gym.

You are part of the "in-crowd" at the gym, they will be happy to talk to you.
(the only time a Bodybuilder isn't part of the 'in-crowd' at his gym is if he smells or has weird training habits such as screaming and yelling)

Befriend these girls to just get used to talking to someone without a penis.

Unless the girl blatantly flirts with you (many fitness girls will do this), just stay friends with her. Try to hook her up with one your friends, if she is willing to introduce you to her friends.

Get her number by saying -

> ***Hey what are you up to this weekend?***
> (they often have no life either)
> ***I'm going out with some friends, you are welcome to join us.***
> ***Let me take your number and text you later.***

If she finds you sexually attractive, you'll eventually do her.

But don't get too far ahead of yourself yet - LEARN TO SPEAK TO THEM and see what they are doing with their lives.



#5 Post Cycle Therapy Prevents the Bodybuilder From Trying
(and anxiety from daily stimulants/hormonal fluctuation)

For those that cycle and engage in a HPTA/testicular recovery period (PCT), there is no worse time to try and get pussy.

Sex drive is wrecked, you have very little interest in the opposite sex. It will take several weeks until it returns to normal.

Testosterone levels are low and possibly in the single digits. Erections are scarce and very hard to maintain.

Motivation is pretty low too. There is little motivation to do anything but chill out, a well-earned vacation after busting your ass in the gym for 10 to 14 weeks.

Although "roid rage" is largely bullshit, among the plethora of lies told about anabolic steroids, hormonal fluctuation (up or down) can cause anxiety. This is often seen while on cycle (especially with Tren, EQ, etc.) but can happen during PCT if you are prone to anxiety.

Pre-workout stimulants can cause post-workout anxiety as well.

The net result is -

Bodybuilders simply don't try to do anything social during these periods.

Many simply daydream about their next cycle and spend their PCT month typing away on Internet forums and evaluating other men's bodies.

First Step Solution

There is very little that you can do to prevent the issues that come with PCT/juicing.

It's part of the game.

The most obvious solution is beginning doctor supervised HRT and not coming off (cruising). I made that decision in 2005 and it has been great. My testosterone levels are higher than everyone that I speak to - it's a physical and psychological advantage.

I do not suggest this for everyone or anyone not under an endocrinologist's care.

As for on-cycle suggestions - avoid steroids that give you anxiety or mess up your sleep.



While there are some Bodybuilders (Juiced Party Boys) that leverage their appearance to have a good social life, there are just as many that live in near total isolation.

#6 The Bodybuilder Has a Below-Average "Dating IQ"

This is another by-product of relative isolation and undeveloped Swag Factor.

Most Bodybuilders simply don't know "how it works" with women.

There's a lot of basic things that the Bodybuilder simply does not understand -

The Bodybuilder doesn't get why girls seemingly like "pussy ass guys" that aren't built.
(it's not the girls prefer "pussy ass guys", it's that non-gym rats often have better social skills, friends and simply talk to girls more often)

The Bodybuilder doesn't get why women (especially the most attractive ones) don't approach him.
(although girls may compliment the Bodybuilder and tell him that he's "huge", they won't initiate real conversations or give obvious invitations for sex unless

he is good looking. It is simply not female nature to take the lead and "huge" guys are intimidating to most girls)

The Bodybuilder doesn't know how to get a girl's phone number or how to follow up.
(he is not used to the very basics of male-female interaction and will move very slowly, if at all)

The Bodybuilders that do follow up usually present themselves as boyfriend material in an effort to be nice/not lose and end up on painfully awkward dinner dates since they simply don't know what they are doing.

First Step Solution

The problem originates from a lack of experience.

The solution is to gain experience.

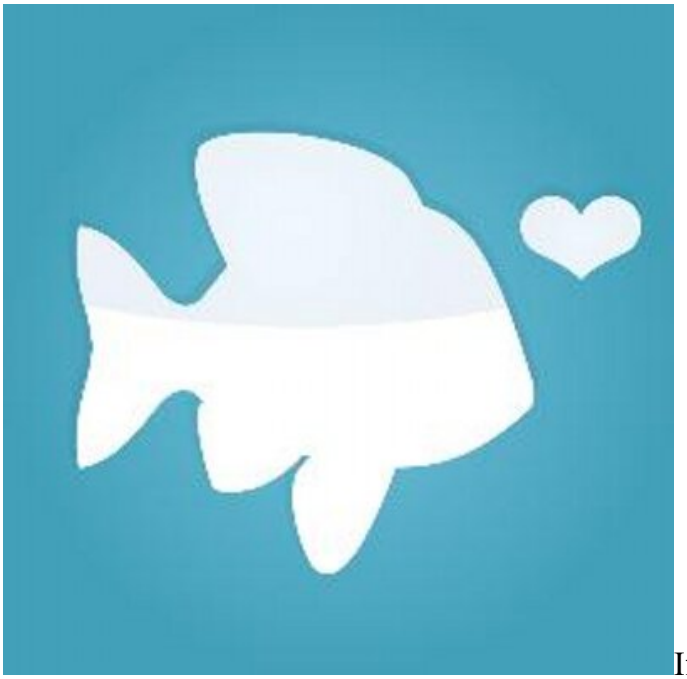
My suggestion which will gain the Bodybuilder some Dating IQ (if nothing else) is to make an online dating profile and go out with some girls.

This will allow him to bypass the mandatory social skills needed to setup traditional dates.

Many loner Bodybuilders actually take advantage of this, as well as they should.

Related:

- "Rooster's Guide to Plenty of Fish (newbies)"
- "Good Looking Loser's Guide to Plenty of Fish" (advanced)



If you aren't getting laid, you are not too good for online dating.
#getoveryourself

#7 The Bodybuilder Isn't Trying to Get Laid - He Just Wants to Be Liked

(seeking validation not pussy)

Believe it or not, this was me when I started.

To this day, it is humiliating to admit this.

I was mainly looking for validation and wasn't *actually* looking to have sex with girls.

Sex would be nice, obviously, but I mainly just wanted positive responses that suggested that women liked me.

That's why I was so delicate and afraid of rejection at first.

It's hard to approach random girls if your self-esteem is completely based on their response.

It's even harder to be aggressive or take things to the next level if you are always playing it safe to avoid rejection.

There are so many others, gym-rats and otherwise, that feel exactly like this and need to change.

First Step Solution

It may be many years until your validation seeking behavior and quiet compliment fishing totally dies.

The best way to 'beat validation seeking' is to GET IT.

Aside from some memorable rejections, in my first year of picking up girls full-time, I got a lot of ego-boosting feedback.

I still wasn't Getting Laid as much as I thought I should though. I was just a little bitch.

Eventually that "good feedback' got old and I got frustrated.

I started getting more aggressive with girls and the rest is history.



"Bulking" is not something that you need to be doing unless you are significantly underweight. We'll discuss that later...

#8 The Bodybuilder Has Ridiculously High Standards That He Cannot Currently Fulfill

The Bodybuilder constantly compares himself to other guys (and other Bodybuilders).

In most cases, he is bigger and stronger.

He probably looks better than the average guy too.

Since he judges himself and everyone else on their physical appearance (body), he tells himself he is superior to 99% of guys.

Whether he *actually* believes it or not is a different story.

He also thinks, mostly half-hardheartedly, that since he is bigger and stronger than 99% of other males that he is entitled to the Top 1% of girls.

Given his lack of in-crowd social circles, Swag Factor and Social Freedom - this top tier of women is out of his league/access, especially if he isn't naturally good looking.

First Step Solution

While it will be difficult for the loner Bodybuilder to immediately start sleeping with the popular girls in the Top 1%, he should leverage his gym/body status to go for hot fitness girls, many of which can be extremely attractive.

It's also important for the Bodybuilder to come to peace that he *may not* actually be among the Top 1% of guys, regardless of how big or strong he is.

Few Bodybuilders will admit this however.



#9 The Bodybuilder Is Always Comparing Himself to Other Guys and Has a Hard Time Making Cool Friends

As mentioned -

Loner Bodybuilders cling to fantasy that their body places them in the top tier of society, social skills are not needed.

Maybe in the gym, but not in the real world.

Many Bodybuilders look down on guys that don't go to the gym or don't train psychotically.

It's primarily a defense mechanism but it leaves them without many "normal" friends.

Many committed Bodybuilders only have other non-competitive Bodybuilders as friends. Many of the friendships aren't actually genuine and there's constant silent competition and jealousy.

The lack of "normal" friends contributes to stagnant social skills and lack of access to parties and girls.

First Step Solution

Anything that can get the Bodybuilder out of the isolated, socially-limited sub-culture is good.

Getting a job as a bouncer/doorman/security can open the door to new friendships and normal people.

At the very least, becoming a personal trainer (and starting friendships with the staff, not just trainees) can be beneficial as well.



#10 The Loner Bodybuilder Is Simply Inexperienced

This is similar to #6 (Low DatingIQ), but a little different.

Loner Bodybuilders usually begin as regular loners.

The average loner usually has less experience with girls than the average guy.

Although the average guy doesn't have much experience, in this game, the rich get richer and the poor grow more hungry.

Bodybuilding, a convenient excuse for a loner to embrace isolation, widens this gap.

They are inexperienced because they can't Get Laid and they can't Get Laid because they are inexperienced.

First Step Solutions

Regardless of all the potential ways that you can meet women, a conscious decision needs to be made to -

FIX YOUR SEX LIFE

or a more specific goal: Sleep with 1 girl in the next 90 days

It needs to become your #1 goal if you are going to make significant progress and get significant results.

Otherwise, the Dvu Bodybuilder cycle will simply repeat itself -

1. **Eat**
2. **Lift**

3. **Sleep**
   (jerking off prior)

A good first step to gaining experience (Getting Laid) would be to put up an online dating profile.

Even if you aren't a virgin, our "How to Lose Your Virginity Guide" might be just what you need if you are inexperienced and willing to admit you need help.



#11 Bodybuilders Generally Have Weak Dicks and Sexual Anxiety (in relative proportions)

There's an inside joke among girls that Bodybuilders/Gym-Obsessed guys are attention whores with small dicks.
(steroids DO NOT shrink your dick, they can temporarily shrink your balls however)

While this isn't true (it might just proportionally appear that way), Bodybuilders obviously fall within the usual average, it is rare for a Bodybuilder to have a big dick.

While some Bodybuilders don't know that male enhancement actually works, many are simply too proud to exercise their dick.

It's beyond me why most aren't interested in this subject.

I'd suggest working your way up to *at least* 7 inches erect and *at least* 4.5 inches when flaccid, otherwise some girls will consider you small because IT WILL LOOK SMALL in comparison to your legs.

Off-topic story:
I'll get into this in detail another time, but one of the best experiences I had were fucking a 20something Bodybuilder's girlfriend while he watched. I was still semi-big at the time (6-2, 215lbs) but he was ~5-11, 245lbs and shredded. He had the perfect Bodybuilder body, but significantly lacked the equipment to bring his girl to orgasm. The fact that I was relatively out of shape but could get his girl off was amazing/psychologically devastating (his words) to him. You don't want to fall into this category, your body cannot compensate for an underdeveloped penis if you are trying to sleep with girls that have options.

(couples/people to cuckold can be had via Adult Friend Finder, this was not a "pick up")

First Step Solution

There's a wealth of information on here about enlarging your dick.

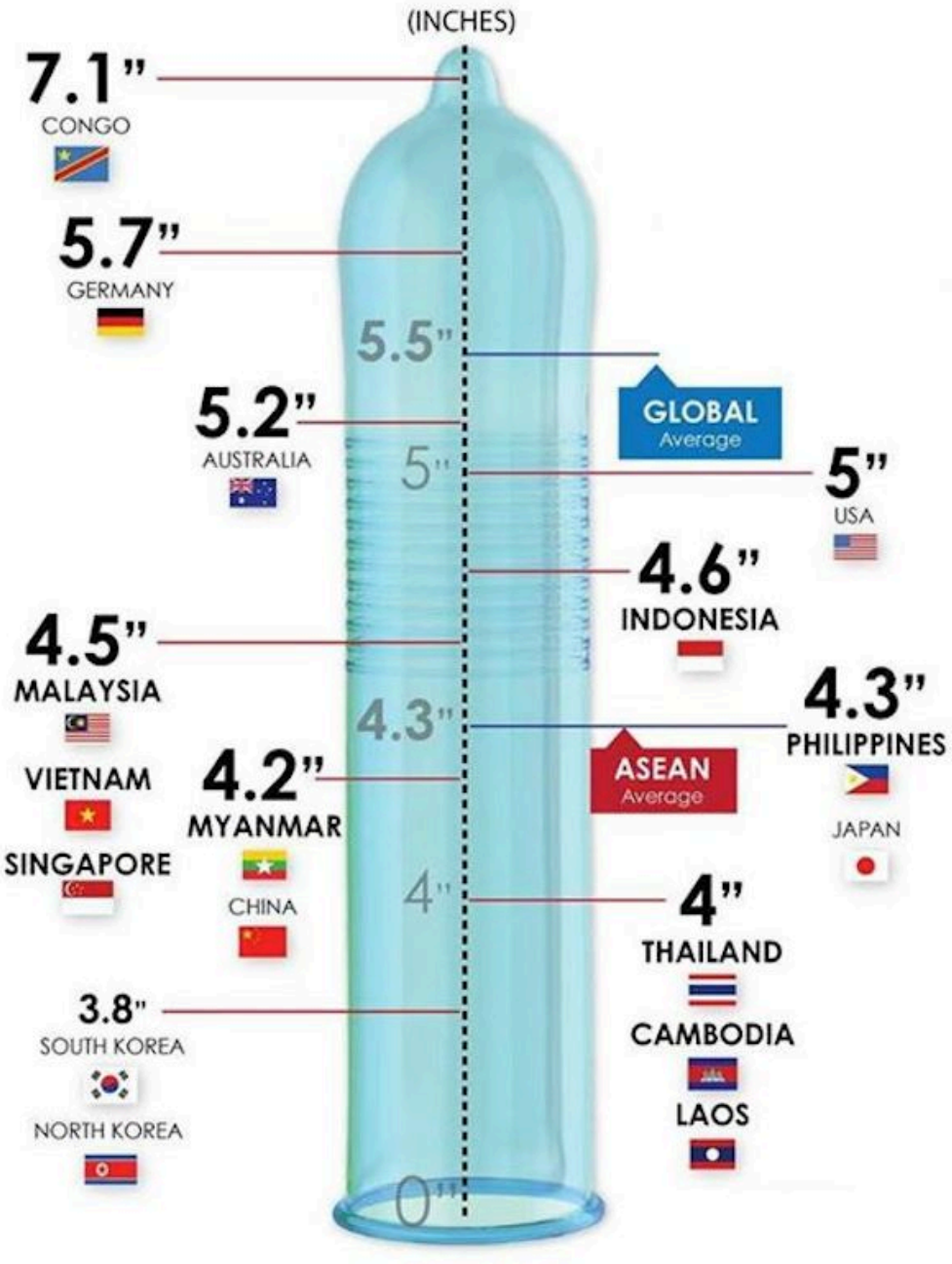
If you do it consistently - your dick will grow.

If you don't - it won't.

If you can't put in the time, just using Bathmate for 12 minutes a day will significantly increase both your length and girth. Especially if you have never done any male enhancement.

If you have the 'Bodybuilder' mindset and some degree of body dysmorphia, the last thing you need is more sexual anxiety from a sorry dick. Blow it up.

Also - if you are on cycle or running HRT, I suggest you use HCG (750ius, 3x/week). That will keep your balls nice and full. It also helps your flaccid size and erection quality. DO NOT have unprotected sex while using HCG; you will spit out tons of live fishes that go looking for eggs to turn into babies and child support payments.



#12 The Bodybuilder Has Absolutely No Fashion Sense Whatsoever

Victor Pride and I discussed this when he visited the People's Republic of Good Looking Loser in early March 2014.

Not only does the Bodybuilder wear stupid outdated clothing, but he generally wears clothing that is 2 or 3 sizes too small.

Sometimes, it's intentional.

Sometimes, it's not.

The Bodybuilder is often VERY STUBBORN and won't admit that his clothing choices are outdated or unattractive.

For fear of feeling or looking "gay", this sub-culture has the hardest time accepting that fashion is kind of a big deal or doing anything that popular culture encourages.



Perhaps at one time the studded jeans were in (?), but not anymore.

First Step Solution

Admitting your Style IQ and choices aren't strong is the first step.

If you aren't naturally good looking, simply taking up a lot of space isn't enough to get popular girls talking about you.

And Even if you are good looking, bad clothing choices will destroy your sex appeal.

If the trendy, somewhat edgy clothing that we recommend on Lifestyle by Good Looking Loser is not your thing (or literally won't fit you) - I have another suggestion for you:

WEAR A SUIT.

Tie, pocket square and all.

Full-on important rich guy, executive, hitman, elitist style.

Make sure it fits.

If you feel this also is too hard or "gay", it means you are stubborn and have too small of a comfort zone to be helped.

A hot sex life isn't for you.

Read -

- "Dress Like You Are a Somebody, Not a Nobody"

And Read it again.



For whatever reason, so many Bodybuilders wear pathetic thin, weak framed glasses that makes them look like a nerd on steroids.
I never understood this.

#13 The Bodybuilder Has Weak Hair

I fell into this category, there's very few anabolic Bodybuilders that are totally immune to hair loss.

In the name of insecurity and pursuit of muscle (self-esteem), I slowly destroyed my hair for over 5 years.

I had the financial means to get 2 restoration procedures, but not everyone will be able to do this in their 20's.
(even still, my hair isn't great)

You will be literally trading hair for [temporary] muscle.

As of 2014, you can not grow back scalp hair once it's totally miniaturized.

First Step Solution

You will have to pick hair-friendly steroids if you are going to juice.

You will also need to know that your juice is legit and not a different compound that has been repackaged.

For additional information about steroidal hair loss prevention, looky here -

- "Your Hair vs. Anabolic Steroids" (Part 5)



We have an entire guide on Hair Loss.

Click above.

#14 The Bodybuilder Often Has Below-Average Skin/Complexion

Just as many juiced Bodybuilders are prone to hair loss from DHT, plenty also have issues with acne.

Left untreated for long periods of time, it can result in permanent scaring.
(this can be mostly fixed with expensive laser treatments or temporary concealers)

Also, in my experience - heavy juicing made me look older than I was.

Let me explain.

It's not that steroids "cause" wrinkles.

It doesn't work that way.

However, steroids will make all of your muscles stronger, including your facial muscles.

Thousands of hours in the gym, tens of thousands of intense facial expressions - ADD UP.

Strengthened and repetitive creasing of facial muscles will accelerate lines and wrinkles.

Add anabolic bloat from heavy testosterone use, and your face will look older.

For some, this is a good thing, for others - it's not.

If you are a heavy juicer, you will eventually look older than you are.

Sorry. That's the way it is.

First Step Solutions

I'm not prone to hormonal acne, so I'm not going to comment on how to beat anabolic acne.

You will probably want to ask your doctor about Accutane though.

Do not buy it from an online pharmacy.

As for limiting premature lines/aging appearance -

Stay away from heavy doses of steroids or long periods of juicing. Control the bloat with the supplement I suggest below.

Or, just accept it and take good care of your skin and try to keep the bloat down.

Proper skin care, including low doses of Botox/Radiasse can make a huge difference.
(it's highly ironic that Bodybuilders refuse to get Botox injections, yet spend years injecting steroids to supposedly look better)

I look slightly younger than my age these days.

This is significant because I always have looked older than my age. When I was 16, I could buy alcohol.

For more information see -

- "Good Looking Loser's Guide to Effective, Inexpensive Skin Care"

For easy bloat control, take a small amount of this cheap supplement -

- Water Pill (Good n' Natural)



#15 The Bodybuilder Looks Like a Complete Loser on Social Media

Just so you know - I'm not totally against having Facebook or Twitter (I have to have it for work/communicate with East Coast friends).

I simply suggest that you don't spend all day on it or try to "work on" girls via social media.

If you do have a Facebook/Twitter/Instagram, make sure you aren't like many loner Bodybuilders that post **hundreds** of half-naked selfies, without a sense of humor or even a single friend.

Popular girls (and most everyone else) find desperate male self-promotion to be pretty sad and an obvious sign of immense insecurity.

If you have hundreds of half-naked selfies, hopefully you haven't added any girls that you are actually trying to fuck.

First Step Solution

Leave the self-promotion/jerk off pictures to girls.

Delete all those lonely half-naked selfies.

Leave the house.

Get yourself some inexpensive and respectable professional pictures via your Local Groupon

(photography offers).

Same rules apply for creating an online dating profile.



Some selfies are fine. Just don't have too many selfies or pictures without friends.

#16 Gyno Totally Prevents Bodybuilders From Talking to Girls

Just as post-cycle therapy and the potential for erectile dysfunction discourages Bodybuilders from meeting new girls, to a greater extreme - gynecomastia will cause the Bodybuilder to shut it down socially too.

Sometimes for years.

This is unfortunate and understandable.

First Step Solution

DON'T GET GYNO.

Educate yourself and always have anti-estrogens on hand in case your chest flares up.

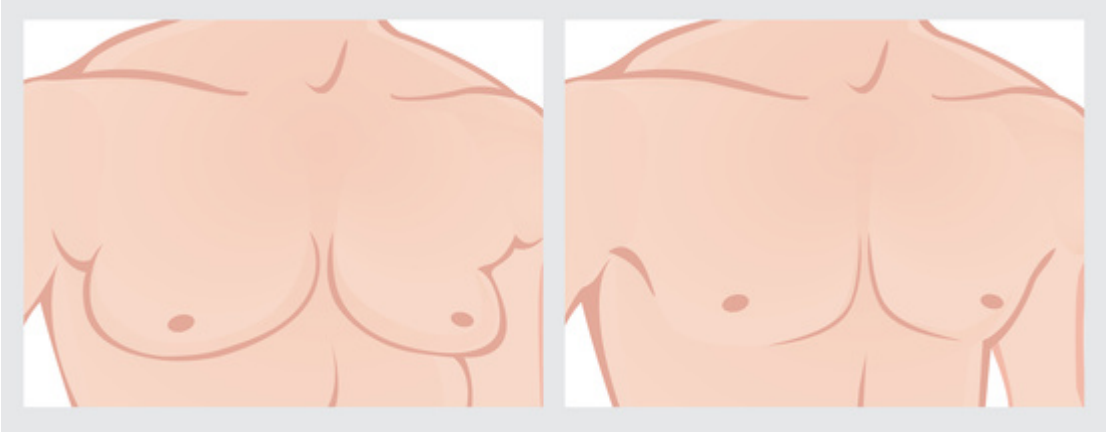
If you have it, whether from steroids or puberty - do whatever it takes and/or raise the money you need for surgery to get it removed.

If you only have a small amount of gyno, which isn't *that* noticeable - try not to worry about it.

It's not actually going to kill your chances, unless it's blatantly obvious.

Girls don't notice this stuff unless it's REALLY bad.

There's so many guys that give themselves gyno from smoking weed everyday (burnout have high estrogen levels) and hook up with female stoners on the regular.



#17 The Bodybuilder Often Looks Like Shit In the Off-Season

Many non-competitive Bodybuilders use their entire winter to get huge (fat).

Sure, it's fun (I did it), but if your #1 goal is to get pussy, being over 18-20% body fat will limit your options. Even if you are good looking.

If you care more about bodybuilding than girls (and don't have the silent agenda to get laid a lot) - by all means:

Do whatever your want.

First Step Issue

Nothing says that you *have to* have a "bulking" period.

Especially if your goal is to get into girl's panties, rather than putting panties on and posing on stage.

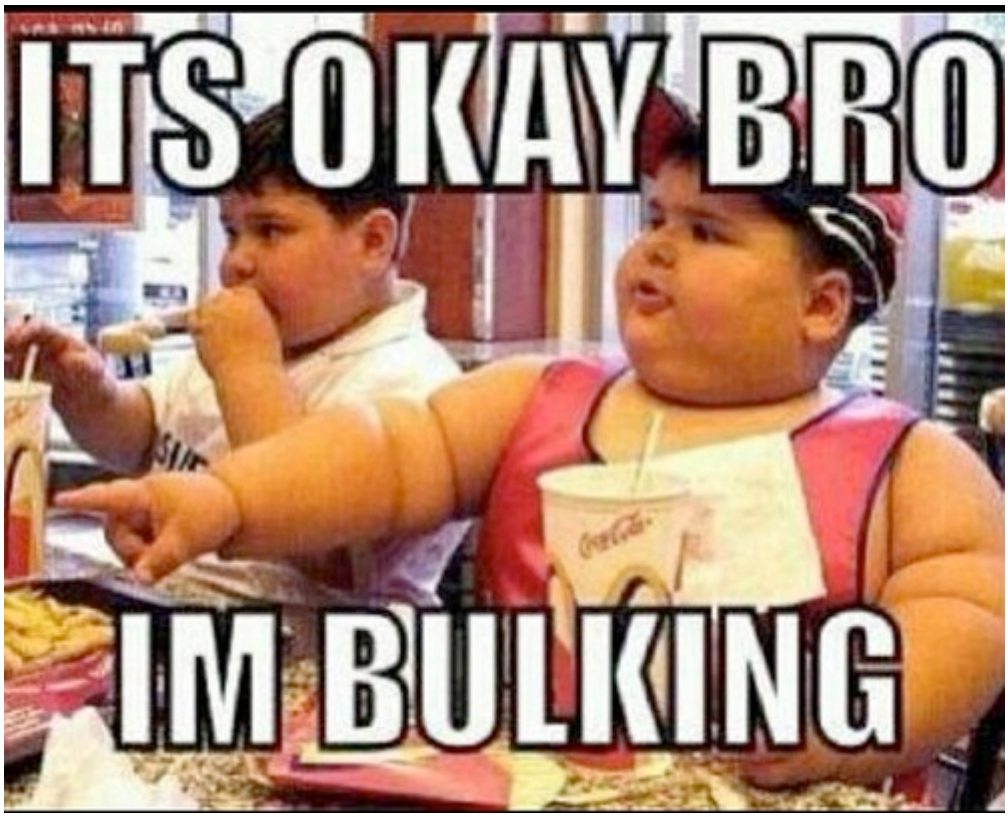
If you aren't a competitive Bodybuilder, there's no reason to live or eat like one.

After years of natural and not-so-natural bodybuilding, I can honestly tell you - there is very little difference the in the net results (lean mass) from full bulking vs. eating just above maintenance.

Your diet will be the biggest factor. Stay pretty clean.

Also, using T3 and/or HGH/peptides can help you stay lean despite some overfeeding.

T3 helps prevent bloating too.



#18 The Bodybuilder Doesn't Believe/Understand That His Body Type Isn't Ideal to Women

This infuriates non-competitive loner Bodybuilders that spend thousands of hours in the gym to better appeal to hot girls.

But it's true.

Girls, with the exception of fitness girls/female bodybuilders, prefer guys that are "lean with some muscle" to huge chemical-looking freaks.

(while that's not what we may feel is "best", it is what the vast majority of women prefer)

But you already know this.

For what it's worth, here are some mainstream surveys that repeat this -

- "Swagger New York: The Perfect Bodies"
- "AskMen.com: What Women Think of Bodybuilders"
- "FoxHound: Ideal Male Physique"



Take it how you will.

It is what it is.

I've never seen a survey that suggested that the *majority* of girls preferred 'The Competitive Bodybuilder' physique.

Ever.

If you still don't believe it, just ask a bunch of random girls about which bodies/men they think are hot.

They will tell you that guys that are ripped over 220lbs look "unhealthy" and "unnatural".

While women don't always know what they want - they do know who they are physically attracted to at first-sight. Who they sleep with/marry is based on numerous factors however.

First Step Solution

The most critical step is to believe/understand why girls prefer "lean with some muscle" and "athletic but not too big" body types.

This is REALLY hard to convince the Bodybuilder of.

Try my analogy on for size -

> *Men like girls that are more thin than fat.*
>
> *Right?*
>
> *But how attractive is a girl that is TOO THIN?*
>
> *She looks unhealthy.*
>
> *She looks like she has problems.*

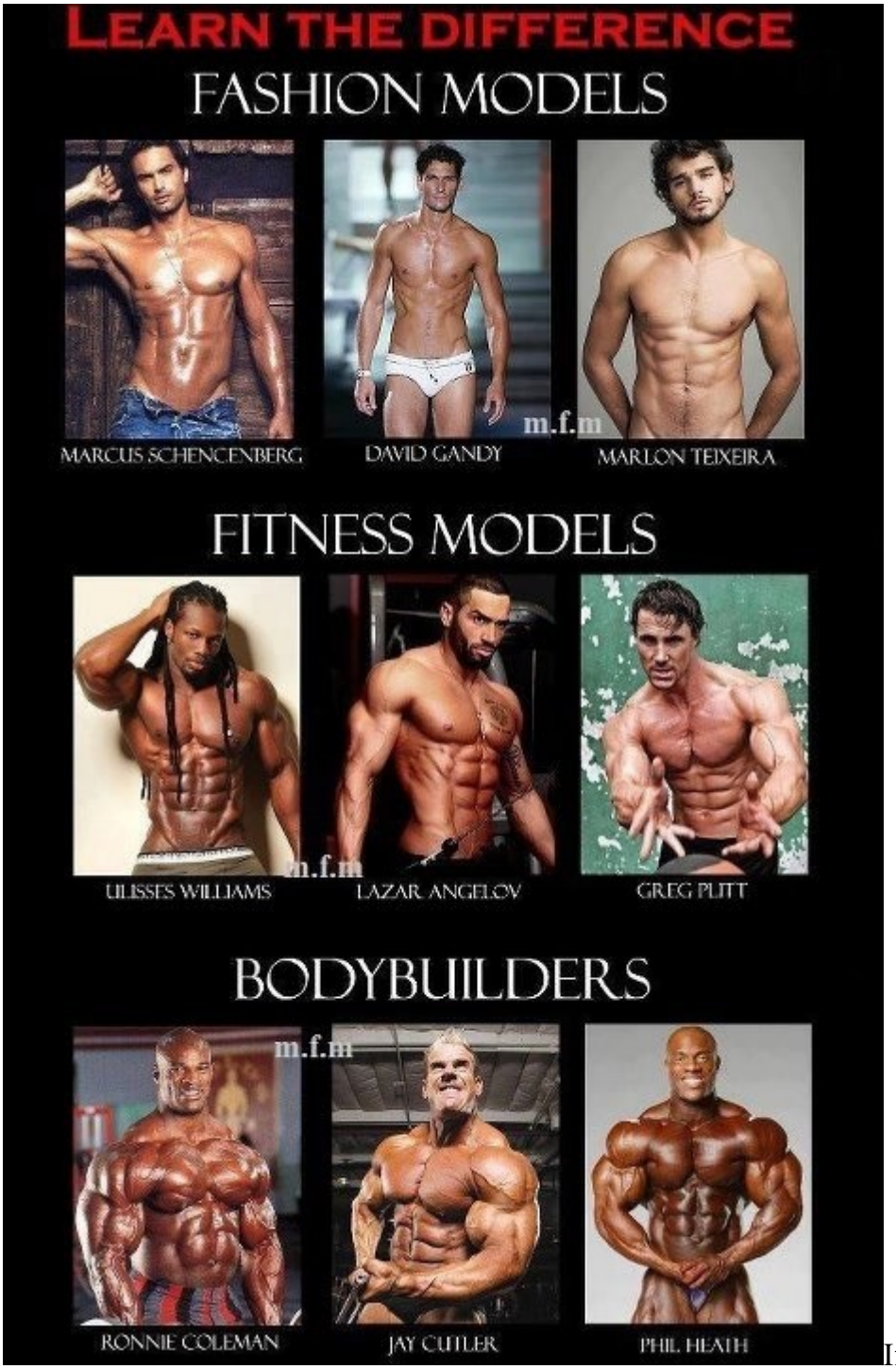
Not a perfect analogy but -

Same deal.

Girls like 'muscle' on men but more is not necessarily better.

Once you realize that - it's easy to surrender the pursuit of size and overgrown muscles.

Focus on "looking good" and not "being big", sometimes that means LESS gym time and food.



If pussy is what you want - shoot for something between 'Fashion Model' and 'Fitness Model'. That's where 'Athletic' is.

So now you know the vast majority of issues that "The Bodybuilder" faces.

If you found yourself saying, "Damn, that's me..." on multiple issues - that is a good thing.

The first step to fixing the problem is admitting that you need to.

We will finish this series on a positive note in the next section -

- "Plight of the Lonesome Bodybuilder - Roadblocks & Hope" (Part 3)

Questions or comments can be left in Part 3 of this series.

More extensive questions or requests for feedback are best left in our forum.

Plight of the Lonesome Bodybuilder - Roadblocks, My Liberation and Hope (Part III)

December 20, 2014 | by Good Looking Loser | Link | Original Link



So What Prevents Bodybuilders From Fixing Their Shit?

(Pride, Pride, Pride x 10,000)

In Part II of our series "Plight of the Lonesome Bodybuilder", I discussed the most common problems that "The Bodybuilder" faces and offered first-step solutions.

In this section, we'll discuss why most Bodybuilders will not make any effort to fix their sex life, but also offer hope to the small percentage that are willing to admit that the antisocial lifestyle is keeping them undersexed and that their body is not scoring them tons of hot girls.

Let's begin -

With solid potential and beatable 'problems', we would think that this Bodybuilder character would be willing to make the necessary changes/social improvements to have a good sex life that he actually yearns for.

From what I have seen, unfortunately, this RARELY comes to pass.

Virtually all the "Bodybuilders" I knew in my 20's are still sexually starved in their 30's and still living the exact same life. Most are even more isolated since they are no longer in college. Some of them literally wear the same clothing.

As their 2nd decade of life ends, many become more and more frustrated that their body has not won them a pile of elite women.

Very few Bodybuilders will acknowledge that they are simply "XXL-sized Loners" who don't Get Laid nor willing take the necessary steps to fix themselves.

Though there are many explanations, a primary reason is -

Most undersexed Bodybuilders are compulsive liars living in absolute denial.

I have never been exposed to a subculture that lies as much as Bodybuilders, competitive or not.

I heard countless ridiculous stories, from countless ridiculous Bodybuilders about how they only use low/moderate doses of steroids (or being natural), their training routines, their diets, their former dominance in high school sports, how much money they make, opportunities in modeling/life that they are afforded because of their physique to having wild parties/3somes with pornstars in the middle of the day - the lying that many validation hungry Bodybuilders do would make most politicians stunned.

The biggest problem, however, is that they are never honest with themselves.

They simply won't admit the obsessive Bodybuilding life isn't getting them women.

They frown on the 'Juiced Party Boy' because he's "small" or "doesn't have the discipline" to abstain from drinking and social temptation.

The irony is - although many non-competitive Bodybuilders consider the sport/lifestyle to be self-improvement, most completely reject any other forms of self-improvement that they would greater benefit from.

Although they excel in physical stature, most Bodybuilders have so many glaring social and emotional weaknesses that they actually fall in the ***below-average*** category when popular females evaluate their options for casual sex or relationships.

There's no reason this should ever happen, Bodybuilders are extremely hard workers and look better than the average guy, but it does.

 Again, the geeky thin frame glasses.

Why?

How Did I Escape the Lifestyle/Body Dysmorphia?

Although I was never 100% the stereotypical 'Lonesome Bodybuilder' with underdeveloped social skills and absolutely no life, I did have stages where I didn't Get Laid (or even meet new girls) for 5 or 10 months at a time.

Life wasn't *bad* though.

It's hard to say that I was even depressed.

If anything, I was too comfortable.

I had my own luxury apartment, the nice Florida sun, I had a credit card with no limit that I could put food on, I had a wonderful gym, I had a nice car and I do whatever I wanted, when I wanted.

Still, there would be WEEKS where I literally didn't speak to another human other than saying -
(I would have 3-4 hour long talks on the phone or AOL Instant Messanger with friends from back home)

> ***Thanks.***

...to the person that swiped my keychain gym membership at the desk.

I told myself that I was "building my body" while most kids aimlessly drank their nights away.

To some extent, I was right.

To a larger extent - I was in denial that transferring colleges several times left me as a Lonesome Non-Competitive Bodybuilder with nothing in my life but steroids and an equally as boring long distance girlfriend that I would trade in a second for a hotter girl.

I finally escaped the obsession with the Bodybuilder lifestyle in 2007, but it was a gradual process.

Here's how I did it -

0:00 Make 2015 your year - this resource might be a helpful start.
2:50 Who is the 'Lonesome Bodybuilder'?
6:40 Gym life kept away from depression but kept me in denial.
8:40 Get a good body and move on
10:40 How I escaped 'Lift, Eat, Sleep'
11:15 Terrible knee injury in 2006 in insane football game
15:05 Hair loss caused by steroids
17:00 If you trying to Get Laid, women prefer an "athletic" or "toned" bodies. (read number #18)
20:40 I thought I should be getting a lot of pussy. (Sense of Entitlement)
23:25 Admitting I couldn't talk to hot girls that I didn't know.

24:30 Found the PUA Community which gave me hope.

So What's The Point?

The point of this series is not -

"Never go to the gym."

"A good body is worthless."

"Steroids is bad."

The point is -

The 24/7 Bodybuilder lifestyle is a recipe (excuse) for isolation and a pathetic social/sex life.

Yet, there's hope, Bodybuilders usually look better than the average guy if they aren't too much of a freakshow.

Harvest this potential, beat your approach anxiety and you'll get plenty of pussy.

And For Christ's sake - put on some current clothing that fits you.

I've seen hundreds of examples of it, including, to some degree - my own life.

For newbies -

You should dedicate how ever long it takes, usually 12 to 18 months (if you are out of shape), with EXTREME INTENSITY, to build a body that's better than 95% of guys - a fairly easy proposition considering how the majority of people look these days.

50% of people are overweight.

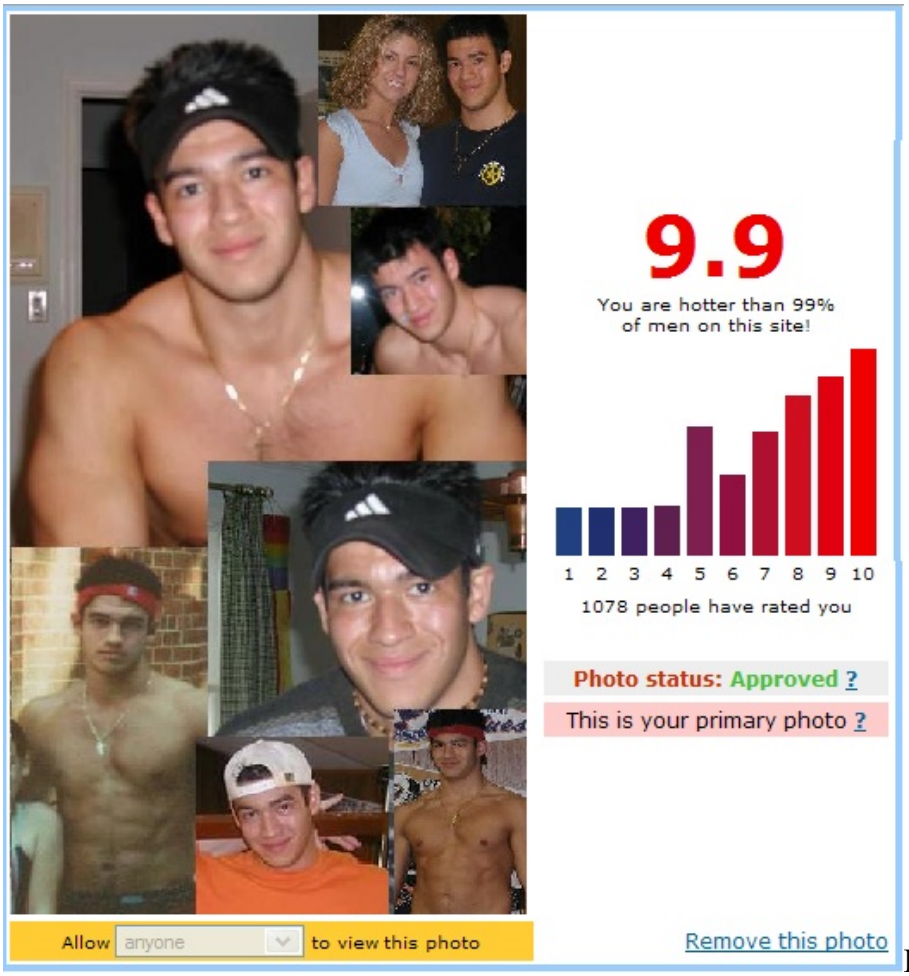
Of the remaining 50% - 40% are skinny-fat.

That covers 90% of guys.

That Top 5% body is usually 8% body fat, with decent muscle size.

How strong you are doesn't matter.

Steroids will help, but they are not entirely necessary, I was plenty ripped without them at age 17-21, arguably in my attractiveness prime.



Drug-free body (7001-2002)

9.9 rating but a total pussy.

You don't need steroids to build an ideal body (female standards), they are still a lot of fun though.

After that, maintain that body without dedicating the majority of your day to lifting and eating.

With 4ius of HGH, high testosterone and thyroid levels - it is super easy.
(maintaining much larger amounts of muscle is harder)

But even HRT is hardly necessary. If you simply eat less than 30 grams of carbohydrates a day - you'll stay lean.

I don't recommend it if your #1 goal is to Get Laid but - I hardly ever go to the gym these days (my goals are strictly business-related and help you make your life worth a shit) and I still have a good body and even look younger than I did years ago.

Basic 'Good Body' Maintenance Rules

I'll talk in-depth about how smart/barely active people stay pretty ripped with virtually no effort sometime, but here are some basic maintenance rules if you've built a good body and want to turn your focus to Getting Laid -

Continue to go to the gym 2 or 3 days a week for about 45 minutes each time.
(working out on an empty stomach in the morning will seriously control body fat composition)

Try to eat 3 meals a day, rather than 6 or 7 smaller meals. This will open up some time to live your life.

Don't exceed 100 grams of carbohydrates on most days. 30 grams or below is better.

Eat 150-200 grams of protein, only a slight reduction in what you were probably eating before.

Completely stay away from bullshit like sugar and trans fat.

Get your Thyroid Hormone and other hormones in 'ideal' ranges.
(Speak to a physician about this, do not order prescription medications from online pharmacies)

Accept that your "strength" will go to hell.
(Accept it - or go back to overfeeding, large doses of steroids and the undersexed 24/7 Bodybuilder lifestyle)

Stop taking high-doses of anabolic steroids that cause ugly bloating and other temporary side effects.

It's important to trust that your body will not completely fall apart.

In the picture below, I had gone to the gym 4 times in 5 months and maybe 40-50 times in the prior 2 years. I really don't work out much.

My HRT protocol, combined with a low-carbohydate, medium-unsaturated fat, high-protein diet kept the muscle on.

Strength when to hell, but who cares.

Not me.

Anymore.

 You are better off being thinner than this. My point was to show that HRT can easily maintain muscle, even in-lieu of regular physical activity.

Pour Conclure

Some people have confused our mission.

My goal was NEVER to make you into a boring, socially-withdrawn Bodybuilder with emotional baggage that does nothing but go to the gym and take huge shits.

Build a good body and move on.

Although Bodybuilding, competitive or otherwise, attracts loners with emotional problems, the potential for a good sex life is definitely there.

Obviously the problems and solutions discussed in this series does not encompass ALL loner Bodybuilders, but in my experience - it applies to many.

It applied to me and I had far less baggage than most other guys relentlessly hitting the weights in hopes of a prosperous sex life.

The biggest obstacle to Bodybuilders is their own massive ego and the endless pursuit of validation/avoiding criticism.

For those who ARE READY to many changes in their life and finally get some consistent action, just remember what I said earlier -

> ***If you talked to JUST ONE girl for every hour you spent in the gym, you would NEVER be without sex.***

If YOU are, in full or in part, the 'Bodybuilder' character I describe (I was) and want a REAL SEX LIFE -

It is time to start being honest with yourself and stop hiding from your problems by going to the gym and pretending you "getting better" with women.

It will be the best decision you ever make.

Even if you apply just half the enthusiasm to 'Getting Laid' that you dedicate to Bodybuilding - you will get plenty of pussy.

As I look back my years as 'The Bodybuilder' (7000-2006), I don't consider them "wasted" years. Not even the massively juiced years (7003-2006).

These years built a work ethic, a body and set the table for enormous success with women once I stopped being afraid of talking to hot girls.

You might be in a similar position if you are a Gym Rat too - plenty of pussy awaits if you can make some changes.

Being honest with yourself is the first step.

I appreciate you reading this long series.

Questions or comments on 'Plight of the Lonesome Bodybuilder' can be left below.

More extensive questions or requests for feedback are best left in our forum.

What a Difference a Year Can Make (Good Looking Loser 2014 Success Story)

December 23, 2014 | by Good Looking Loser | Link | Original Link

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2015 - Special or More of the Same?

2008 was my breakout year.

It was a special year.

I went from Getting Laid 2 times in the prior ~2.5 years to sleeping with 12 girls (total).

More importantly to me, in November 2008, I also met my goal - weekly/10 day sex with 3 very attractive fuckbuddies in the same city.

Although 2009-2011 were better, and I got significantly more action, 2008 was definitely the beginning - a special time in hindsight.

I slowly began have the life I wanted in 2008.

And I knew it.

2008 was the turning point for my entire life and the only reason Good Looking Loser exists today.

A lot can happen in a year.

2015 - Year of the Loser?

Perhaps it's cliche.

Perhaps "New Year's Resolutions" are only for dreamers that were too lazy and undisciplined during the preceding year.

It doesn't really matter.

If the excitement of the upcoming year (or the embarrassment of yet another unproductive 365 days) gives you momentum - RUN WITH IT and DON'T STOP RUNNING.

The fact of the matter is - for a lot of you guys, 2015 will be YOUR YEAR.

But it's up to YOU to make that decision.

Not just on New Year's Eve when you are drunk/high, but on February 10th, June 17th or October 29th when the momentum fizzles and the usual coasting sets in.

It's very much a decision and it's up to YOU.



Meet Brian (bendenherover)

I want to tell you about a guy that made 2014 his bitch.

If you are just starting out, this should give you some encouragement.

For the first time in his existence, he has girls to fuck, friends to chill with and confidence that is sky high.

His name is Brian (but not Scotty) and you may know him from our forum as 'bendenherover'.

From the city he moved to (warm Tampa, FL. via freezing Connecticut), to the social/sex life he's building, to the body that he's earning, to the amount how likes himself - life couldn't be going more different for Brian than it was just 365 days ago.

Here's Brian in his own words -

> # *Brian?s 2014 Testimonial*
>
> Hello fellow GLLer?s,
>
> My name is Brian (bendenherover), and I am happy to say that I am finally content with my life.
>
> After about 6 months of lurking around GLL, I joined the forum in December 2013.
>
> I swore that 2014 was going to be my year, and this time I meant it.
>
> My entire life up to that point was made up of constant

> underachievement. I had few friends, no skills with girls, social anxiety, and suffered multiple bouts of depression. In addition, I was 120 lbs. at 5?10.
>
> Honestly, I was very close to giving up. I couldn?t stand living such a disappointing life anymore.
>
> But one day I miraculously found Good Looking Loser. Chris opened me up to a whole new world, a whole new way of thinking. Good Looking Loser saved my life.
>
> I started my self-improvement journey in January 2014 and I never looked back. I did the Approach Anxiety Program, I went to the gym, I got new clothes, and I made some online dating profiles. I also met up with Scotty and started burning Kratom.
>
> I went from not being able to approach a girl, to fucking them that same night.
>
> I went from a gross 120 lbs. to a muscular 150 lbs.
>
> I went from full-blown anxiety and depression into confidence and happiness.
>
> I changed from a boy to a man.
>
> I wanted to share my story to let you know that anything is possible. If you put in the time and effort, you can really change your life.
>
> Ultimately I?m so happy that I joined GLL, it was the best decision I?ve ever made. I?ve learned a lot and met many great guys that motivate each other to become the best we can be.
>
> Thank you so much Chris for everything.
>
> Thank you everyone in the forum who?s helped me along my way.
>
> I love you all.
>
> Your friend,
>
> Brian (not Scotty)

Although not in full detail, Brian documented much his inspirational year in our forum.

Here are some of the highlights -

- "Brian's Approach Anxiety Program Log"
- "Getting Laid Shortly Thereafter..."

- "Making Friends Right Away After Moving to Florida from Connecticut" (New Guy/Make Friends Game)
- "Getting Kicked Out of a Hostel For Having Sex"

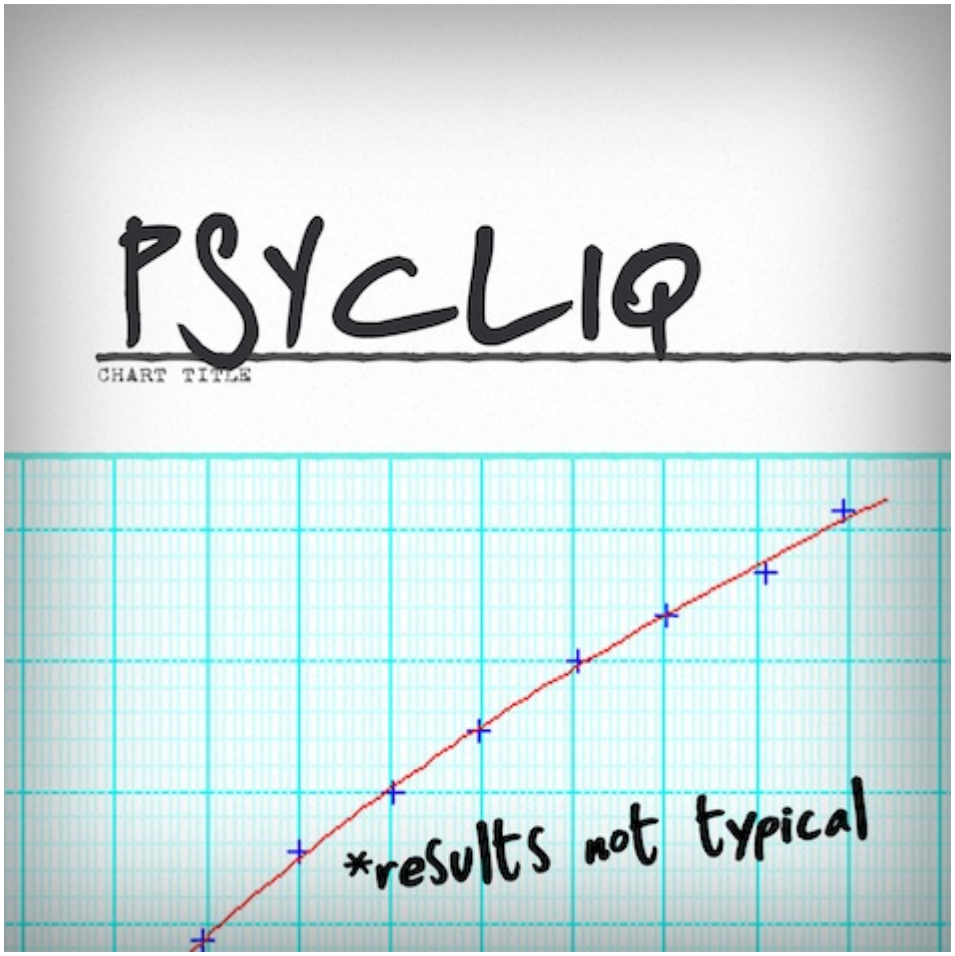
We discussed his breakout year and more in this Podcast -

0:00 Welcome 'bendenherover' aka Brian (not Scotty)
2:00 What was he like just one year ago?
3:25 Bendenherover weighed just 120 lbs a year ago (5-10 height)
5:25 How did he get started on fixing his shit? (Approach Anxiety Program/Online Dating & Gym)
7:20 Kratom was huge for anxiety and well-being for him.
10:00 If you accomplish NOTHING ELSE in the next year but you build your ideal body/stop being scared of girls - it is a successful year.
11:35 Why people do the work and give Chris the credit. (Thanks guys!)
12:20 When did he start getting laid?
14:45 One significant thing he learned - Good Looking Loser's Killer Instinct Move.
16:00 Major goal/accomplish - being able to move to a new city and make friends/Get Laid right away.
20:45 His experience with 'New Guy Game' and how to make friends right away.
23:55 Bendenherover's thoughts and experience with Scotty and getting permission to claim pussy.
28:40 Bendenherover talks college and plans to join a fraternity as a Junior.

Brian is still a work in progress but a good example of how much difference a year can make if you are a beginner and really dedicate yourself to the stuff we discuss here. A year ago, he literally had no social life, was severely underweight and had crippling anxiety.

Check out Brian's stories and what he's learned in first year on his website -

- **Loser2Winner**



Pour Conclure

I'm not usually the source of 'tough love' but I know what some guys are thinking.

Defeatists, skeptics and others procrastinators that feel more comfortable in a life of mediocrity (or below) may charge that Brian's (bendenherover) results "aren't typical" for beginners.

That is not true at all.

The reality is - if you apply the concepts that we teach, you will [at the very least] have a sex life if you are willing to try for AS LONG AS IT TAKES.

You can get experience quickly.

And It is more likely that you will have a sex life than not have a sex life in a year or less.

If you are severely over/underweight or have undiagnosed medical disorders - it will take you longer.

And I don't care how ugly you think you are.

A guy uglier than you are is having sex RIGHT NOW while you are looking at my creepy website.

A guy with less money than you have (he is in major debt) is getting laid right now.

A guy who is significantly less cool than you are is getting laid right now.

You know it's true.

Perhaps Brian's year to go from undersexed, depressed and anxious to getting laid, happy and socially-free was fast. It is.

But there is no deadline and frankly - Brian would have succeeded if it took him 16 months or 2

years.

Why?

Because - Last year, at this exact time, he made the decision that he would.

You already know what you want to accomplish next year.

You already know what you life needs.

Make the decision to get it.

As I ask anyone who has ambition but no specific goals -

If you could accomplish ONE THING and ONE THING ONLY in the next 12 months, what would it be?

Tell us what it is below.

Good Looking Loser - The Best Stuff From 2014 & State of the Union

January 1, 2015 | by Good Looking Loser | Link | Original Link



The Best of 2014

Welcome to 2015.

The best year of your life.

In this post I'll discuss the most popular/helpful posts of 2014, what's to come and a small glimpse of 'Get Paid' and how much Good Looking Loser makes.

and Away we go...

I run my website a little different than some.

Basically, so long as it's 'related', I write about whatever comes to mind on a given day/week rather

than topics that I otherwise "should" cover.

I'll even write on unique concepts and issues that I fully know won't affect the majority of the readers. But there will be a curious minority that can really benefit from it.

I've used this approach since I started Good Looking Loser in early 2012 and haven't really strayed from it.

This "write whatever I'm thinking about" approach allows me to give my very best insight.
(then I cover the post in cartoons or assorted propaganda in hopes of further brainwashing you)

I don't write about stuff I'm not interested in that day. It's simply not fun and it never comes out well.

Truth is, I'm a "B+" writer - at best.

But at 32 years of age - I have an "A+" amount of experience to draw from on a ton of subjects that I've been absolutely obsessed with, some for over a decade, many initially stemming from insecurity.

A lot of people told me to stick to only one subject and a multi-subject website "won't work".

I'm glad I ignored that advice.

Below is a list of 'The Best Posts of 2014', all of which have QUALITY advice which can legitimately IMPACT your life -

- **"Good Looking Loser - The Very Best of 2014"**

The Best Posts of Year

"A Night of Screening Women in the Bar Scene"

It's virtually impossible to get quality footage at night, but turned out fairly well. The videos show how fast you can move and how it's done at night. This is aggressive stuff and not for beginners - I couldn't do this type of stuff for about 2 years after I started. The goal is to GET LAID and not "be smooth", all you need is ONE girl to be DTF. Just expect the rejections most of the time and find the ONE girl that wants it.

fun fact: When I started, I never had any idea that "this" was how it was done. I was too busy trying to be a smooth pick up artist queermo.

"Why You Aren't Getting Laid on Your First Dates"

If you aren't getting laid on your first dates, it has virtually nothing to do with your "end game". Chances are, you are seen as 'Boyfriend Material' and attracting girls who are looking for

relationships or have rules about when they give up their pussy.

fun fact: This will explain every single "date" you've been on.

"How to Be Successful at Everything on This Site (What I Know that You Don't)"

There's a lot of information on Good Looking Loser, this post discusses how you can be successful at all of it and something that I know that you don't. This was probably my favorite post of the year.

fun fact: Common sense meets simplicity. You already know what do and we've told you how to do it. Go get at it.

"Thoughts and Reflections From Using Kratom For the Past 5 Years"

I've used Kratom ~everyday for the past 5 years and I'll tell you why it's the most amazing legal compound on earth. Productivity, anti-anxiety, sense of well-being, moderate pain relief - there's a Kratom strain for almost every state of mind.

fun fact: 90% of people respond quite well to Kratom, 10% of people will feel lousy and possibly puke. I have to take that chance that you will either love or hate me.

This post was recently mentioned on 'Business Insider' and possibly seen by readership of 50 million people.

"The Real Reason You Didn't Get Laid This Weekend"

If you are a decent looking human or planning to be, the fact of the matter is - if you aren't getting laid, you are simply disqualifying too many girls. Non-celebrities that sleep with super hot girls also sleep with above-average/average chicks too.

fun fact: This will make sense of every weekend at home when you jerked off to Redtube.

"How to Avoid Getting Emotionally Attached to Girls too Quickly"

This is something everyone can relate to. I certainly do. But also something that can be fixed and should be fixed if you don't want every decent looking girl that you sleep with to have you by the balls.

fun fact: This is totally something that you can beat.

Best of the Rest

"Mr. Juxtaposition is So Hot Right Now"

It's a common misconception that being "well-rounded" will have a significant effect on Getting Laid and relationships (committed or uncommitted). The truth is, being "well-rounded" has no factor in Getting Laid and only a moderate influence on your relationship potential. Having a "Juxtaposition" is way sexier and this type of guy is who you want to be if you want to retain hot girls for long periods of time.

fun fact: Listen to me here. This is something that you can do.

"The 4 Predictable Rejections That You'll See (w/ Video)"

~100% of cold approach rejections will look like 1 of these 4 scenarios. If you can stomach these uneventful, boring rejections and make yourself look better than the average guy, you'll be on your way to pussy.

fun fact: So this is what you are scared of?

Academic and Social Misconceptions About College (Series)

Although very few people will see these series before they go to college or as an underclassman, this is how it works. This is the most insightful and comprehensive look at going to college in the United States based on my 6 years of experience as a full-time student at over 6 colleges.

fun fact: Our college series was shared more than any other series on Good Looking Loser in 2014.

"10 Misconceptions About Guys that Are "Naturally" Successful With Women"

Guys that are really successful with women don't know *always* what they are doing and are not super heroes. I'm not. They just have 'above-average' sex appeal and talk to a lot of girls with 'above-average' confidence, among other things.

fun fact: This post started a ridiculous fight between some of my friends. They wanted me to declare who was "The Best", as if I'm some sort of expert on this topic.

"Killer Instinct is the Definition of Game"

There's a never-ending debate on what "game" is and how to measure it. This is the answer, and the rest is just fluff.

fun fact: Right after the release of this post, several other small websites started talking about "Killer Instinct".

"The One Killer Instinct Move You Need to Know - Follow Me"

We aren't big on techniques, but this "move" is absolutely huge. This is the way that you take girls out of the bar and to your car, as well as just about every other scenario.

fun fact: Just grab her hand and start walking, if she doesn't pull away - she's probably down.

"A 25 Item Checklist to Measure Your Social Anxiety

(Do I Need Professional Help?)"

I'm not a doctor, but I've seen just as many vaginas without a license to do so. This test will shed light on where you are at and your next step.

fun fact: Be honest. Lying on this test makes no fucking sense.

How to Lose Your Virginity (Series)

If you are a virgin, you won't be too comfortable with women. If you aren't comfortable with women, trying to aggressively pick them up in the street and take them home to fuck is about as likely any of us trying to play center in the NBA.

fun fact: If you haven't gotten laid yet, this is where you start. Make that you goal in 2015 and you'll get it.

"The Myth and Pursuit of Immovable Confidence"

It's almost always exaggerated how confident you have to be to have a good sex life. You just need to be pretty confident, most of the time. Anything more is icing on the cake and extra/hotter pussy. You don't need to be Superman or a fictional character from a movie. If the girl feels you are good looking, she may even find your initial shaky confidence to be "cute", so long as you aren't a total pussy.

fun fact: Stop trying to be "Brad Pitt in Fight Club", the character and movie are not real.

The Best Posts of the Year (Lifestyle by Good Looking Loser)

Our less hardcore, non-adult, PG content is on www.gll-getalife.com, also known as "Lifestyle by Good Looking Loser". Check it out and subscribe to the website, you'll be notified every time there is a new post. 'Lifestyle' is where we will feature the 'Get Paid' material about how Good Looking Loser makes money and how you can do so too.

"30 Things I Wish I Knew in My 20's"

Although this series dropped just days before 2014, it received an incredible reception among our members and elsewhere. I highly encourage you to check it out, I'm quite proud of my work on this.

fun fact: Whenever I re-read this series, I realize how clueless I was in my 20's. Better yet, however, I

realize how far I've come. Take your time going through this series, read it once for general meaning and read it again for critical comprehension.

"19 (26) Things You Need to Do In 2014"

Although this 2-part series was written for 2014, all of my recommendations still stand.

fun fact: I did all of these in 2014 and am happy I did.

"Success Principle #9: Take Good Looking Loser's Life or Death Test"

Are you living? Or are you just a corpse that walks the earth and surfs the Internet? Find out!

fun fact: I've stuck to this advice for the past 3 years and it's made a big difference. Goal oriented people need a reminder to "live".

Good Looking Loser's Guide to Hair Loss Prevention

At just 20 years old, before I ever took any steroids, I started to experience male pattern baldness. For the next decade, I studied the causes, treatments and academic research. Some things were effective, some things were definitely not. Learn what works and don't blow your money on garbage. For just $1.33/day, most guys can ~completely stop hair loss.

fun fact: There's no 100% solution to pattern hair loss, but as of 2015 - there's a lot you can do to slow it down. Sometimes - to a virtual halt.

"The Best Self-Improvement Books You've Never Heard Of"

I don't usually recommend personal improvement books. They are long, tedious and you will have to go through it at least 5 times to get any significant, applicable understanding. You will probably only remember 10% of the book anyway, so you are better off just learning the most important information in 4 to 6 pages and applying it.

fun fact: I'm listening to one of the books via audiobook right now.



Best of the Rest
(Lifestyle by Good Looking Loser)

Good Looking Loser's Guide to Inexpensive Skin Care

I've always looked older than my age. In 10th grade, I had no trouble buying beer. These days, I look a bit younger than my age (32).

What I've been doing has been working -



asfa sf 6 days ago (edited)
dude wtf? you look at least 5 years younger from ur last videos
Reply ·

Good Looking Loser 6 days ago
yup, I've discovered some tricks. tell you later...
(hint: its not going to the gym)
Reply · 4

There some other super effective, super inexpensive tricks that I've discovered. I'll tell you about it soon. They won't cost you more than $15.

fun fact: I've never gotten compliments about my skin until this year.

"34 Orthodox and Unorthodox Ways to Get Motivated to Hit the Gym"

This 3-part series contains some "gym motivation" methods that you probably haven't thought of. Some are weird, but what else would you expect from us?

fun fact: I read this over from time to time and it actually motivates me.

"Why You Thought Last Year Was a Failure and Why It Wasn't"

If you didn't have specific goals for 2014, you didn't accomplish them nor did you have a 'daily sense of accomplishment' which is CRITICAL for ongoing motivation. Read this blog post, you might realize that your year was actually pretty good and your attitude is not.

fun fact: A goal without a plan is simply a wish.

"Success Principle #10: Mr. Insecurity is Your Best Friend"

We've heard the usual advice -

> *Never be insecure!*
>
> *Don't let insecurity rule your life!*

The fact of the matter is - insecurity can be a ridiculously powerful motivator and is only a temporary state. Take advantage of it and stop feeling sorry for yourself. It won't last forever.

fun fact: Insecurity will do you a lot of good. If you decide it will.

"Success Principle #11: Role Models are Good, Mentors are Better"

It's great to have role models. But chances are, you'll never meet them or know just how they operate and think on a day-to-day basis. Don't underestimate how influential a moderately successful person can be if you are just starting out. The key is getting access to them and we'll give you some

suggestions.

fun fact: Mentors have had a tremendous effect on my life. Without, I probably wouldn't be shit today.



Good Looking Loser - State of the Union

(What's coming in 2015)

Due to popular demand, I'll get into 'Get Paid' (making money) and committed relationships in the upcoming year. There will be some more "in-field" videos too and other creepy shit.

Get Laid - Committed Relationships

Perhaps the latter is long overdue, but it is VITALLY IMPORTANT that you can Get Laid (and know it) before you get into a committed relationship. That is the reason we have spent over 2 years on Getting Laid.

One of the main reasons that guys accept/settle for far-less-than-ideal, dysfunctional relationships and emotional abuse is because they are scared to lose their girl for fear of an extended sex-less streak.

Whether intentionally or simply via instinct, many girls will take advantage of this and walk all over you if they know that you don't have other options. Emotionally and eventually financially.

Hot girls know they can Get Laid and have other options that they can explore if you start being a little bitch boy.

If your girl is emotionally healthy (important, not all girls are relationship material) and understands that you are in the relationship because YOU WANT TO BE and don't have to be, she'll respect you and not walk on you.

YOU NEED TO HAVE EMOTIONAL LEVERAGE.

I absolutely DO NOT recommend that you get into a committed relationship, and certainly not with a desirable girl who has plenty of options, if you aren't sure if you can Get Laid or don't FULLY believe you have other options - equal or better than she.

(I define "I can Get Laid" as being able to go out to a bar 2-3 nights a week and sleeping with 1 girl)

Get Paid (via Lifestyle by Good Looking Loser)

As for 'Get Paid', the tentative initial plan to do Podcasts (within blog posts) to relay all that I've learned and how you can start making money on the Internet.

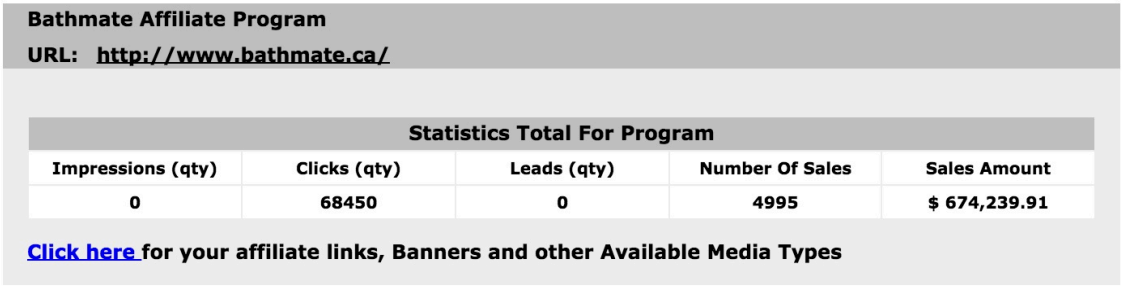
Despite my riveting sexy voice, I'm hardly a great speaker (like, like, you know, you know, uhh, uhh...) but audio is the best way to efficiently communicate this content. So get yourself some headphones.

I've been hesitant to start 'Get Paid' because it is an enormous project and without a specific, organized program - it will only create more weak repackaged Good Looking Loser, Bold & Determined and Danger & Play theory clones that make no money and help NO ONE.

I will twist your arm (and brain) and get you guys to produce something original and that you can be proud of.

Unlike many "How to Make Money" websites, we have actually made some money before claiming expertise.

I have experience 'selling other people's products', known as "affiliate marketing" -



Bathmate Affiliate Program

URL: http://www.bathmate.ca/

Statistics Total For Program				
Impressions (qty)	Clicks (qty)	Leads (qty)	Number Of Sales	Sales Amount
0	68450	0	4995	$ 674,239.91

Click here for your affiliate links, Banners and other Available Media Types

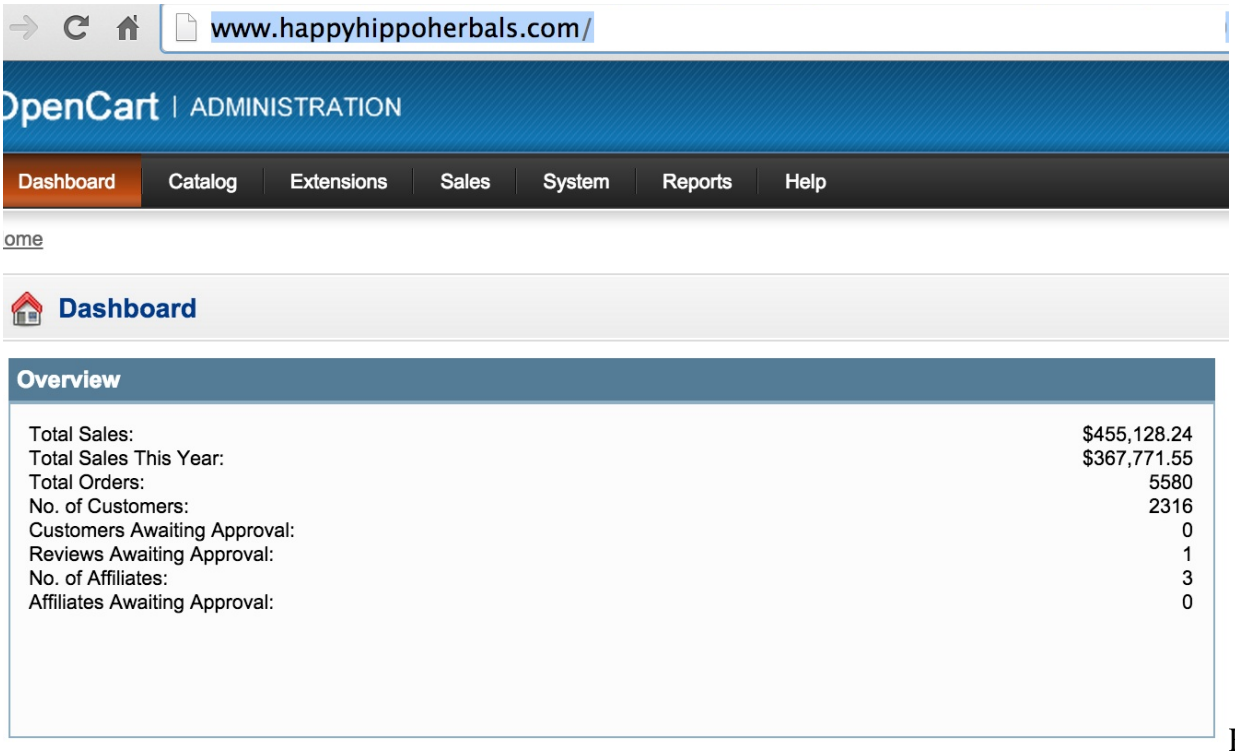
Spring 2012 to September 2013

I was an affiliate for 'Bathmate.ca' from ~Spring 2012 to September 2013. I've used a different vendor in 2014 and sold well over 1 million dollars in penis pumps.

I don't recommend trying to sell the Bathmate Hydropump unless you ALREADY have an online audience.

I'm not lying to discourage competitors, I could sign you up as a sub-affiliate with the maximum 40% commission (and tell you how it works and make a cut of your sales) but it's not something that sells well unless you have an audience and are willing to put your face (and dick) behind it.

I also have experience selling my own products via Happy Hippo LLC. -
(a separate company, NOT legally associated with Good Looking Loser)



Happy Hippo Sales 2014 January 1st to December 29th Notable because we don't have a credit card processor (coming in January!) and that discourages a lot of people from ordering.

I'll also make a post on how to sell Happy Hippo's products.

It's not hard and it's easy to get repeat customers since the product is so good.

If you want to sign up as an affiliate (commission is 20%), you can do so on this page.

Happy Hippo will get a credit card processor very soon and that will make it WAY EASIER on new customers.

Aren't you worried about people not supporting Good Looking Loser or Happy Hippo now that they have an idea of how much you make?

Not really.

I work my ass off to give away free content that everyone else would charge for.

People know this and are happy to reward me by using our links. I am grateful.

If guys don't want to take advantage of our free shipping/lowest price offer on Bathmate or try the highest-quality Kratom on planet earth because they don't like that "Chris makes money", that is up to them.

Guys that get upset when others make money don't have an 'abundance mentality' and probably won't benefit from my online business and financial advice anyway.

Seriously, I've never seen a guy (adult) that complained how others were wealthy that ever became so.

Besides, compared to places such as Mattersofsize.com, established Kratom vendors and Real Social Dynamics, Good Looking Loser is small potatoes.

Those places make a ton of money, but you can start a small blog that does well too.

If I charged for our dating content, I'd EASILY make more money.

The vast majority of information (actually all of it) on Good Looking Loser is free and always will

be.

Making money is not my only motivation (and that's probably why I was initially quite successful).

I want to get started now!

I'll have a lot more 'Get Paid' content in the near future.

Right now, if you want to start a website, I have 2 recommendations that will seriously help you.

I really wish I had these resources when I started, I wasted a lot of time and emotional energy on the technical bullshit and learning mostly useless information.



Bold & Determined.net via Good Looking Loser

Victor Pride has been "blogging" longer than I have and his advice and offers are always beyond tremendous. He'll setup your website for you and give you 4 free eBooks that tell you how it's done.

- **BAD.net/GLL (exclusive Good Looking Loser/Bold & Determined offer)**

I hadn't even heard of Bold & Determined until a year ago.

If I had this when I started - this would have drastically shortened my learning curve and saved me the 10+ hours it took to simply install Wordpress and get started.
(yeah, it's "easy", but not for newbies)

I consider Bold & Determined to be, by far, the best motivational website on the Internet. And So do you.

Unlike almost all guys that have "How to Make Money" websites and eBooks, Uncle Victor made a significant amount of money before he ever once spoke about how he did it.

His advice is gospel and from experience.

Just *try* not to make your site/content look exactly like his.

.....mmm Kay?

Wordpress Setup and Management

This is a great option for guys that don't have the time or know nothing about making and developing a website too.

Unlike many other hosts, this recommendation provides 24/7 live THIRD-PARTY technical support and they also manage your website to make sure it's running correctly.
(if it goes down, you don't understand something or you can't install something, they will find the problem - even if the software or problem is not on their end)

Their reputation is extremely good and they will literally hold your hand before **AND AFTER** you launch your website. You won't have to worry about "what do I do?" or hiring someone to help with technical aspects.

They provide THIRD-PARTY support and try to fix problems caused by software that is not their own (Wordpress plugins, applications, broken coding, speed issues, eCommerce gateways, updates etc).

They will literally login to your blog and fix the problem.

This is pretty much as close as you can get to a personal website developer or server manager.

I wish I signed up here when I started. I had to change hosts 3 fucking times and got screwed out of money on more than 1 occasion.

One of the dumbest girls I've ever met (she literally couldn't even turn on her laptop 2 years ago) got her website though them and she hardly ever got stuck once she learned some basics -

- **WordPress Engine and Management**
  15% off coupon (until 1/31/15) - NEWYEARNEWHOST15

You can't go wrong with either option.

Victor's is less expensive so there's no reason you can't have a website with some posts in just a week from now.

I'll have more information about both of these later on.

But that's what I got for you now.



Pour Conclure

So that's it for 2014.

Great year.

Love you guys.

We ARE NOT coasting at Good Looking Loser.

This place will get better and so will you.



Listen -

I never have time to answer all the questions in the comments section but **until January 4** -

If you have an idea for a website or product to sell, in 1 or 2 sentences, leave me your idea below.

The more SPECIFIC, the better.

I will give you a 1 or 2 sentence reply of what I think of it.

(I'm stealing this idea from Victor, remember to give credit where credit is due)

Remember, this is only my opinion.

If I tell you 'bad idea', it doesn't mean it's not going to work.

YOUR EXPERIENCE, the DEMAND for the information/product and your ability to learn is what will make a business work, not the idea.

(hint: linking to Good Looking Loser is a good way to get my attention)

Everything works if you are a legit expert from experience.

So don't get upset if I'm not initially on board. Prove me wrong and call me out after you make it.

For more comprehensive feedback on your idea, feel free to discuss it in the 'Get Paid' section on the Good Looking Loser Forum. And Don't worry if someone "steals" it, if they have less experience than you, yours will be better.

(please don't leave a comment if you are going to request that we delete later - thanks!)

We are past January 4, please post in the forum for feedback.

How Kratom Changed Everything (Podcast with Chris Lend-a-hand)

January 11, 2015 | by Good Looking Loser | Link | Original Link



Podcast with Chris Lend-a-hand (KingKratom)

Sorry for the late start to 2015.

Our washing machine decided to take a significant piss and flooded the apartment. A real mess. Water from the top floor of our place was coming through the vents and lights on the first floor.

Worse than that - trying to coordinate the repairs and communication between the cleaning company and my insurance adjuster has been harder than ordering delivery from a Chinese restaurant that doesn't employ anyone that fluently speaks English. It's next to impossible and it doesn't matter how many times you call.
(that's not racist because I'm half-Asian)

Anyway...

Hopefully you've been reasonably intrigued by "Good Looking Loser - The Best Shit from 2014 & State of the Union".

Or even better - escaping from my creepy website propaganda to have sex or simply having fun with your life.

Many guys requested that I do a podcast with KingKratom. He is one of the most popular (he has more likes/thank you's per post than I do) and most helpful members in the Good Looking Loser community.

I'm happy to have him on.

We are going to discuss Kratom, the vibrant Kratom Lifestyle, withdrawal and its potential to make

you "be yourself" around other people.

Chris is the epitome of the type of "high ceiling" "Top 1% potential" guy that will get the VERY MOST from Good Looking Loser -

- He is smart and applies what he's learned.
- He has a strong work ethic.
- He is humble.
- He is good looking but has a juxtaposition.
- He is cool/has decent social skills that are hampered only by situational anxiety. (this is most guys).
- He wants a more fun and rewarding life.

To me, Chris' success was virtually inevitable.

How do I know?

Because I was EXACTLY like Chris when I was his age.

Inexperienced, but simply because of inexperience.

I just wouldn't admit it.

It wasn't until 2007 that I started fixing my anxiety and leaving my obsession with non-competitive Bodybuilding, external validation and my comfortable life of self-denial.

Chris also is what I call a "hyper responder" to Kratom. I am too.

I think about 10-20% people are.

Kratom Hyper responders experience universal performance enhancement from the compound -

- Reduced social and approach anxiety.
- Increased empathy, pro-social behavior and willingness to engage others.
- Perpetual sense of well-being, confidence, positive state of mind and Sense of Entitlement, regardless of conditions.
- Increased productivity and energy.
- Pain relief.
- Better sex and Killer instinct.

There's more, but we'll stick with those since Chris and I focus on those.

It's nice to put a voice with a user name, so without further ado... away we go -

"How Kratom Changed Everything"

* the Kratom Chris references is from Happy Hippo (my company)

Table of Contents

note: Chris (mentioned below) is KingKratom, not Good Looking Loser

0:00 Introduction, Welcome to 2015. Make it happen.
1:20 How Chris found Good Looking Loser via VivaLaManosphere and Danger&Play
2:30 Chris' background (23 years old, graduate student)
3:15 How did Chris find Kratom? How did it work for him when he started?
4:40 Good Looking Loser mentioned in a Business Insider article that said "You will definitely feel

AMAZING or TERRIBLE"
(the vast majority will love high-quality Kratom however)
5:45 Why did Chris get into Kratom? (social anxiety)
6:45 Chris Got Laid nearly right away because it crushed his social anxiety and sexual anxiety.
7:50 Kratom and sex, prevents premature ejaculation really really really well.
9:40 Chris' advice to newbies during the 'trial and error' period.
10:30 Students and Kratom. Kratom for busy work? Kratom for studying? (differing opinion)
14:00 Kratom and The Gym?
15:30 Various Kratom strains - which will work for you?
17:00 Chris discusses his Kratom lifestyle.
17:45 Chris' experience with Kratom tolerance, dependency and withdrawal during/after a steroid cycle.
24:30 Burning responsibly 3-4 grams a day, 3-4 times a day = no withdrawal whatsoever.
26:00 Kratom and beginning Daytrading/stock market.
29:10 When Chris did get a *real* withdrawal (after burning 8-10 grams, 3-4 times a day for weeks, unintentional taper)... What was cold turkey like?
33:15 How long did it take to beat Kratom withdrawal?
34:40 When was the worst of it over?
36:20 How and when Good Looking Loser resets his tolerance once/twice a year.
37:40 Chris says the 48 hour withdrawal wouldn't have happened if he didn't use large amounts, multiple times a day.
39:20 Chris back on the Kratom train for New Year's Eve and 2015.
40:30 Can people tell when Chris is burning Kratom? Does he need Kratom for social courage? Kratom gives you permission to "Be Yourself".
43:20 ***How Kratom Changed Everything For Chris Lenahan*** **(Great few minutes)**
47:50 Social anxiety will affect your entire life, career choices, friends, partners (or lack thereof) and how you see yourself.
48:45 Conclusion and acknowledging the side effects.
Big thanks for listening from Good Looking Loser and Lend-a-hand!



Pour Conclure

It was a blast to talk to Chris before, during and after this podcast.

I can't unbiasly claim that I don't want you to look into Kratom.

I want you to try Kratom.

And I want you to try the high-quality Kratom from Happy Hippo, which is one of my companies.

Even if you go for the cheaper stuff elsewhere - you'll always remember who told you about it.

Many guys will LOVE it, most guys will like it and some just won't respond well.
(start with small amounts and accept the 'trial and error' period)

I just know that it can be a legitimate ~~game~~ life-changer for you, as it has been for myself, Chris and so many other people.

I have spent the past 2+ years producing unique free content from personal experience on how to beat social anxiety and have sex with women. I offer many solid recommendations to enhance one area of your life or another.

As I said in our original guide to Kratom -

Kratom can *potentially* do more for your life than ANYTHING I have to offer.

There is no Good Looking Loser "blog post", eBook, video, dietary supplement or dick pump that I can give you that will have a greater effect on the course of your life than Kratom can.
(if it works for your mind and body obviously)

I stand behind that and optimistically cross my fingers that it will work as good for you as for Chris and I.

Whatever your goals, commit to making 2015 the year it happens.

Additional resources

- "Good Looking Loser & Rooster's Guide to Kratom"
- "Thoughts and Reflections from Following a Kratom Lifestyle for the Past 5 Years"
- "Is Kratom Cheating?"
- "How I Became Happy, Calm, and Motivation by Using Kratom" (Victor Pride)
- Kratom blog posts (index)

Additional resources from KingKratom

- "Kratom isn't game-changing, it's LIFE-changing" (KingKratom)
- "Kratom (Happy Hippo) Economics: Financial Considerations of a Kratom Lifestyle" (KingKratom)
- King Kratom's YouTube Channel

Kratom is a comprehensive subject.

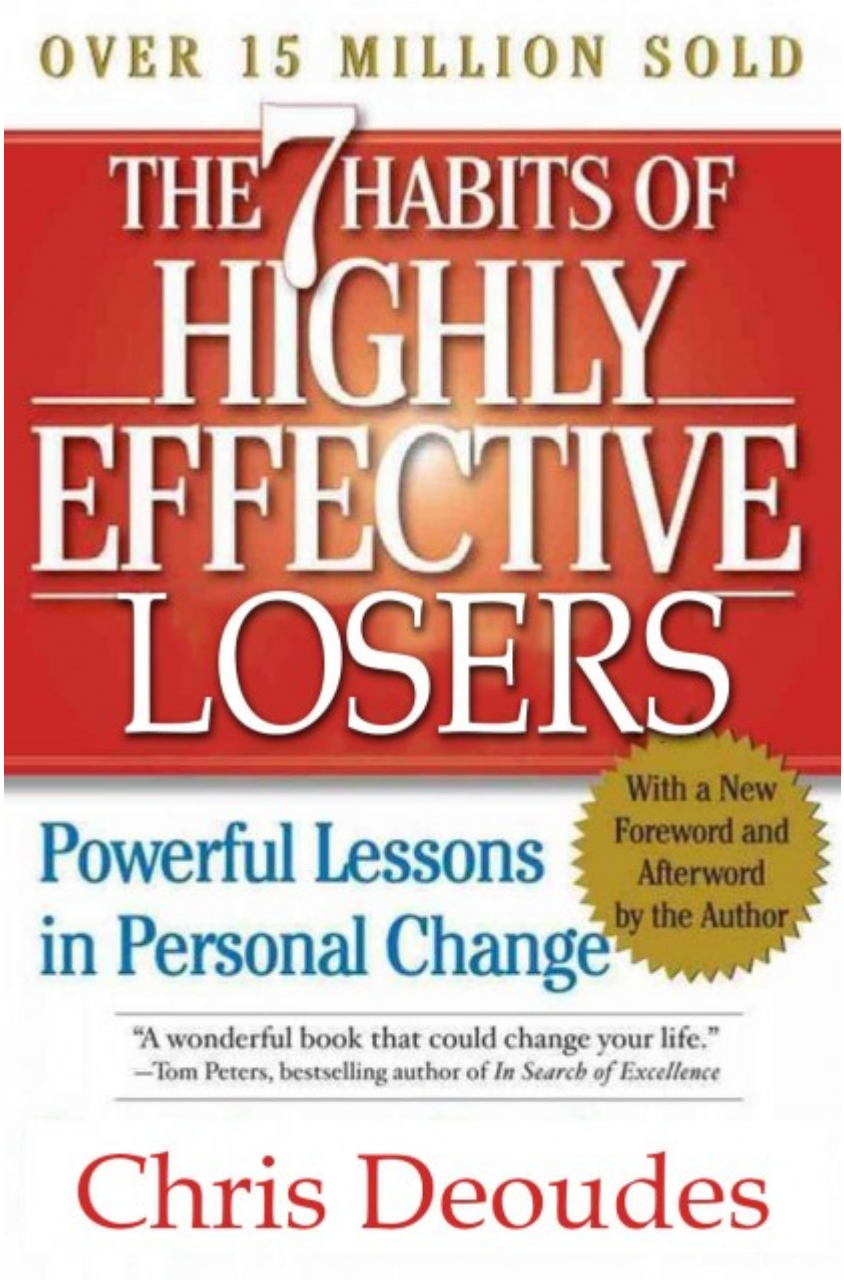
To share your experience or to ask questions - please do so in the Kratom Forum.

To give your feedback on this specific podcast - please check out our forum post on it.

7 Habits of Highly Effective Losers (Player's Edition)

January 15, 2015 | by Good Looking Loser | Link | Original Link

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7 Habits Of Guys That Get Laid A Lot

This mini-series (Loser lifestyle edition coming soon) is the Good Looking Loser spin off the book "7 Habits of Highly Effective People", which I have most certainly not read cover-to-cover.
not an affiliate link

I have read the most important parts of it though.

The impossible part of writing this post is to narrow down the *7* **MOST SIGNIFICANT, ACTIONABLE** habits.

There's about 7000+ habits.

For the sake of not having a 186,669 word discussion, I've picked 7 habits and combined a few of them.

Just so you know, we are talking about **"cold approach"** and not party circle/being set up with girls aka nearly free pussy.

#1 Guys that Get Laid talk to at least 20 girls a week, as part of an overall lifestyle and ask out/try to go home with any girl that seems even *somewhat* interested.

I cheated and combined 3 into 1.

Hear me out -

> **They talk to 20+ girls a week...**

You understand this.

> **... as part of an overall lifestyle...**

For the most part, absent of sleep hours, guys that Get Laid (via cold approach) spend more time OUTSIDE their house than inside their house.

Sometimes they are working, sometimes they are shopping (errands), sometimes they are at the gym, sometimes they are with friends, sometimes they are at happy hour or a bar or club. Regardless, they spend more hours OUTSIDE of the house than inside.

They are 'busy' and 'boredom' is not a concept they are familiar with.

Throughout the course of any given day/night, they will strike up small 3 to 10 minute low/moderately-flirtatious conversations with 2-4 girls. The number totals about 50 to 80 in any given month.

What they do not do is "go for a sarge" and devote a large chunk of time to wandering like loners with the sole purpose of "attracting" women.

Being a "player" is something you are are. Not something you do.
(related: "Be a Player, Not a Pickup Artist")

> **... and ask out/try to go home with any girl that seems even somewhat interested.**

Whichever girls somewhat enthusiastically return the conversation, they will ask out or try to go home with.
* this is more of 'verbal screening' (flirting) rather than physical screening; most guys that Get Laid a lot do it this way, instead of the more aggressive physical stuff that Scotty and I do. The physical stuff is 'hardcore' screening and gets you laid more.

For Guys That Get Laid A Lot (via cold approach), on average, of the ~20 girls they talk to in any given week, 8 will give them a real number, 4 will respond enthusiastically and 2 will meet up with them. Seasoned guys will do a little better than this. Rookies/Sophomores that don't have approach anxiety will do a little worse than this.
(related: "It's a Numbers Game - So What Are My Odds?")

#2 Guys that Get Laid do so on the same night or the first "date" because they look like 'Players' and not Boyfriend Material.

If you are still new at this (first 12 months), don't let this discourage you from going on multiple dates.

That's what I did for about ~2 YEARS and that is exactly what you should be doing.

Even in the beginning, it struck me as odd that the 'authorities' talked about their adventures/gameplans for "Day 3,4,5..." or multiple dates.

Even inexperienced guys know that:

The guys that fuck a lot of girls aren't going on "Day 3,4,5..." dates.

They bring home girls on the same night, or after meeting up with them once or twice. They often set up "dates" where they propose "watching a movie" (at home) or "going to get a drink" at a location nearby.

No dinners, no coffee, no "adventure" dates, no forms of courting.

Just the basic, acceptable pretenses for sex -

> *Let's watch a movie.*
> or
> *Let's get a drink.*

* The exception to this is the 'serial dater', a largely inefficient approach to effectively get a lot of pussy.

There are so many factors that affect the "countdown to sex" and I've covered a lot of it here -

- "The Real Reason You Didn't Get Laid This Weekend"
- "Retention & Profiles of Guys (Players with Boyfriend Potential v. Boyfriend Material"

Don't stop going on dates.

Just be aware that the GIRL ALREADY LIKES YOU if she goes out with you.

Ya dig?

#3 Guys that Get Laid live nearby the location(s) where they meet women and have a repeatable gameplan.

These 2 factors are huge.

Logistics (Within 10 Minutes)

You always hear the concept "logistics, logistics...", but lets give some specifics.

In early 2009, I was still a personal trainer in the Beverly Hills area, so I moved to North Bel Air (90077) - a high-end luxury neighborhood deep in the smug residential hills of Los Angeles.

It was nice telling people I shared a sewer system and lived next to Clint Eastwood, Lady Gaga and Chris Paul for a while, but I grew a little stir-crazy because I was so far from civilization. Not to mention - wasting huge amounts of time in traffic on the 405 and frequent trips for fuel when gas was nearly $4.

I caught a lucky break from a friend-of-a-friend-of-a-fuckbuddy-who-later-hated-me and moved to Santa Monica Beach at a reasonable price (rent is crazy expensive if you apply during Summer) to take over the lease.

The even better news -

I was literally 20 yards from the beach and hundreds of girls.

By the start of Fall, I was taking girls from the beach/pier into my little one-bedroom apartment under the pretense of "I'm sure you drink during the day too, lets go get some Coronas, I have limes in my fridge..." or "my place is right over there, lets go get some AC (air condition)...".
(this sounds absurd but it works just fine - watch this video)

This NEVER could happen if I didn't live walking-distance from where I was meeting girls. When I was living in Bel Air, the potential for 'same day/night' stuff was quite low. The only good thing (logistically) about living North Bel Air is when girls came over, they would usually have to stay the night - but that would have probably been true any situation.

After my ~year in Santa Monica, I moved back to West Hollywood and got a place in walking-distance of 4 popular venues and I started bringing girls home at night. Sometimes - every night. I had a streak of 9 consecutive nights (got laid 8 times), without one night off.

By Day 10, I was literally too tired and post-post-post-hungover to even celebrate.

So I called my Mom.

Repeatable Gameplan

Guys That Get Laid A Lot do the ~same thing over-and-over-and-over until they find a customer.

This is true of how/where they meet women, how/where they meet up with women, how/where they get women back to their place.

They might "improvise" the dialogue and the gameplan might become second-nature, but they have a VERY SPECIFIC GAMEPLAN that they are trying to execute.

They are so confident in their gameplan that girls often tell them that are they are "spontaneous" or "exciting".

Like me in 2008-2010, they are usually neither, they just have everything planned in advance - as a man should.

In general, our approach gameplan is -

- Walk up to girls and say the screening dialogue.
- Hold their hand after the handshake until the girls takes her hand back.
- Make small talk for 3-5 minutes.
- Use follow me move (take her outside the place or sit down)/ take her number.

In general, our **text/phone gameplan** is -

- Text girl anything.
- Call her right when she texts me back.
- Set up non-specific plans within the next 48 hours.

In general, our "date" or meetup gameplan is -

- -Day of- Confirm the time with the girl via text in the early afternoon.
- -Day of- Have the girl drive to my place and park.
- -Day of- Walk down the street/drive 5 minutes for a drink. (30-45 minutes)

- -Day of- Walk/drive back to the place, invite her in for another drink.
- -Day of- Sit on the couch with TV/music on and drink/do drugs.
- -Day of- Start massaging her, touching her, kissing her.
- -Day of- Go into the bedroom (clean and already setup) for more "privacy".

Repeat x 258

Pretty easy huh?

Yeah.

#4 They "Look Good" even if they aren't stereotypically "Good Looking".

If you've been around here for even 15 minutes, you'll know that we acknowledge the importance of "how you look" since that is the #1 factor in a girl being physically (therefore, sexually) attached to you. It also reflects social status, whether actual or perceived.

There's a lot to this, but lets talk about what Guys That Get Laid A Lot focus on -

Guys That Get Laid A Lot take care of their skin (face)

You already know that Guys That Get Laid A Lot focus on 'grooming', but particularly their SKIN ON THEIR FACE.

They are willing to overspend to keep their face looking tight and fresh. Ideally, chiseled too.

If you are one that believes in paying for overpriced cosmetics (I do on *some* items) check out this brand -

- **Kheil's**
  (not an affiliate link)

For most of us, I recommend that you check out "Good Looking Loser's Guide to Inexpensive Skin Care", I've only been at it for about 9 months but people are noticing, in-person and even on YouTube -



Guys That Get Laid A Lot dress cool or rich

Guys That Get Laid A Lot wear cool, current clothing (ideally with some accessories that provide an 'edge' to their style).

You can see the exact clothing that we recommend in our seasonal "Guides to Style".

An equally effective alternative, is the "Full On Rich/Important Guy" style that includes a suit, tie, pocket square, nice shoes, etc.

We'll do a more comprehensive discussion on this pretty soon.

Guys That Get Laid A Lot keep their bodyfat down

Although the guys I know that Get Laid a ton don't all have 6-pack abs (most don't), none of them are fat or appear fat.

They have facial features, jeans not over 34" and can take their shirt off at a pool party.

No double chins/juiced boy, no beer gut, no sagging body parts.

My guess is only half of them go to the gym, but most are active and watch their diet.

There's more sub-habits to "looking good" but...

- Clear, chiseled face
- Dress cool/rich
- Slightly above-average body

... are the 3 most important factors.

#5 Guys That Get Laid A Lot via cold approach mainly hook up with "7 and 8's" but sometimes hook up with "9" and "Perfect 10's".

Everyone's scale is different ("10" = top 10% girl --or-- "10" = top .001% girl) so we aren't driving down that endless road to hell.

Just know that Guys That Get Laid A Lot via cold approach, aren't fucking the hottest, hottest girls on a nightly basis.

THE VERY BEST (including yours truly, in my party stages) are usually hooking up with pretty girls via cold approach, with 1-3 really hot girls in the mix on a monthly basis.

If anyone else tells you otherwise, they are completely lying.

Or they aren't talking about 'cold approach'.

Or they have long cold streaks because they are being too selective.

Or, again, they are completely lying.

Scotty and I (and some other guys I know) are better at this shit than 99.999% people in the world (I bet my 3 testicles on it) and that's always how it's been via cold approach.

All bets are off if you have status in some sort of scene where hot girls try to social climb.

#6 Guys That Get Laid A Lot via cold approach focus their attention on "floaters" and small groups of girls.

If you've seen our videos or just read a lot of Good Looking Loser, you'll know that I *rarely* talk about "gaming" large groups of girls.

In fact, in the United States club scene, where girls come together in one big group AND leave for their pre-arranged after-party in one big group - cold approaching groups of girls (to take one of them home) is almost pointless for most guys.

We focus on screening better logistically convenient girls that are by themselves (usually during the day, but sometimes at a bar) or on small groups (3 or less).

Common sense should tell you why that is better than "disarming" entire parties of guys and girls that already have plans.

As Scotty Speedball says -
(I'm trying to type it as he would)

> *If u r new to this shit, then y da fuk would u make it any harder on urself??????*
> *Talk to the chicks that can go home with u if they want*

Again, this is for 'cold approach', you can definitely infiltrate large groups of pussy if you already have an in. And more importantly -

AN AFTER PARTY.

#7 Guys That Get Laid A Lot have one or more long-term/distance not-always-exclusive girlfriend(s) and she is often very, very pretty.

This one is interesting and at the end of our list because it's hardly *mandatory*.

However, it's worth consideration because it has pertained to myself and others.

Of the handful of guys that I know personally and reference for these type "Other Guys Who Get Laid" discussions - ALL of them have *at least* one girl that they sometimes refer to as their "girlfriend".

She is definitely more of a girlfriend, whether exclusive or otherwise, and more than just a "fuckbuddy" because he/she is very much emotionally attached to the other.

Often, the "girlfriend" doesn't live in the same city and she tends to accept the less-than-ideal, sometimes-open/sometimes-closed relationship because she ultimately believes she will be sharing a future with the guy.
(this is the ultimate retention btw)

Sometimes he/she is working on a career but sometimes they lack total exclusivity is for other reasons. We can't totally define it as an 'open-relationship' because there are often very specific, unique and understood rules that varies from couple to couple.

This "girlfriend" is often very, very pretty and is someone that the guy looks as a VERY GOOD PLAN B, if not an EXCELLENT PLAN A when he actually wants to settle down.

This relationship gives the guy a 'Sense of Entitlement', emotional stability and keeps down his sexual neediness.

He can easily approach girls because he know he already has a hotter girl that he likes more. Just the same, he can jerk off and not feel like he's "not Getting Laid".

This type of situation can usher in a "Golden Era" for many guys who have never experienced such a stage or were previously inexperienced.



Bonus Habit #1: Guys That Get Laid A lot initiate/force eye contact and they don't look down to break it.

(technique: look up, not down/away, and look back)

This is more of an observation than a habit, but hear me out.

When I've been out with guys that are also good with women, most of them are killers with reading and meeting available women via eye contact.
(ironically, I rely on this the least of any guy I know since I rarely wear contacts)

On the surface, they can see what chicks are checking them out (or who is not interested).

On a deeper level, they can communicate that they will fuck the shit out of girls if the invite is accepted.

This is done with a piercing (but non-creepy, this varies person-to-person), yet warm stare that is usually accompanied with a signature smirk or smile.

Eye contact (or silent female mating call) is broken only when the girl bashfully looks away or the guy looks UP (NOT DOWN) and usually immediately back at the girl.

My friend Danny who is the master of this, broke it down for me -
(although his was more of a 'friendly' gaze, since he is tall and good looking)

- LOOK AT HER EYES, UNTIL SHE LOOKS AT YOU.

- LOCK EYES FOR 3 SECONDS AND SMILE.

(DO NOT TURN TO YOUR FRIEND. DO NOT LOOK DOWN. DO NOT LOOK AWAY.)

- THEN LOOK UP, JUST ABOVE HER.

- THEN REALIGN YOUR SIGHTS ON HERS AND KICK HER A SMILE/LOOK THAT SAYS, "I KNOW WHAT'S ON YOUR MIND..."

If she smiles again, or locks eyes -

- WALK RIGHT OVER THERE, BARGE IN ON HER CONVERSATION, THAT'S WHAT

SHE WANT YOU TO DO.

I've done this before, one of the hottest girls I've ever spoken to "Patricia" recruited me like this way back in 2002 when she and I were both 19. Girls have a feel for 'eye contact' at a much younger age.

Girls, especially the hottest ones, are ABSOLUTELY NOT scared of eye contact. To them, it's "showing off" their eyes and seeing which men are worthy to stare into them.

Most guys are scared however.

Be a man and hold her eyes.

This will separate you.

I know this because I've watched how some of my friends (Scotty included) do it/something similar.

Even though I'm not a big 'eye contact' screener, nor big on 'techniques', this will be the way a lot of you guys start finding pussy that wants it.

For some, this will be your only move that you need.

Lock this song (and lyrics) into your head and smile -
"I know you want what's on my mind..."
"You shouldn't have worn that dress..."

Bonus Habit #2: Guys That Get Laid A Lot have a nice, clean, prepared house and a cozy place to have sex.

One more.

All the guys I know that are fantastic with women put effort into their "bachelor pad".

But not in the way that the undersexed authors at GQ or Maxim magazine tell you.

The place isn't filled with luxury furniture, high-priced "female distraction" electronics or ritzy glassware.
(Nintendo Wii was popular among girls when it came out)

The place should simply be "nice", "clean" and "prepared".

Ideally in a newer apartment/housing complex and no trash, garbage or pet hair/shit laying around.

Let me tell you what I had in my place during the [beginning of] height of my sex life (2009-middle 2010).

It was virtually nothing besides a bed, TV and alcohol.
(the hardwood floors were always a plus though)

In general (aside from normal stuff such as utensils, clothing, pans, a blender, etc.) -

Bedroom (A Bed and TV)

- A flat-screen TV named 'Jenny' that could play music playlists too (2007-2011, RIP)
- A queen-size bed with 4 pillows. (Same bed that I had for years)
- A nice, soft, black comforter (no sheets)
- A desk with a glass top for my laptop. ($100)
- An orderly closet that can be closed.

Kitchen Bar Area/Living Room (Nothing)

- 2 bar stools ($39)

- A bottle of Charles Shaw Wine ($2)
- A bottle of Jose Cuervo Tequila ($22)
- Set of 6 wine glasses from Ross ($10)
- Pack of Marlboro lights ($5)

I also purchased a love seat (2 seater) in late 2010 and moved the flat-screen into the living room.

For 2 years, there was literally nothing to sit on besides the uncomfortable bar stools and my super comfortable bed.

Bathroom (Female Friendly)

Aside from my cosmetics, toilet paper, a little black rug, the bathroom had -

- 2 clean bath towels ($20)
- 2 clean hand towels ($10)
- Extra toothbrushes from Costco ($8)
- Feminine products such as tampons ($8)
- Makeup removal wipes ($6)
- A small personal mirror ($15)

I was actually surprised that more girls didn't ask why my 1 bedroom apartment had feminine products.

It was almost like I expected girls to come over?

Despite being the bare-minimum (bed, TV, alcohol), girls appreciated how nice and clean my place was.

Some even went as far to think, "this guy has his life clean and in order too."

Far from true, but it was a start.

I didn't look 'poor', I was a celebrity personal trainer living in Bel-Air and Santa Monica Beach (rent: $3000+ in 2010), it just looked like hadn't bought much.

My point -

You don't need a bunch of overpriced "stuff" and female distractions.

What you need is a nice, clean, cozy bedroom with a TV and drinks in the living room.

If you have money to put into your place - by all means, do it.

I didn't 4-5 years ago and it did.not.matter.

When chicks come over to your place, they are coming to get fucked - not play Wii.



Pour Conclure

Obviously there are more than just 7 Habits.

Actually, I gave you 9 because Kratom allows me to reach deep into my soul/brain.

These were the ones that came to mind and if you get nothing else from Good Looking Loser besides this discussion - you'd be Getting Laid a ton if these are your reality.

That's all I got and that's all you really need.

Do me a solid, if you have twitter, take a second and add me -

- **Good Looking Loser on Twitter**

I read all the user comments on new posts, but if you want comprehensive feedback on a topic - I encourage you to join the forum and post in there.

That is where we can help you. The blog commenting area is mainly for feedback and not advice.

Are YOU Sexually Available? (Podcast with Scotty)

January 17, 2015 | by Good Looking Loser | Link | Original Link

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Are You Really IN?

(The REAL Law of "Attraction")

Despite the simplicity of the question, this is a deep subject.

Although I'm usually able to target and comprehensively simplify subjects such as 'Swag Factor' (coolness/status), 'Sense of Entitlement' (advanced confidence) and 'Killer Instinct' (game), this one is tricky.

It's also complex because despite the answer, (Yes/No) - everyone is in a different place and everyone will have a slightly different solution to the issue.

This subject is not a one-size-fits-all unfortunately.

We often discuss the concept of 'Sexual Availability'.

To most of us (myself included), Sexual Availability, is mainly a barometer of where the girl stands when screened.

In geek speak -

> *Is this girl physically, logistically and emotionally available to have sex at this moment?*

If the answer is, "YES".

The appropriate question is -

> *"Is she down to fuck [me]?"*

You guys know all that stuff.

But what about the other side of the question?

- Are YOU Sexually Available?

-- Are you really Sexually Available?

--- Are you down to fuck?

---- Are you really down to fuck the girl that you are talking to?

----- Or do you just want to "screen her"?

------ Or do you just want to "attract the girl"?

------- Or do you just want to safely impress her for an ego boost?

Are you actually prepared TO HAVE SEX with women you are talking to?

- Do you REALLY WANT TO HAVE SEX WITH HER?

-- Or would sex just "be nice"? A bonus?

If you are solely looking for pussy and not validation, an interesting conversation or some other motivation - then great. Your screening will be authentic.

You are sub-communicating your interest in having sex with the girls you talk to - GREAT. That is what it should be. You will attract girls that want the same. You won't go on dates with the wrong girls.

If you find yourself simply "attracting girls" or in "go nowhere" interactions, chances are - you aren't sexually available. You are just "meeting women".

If you aren't -

That is a place that you should be trying to get.

You will be screening in sexually available/DTF girls and not just "girls".

Let me show you an example.

My attitude in this video is to "get footage" of me getting a phone number (basic guy game) -
(despite the unexpected painful growing boner seen at 1:20 in Video #1, the intentions are pretty tame)

My attitude in this video is to have sex with this cutie and her perky breasts (screening) -

Do you see the difference?

Of course you do.

In the first video I'm "getting footage", in the second I'm trying to fuck that girl that night.

I'm behaving completely different in the second example.

It's obvious.

It's not just about "having a sexual vibe", but rather intention.

You are trying to HAVE SEX with the girl and not just "show her I have a sexual vibe".

Getting Laid is the priority.

Lets talk about this more, for Scotty and myself, we weren't sexually available when we started and it is something that constantly needs reinforcement.

Ask yourself -

Am I Sexually Available when I screen women?

Table of Contents

0:00 Introduction, Chris and Scotty (Brian).

0:10 Podcast is brought to you by the Bathmate Hydropump, one of the only male enhancement have actually works. Bigger dick in 10 minutes (temporarily). Bigger dick in 3-4+ months (permanently).

0:45 Sexually Available discussed; Sexual Availability vs. Down to Fuck

2:00 But are YOU Sexually Available? (workshop insight)

4:30 Ask yourself, **"Am I *really* Sexually Available?"**

6:00 Are you Sexually Available or just "In and out"?
- Am I behaving like a Sexually Available male?

8:15 You have to Sexually Available to screen for a Sexually Available girl.

10:00 If guys aren't looking to have sex, what are they looking for?

10:30 Validation, for most. So they play it safe and try to be smooth.
(I did this for a good year or so)

11:45 ARE YOU IN?
- How Scotty got ALL IN, Priority #1 = Sex and nothing else

15:15 ARE YOU IN?
- How Chris got ALL IN after a year of chasing validation instead of pussy.

18:50 continued... the go-nowhere interactions, dates, nights got old.

20:25 Beat validation by getting it and move on.

23:35 Going on dates was really helpful for Chris.
- Dates = free training for you (goal: Finish > Have a good date)

27:00 The REAL Law of Attraction (you get what you are)

33:30 But I don't want validation, what's wrong with me?

35:00 Thinking "I want to fuck this girl" = that's good.

Pour Conclure

Despite the simplicity of the question, the subject is quite deep and hard to eloquently explain.

Asking yourself -

> ## *Am I Sexually Available?*

Might reveal all the insight that you need though.

You want to be Sexually Available when you screen girls.

If you are - you'll naturally "attract" girls that are DTF.

Otherwise, at best, you will just be going through the motions and likely to end up with a girl who is largely only emotionally available (boyfriend seekers).

But it isn't so easy though.

Your moods, sex drive and motivation will vary on a day-to-day and your behavior will too.

That's natural.

But just because you may not be feeling/acting like you really want sex, it doesn't mean you won't meet girls that aren't going to fantasize about you after you take their number.

I've hooked up with plenty of girls that were more into me than I was into them/sex.

It happens. Especially if you are good looking.

But you don't want to leave this to chance though.

The main idea is to embrace the mindset of **"GETTING LAID"** instead of just "gaming", "being a

player", "meeting women" or "picking up girls".

It might take well over a year to get there, but your results will skyrocket once you finally start attracting girls that want and expect sex too.

It's a different ballgame entirely.

Do me a solid and add us if you have Twitter -

(we will do special stuff via Twitter)

- **Good Looking Loser (GoodLookingLosr) on Twitter**

The comment section is mainly for feedback and short comments, please hit up the forum if you have significant questions or want comprehensive advice on how to fix yourself.

Scotty Lives (The Greatest "Pick Up Artist" Ever Announces Retirement)

January 24, 2015 | by Good Looking Loser | Link | Original Link

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Made in New York, Not Hollywood

Maybe it's my time of the month, but I've been on a roll with the emotional content, earlier this morning I wrote and published "What A Grammy Award Winning A-List Celebrity Told Me Me About Myself That Made Me Want To Cry" in one sitting.

I'm trying to ride the momentum, so here goes again -

- Scotty, the original "other" Good Looking Loser has officially announced his retirement [from teaching/the lifestyle].

I write this piece with a heavy heart, but a smile and not tears on my face.

I always knew this day would come.

Whether my good friend would be alive to read it - I wasn't really sure.

At times, I would have bet against it. So would he.

Thankfully this is simply a "retirement announcement" and not an obituary.

Unlike most biographical stories that are rarely totally legitimate, let alone not exaggerated - the legend of "Scotty Flamingo" is nearly identical to the true story. He ~~was~~ is larger than life.



He Good Is He?

I obviously have no idea who outside the "pick up community" is better than he, but I would bet my life on him up against any other "guru" (if such a silly competition was possible).

He is nothing short of the best of all time (in cold approach results/not "information") in my opinion.

A label that he would immediately humbly decline if I ever said so in one of our Podcasts.

Experience = Unmatched

Social Freedom = Unmatched

Edge = Unmatched

Speed = Unmatched

Potential = Exceeded

Goals = Completely Shattered

Sexual Frustration = None

Average Hours on Date Before Sex = Zero

Killer Instinct = This entire concept is primarily based on him

Demons = Many

But he was the best.



He was one of the founding fathers of Good Looking Loser, one of the most influential people in my life.

Many years ago, I would sit in silence for hours on end (speaking to only assure him our phone call was still connected) as he selflessly taught he everything he knew. Still to this day he provides me with insight that I had never thought of. Without sounding arrogant, he is the only person on the face of the earth that can still teach me any "pick up shit".

Even as a close friend, having got my own absolutely enormous share of pussy, I could not help but be in awe of some of the things I've seen him do right before my very eyes.

The guys that had the rare opportunity to work with him confirm this -

- **Hollow's Review of Scotty "MINDBLOWN" May 18, 2013**
- **MagicX's Review of Scotty August 12, 2014**
- **IceBerg's Review "Detailed Comprehensive Review of Scotty" December 31, 2013**
- **MagicX Review "It's one thing to see it on Youtube, another see it in person"**
- **BendenHerOver "My Day With Scotty - My Approaches Are 1000x Better Now"**
- **StudSlice "A Beginners Review of Scotty's Training"**
- **PaisleyWhite "Meeting Up With Scotty Was Huge For Me"**
- **Strive's Review "Scotty is Fearless" November 12, 2013**
- **Tatu's Review of Scotty "He touches girls - ALOT" July 1, 2013**
- **VinceNYC "A Huge Wake Up Call - It's Possible to Be Aggressive"**

In some of those workshops, I suggested he to go "half speed" so nothing crazy happened.

He's gotten more action than anyone I know.
(this is obviously hard to confirm, but it's a pretty safe bet)

The most impressive thing - his supply was nearly all from *cold-approach pick up*, an otherwise low-percentage game.

For the past 7+ years, 5 or 6 days a week,? Scotty was either picking up girls or sleeping with one. He rarely took consecutive days off.
? - for the most part



People in the Good Looking Loser Community would always curiously ask -

> ***Where's Scotty??***

since he would randomly disappear from the forum for long periods of time.

> ***Where was he?***

He was picking up girls or literally having sex with one/some of them. He might have been sleeping, at the gym or staring at his fantasy football team, but those chances were less likely.

Even I, one of his closet friends, had trouble getting ahold of him after about 5 pm.

We got to know a lot of the 'professional' pick up artists in our day, both in New York and Los Angeles, the vast majority of them didn't pick up girls anytime other than at their workshops. Some of them only went out to "practice" prior to their workshops which they referred to as a "maintenance night" or "pre-game".

Scotty, however, was really living the lifestyle.



Although I suggest "picking up girls" as part of your overall lifestyle after you beat approach anxiety, picking up girls literally was the lifestyle for Scotty. He would feel restless and wouldn't be home unless he was having sex or sleeping.

The Soho District, Brooklyn, Queens, Upstate, Long Island, bars, clubs, gyms, restaurants, malls (until he was asked to never return) - you name it. It was his turf.

He spent 20 to 30 hours a week meeting women, sometimes 40+ hours, sometimes even 50+ if he was doing workshops, sometimes needing only 5 minutes to get horny girls into his car.

The only scenario where he didn't talk to at least 50 girls in a week was when he has a fuckbuddy (or 3) that insisted on having sex with him.

More pussy and more rejections than 99.999% of guys will ever experience.

I don't know ANYONE who got more action from cold-approach pick up and I know plenty of guys that are REALLY GOOD with women.

Aaron Sleazy knows what I'm talking about.

He was the very best at it, by a long shot, in my opinion.



Sex, Drugs and Everything Else

Scotty is HIGHLY genetically prone to substance abuse.

He fed that 'bad wolf' everyday.

Having dealt with my own less destructive addictions, I can tell you that it is indeed a DISEASE.

A disease like cancer, that my brother died from.

A disease like dementia that is currently ravaging my mother's brain.

A disease that has ruined the lives of so many people far more talented than I.

Scotty (ironically, Scotty Flamingo/Raven), lived the life a WWF professional wrestler (minus the wrestling... sometimes...).

His life was a movie and he did his own stunts.

Extreme amounts of sex, drugs and everything under the sun.

Far beyond "Nothing in Moderation".

An unsatisfiable self-destructive quest for adrenaline, euphoria, life and death - by any means necessary.

Wake up and we do it all over again!

Incredible highs.

Even lower lows.

A yo-yo of reality and self-worth.

A lifestyle, car accidents, unmeasured cocktails and 4 on 1 street fights that would have killed a

weaker man a long time ago.

I lived a similar but, but *by comparison*, much more mundane lifestyle in my mid/late 20's.

It was always supposed to be "a stage" both for of us.

We swore to it.

Scotty never stopped though.

Until now.



Who Is Brian Harris (Scotty)?

After well over a decade of sex/drug abuse, with just over 1 month of total sobriety (by far the longest to date), Scotty is learning who he is.

He didn't remember what sober life was like and dismissed it a non-option for so many years.

At the zenith of his "career", with 10+ fuckbuddies and an endless supply for the taking - he became genuinely more interested in helping others Get Laid and appreciate their lives.

He was living the life of dreams and everyone else's dreams - but also the nightmare that he desperately wanted to awake from.

He is a very, very, very giving person who would get out of bed in a full withdrawal to help a friend in need.

At heart, he is probably more caring and less entitled than I.

I've always known this about him and he is just re-learning that about himself as his real consciousness returns.



Pour Conclure

Like Scotty, I neither want to romanticize nor dwell on this particular part of the past.

It was a stage of massive success and destruction.

All there is today and hopefully tomorrow.

Thankfully my friend will get to experience it.

There's always a chance that Scotty "comes out of retirement" but that is hardly worth entertaining right now.

His priority is and should be on recovery.

From picking up girls to bodybuilding to anything he's ever put his mind/time to, Scotty has won and won big.

This next challenge, which is off to a good start, will be his next victory.

I want to wish him well and lend my support.

He is the reason that Good Looking Loser lives.

related:

- Scotty's Videos on Youtube (Playlist)

Scotty's "rejection" video

If you left him a note below, it would be much appreciated.

These kind of things really motivate him.

Why I'm Jealous Of You...

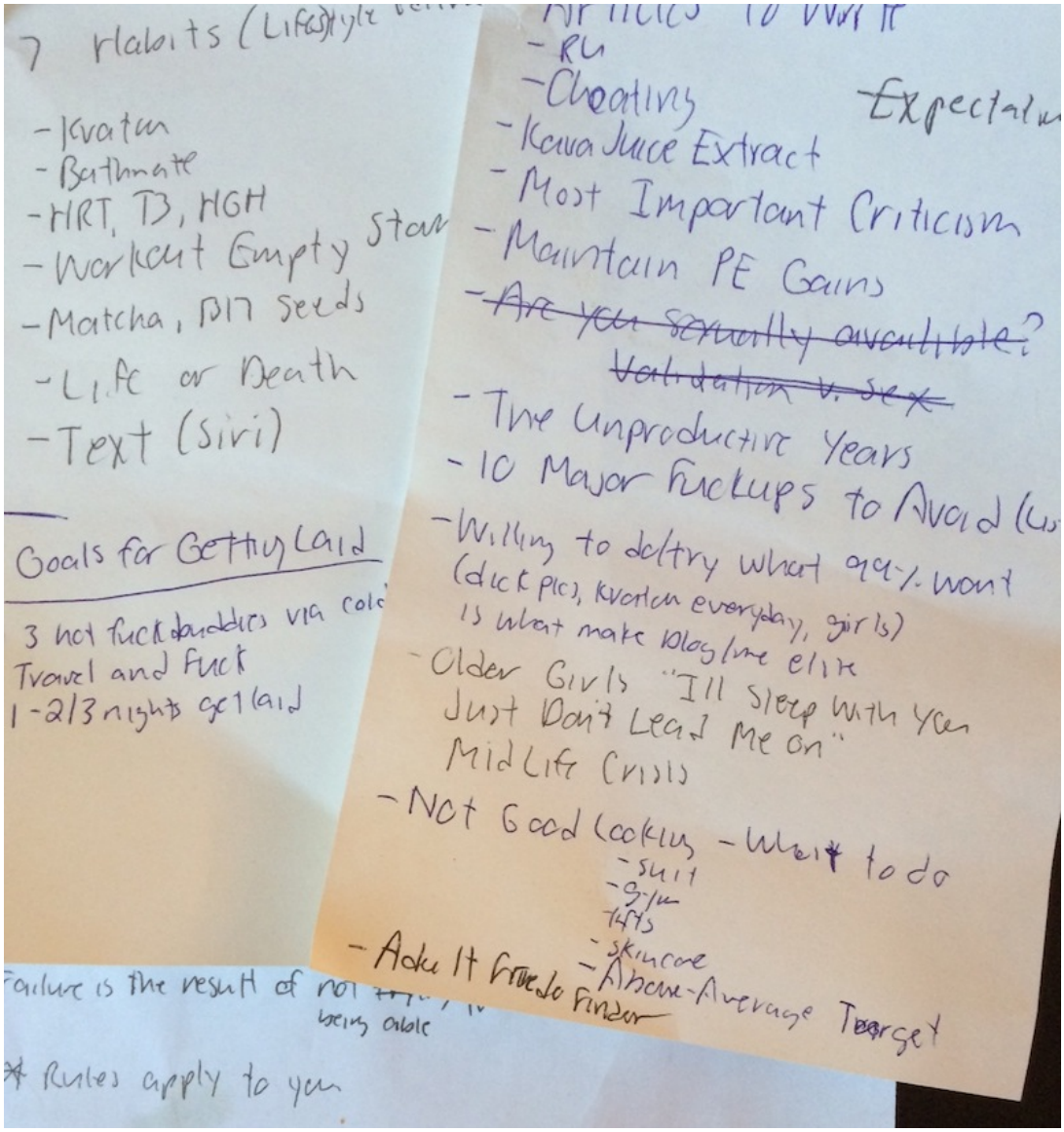
January 26, 2015 | by Good Looking Loser | Link | Original Link

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What You Have I Don't

I have an endless list of topics I need to write about -



But more often, I just end up discussing whatever is going on in my head that day, that's how I'm able to publish my best stuff. I'm not a great writer.

Sometimes - ideas just come to me.

But sometimes there's a certain incident that is the catalyst.

This is one of those.



This weekend I was at the gym and a guy came up to me.

He recognized me from this website and the YouTube channel.

Although this has happened several times before, what happened after wasn't the usual.

He asked me for my autograph and to take selfie photos with him.

This isn't something (honest to Christ) that I'm comfortable with, especially the former.

I'll never forget what my 5th grade math teacher, Mr. Edmunson, told our class.
(I was in 4th grade but in 5th grade accelerated math!)

He didn't believe in "autographs".

He wasn't a hater either.

He told our class that "celebrities" (I am hardly that) are simply 'other people'. While talented (or not that talented and simply at the right place at the right time), they are simply humans.

They have the same needs in life -

They want a little bit of love.

They want a little bit of respect.

They want a little bit of adventure.

They want a little bit of security and protection from fear.

They have their own version of our problems, that produce similar feelings of unhappiness and insecurity. Even if those problems are "high-quality" problems, like having to protect their reputation, money or how to further their careers, the net result is the same - worry, insecurity and even helplessness.

He valued a down-to-earth heart-to-heart talk rather than an impersonal autograph.

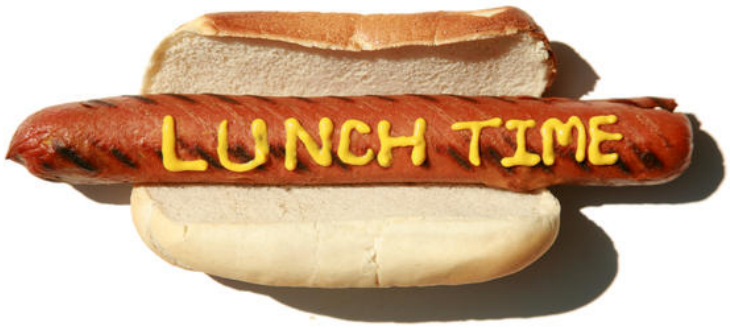
I do too.

Instead of taking him up on the "autograph" (I did the selfie pictures), I invited him to lunch - on me, of course.

I wanted to discuss HIM and not me because I already knew what his problem(s) were simply by the

way he approached me at the gym.

Sure enough, I was correct.



We sat down to lunch and he began to tell me how he was really grateful for the invite, but how he was nervous and even contemplating not coming at the last second. He said he was respectfully "jealous" of my life, past and present - citing specific things, mostly true, but many that he just assumed. He also said that he didn't know how it was going to be possible to get on "my level". Both Scotty and I have heard statement a lot.

(it actually take a lot of courage to say this stuff...)

I knew what was going on.

He was under the impression that he wasn't worthy to be there and somehow I was a special person.

As I explained to him (for 90 minutes or until he believed me, whichever came last) -

I AM NOT A SPECIAL PERSON.

I AM AN ABOVE-AVERAGE PERSON who knows that is ALL IT TAKES to achieve SPECIAL THINGS (IF YOU APPLY YOURSELF).

At best, I am an Above-Average person who has achieved some special things because I've worked at it and did/learned whatever I had to along the way.

Most people don't achieve special things for reasons other than a lack of talent.

95% of people simply disqualify themselves from success because they don't know what they want or allow their inferiority complex to eliminate them ever REALLY trying.

Or even get started - for that matter.

The remaining 5% are the only competition. Attrition and willingness to learn often determines the victor.

Sometimes, the entire 5% finds good success.

There are people far more talented than I, far better looking, far stronger, far smarter, with far better ideas and higher ceilings. Most people would have a bigger penis if they did the exercises.

They don't have the financial or sexual success because they don't believe this "Above Average" principle.

They think they need to be "superhuman" to get superhuman results. They think that successful people are superhuman.

So they never try.

Hardly the case.

In this kid's case, his "inferiority complex" was particularly ridiculous.

He is 22, good looking, if not better looking than I was at his age. Had a lot of friends, a hot girlfriend (he showed me pictures on his cell phone) that he was 'scared' to break up with and school/learning new things came easy to him.

I envy him.

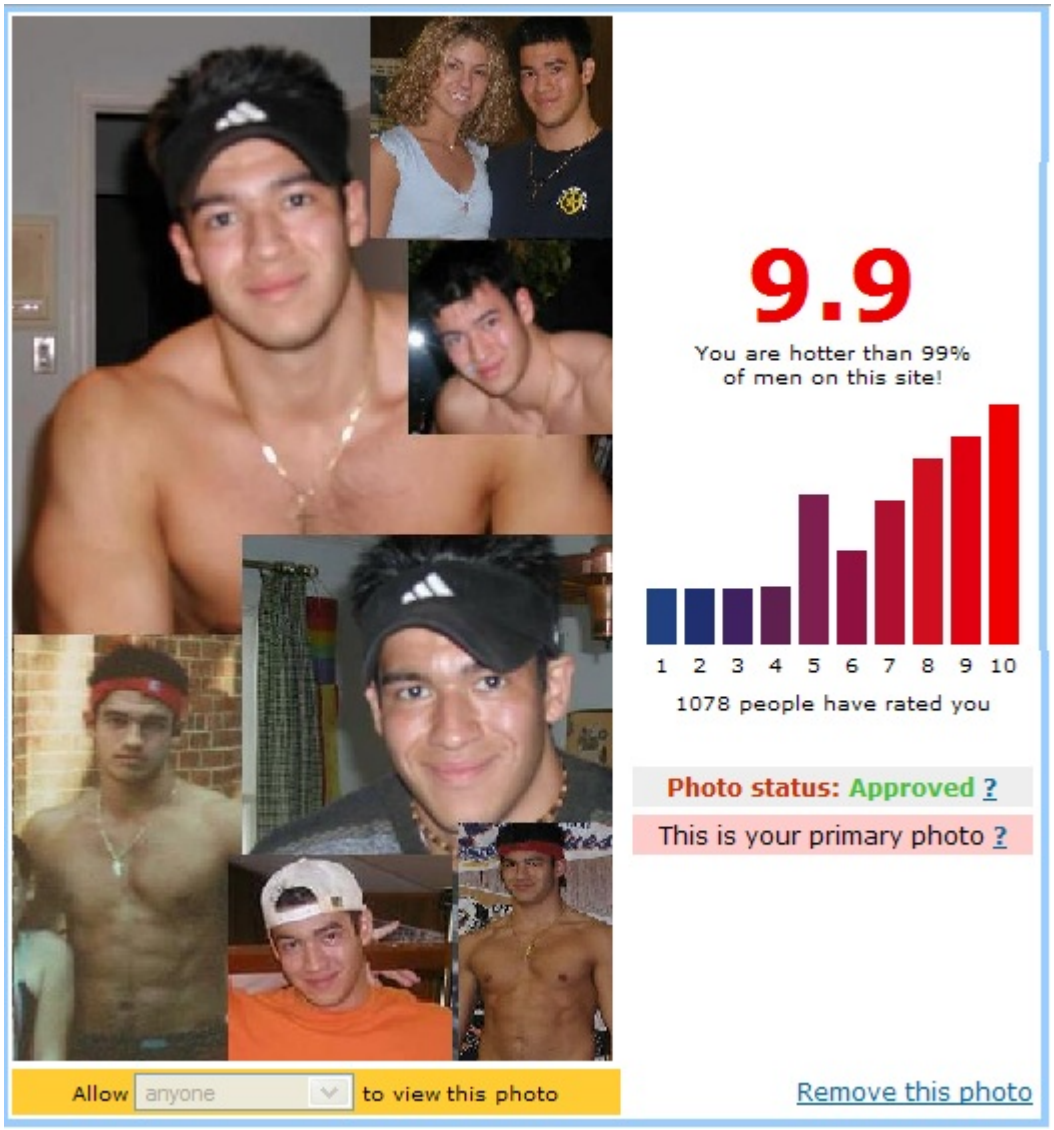
When I was 22, I was wasting my life playing video games (I was REALLY good at NCAA Football and Madden) and posting on Bodybuilding forums, convincing myself that I was "learning" or "relaxing" since school was "so hard".

I was quickly becoming "The Lonesome Bodybuilder", a convenient excuse to live a mundane life as a loner in denial.

I was 'Good Looking Loser'.

One of the biggest wastes of sexiness that ever existed.

Girls liked me but yet I wasted the prime years of my physical appearance in the gym (trying to become superhuman) and my one bedroom apartment on AOL Instant Messenger.
(a man's prime is 28-34, a "kids" prime is 18-23 though)



I can't get those years back.

This character "Good Looking Loser", this person "Christopher Deoudes", should have been so much more in his early and mid 20's.

Instead, I was just that.

Good Looking Loser.

A sensitive 20-something kid that hid his fragile ego behind his physical appearance, scared to death of rejection, motivated only by approval from others.

I was like a teenage girl.
(18 year old girl, of course!)

And Still - I was living a better life than most. Or at least I told myself that.

Arguably, it was my half-decade of relative failure, that was the only reason I became obsessed with picking up girls and social self-improvement.

Mr. Insecurity turned out to be my best friend.

But still - I can't get those years back. All those birthdays I spent in my room alone, are old news.

You can though.

Although my life turned out pretty well, if I could do it all over again (stupid hypothetical), I would have done things differently.

I wouldn't have wasted my early 20's being so comfortable.

I wouldn't have been Good Looking Loser.

My message to you "kids" is -

---START NOW---

Not when you are 26.

It's like investing.

If you start early, even if with minimal contributions, you will be WAY AHEAD of everyone else when you become their age.

I'm starting to realize what older, wiser people have told me for years.

They always said that they "envied" my youth and the years are special, if for no other reason than simply not having real responsibilities and financial commitments.

It's the perfect time to get ahead (or at least set yourself up for success).

---START NOW---

You might not get the chance later.

I'm lucky.

Real fucking lucky.

As a Law School dropout who pretended he was a Native American to get a scholarship, with a shitty know-nothing liberal arts major (I did get a minor in business administration!) my Dad blindly agreed to loan me what turned out to be well over $48,000 so I could to go to California and pick up girls as part of Brad P's program.

With no evidence (other than my inflated GPA and biceps), he hoped that I would actually become a high-end personal trainer to pay him back and not prove my older siblings right that I was the 'spoiled baby' of the family.

Interestingly enough, it was my obsession with picking up girls (and having a thick dick that got some publicity in popular party circles) that paid off more than my body and fitness knowledge.
(this blog)

Though I have repaid my father many times over, the guilt in my later 20's was horrendous. It certainly affected my 'Sense of Entitlement' until my personal training gig started working.

I will always feel that I wasted my early 20's and that dropping my Law School scholarship to have him pay for "Pickup Mansion" was completely absurd - even though my relationship with "Brad P." was critical to my initial success and eventual mega-success.

I got lucky.

Real lucky.

Though you may deny that my success was due "luck" and not hard work, I maintain that it was DEFINITELY BOTH, the former playing a bigger role than you might believe.

I don't want you to rely on "luck" though.

You don't have to be me.

I don't want you to.

You have the opportunity NOW.

If you aren't married with a mortgage, kids and a dead-end job you hate/need - you don't have any REAL responsibilities now.

Even if you are working a first or second job. It hardly matters now.

Learn to Get Laid NOW, so you aren't wandering around drunk on Hollywood Boulevard on a slow Tuesday night thinking about at which point your life started going downhill.

Learn to Get Laid before you get in a committed relationship or start your "career".

Sexual frustration will put a ceiling on your entire life and make you resent whichever "wife" you settle for.

Once you know you can Get Laid (my definition: go out 2-3 times and get at least 1 girl in bed), you won't ever have to worry about sex again.

Learn to Get Laid (whatever your definition is), have some fun with it and move on to bigger and better things.

It's possible, these guys are doing just that -
(don't view these at work or in front of your Mom)

- "What I've Been Up To - Contains Explicit Pictures and Videos" (TipHat)
- "The Reaper Way - Lay Reports and Pictures" (Grim Repear)
- "Hunk's Lays" (Hunk)

And Plenty more guys are having sex with 10-20-30+ women.

That is what my early 20's should have looked liked.

Instead, my posts were on a bodybuilding forum and I was posting selfies of my body to a bunch of

dudes instead of the pussy I was hitting.

It wasn't until I was 27 that I was doing stuff like that.

I wasn't on "your level".

I hope you understand that.

I'M THE JEALOUS ONE.

I was just Good Looking Loser.

A comfortable, highly normal, undersexed existence.

Take advantage of your 20's or prepare for the pending mid-life crisis in your 30's or 40's.

People who have psychological breakdowns in their adult years didn't build themselves up in their 20's and are faced with financial barriers that prevent significant change.

They are stuck.

Don't let that happen to you.

Pour Conclure

Before I sound like a grumpy old man on his deathbed, nostalgic about his life as an underachiever, I want to affirm that I do enjoy my life.

It's ideal.

But it's more than I deserve and I know it.

I have no business in the Top 1% in wealth and sex because I'm simply **ABOVE-AVERAGE** (at best) in reality.

The thing is -

I KNOW IT.

You have your youth and you don't even know how valuable that is.

Apply yourself now and you'll be far ahead of me when you celebrate your 32nd birthday.

~ Good Looking Wise Old Man Loser



How to Know If You Are Successful With Women (The One Goal You Need to Have)

January 30, 2015 | by Good Looking Loser | Link | Original Link

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What Exactly Am I Doing This For?

Like yesterday, today was supposed to be an "off day".

I was going to sit around playing Civilization on Xbox360 and take over the world via brute force. (not an affiliate link)

Bring the entire world to it's knees.

Enslave lesser races.

Just like I always do.

That will have to wait however.

But I looked at my "to publish" list and realized that there was an important topic that was long overdue.

In fact, if I had any sense, it should have been among the very first posts on Good Looking Loser.

Likewise, if you join our forum to ensure your accountability to your goals, it should be one of the first posts that you do too.

Podcast - How to Know If You Are Successful With Women

What Are You Trying to Accomplish?

As I explained in the rarely seen, older post "Define Success Before You Chase It (Good Looking Loser Success Principle #3", defining success is CRITICAL to achieving it.

What does success look like?

Ideally, it should a SPECIFIC, QUANTITATIVE milestone.

It shouldn't a broad, indistinct, qualitative feeling.

You should able to say -

> ***I have achieved my goal.***
>
> ***I am successful.***

Otherwise, you are just another hamster on a wheel.

You might be moving forward and making progress - but you won't even realize it.

Your mood may sour, commitment wander and before you know it -

You quit.

If you don't define success, prepare to fail.

And -

A goal without a plan - is simply a wish.

We'll have to talk about "plans" another time though.
(hint: small goal + small goal + small good = big goal)
(hint: small success + small success + small success = big success)

Although my goals were somewhat loose and undefined when I first got into this "pick up thing" back in ~2006, I actually made a point of shaping them within my first year.

I'm glad I did.

I felt "successful with women" when I achieved them, some of which was actually much earlier than expected.

I didn't get into a FULLY COMMITTED relationship until my goals were long accomplished and I HIGHLY suggest that you don't either.

You NEED to accomplish the first goal - it's the most important.

Here were my goals.



PRIMARY GOALS

#1 I WANT TO KNOW THAT I CAN 'GET LAID'

accomplished: late 2009 (unofficially), ~Fall 2010 (officially recognized)

This is the only goal that I strongly suggest that for everyone.

It's a mainly a psychological milestone, but it's it certainly something that you can prove to yourself.

The goal was defined as -

> I want to know that I can 'Get Laid'.
>
> This means -
> **I can go out 2 or 3 times in one week and *take home* at least one girl.**

That means - not relying on "dates" or phone calls to make it happen.

That is my definition.

That is what I mean when I say -

> ***You need to be able to Get Laid***

I consider to be an absolutely mandatory milestone for everyone.

This is what you are here to do.

Especially anyone who wants to pursue a committed relationship at a later date.
(aka everyone)

There's 4 types of guys -

1. 'Guy who knows he can Get Laid'
2. 'Guy who thinks he can Get Laid'
3. 'Guy who thinks he can't Get Laid'
4. 'Guy who knows he can't Get Laid'

The psychological difference between the first guy and all the others is unmistakable.

He cannot get pushed around by women.

Girls know he has other options and can go elsewhere for sex. Extortion via withholding pussy is a non-option, he isn't move by such intimidation.

Girls, especially committed partners, will respect you if you can Get Laid and will not try to walk on you (if you stand up for yourself).

The Guy who knows he can Get Laid is well-prepared to handle life without sexual frustration - which can be otherwise so very draining.

He can solely focus on his financial goals, fitness goals or just about anything he wants to do without questioning his masculinity and self-worth.

While 'Getting Laid' shouldn't be a measuring stick for how you feel about yourself - it is.

That doesn't have to be a bad thing. You can do something about it.

It may take a couple of years though.

With some totally pointless short breaks in-between and varying levels of commitment (to the PUA approach of meeting women), it took me over 3 years to achieve this goal.

That's why I think it's ridiculous when rookies get angry at me when their first year doesn't net them all their goals.

After 20+ years of social difficulty, why would you think you could you reverse this in less than 365 days?

If you totally beat approach anxiety, lose your virginity OR simply get a fuckbuddy or two in your first year - consider it a success.

Build on it.

My Story

Sometime in late 2009 I began to "think" I could Get Laid - and, looking back, I certainly could.

But it wouldn't be until the later part of 2010 until I **"knew"** I could.

Interestingly enough, this authentic affirmation came on a night where I didn't get a girl home.

In fact, that night, I couldn't/didn't have any conversations over ~3 minutes - over about 10 or 15 girls. Definitely a slow night.

Unlike just a year prior, instead of getting down on myself, I was legitimately able to tell myself for the first time ever -

> *No biggie Chris, this makes it more likely that you'll get your dick wet tomorrow night.*

Although I didn't go out the following night, I took a girl and her friend (she didn't participate) back to my apartment 48 hours later.

Otherwise the typical experience, it was one of the biggest nights of my life.

That's when I knew.

I finally believed it.



#2 I WANTED TO HAVE 3+ HOT FUCKBUDDIES IN THE SAME CITY (LOS ANGELES)

accomplished: November 2009

This was actually my main goal from the start.

Although my final resume speaks to a lot of "Quantity" (mainly from party scene), "Quality" was always the ultimate goal and perhaps the only reason I got into this stuff.

Back when I was 'Good Looking Loser' (my early 20's), I was never totally without sex. I just got frustrated that I seemed to only attract the cute/friendly girl-next-door types and not the hot/sexy babes that I used to bitterly jerk off.
(the reason was because I simply didn't talk to the hottest girls [66%] and that I was 'boyfriend material' [33%])

My Story

In November of 2009, I officially knocked this one out.

3 very attractive fuckbuddies in a ~6 miles radius of my place.

I was absolutely thrilled and so began my 'Golden Era'.

It was the most special time of my entire career.

Though I had no job, no money and sometimes saturated in the guilt of dropping out of Law School to go try and have sex with California girls - I accomplished my goal and was extremely proud of myself.

I felt like I fulfilled my destiny and that I would never again be sexually starved, lonely or depressed.

I was completely right.

The reason "Quality" was so elusive through the years was because I wanted 'validation' more than pussy.

I wasn't "Sexually Available".

I think you know the story.

My silent yearn for warm fuzzies and girls to be nice to me - made me terrified of rejection/bad reactions from the girls that I was most attracted to.

I played it SO SAFE that didn't bring home the "Quality".

Eventually I did though.

Other than slowly getting over my validation seeking (it got old), there was no significant turning point to achieving this goal.

It was just a gradual process of experience and exposure therapy with the 'hotter' girls and a growing 'Sense of Entitlement'. Growing a fat dick that girls talked to their friends about certainly helped.

Of my 3 fuckbuddies -

Two of the girls I met in the Hollywood night scene and one of the girls I met online. Ironically, the hottest one was from OKCupid, an online dating site.
(I'm telling you this because I don't want you to look down on online dating, I did it and so should you)

related:

- "How to Keep Fuckbuddies Coming Back For More (Retention)"



#3 I WANT TO GET GIRLS TO INDULGE/FULFILL MY FETISHES

(accomplished: early 2010 - ongoing)

I love this topic!

We haven't discussed it enough.

Though better defined as strong 'fantasies' moreso than true 'fetishes', there was definitely a period (probably ~2004-2006 when I was the Lonesome Bodybuilder) where I had a hard time getting aroused without thinking/experiencing one of my diverse fetishes.

Not only did I not get a lot of girls, but the normal "pretty face, tits, ass" triggers just weren't really doing it for me.

This was a problem and I knew it.

I didn't even know how initiate "regular sex" with girls, let alone make them indulge in my fetishes.

Even up until late 2008, the problem concerned me so much that I considered getting therapy for it.

My Story

Perhaps I was lucky.

I got therapy for it.

Exposure therapy.

During my 'Golden Era' (late 2009 - early/mid 2010), I was thrilled with my life and stopped caring about rejection or "looking weird".

I was way more willing to take "risks" and screen girls for their willingness to indulge my desires.

I first started doing this online.

As you might have heard, among other kinks, one of my fetishes/strong fantasies is smoking.

Though definitely less these days, I think attractive girls that smoke are super hot.

It was something that began when I was 8 or 9 years old -

My parents would take me to dinner at the Four Seasons Hotel in downtown Washington DC. Dad (retired) and I always got to the place before my Mom got there. I'd wait in the lobby playing on my Gameboy. Back then, they still allowed people to smoke inside. Since it was a luxury hotel, there would always be hot women there. They would sit down in the lobby and light up and spray their smoke everywhere. I had a minor case of asthma at the time (which I somehow totally got over) and this really bothered me but there was little I could do about it other than hold my breath. At some point in puberty, this became a big turn-on. Watching a hot (ideally huge breasted) woman's tits going up and down while she unapologetically gave me shortness of breath was a huge rush to me.

(it's only decent looking women that turn me on, I legitimately think overweight/ugly women who smoke are disgusting)

Anyway, I would search dating sites for women who smoked cigarettes and basically tell them that I thought it was hot (and sometimes tell them that story above - I had it on copy-and-paste).

To my surprise, most girls were highly assumed and thought my childhood story was "adorable". Most also liked the I didn't mind their smoking, since most non-smoking guys apparently have a problem with it.

I simply told them that we'd go out and how I'd light their cigarettes and stare at them and how much sexual power they would have over me.

Sure enough -

More times than I can count I took these girls out to coffee/lunch/dinner (I totally don't my paying for food/drink if it's part of the foreplay) and they would quietly shower me in their intoxicating carbon monoxide. They were turned on because I was turned on. I'd take them to my place to have sex afterward. I must have done this same "date" 3 to 4 times a week for 4 months straight.

I perfected it (it too was easy) and totally enjoyed it.

Interestingly enough, my 'smoking fetish' is much much less today.

That is because I got it indulged and satisfied over-and-over-and-over.

I don't know what the 'medical research' says, but in my experience - you can definitely "get over" your fetishes.

Getting them indulged (fulfilled) is definitely key and we'll talk about the other significant steps in a future post.

(hint: if you have some hardcore fetishes - this is a great resource if you live in a bigger city)

Smoking was just one of my weirdo fetishes (I don't actually believe it's weird and I'm sure as fuck not ashamed), I got the vast majority of my fetishes/fantasies fulfilled the exact same way.

It was one of my goals and I sure as hell knocked it out.

These days, I can appreciate "normal sex" just fine although my current girlfriend is happy to play out whatever turns me on that day.



Secondary Goals

Those were the 3 most important goals.

Along the way, I decided I had a few others too.

#1 I WANTED TO BE ABLE TO TRAVEL BY MYSELF AND SLEEP WITH LOCAL GIRLS

(accomplished in the USA/Canada)

Come to think of it, this was one of my goals from the start.

Unlike most guys, I didn't want to travel and entertain myself by simply snapping pictures of historical sites and buying overpriced t-shirts.

I wanted to Get Laid.

My Story

I pictured myself doing this in Europe, going from city to city to sample the vagina.

I never did that though.

Although I've travelled to the vast majority (41?) states in the USA, sleeping with a lot of girls along the way (especially during a 39 day coast-to-coast roadtrip), I still haven't been out of North America for an *extended* period of time.

I don't really know why, other than [I guess] it wasn't hugely important to me.

Once I **knew** I could Get Laid and realized I shared a city (Los Angeles) with the hottest girls in the world, I didn't have that much motivation to jump ship.

Instead, I indulged, later meeting the girl who is my current girlfriend and shifted nearly all my time and resources to my "professional" and financial goals.

For me, who "goofed" around for years, it was the correct decision.



#2 Be a "Major Player" in the Hollywood The

Club Scene

(accomplished: 2010-2011)

This one played out way differently than I imagined.

Back when I discovered the "seduction community", I dreamt about being "that guy" who went to nightclubs (environments that I used hate) and took home a new girl every night.

After I got comfortable in "The Scene", I was as successful as any guy at that.

In fact, it's where I was at my very best.

Turns out, however, cold approaching girls (who are in closed groups with social commitments and ALREADY HAVE after-party plans) in ridiculously loud environments - wasn't a super efficient use of time.

For guys who don't "stand out" (or make themselves stand out) it can be virtually worthless.

While most girls are willing to makeout in clubs, they have no plans to leave their groups of friends and it's not easy to change their mind.

What is WAY BETTER than 'cold approach' is breaking into the party circles so you have access to the pre-party, group/table and most importantly **THE AFTER-PARTY**.

Arguably, the guys you befriend and party with are more important than the girls.

If they are popular, there will be no shortage of new girls. Ever.

My Story

Unusually sentimental, I've thought a lot about "luck" in the past couple days.

I discussed it while I wrote, "Why I'm Jealous of You...".

There was a 'luck' element to this chapter too.

When I moved back to West Hollywood, I joined Equinox Fitness (the membership was ridiculous $169/month).

This Equinox is rightfully known as "The Gym to Be Seen At".

It was the gym that was featured several times on hit show "The Hills".

Celebrities workout there.

But more importantly to my cause - rich party kids with popular social circles did too.

Thankfully for me, at 6-2 225lbs (hardly big by real standards), I stood out like a sore thumb at Equinox-WeHo.

As I got to see the same groups of people that trained at ~7pm on every weekday night - I started making acquaintances.

Some of these acquaintances became friends and invited me out to party with them.
(some were looking for free personal training/diet advice, steroids and other drugs - some of which I could provide)

Anytime I was offered, unlike in college, I MADE SURE I went out and met their friends.

Sometimes - I would bring alcohol to their parties.

Sometimes - I would bring groups of girls.

Sometimes - I would even volunteer to be the designated driver.
(I didn't need alcohol since Kratom/Phenibut is better)

Most of these guys were cool, some were blatant wastes of life.

But that is to be expected in The Scene.

Everyone knew everyone, people were connected.

Like most guys, however, just about all these guys didn't have the nerve/know-how to pick up girls while sober (or drunk in some cases).

Since we often got access to clubs early to take advantage of the open bar, I could bring them entire groups of girls to mingle with, that they otherwise would have been to shy to speak.

When the club was kicking, I could bring entire groups of girls over to the table (or sometimes - no table).

Couple that with my [former] access to steroids and drugs -

I got more invites than I could even commit to.

I was very, very, very well liked.

Some guys would even try to set with up with girls in their circle to ensure that I would be part of their group, if not just for a few weeks.

For 3 months, my friend (who was a mid/high-level Hollywood/Downtown promoter) even let me live for free at the mansion he and his crew rented. That was an experience.
(tell you about it later, we haven't really discussed my 'party era'; I was braindead after and picked up a nasty dopamine habit that Spring)

Needless to say, I met and partied with A TON of girls along the way.

For a while - I literally lived at the after-party house that so many girls wanted to be at.

It was like Spring Break every.single.day.

It had never been easier when I was [semi-] "Scene Popular".

On most nights, just by pre-party behavior or texts from earlier in the day, I already knew which girl(s) I was going to sleep with.

Being popular in 'The Scene' made cold approach look like a joke.

Cold approach is undeniably valuable to build fundamentals however. And Definitely something that you should do for at least a year.

Try to have fun with it, it was one of the reasons I killed it in the party circles.

related -

- "An Introduction to the Club (Party) Scene"

 The Hills casa I lived at wasn't THIS nice, but it was pretty nice.

Pour Conclure

Those were my 5 goals.

The first 3 were the most important to me.

As you may have noticed, not included among them was -

- A committed relationship with a hot, loyal girl
- Any mention of "quantity"
- Or any specific "type" of girl (hot blonde girls)

All of those weren't my focus and would naturally come if I fulfilled my other goals.

Sure enough, they did.

Also not mentioned was the lifestyle changes and social adjustments I made along the way.

But it wasn't all heterosexual rainbows and lollipops.

I made the decision to stop speaking to a lot of people, including some former good friends and anyone who brought any negativity into my life (with the exception of my parents, who I simply limited communication with).

I had to make some tough decisions to leave the past behind.

I burned some bridges.

Sometimes for no other reason than to make myself move forward, often without any guidance or light.

My commitment to shed the past and start anew was stronger than my commitment to preserve any relationship or custom. In hindsight, a near 'Scorched Earth' policy.

I would have changed my name if it would have made me lose my formerly huge ego more quickly.

Although it took me about over a year to *really* get started -

I was -

Eventually -

ALL IN.

If you enjoyed/learned something, feel free to drop me a comment below.

I read them all, even though I may not reply.

If you require comprehensive feedback or have specific questions, the forum is where it's at.

Your Mental Problems Are Everyone Else's Normal (You Aren't a Big Mess - You Just Care More)

February 8, 2015 | by Good Looking Loser | Link | Original Link



You're Fucked Up, But At Least You Admit It

Unlike in my early/mid-20's, in my wise old age (32), I'm not a huge fan/believer in "teaching" or "learning" motivation.

Why I Don't Really Focus On Trying to Motivate Guys

I used to be all about motivation.

I used to be the kid searching for motivation in bodybuilding magazines, based-on-a-true story-but-exaggerated movies and later downloading and re-watching primitive 240p YouTube videos.

I used to be that "motivational" 'Just Do It!' guy among my friends and peers.

In 1999, my Montgomery Blue Devils Bantam level ice hockey team made the playoffs as the 6th and final seed.

We had a subpar losing record (13-15-1) in the regular season.

We were a two-man show, just myself and this kid that we'll call "Binstock" who somehow got high before games.

We had no business even being in the playoffs.

In the locker room before the first playoff game, I gave a legendary speech that would have made Dr. Martin Luther King (or Benito Mussolini aka Il Duce, whomever you prefer) proud.

Our team responded and pulled 2 major upsets (against the #1 and #3 seeds) before advancing to the Montgomery Hockey championship (which we lost in 4-3 in double-overtime).

I'm not that motivational give-and-take guy anymore though.

For one, I'm always plenty motivated these days and when I'm not - Kratom gives me more motivation than any single person should be allowed to have.

For two, I don't really think that my "feel good" speeches will convince the average indecisive person

to leave his comfortable-yet-mundane life and really go after his dreams, money or pussy.

And While some people have told me that advice from Good Looking Loser has been highly motivating, there's very few discussions that have the sole or even primary goal of motivating you.

Although we maintain a highly positive environment, there's very little "You can do it!" or "You're awesome but you/everyone can't see it!" stuff here.

We laugh at that fluff.

In a positive way, of course.

I prefer to focus on applicable steps and not fluffy high school junior varsity football coach speak.

In fact, the only obvious motivational post I can even think of is "She's Probably Already Fucked a Guy Uglier Than You".

There's a 3 reasons for this -

#1 Motivation (from a blog, video, otherwise) is a highly temporary thing for 99% of normal people. Normal people have trouble committing to their goals, let alone even making goals. Very few people adopt any sort of sustained drive that it takes to accomplish big things from surfing the Internet.

You have to have the 'seeds' of motivation within you and YOU have to cause them to germinate.

What feels like motivation is usually just simply entertainment. I call this the 'Good Movie Effect'.

You live your life differently for 2 weeks, but it wears off and you are back to where you started.

#2 Aside from infrequent slumps, what you need is Long March self-discipline, not instant coffee motivation. Many people seeking motivation simply have poor discipline or a half-willingness to even commit, let alone endure. Sometimes their "search for motivation" is actually just their latest form of procrastination.
(self-discipline > motivation is a familiar concept, but it's true)

#3 The best motivational blog has already been written. But, to me, Victor successfully motivates through example, somewhat moreso than by "typing the correct words" or pushing your right buttons. As he'll admit - the guys he motivates are the ones born to succeed, not losers that are on the fence, constantly seeking a fix of synthetic digital motivation.

#4 Lastly, if I really need to convince you to get excited about getting to the point where your life is full of pussy, money and [insert here whatever you want], then you are probably depressed and need to address that first.
(more on depression at another time)

Despite all of that...

You might find this discussion to be somewhat motivating.

If nothing else - you'll realize that maybe you aren't all that messed up after all.

"Your Insecurities Are Everyone Else's Normal"

* I have a new apartment - but I have lived alone in LA before (2009-2010ish)

Your Issues Are Common.
You Are Just More Insecure Because You Care More.

While the Average Person Gave Up Long Ago.

Despite the differences between yourself and those that will never read this post, you are actually quite similar.

Every guy wants to be able to Get Laid when he wants to, eventually finding a hot and loyal girlfriend that supports his every dream.

Every guy wants to look good and have sex appeal.

Every guy wants to be beyond financially secure and have some "toys" or higher-end entertainment to play with.

Every guy wants to 'stand out' in a positive way and not just fit in with the average people.

Every guy wants to feel warm and fuzzy when groups of girls talk about how his dick is better than other guys.

Every guy wants to win at life.

Or at the very least - win more than other guys.

Real men want to be successful.

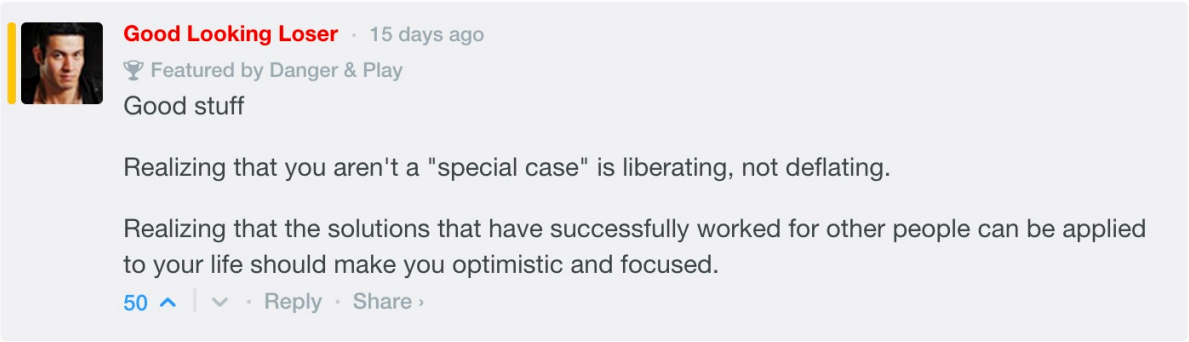
Any guy in his 20's or 30's that says his one and only goal is to simply "be happy" has quit on himself a long time ago.

You Aren't Unique.
Your Issues Aren't Unique.
You Are Just More Insecure About Them Because You Have Higher Expectations.
(and that's why you will fix them...)

Similar to your masculine desires, the obstacles ahead are generally no different than the average guy.

Civil rights leader and People's Champion, Michael Cernovich, dug into this issue a little bit recently on Danger & Play.

I commented -



Over 50 times a month, we have guys explain why they have a unique issue or special problem and don't know how to fix it.

Obviously it's rarely true.

They know how to fix it.

They are just asking for permission to try and the lack of a time/money-back guarantee concerns

them.

That's fine, I felt the same way when I was younger, I had to get permission to talk to women I didn't know.

Even though I thought my "I can't talk to hot girls I don't know" issue was a special, unique problem that originated from not being invited to all my friend's Bar mitzvahs and growing up as an only child despite having a brother and sister - it was normal too.

It was called 'Approach Anxiety' and the solution to fix it was the same as it is for everyone else -

EXPOSURE THERAPY.

After I stopped inventing complex solutions, I eventually fixed the easy, common problem.

That Fact Of The Matter Is

NEARLY EVERY ISSUE WE DISCUSS IS EITHER A GOAL OR INSECURITY OF EVERY 20 OR 30-SOMETHING HETEROSEXUAL MAN ON THIS PLANET.

You know it and I know it.

So What's The Difference?
(Your Mental Problems Are Everyone Else's Normal)

The difference is -

You have high expectations and you haven't quit.

You aren't afraid to admit it.

Normal people are afraid to admit their insecurities and that's their problem.

The difference is -

Your insecurities motivate rather than discourage you.

You fight to bring your issues to the surface rather than to repress them for the pending midlife crisis.

The difference is that you admit it and won't accept it.

Take this example -

Every guy wants to be able to talk to pretty girls.

Right?

Uh-huh.

For you, if you can't muster up the courage - it makes you want to kill yourself or at least beat yourself down.

You feel like a total pussy.

You literally feel like you aren't a man.

I know that's how I felt.

But for normal people, not having the balls to talk to hot girls isn't a problem because they have long accepted that they are a pussy. That ship has already sailed.

Approach anxiety is common, I don't know any guy (even the experienced ones) that could just walk up to any/every hot girl unless they earned the social freedom via exposure therapy.

Yet, only about 1% of guys (yes, it's that rare when you look at the real world) have the courage to

engage a hot girl they don't know in a somewhat of a meaningful dialogue while being in a sober state.

But only YOU care if you can't do it.

You feel you should be part of that 1%.

That's a good thing because normal guys don't think they belong.

They would be correct.

The difference is -

For normal people, its totally normal and acceptable to feel like a coward.

For normal people, its totally normal and acceptable to act like a coward.

For normal people, its totally normal and acceptable to be a coward.

Normal people try to 'accept themselves' through various denial methods while you try to FIX yourself.

Don't get diverted by this "accept yourself" crap.

If you want big things, you'll never be able never accept mediocrity anyway.

That's for normal people.

Pour Conclure

Newcomers, not-yet-accomplished guys -

What you perceive as an insecurity or problem is exactly how 99% of guys feel about that same issue but are too scared to admit.

You just care more and that's the same reason you will be able to FIX and not just "accept" yourself.

Your problems are not unique.

Neither are the solutions.

Compared to other guys, you are not any more or less insecure about most issues. You just CARE more while normal guys have quietly thrown in the towel many years ago.

While I can't guarantee everyone massive success in all walks of life, I can safely say - if you really (and I mean REALLY) focus on your goals, one-at-a-time, in your 20's and don't give in, you will easily be ahead of the average guy within a few years.

If all else fails - at least you'll have a better body and bigger penis.

I've been able to make a living on that.

"Rich Guy Game" (How to Correctly Leverage Your Social/Financial Status)

February 15, 2015 | by Good Looking Loser | Link | Original Link

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"Rich Guy Game"

How Wealthy Guys (or Not-Yet-Rich-Guys) Can Score Points Without Looking Like Total Jerks

This discussion, albeit somewhat overdue, was inspired by a message from a certain GLL VIP.

He writes -
(paraphrase for length, removed personal information)

> *Hey GLL-*
>
> *Im 33 yrs. Old and have a lot of money, some inherited, some earned with online business. I?m worth well over 3 millions dollars, live in a nice apartment right here in LA and drive a Bentley.*
>
> *We always hear that the rich guys always get girls, is this true?*
>
> *That just hasn?t been me experience dude, in fact its almost like I attract relationship seekers or girls just think im an asshole and write me off.*
>
> *Its embarrassing but I haven?t had a one night stand since college.*
>
> *What am I doing wrong?*
>
> *How do I make this work, or is the whole "Rich Guy" mainstream BS?*



Do Wealthy Guys Really Read Good Looking Loser?

Perhaps this is more for the 'Get Paid' section, but the answer might surprise you for how 'immature' and 'young' our community seems.

The answer is -

Yes. Of course.

"Rich Guys" (those who make over $200,000 after taxes, in my book) obviously aren't a significant part of the readership (they aren't on any blog - Rich Guys are out making money), make up a small part of Good Looking Loser's powerful silent majority.

Many have been overly kind to us -

- One donates over $1,000 each holiday season.

- One once sent me $5,000 to 'stop wasting his time' because he wanted my full attention and wanted it immediately.
(nice move)

- Others have recommended me in their circles and provided free professional legal and financial services.

- There's also several 'high status' business owners and non-household name "celebrities" who have sought me out.

Truly remarkable for a kid that was virtually broke and only friends with a bunch of fun high-end

club going drug addicts when I started Good Looking Loser in ~2012.
(I made a lot of money as a personal trainer/nutritionist but blew a lot of it on unnecessary crap in LA)

I am forever grateful.

You guys know who you are. And I will never forget either.

As I mention in the video, I tread the issue of "having money" rather lightly.

In fact, the ONLY reason I talk about it is because it's highly necessary to be a legitimate "How to Make Money Online" authority.

Money is an incentive for me, but it's hardly the primary motivator.

I wouldn't be writing Good Looking Loser for free, but I also would do it for a lot less.

Hopefully this is obvious to you by the amount of free content we give away. It's not just a strategy to "get readers" - I definitely want you to hold it the fuck down.

I'll discuss my finance relationship with myself on 'Get Paid by Good Looking Loser' in a few weeks - it might be different than any case you've heard before. You'll see where I'm coming from and why I think the way I do.

Also - I'd like to get to the point where a lot of you guys consider yourself "Rich Guys".

To ensure quality, 'Get Paid' will have to develop slowly, but it will be the financial turning point in many lives.

But either way, for the time being, Rich Guys and Pretend Rich Guys can use the strategies I outline below.

Introduction to "Rich Guy Game"

Who Is The "Rich Guy"?

This "Rich Guy" concept is hardly new.

Rich and poor guys have been leveraging (or pretending to) their financial status to try and score pussy for centuries.

It's often done incorrectly or at a massive, inefficient expense however.

For many of us, the "Rich Guy" image is that of the 20-30-something tall, handsome, masculine, work hard, play hard, investment banker/lawyer that hit the clubs in a full suit and leaves with 3 girls to go back and do cocaine with $100 bills off their ass cracks.

The character 'Patrick Bateman' in American Psycho played by Christian Bale comes to mind.

In reality, that Rich Guy character pretty rare and is usually just poor imitated by a 20-30-something big spender whose income might be high but his finances are a total mess. That type of lifestyle is physically and financially draining. Real Rich Guys don't waste their money like that - not on a regular basis anyway.

Most Rich Guys (still trying to score young pussy without paying for it) are in their late 30-40s and have underdeveloped "dating" skills because they have only been working on their bank accounts for the past 20 years. There are obviously some exceptions and they don't need my advice.

At the same time, perception is reality and the "Rich Guy" can literally be anyone who dress the part.



Do Rich Guys Really "Get More Girls"?

Yes and No.

For actually "Getting Laid", financial privilege isn't actually a HUGE advantage.

Rich guys can buy drinks, tables, meals, drugs, fast cars, have cool parties and lots of nice clothes that can help their perceived social status.

It works, but only to an extent and its cost:benefit ratio is absurd in any sort of financial perspective.

Money and nice toys help, but may be negated by the fact that, if done incorrectly - the Rich Guy can easily present himself as "Boyfriend Material" and will *often* attract relationship seekers who withhold sex and demand some emotional investment before they spread their legs.

Arguably, money/appearance of wealth can be a hinderance if you don't still 'screen' girls for their DTF potential.

That is why so many rich guys rather purchase high class hookers than "do pick up".

It's easier on their wallet, WAY MORE efficient and not emotionally draining.

Their doctors, lawyers and team of financial advisors would all advise that this is the correct move.

For "meeting women", "picking up girls" or relationships/retention (committed or uncommitted), however, the Rich Guy is at an undeniable advantage.

To EVERY woman, not just so-called 'Gold Diggers', financial status is attractive in a medium/long-term partner. Financial status is power. And Power is sexy.

If given the choice, all things equal, nearly every woman would prefer a wealthy partner over a not-so-wealthy partner.

So would you if you aren't intimidated by vagina.

Wealthy guys have and can provide a lifestyle that many women can't or aren't willing to earn otherwise.

Many women are willing to fuck a Rich Guy for months, in hopes of locking him down.

That's the best case scenario.

Many women try to convince themselves that they are 'in love' and get married because they can't

make big money on their own. They are simply in love with the lifestyle, or the dream of such.

That's the not-so-best-case scenario and it usually ends ugly.

Hopefully the guy saw this post about pre-nuptial agreements.

He probably didn't.

Every Rich Guy who meets the 'looks threshold' will have some 'Boyfriend Potential' and the type of guy that girls think long about.
(remember - Boyfriend Potential is what you want, Boyfriend Material is not)

The Rich Guy, however, mainly benefits in retention and enjoys only a slight advantage [if any] in actually Getting Laid on any given night.

When people say -

> ***Rich Guys get all the chicks!***

They don't know what they are talking about or they are referring to medium/long-term relationships.



This apparently wasn't considered racist in the 1990s...
The Million Dollar Man, Ted Dibiase and his poor black slave, Virgil.

Fundamentals of "Rich Guy" High-Status Game

There's 2 fundamentals that can help you leverage your financial/social status without coming off like a total asshole.

Screen As You Would Normally

This all "works" provided that you "screen" girls as you would otherwise - eye contact prior to speaking to them and touching them early in the interaction to see where they stand.

That is a given.

Remember, a little goes a long way, especially during the day.

#1 Dress The Part (ALL OUT)

This is critically important.

~~Women~~ Nobody can't tell how 'well off' you are unless you given them the hint.

I suggest rocking a FULL SUIT. Go ALL OUT - tie, pocket square, nice shoes, nice watch, etc. etc.

Day or night.

This game is all perception and there's not an unacceptable time to do so.

I give you permission to wear a FULL SUIT AT ANY TIME - you might be overdressed at times but women will notice you and think "Who's he?"

* at the side angle, the pants on this suit look (are) too wide and need to be taken in. It's partly the weight I've lost, partly poor tailoring. I am aware of that but only noticed after the fact. It seems to look worse on camera than in-person however, otherwise I probably would have noticed. The front looks just fine and it didn't seem to matter - but this isn't how wide your pants should look from the side. - Chris

#2 Show Don't Tell - Only Volunteer 'High Status' Information When Asked

This is the part that most Rich Guy miss on and come off looking like try-hard jerks.

Your appearance alone suggests you are special.

Girls, if curious, will ask questions to confirm this.

One question interested girls will ALWAYS ask you is -

> ***What Do You Do?***
> (if they don't ask, you should ask them what they do/they aren't interested)

That is the time to confirm her hunch.

Say what you do (or pretend to do), but vaguely at first.
(you can all say a low status occupation, but chicks are dumb and might believe it)

Do not include specific financial figures.

You are encouraged to say what you do, but sometimes it can be hard to explain and you'll just want to try one of these -

> *I work on Wall Street.*
>
> *Investment banker.*
>
> *CEO of [whatever].*
>
> *Sports Agent.*
>
> *Doctor/Lawyer.*
>
> *Business man.*
>
> *Retired.*

Often simply the clothes you are wearing and your answer to "What do you do?" is enough to score a date with a girl. You don't have to push it much further and gloat about income, investments, toys or the other rich people you know.

That is perceived, not incorrectly, as - TOTAL ARROGANCE.

The only time I feel it's *somewhat* appropriate for the Rich Guy to inject 'luxury' into the interaction when not prompted is at the very end.

Mention that you might let her drive your [nice car], you'll go do [something expensive], have a

reserved table at [nice place], or mention where you live.
(just be willing to follow through or end up on a traditional date)

Even those statements might be a little much.

Hot girls often think the "Rich Guy" is compensating for a lack of social skills/penis girth - two factors that provide a much more significant effect in the "Getting Laid" experience.

So don't go over the top at the end or it looks terribly hard try.

In fact, DON'T GO OVER THE TOP AT ALL. EVER.

You'd be surprised what a nice suit, fake Rolex and the words "Executive at Merrill Lynch" can do for you, just ask my friend Josh (who works for Comcast Cable).

How Many Rich/Pretend Guys In Los Angeles Pickup Girls

Girls in Hollywood literally hear the following statements all the time -

> ***I'll have a limo sent to your place...***
>
> ***I'll have a private jet waiting for you...***
>
> ***We'll have a weekend in Vegas...***

Often the offer isn't actually fake, nice hotels in Vegas are super cheap and you can rent a private charter, sometimes for as little as $400 (as part of a hotel package). Everyone in the scene knows this.

This is a joke (sort of), this is how some guys do it -

Even I'm impressed with my body language.

Bonus Section - Oh No! The Gold Diggers!

This is the first and last time I'll address the "Gold Diggers" that so many not-very-wealthy young Red Pill guys are so paranoid about.

First off -

Money attracts EVERYONE, not just Gold Diggers.

Call me a feminist but to assume a woman is a Gold Digger because she thinks wealth is a "good thing" and like the finer things is in life - is unfair and absurd.

Second off -

Gold Diggers don't prey on 24 year old KIDS that are living on the $2000/month their parents give them to help with rent or the $15.40/hour before taxes wage they earn at their first post-college job.

Sorry guys.

Third off -

Gold Diggers ONLY prey on weak, pussy, "beta" males that use their money to get/keep girls interested.

Gold Diggers want NOTHING TO DO WITH masculine, confident, "alpha" males that have plenty of options for sex and can ditch them whenever they please.

Although I have zero interest - I have no problem telling you guys luring in Gold Diggers by lying, having sex with them and not calling them back.

It's hardly worth the effort though because Gold Diggers withhold sex to ensure emotional

attachment.

There's nothing worse than sitting at a dinner table with a bitch that you hate.

Want to stop Gold Diggers?

If you actually have a Gold Digger on your hand, do this -

Don't give them your money.

Don't call them back.

Give that a try.

I bet it'll work.

Pour Conclure

Outside of dressing for status (full suit, all out) this "Rich Guy" stuff isn't necessarily recommended if it's not you.

While "lying" isn't completely uncommon, it doesn't really offer a huge advantage in Getting Laid and might even be counterproductive with a lot of girls. Likewise, you don't want to gloat and promise certain things that you know you can't deliver if the girl wants to see your lifestyle. It's just bad for your psyche, to know you are a loser.

If it 'is' you, the "Rich Guy", when leveraged appropriately (dress the part, show don't tell), enjoys slight advantages in getting laid and definite retention benefits.

Prepare to become a 'Serial Dater' through and waiting for the higher-quality pussy to give it up.

It might be worth it if you have the money and can retain quality girls, but it's never going be to as efficient as aggressive screening.

If nothing else though, since you are wearing a suit, you can go boss people around for fun.

Good Looking Loser's 100 Flowers Campaign (Constructive Criticism)

February 16, 2015 | by Good Looking Loser | Link | Original Link

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"Let a thousand flowers bloom, a hundred schools of thought contend"

if you've come to Good Looking Loser looking for the new post, it's here -

- "Rich Guy Game (How to Use Leverage Your Financial/Social Standing Correctly)"

The 100 Flowers Campaign

(no one will die however)

In the past 6 weeks, the Good Looking Loser Community has enjoyed what is equivalent to our own little Golden Era.

Traffic is at consistent record highs, for both Good Looking Loser and Lifestyle by Good Looking Loser (GLL-GetALife.com) and reader engagement is an all-time high.

Now, before I start using any recent momentum to start coasting (yeah, right), I want to hear what we can be doing better, as well as what you like about our community.

The former is always more appealing to most people however. :-)

I'm highly encouraging readers to drop their own constructive criticism of the Good Looking Loser community, as well as expressing what they would like to see more of.

Before you drop any constructive feedback, I'd like to remind you of a few things -

Outside of some posts by our wise contributors, I literally write every single discussion, paragraph, sentence, word and letter of every post on Good Looking Loser.

It's simply not practical to generate massive amounts of quality content without adequate time.

I'm hardly short on ideas and topics to cover, but it needs to be done in due time.

There's plenty on our agenda that you can expect and don't have to request, including but not limited to -

- Additional high-quality "Get Paid" content
- Approach Anxiety Program 2.0 (free)
- A Good Looking Loser Mobile App that is way better than the first one
- Relationships (committed and non-committed)
- "Party or Club Game"
- Additional information on anabolic steroids (Get Juiced)
- Additional information on diet and exercise
- Kratom lifestyle
- A forum constitution to ban trolls and excessive "PUA" talk
- Podcasts(?)

Unfortunately, I ~~don't~~ can't have any sort of strict order for this content.

I basically discuss whatever I'm thinking about and that day/week.

I've pretty much done that from start and anytime I stray from that approach - I write uninspiring garbage that makes me want to unsubscribe from the blog.

Also, I've had to stop issuing deadlines for projects/posts because I've successfully frustrated everyone by not delivering.

Good writers can meet deadlines with inadequate amounts amounts of time.

I'm not a good writer.

Please leave your constructive criticism below.
(and what you like)

I encourage it.

note: our webmaster first reads and approves all the comments and will delete hateful messages. I don't even get the chance to see them, so it's not worth your time, go be productive instead.



Happy Hippo Credit Card Update

As I've mentioned and had to retract way too often, Happy Hippo is acquiring a credit card processor and the job should have been done a month ago.

Puddles actually acquired the processor about 2 weeks ago.

I've already signed the contract.



Puddles turns dark red when he is upset.Unfortunately, due to some software issues (on our end) and integration issues (on their end) - we haven't gotten it to work smoothly and the last thing I want to do is put up a processor that doesn't work 100% of the time.

Our webteam (and the bank and USA-based payment gateway) literally worked on it day and night last week. The matter has been so pressing that the Chief Technical Officer took over the project last Friday.

It's completely ridiculous, I know.

Why can't we just install this in 30 minutes like every other site?

You have no idea how frustrated I am.

Coordinating efforts with different time zones has been beyond difficult - to say the least.

I appreciate everyone that has put up with our awful current payment options - Dwolla and Popmoney.
(email HappyHippoHelper -at- Live dot com for a faster/instant payment method if you need to, make sure you call it **"Internet Start Up Kit"** when you submit payment)

We will have this up as soon as it's working 100% and we trust it to take care of you guys.

Hopefully this week.

Possibly today.

But no promises - I've been wrong every single time I've said "we got it!"

Anyway, drop your feedback (positive and negative) below and thank you for reading.

I love you.

The Most Liberating Thing You Can Possibly Hear If You Are Scared To Talk To Girls

February 18, 2015 | by Good Looking Loser | Link | Original Link



We Grant You Permission To NOT BE SMOOTH

(The Most Important Concept on 'Get Laid' by Good Looking Loser)

Despite the enormous amount of [helpful if applied] content on Good Looking Loser, there are limitations on how much we can truly help you over the Internet.

I admit this without hesitation.

We simply cannot type words in a certain profound order that will significantly impact how your mind and body reacts when social tension is applied.

That is something you will have to leave the house to ~~fix~~ earn.

All we can do is try to convince (or trick you, at times) into going out and talking to women, thereby gaining exposure, thereby lowering your anxiety to do so.

After a while, you'll find yourself at ease and come give us the credit for lowering your anxiety, even though you did all the work.

You do it, we are given the credit.

I've seen it happen hundreds and hundreds of times.

The myth of us actually changing your life is critical to our survival - so don't tell anyone.

At times, however, there are a few things that I can tell you that can have an immediate effect and change how you view "the game" and how you should go about walking up to random chicks.

This may be one of those moments.

Listen to this and then listen to it again.

And Listen to it again and again and again.

When you walk up to a girl to speak to her -

(or even think about it)

DO NOT TRY AND BE SMOOTH.

DO NOT TRY AND BE SMOOTH.

DO NOT TRY AND BE SMOOTH.

GUYS THAT GET LAID A LOT -- ARE NOT SMOOTH MOST OF THE TIME.

Sometimes, if a guy comes across a girl who he has natural chemistry with, the interaction will go smoothly and he will look smooth.

By and large, however, guys that Get Laid a lot have plenty of sloppy, awkward, painful-to-watch-for-the-normal-person-who-doesn't-Get-Laid interactions.

I repeat -

GUYS THAT GET LAID A LOT -- ARE NOT SMOOTH MOST OF THE TIME.

Why is this?

Is their "game" no good?

Are they scared?

Are they not good looking enough?

No.

Guys that Get Laid a lot aren't smooth most of the time because...

For one -

When a heterosexual male and female who have never met each other have their first interaction, neither one of them is 100% TOTALLY comfortable. Social and sexual tension is completely normal - even if you have a high tolerance to it.

The net result of this PIECE OF COMMON SENSE are interactions that don't always go smoothly.

For two -

It takes **TWO** to be smooth.

The guy AND THE GIRL.

Despite popular thought, held by both the mainstream and the seduction community, just because you are comfortable, doesn't mean the girl is automatically going to be comfortable.

IT IS NOT TRUE.

If the girl is not available, she will usually not "be smooth" nor let you "be smooth". An unavailable girl (most girls) will be somewhat cold, standoffish and non-engaging. Some sweeter girls will be very nice, but resist when you introduce physical contact.

The smoothest guy in the world is not going to look particularly smooth if he is talking to a girl who is not interested. She won't respond well to his "game". She might not be rude, but there's hardly going to be any fireworks or magic.

And The opposite can also be true -

Many interested girls GET NERVOUS when they like a guy.

Interested girls can get shy because they don't want to "mess up".

Even the hot ones.

Especially the less experienced girls. Especially when they aren't wearing as much makeup as they wish for the moment. Especially when they are alone, without the social support of their friends who they usually rely on approval/disapproval from.

Jesus, I've seen this a million times and you will too if you have a edgy/masculine appearance as we suggest.

But many guys mistake this for disinterest, which it certainly can be in some cases.

Both girls who ARE INTERESTED and AREN'T INTERESTED may respond less than positively.

Their 'not super positive' reaction can make an otherwise "smooth guy", react not-so-smoothly at times.

The whole "the alpha male isn't ever reactive" is a concept, not a reality. It is human instinct to react according to stimulus - the key is to recover or shake it off.

So even when you lose your approach anxiety - you can't expect smooth interactions.

Not even from the girls that are interested in you.

Natural chemistry and the girl's personality/availability is a major factor in how the interaction goes. "Smoothness" is not all on you.

Third off -

If you are being aggressive (meaning talking to a lot of girls and screening them physically in the first 60 seconds), the vast majority of your interactions will not be very smooth.

You are moving fast and girls rarely see this kind of assertiveness.

For a girl -

Meeting a stranger and 20 seconds later holding his hand is not normal.

In fact, it can be quite weird if the girl isn't available.

But if she is - it can be very exciting.

Even in that case, however, it's not likely to be super smooth unless she is somehow really sure of herself and doesn't play hard to get.

There is NO COMPLETELY SMOOTH WAY to hold a girls hand in 20 seconds.

There is NO COMPLETELY SMOOTH WAY to kiss a girl in 5 minutes.

There is NO COMPLETELY SMOOTH WAY to take a girl to your car in 10 minutes

And Frankly -

There is NO COMPLETELY SMOOTH WAY to have sex with a girl if she thinks you are moving a bit fast.

And guess what?

IT.DOES.NOT.MATTER.

Excitement is far more important than "smoothness".

In fact, girls will forgive a lot of things you do "wrong" when they are excited about you and where the interaction is likely headed.

Chris is Not Always Smooth
And You Shouldn't Be Either

You've probably seen my YouTube videos.

Sometimes, I have some natural chemistry with the girl I'm talking to, a premeditated gameplan in mind that she consents to and it ends up looking really smooth.

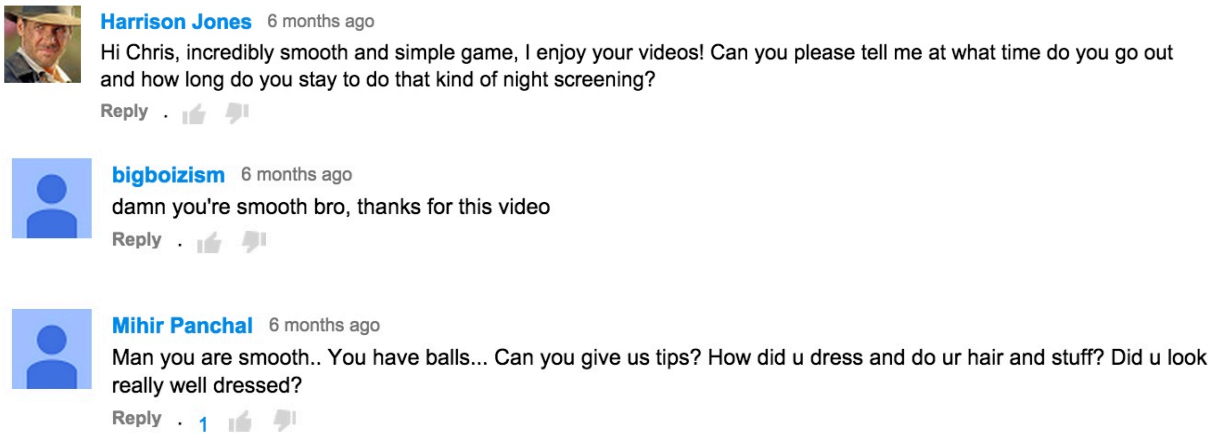
It's ON from the start.

Just as often, I don't have much natural chemistry with the girl I'm talking to and things look clumsy.

Sometimes, it's just my own fault - my mood isn't great, the timing is off, I'm not quite in the moment or sometimes the girl literally didn't see me coming.

But sometimes - the girl is JUST NOT FEELING ME (or anyone else).

Anytime I publish a video, there's plenty of "You're Smooth Chris!" comments like this -



And I also get plenty of "You're Not Smooth Chris!" comments like this -



wobblegook 3 weeks ago

Honestly, watching you i feel like you are only halfway believeable; yea obviously you are over your general approach anxiety at the same time you still seem uneasy and not as smooth per se, ironically which makes your principle believable. But, see here lies my doubts, although you seem 'unsmooth' you have your relative good aesthetics to fall back on if you may. This girl is so gorgeous, i would be genuinely jealous if you got to smash her.

Reply .

In fact, almost EVERY SINGLE VIDEO has both differing opinions -



manns101101 9 months ago

Dude before I saw it I was thinking it'd be cool or smooth, but it was neither. The way you did it I'm surprised she didn't scream cos she thought she was getting robbed or something. You just grabbed her outta nowhere n started counting - if I was here I'd be thinking you were gonna blow a bomb or something, damn man... In fact it was so agressive even your own nerves made you eject and didn't let you recognise she was still happy to talk to you somehow... WTF

Reply .



2FluffySlippers 11 months ago

Smooth ass nigga Chris. Damn you smooth my nigga.

Reply . 4

And Again -



Igoezhamm8732 2 months ago

SMOOTH

Reply .



projectkid916 2 months ago

ur game wasn't smooth & ur closes weren't slick enough also that heeyy how u doin smile for me was corny as fuck

Reply .

But usually someone gets the point -



Social Playground 9 months ago

When I first saw your stuff I was like man this is very awkward and not smooth but I now I understand the principle behind it.

Reply .

Sometimes, it goes "smooth".

Sometimes, it does not.

More than half the time - IT'S NOTHING I CAN CONTROL.

THAT IS HOW THIS STUFF WORKS.

IT'S A NUMBERS GAME AND THE ODDS ARE LOW ON ANY INDIVIDUAL GIRL - BUT IN HIGHLY YOUR FAVOR IF YOU TALK TO SEVERAL GIRLS ON A REGULAR BASIS.

I DID THIS STUFF FOR 3.5 YEARS, NEARLY EVERYDAY.

THIS IS EXACTLY HOW IT LOOKS WHEN YOU DO THIS STUFF.

Sometimes smooth.

Sometimes not.

Sometime 3 or 4 months before my "Golden Era", I stopped worrying about "being smooth" and really started tagging some pussy.

If I can get you to drop the "I need to be smooth" junk too, you'll be well on your way.

You'll be able to finally ditch your Approach Anxiety.

And Later, you'll be able to build your Killer Instinct, a fundamental FAR MORE IMPORTANT than "smoothness".

And At some point, you'll even be willing to look like a creep -

and you'll finally give yourself permission to talk to girls, with much less stake in the outcome.

So Why Do Guys Try To Be Smooth?

There's two main reason that guys put so much focus and stress on themselves to be smooth.

#UNO - THEY LITERALLY DON'T GET IT AND ARE TRYING TO CONVINCE THE GIRL TO "LIKE" THEM

Most guys literally think "smoothness" (and not Killer Instinct/aggressiveness) is the way to get in a girl's pants.

If they are "smooth", the girl will like them.

It's the old legendary Good Looking Loser coined "I hope she likes me..." mentality that ~100% of guys have.

That's a recipe for failure unless the girl is less attractive/cool and distinctly available.

Hollywood movies with scenes reshot hundreds of times reinforce this "If you be smooth, she will like you" mentality too.

In movies, most often the actor is a "smooth talker".

After he is smooth for a while, the girl in the movie starts to like him and takes the lead to initiate kissing and ultimately sex.

This is the example of "how it's done" that most guys get.

Be smooth and hope the girl does something.

Although most guys are at their best when they are sloppy and drunk and around similarly sloppy intoxicated girls, they still believe that "smoothness" is the key to getting in a girl's pants.

Those unfortunate souls who get lost in the seduction community have the same mentality that it is their sole responsibility to make girls "like" them. They believe that it is their duty to be smooth with routines/lines/body language and always their fault when their "game" doesn't make the girl spread her pussy (or ass cheeks).

#DOS - THEY ARE SCARED AND "SAFE GAME" (TRYING TO BE SMOOTH) IS APPEALING

The entire smooth persona might look good on camera but ultimately is simply a wonderful excuse to play it safe in real life.

In reality, being smooth is a tactic to avoid rejection.

Not to Get Laid.

I did that for years.

I know.

Since it's nearly impossible to be smooth and aggressive, nearly all guys pick "try to be smooth" because it's much safer and the chances of getting a bad reaction beyond a disinterested look is quite

low.

In reality, guys who consciously try to be smooth play "not to lose" and they literally stand there trying to pick the correct words in order to "not fuck up".

Keeping a dead conversation going and hoping for the right opportunity to "do something" is the goal.

The moment never comes but at least nothing bad happened.

Related -

- "Be Aggressive, Not Smooth"

Pour Conclure

Obviously with practice (experience), you will become more smooth.

Beyond a certain point (usually after you beat approach anxiety), it doesn't really matter though.

Your "smoothness" is hardly a primary factor in which girls end up liking you.

And Certainly hardly a primary factor which girls end up in your bed with their butt cheeks suffocating your face.

For casual sex, how you look (sex appeal = physical attraction) and her looks threshold/availability are MUCH BIGGER factors in whether she is physically attracted to you. Not smoothness.

Killer Instinct (advanced social freedom/aggressiveness) is a MUCH BIGGER factor in whether you hit that pussy. Not smoothness.

Being smooth is icing on the cake and although certainly part of your experience/confidence, the 'smoothness' of an interaction is also an indicator of natural chemistry, an open window and the girl's personality.

You can only do so much.

Trying to be smooth is hardly worth your time and a huge diversion from being aggressive.

Be aggressive - you'll Get Laid.

Be smooth - you'll avoid rejection.

It's up to you.

Guys that Get Laid a lot ARE NOT ALWAYS SMOOTH.

So you now have permission to NOT BE SMOOTH.

You will Get Laid being clumsy and sloppy just as much.

Good Looking Loser Apparel Available At BADWear.com

February 20, 2015 | by Good Looking Loser | Link | Original Link

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Official Good Looking Loser Clothing

(Made in the United States of America)

If you're a member of the forum, you probably already know about this - but I'm happy to officially announce that Good Looking Loser clothing is now available via our friends at BADWear.com -

- **View the Good Looking Loser Collection @ BADWear.com**

Guys have been telling me to release some basic apparel for years and finally I got the opportunity to offer some high-quality gear that didn't require us to handle the shipping and customer service.

Unlike blog posts and how I look in YouTube videos, I'm actually a bit of a perfectionist when it comes to releasing my own products that you have to pay for, especially clothing.

The shirts are actually quite nice.

I'm very happy with how they came out.





Although we just have basic t-shirts and hoodies, it was really important to me that it looked good and was printed on high-quality material so you can actually wear it (and not become a social outcast) and not have to worry about it falling apart in the washing machine like so many generic t-shirts that are printed on the world's cheapest fabric.
(that was the longest sentence I've ever written)

It's printed on official American Apparel material and is not a flimsy piece of crap.

The neck won't stretch, it fits to size and none of my shirts haven't shrunk.

 (it's not tucked in I swear)

Right now, we have just a basic logo collection, but we'll expand into some other looks.

For friends & family of Happy Hippo and Puddles, there's Happy Hippo Herbals shirt available too.



BAD (Bold & Determined) Wear also features Victor's Prides line.

You can expect the same quality of Victor's gear. We definitely didn't pick the cheapest generic shirts and stamp labels on them.

There's a whole story behind how he created BADWear.com and if you are into the "Get Paid" stuff, it's worth checking out -

- "How Victor Started a T-Shirt Business"

Thank you very much in advance, regardless if you make a purchase, your support of our community means so much to me.





New Good Looking Loser - Mobile App Now Available

February 28, 2015 | by Good Looking Loser | Link | Original Link

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Only $19.99!
(just kidding... it's free)

Good news, in an otherwise shitty week (more on that another time), we finally got the Good Looking Loser - Mobile app approved for all major mobile platforms.

It's much better than our old app and more reader-friendly to read posts, watch videos and listen to podcasts.

It's lightening fast (unless you connection is absolutely terrible), displays high-resolution images and actually quite good.



If you have an iPhone, Droid, Tablet or anything else, you can download the app for free.

(we will have a specialized Blackberry version coming out soon too)

Download Here



If you like the app, please leave us a review!

It is actually *very* helpful.

(there is no adult/NSFW images on any of these apps)
Get Laid is renamed "Get Girls"; that's just the way it's gotta be

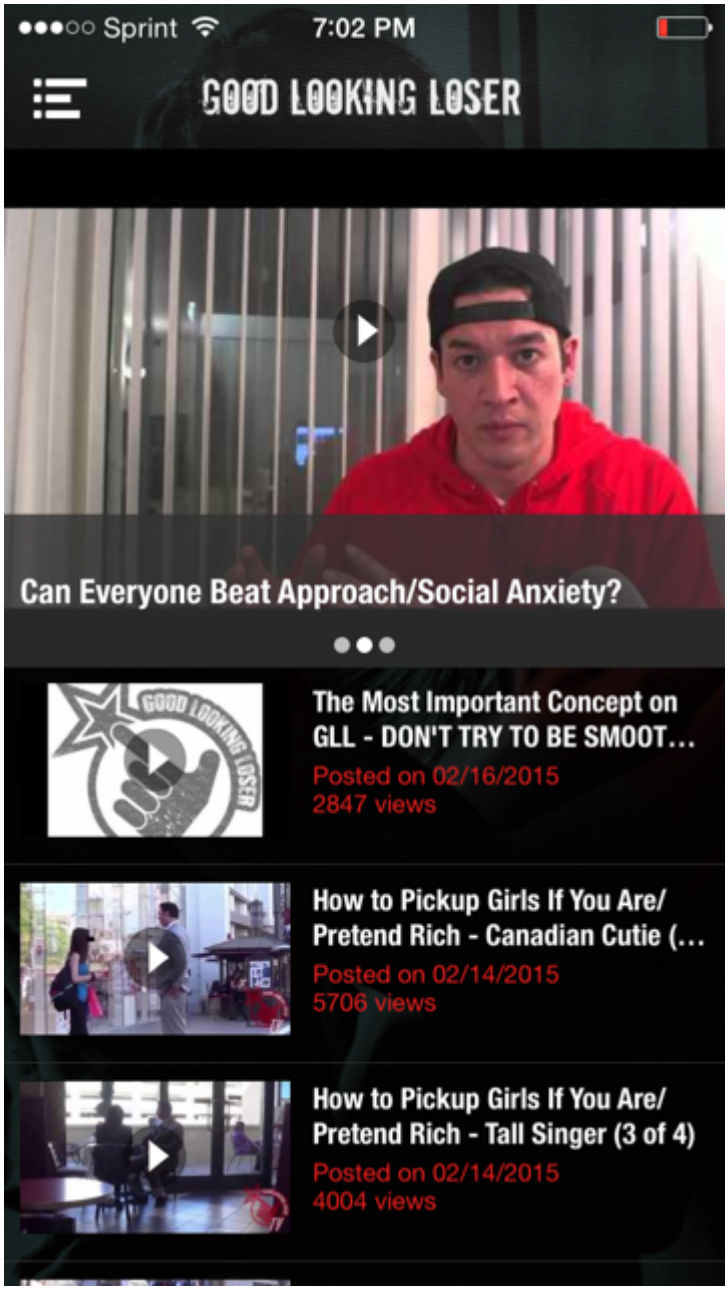
Do you NEED the GLL-Mobile App?

No, our new Joomla site is responsive and automatically adjusts to the size of your screen.

But Good Looking Loser - Mobile is a "light" version that is way faster than continually loading the site and that is probably helpful if you look at Good Looking Loser while you are on the go.

Unlike the first app (dreadful, complete waste of $1500, made in India) and the second app (decent), I actually use this one myself and recommend it to you.

You can watch any and all videos/audio without having to bring up a separate YouTube/Soundcloud window -



You can see all the posts on "Lifestyle by Good Looking Loser" (GLL-GetALife) too -



Thank you if you download the app.

And Thank you x 108, if you leave us a nice review!

2 Socially Acceptable Ways to Ask a Chick to Sleep With You

March 1, 2015 | by Good Looking Loser | Link | Original Link

"Verbal Screening"

(socially acceptable, non-crass ways to ask chicks to sleep with you)

updated: March 17 2019 - haha - "Netflix and Chill" was originally our 'idea', but now it's mainstream!

If you are home on this Saturday night, it better be with your fuckbuddy half-naked next to you while you both read Good Looking Loser. I spent way too many Saturday nights at home in my 20's. I regret it too.

If you can't talk to girls at night, ~~just go out and see if you can make eye contact (+ smile) with girls or go watch other guys interact with random girls~~ check out our program. Even if you don't say a word the entire time - it's better for your "game" than reading my disgraceful creepy blog.

I did a video (see below) and wasn't going to do a post on this 'common sense' topic but I decided it was a good idea that everyone see this.

Guys that "research" sex/dating on the Internet often experience 'information overload' and literally freeze up during their interactions or don't know how to find out where the girls stands.

They also have taken in a lot of "game" disinformation that Good Looking Loser is personally responsible for reversing.

Here goes -

I'm sure you've seen those "Asking 100 Girls For Sex" or "Will You Have Sex With Me?" viral YouTube videos where a guy asks 100 girls if they will sleep with him. Often he asks the question as the very first thing he says.

For example -
(don't bother watching these in full)

Or -

Or like this -

In some cases the girls see the camera, in some cases not. That doesn't really matter.

The results are the same in all the videos -

>98% of the girls say "No."

<2% of the girls say "Yes.", often laughing in a playful way (usually with their friends encouraging them).

The conclusion that many guys draw is -

> *Although this "direct approach" has a low success rate, at least the guy Got Laid!*
>
> *Just goes to show you how the numbers game works!*

These conclusions, as many already know - are incorrect.

You'll just have to take my word for it but -

The 1-2% of girls that say "Yes. I will have sex with you," are not actually going to sleep with the guy.

The guy is not Getting Laid later that day because a girl answered his ridiculous question with a playful "Yes."

There might be some exceptions (there's really not), but girls that play along are simply doing just that. They are simply humoring the guy, often doing so because there's a camera crew standing right there or friends encouraging her to be funny by playing along.

Sometimes, the 1-2% girls that say "Yes," simply think the guy is "good looking enough to have sex with", but they don't actually think that the guy is asking her to actually have sex with him or have any intention with actually following through.

Obviously -

This is not an effective way to ask girls to have sex - if you are actually serious about it. This is especially true during the day where this type of approach is perceived (correctly) as nothing but a joke.

Just trust me on that.

The guys that get "Yes" answers are not instantly having sex with the girls when the camera is turned off.

Most guys around here already know this and are about to click away because this "insight" is hardly up to our normal standard.

Stick with me please.

Although directly asking women if they will have sex with you is, at best - hardly effective or efficient, there are better, more effective ways to ask a girl if she will sleep with you.

These ways are more subtle, more socially appropriate and will not be perceived as crass, rude or too forward.

If you are new to approaching random women or have approach anxiety, I totally suggest that you end EVERY interaction with one of these propositions, prior to getting the girl's number. This will especially apply to guys that tend to stall out or get perceived as the dreaded "Boyfriend Material" who women do not view as a same-night sex option.

Here are the two ways -

Table of Contents

0:00 The YouTube "social experiments" - what do they mean?
1:45 Verbal vs. physical screening (physical will ALWAYS get you further, faster)
4:15 "Would you like to meet up for a drink?" "Lets grab a drink tonight."
(do not suggest it's a date or coffee)
5:45 Logistical concerns - where guys that nail 50+ girls via cold approach live.
7:25 "Do you want to come over and watch a movie?" "You should stop by and we'll watch a movie."
8:20 "Normal" guys that Get Laid a lot use both of these ALL THE TIME.
9:45 Stupid egghead rebuttal: "seeking rapport/asking questions" is wrong.
11:20 A note on how much "game" really matters.
12:00 Which is better? Verbal or physical stuff?
12:45 How to get faster with the physical stuff.

15:00 Use both: ask girl to meet up for a drink, then her to come over for a movie/drink.

#1 Offer to Meet Up for a Drink

("You want to grab a drink tonight? Lets do that.")

This proposition, among guys that get a lot of pussy, is the single most used line in the history of the universe.

Every girl in the universe (unless you REALLY look like boyfriend material) understands this is an invite for future sex.

It is the universal, polite, socially acceptable invite for sex.

If you are looking to Get Laid, this is a much better alternative than asking a girl to "dinner" so she starts looking at you as a potential boyfriend and withholds her pussy until you are emotionally invested so you don't think she's a slut.

Even the minority of apprehensive girls that think "he's probably just trying to get me drunk", will ironically totally let you do so - if they are sexually available and DTF.

A lot of guys are scared to use this proposition because it's "overused" or "too normal".

That's ridiculous, the desire to be creative/witty is simply insecurity and social inexperience.
(I've been there, believe me)

Others are scared that girls will think "this guy wants to rape me".

Emotionally healthy girls WILL NOT THINK THAT.

Just trust me on that one too.

A DTF girl will not turn down a polite invite to get a drink with you - if she likes you.

I totally encourage you to use this proposition EVERY TIME before you take a girl's number.

#2 Offer to Watch a Movie/Hangout (at your place)

("Why don't you drop by tonight and we'll grab/watch a movie and hang out?")

If "grabbing a drink" is the #1 proposition of all-time, "watch a movie/hangout" is #1b.

It might be #1 actually, this is what everyone who Gets Laid in college uses when they aren't at parties.
(but it's often the 'after party' pretense)

Like the prior proposition, girls understand "watch a movie" to be an invite for sex (or at least some sort of messing around).

Like "getting a drink", the "watch a movie/hangout" proposition is socially acceptable, polite and not too forward.

A quick note -

Perhaps it's obvious but you are proposing to "watch a movie", "pick up a movie" (hang out) and not "see a movie" or "go to a movie" (date).

Make that clear.
(it usually is if you say "hangout")

The invite is a socially acceptable excuse for the girl to come over and mess around - at ANY TIME.

If you are "getting a drink" with a girl (or find yourself on a more traditional date) you can use this pretense to get the girl to come over afterward.

All girls know what it means.

Girls know this and will come over looking way hotter than if they were just going to watch a movie.

A "movie/hangout" is the universal socially acceptable way for getting a girl to come over, but these alternatives are acceptable too -

> ***Come over and we'll chill.***
>
> ***Come over and we'll make some food and have some drinks.***
>
> ***Come over and we'll just chill in the hot tub.***
>
> ***Come over and we'll smoke weed.***
>
> ***Come over and we'll do some blow.***

These pretenses are not really necessary after you have fucked the girl and she is your fuckbuddy (just tell/ask her to come over) - but can be useful.

You don't need any other pretenses than those 2.



How/Why Does This "Work"!?

Because the girl likes you and wants to have sex with you.

She is often just waiting for the chance to do so.

Ideally, the girl should ALREADY KNOW what you are looking (sex, not a girlfriend) for when you

meet her, but these propositions will leave no doubt.

This is the reason that I don't believe in garbage like "text game" or "working on" girls after you meet them. Even in the small instances where it may seem to work, it's hardly efficient and chances are - the girl ALREADY liked you.

Next time you want to communicate (verbally) that you want to sleep with her and want to know where she stands - just suggest a "drink" or "movie/hangout".

You'll get your answer.

Although I encourage, physical screening (a little goes a long way, especially during the day), this type of "verbal screening" is a nice way to get to the point if you aren't comfortable being physical with girls.
(still - try to get comfortable with it, verbal screening will never be as good as physical screening + small talk)



Pour Conclure

Common sense.

Maybe.

But -

Once a week, someone asks how to get a girl to come over or wonders the correct way to step up a "hang out" rather than a date.

If this was common sense to you (therefore you should have ALREADY have experience using these pretenses at least 20-30 times) - then that's good news.

Chances are - you have already been Getting Laid and hopefully this tied up some loose ends.

If it wasn't common sense, you now have the CORRECT answer to -

> *How do I get her to come over?*
>
> *What do I do to meet up (and not date) a girl?*

This is as easy as it gets and when a girl likes you - she will jump at the chance to get a drink/movie and chill with you.

New YouTube Channel - Lifestyle by Good Looking Loser (GetALife)

March 6, 2015 | by Good Looking Loser | Link | Original Link



Please Subscribe!

Hey Losers -

We have a new YouTube channel to handle any/all video content from Lifestyle by Good Looking Loser, also known "Get-A-Life" -

- **Subscribe to "Lifestyle by Good Looking Loser" on Youtube**

Right now, there's only a handful of videos on there.

One shows the anti-aging 'Egg White Facial' that I *think* (only been doing in for ~3 months) to be useful.

Thank you if you subscribe, I'll have some new content on both websites shortly.

Remembering Those Lonely Saturday Nights When I Was By Myself (Comfortable Depression)

March 8, 2015 | by Good Looking Loser | Link | Original Link

Saturday Nights (2002-2006) Were Worst Nights of My Life

This post is meant for those in their 20's who stayed home alone tonight, seemingly so far removed from the social scene and a sex life, comfortably marinating in self-doubt.

This is for you.

I've been there.

"Lonely Saturday Nights"

(Me, Myself and Reality - Living Together in a One-Bedroom Apartment)

(there some content in the video that isn't in the post, and vice versa)

Saturday nights were the hardest.

Saturday nights were the worst.

My favorite distraction (the gym) was closed and everyone else was out with their friends and having a life - and I knew it.

But me?

I was sitting in my apartment, by myself, playing on the Internet or watching ESPN and seeing how much fun other kids were having at college football games.

I used to tell myself that I was doing the right thing and "those kids" that were partying were wasting their lives.

I would tell myself -

> ***I'm going to come out on top in the end!***

But in reality -

I sat there just wondering where I went wrong and if I would ever have a much of a sex life - something that I thought would be the hallmark of my 20's rather than long-streaks of unwanted abstinence and mild depression.

Regardless of what other people were doing and how I rationalized why my life was supposedly better - I wasn't where I wanted to be, socially or emotionally. And I was well aware that my life was seemingly becoming one big, otherwise comfortable, disappointment.

But the loneliness really ran deep on Saturday night.

I hated Saturday night.

It was the night that I knew I should be doing something else other than being lonely.

The best case scenario would be for me to fall asleep early on Saturday night and wake up early on Sunday morning to go to the gym while ALL the "irresponsible" hungover kids were sleeping.

But that rarely happened.

More often, I just sat in front my television or laptop, listening to the sometimes unbearably irritating short spurts of noise from kids that were enjoying their lives and the bass music from passing cars that were headed to parties.

I hated hearing other people's Saturday night parties and music.

In sheer frustration (although to this day - loud music irritates the shit out of me when I don't want to hear it), I'd often call the "non-emergency" police number and report the apartments spewing the loud music.

Sometimes, I would literally call 10+ times.

I didn't want to hear my neighbors, I didn't want to hear their voices, I didn't want to hear their music - I wanted to be alone in silence so it seemed like I wasn't missing out on life.

I lived in a college town (Gainesville, FL.) but I was nothing more than a kid that simply went to class and used the school's gym.

Far removed my senior year of high school and Freshman year of college (Emory) where I was semi-popular and at least had girls talking about me - I simply sat alone in my worn desk chair on Saturday daydreaming of what my life would be like when all my hard work in school and the gym paid off.

Was I depressed?

To this day, I don't really know.

If I was - it was a tolerable, comfortable, high-quality of life depression.

The kind of depression that isn't bad enough to make serious life changes.

I had my own nice apartment, my own new car and plenty of distractions to treat mild depression whenever it would show its face.

But I remember -

Saturday Nights were so lonely.

At times - emotionally unbearable.

It was on Saturday Night that I would start to wonder if my entire life wasn't going to work out.

This was a terrifying thought because I always lived in either the past or a more promising future.

Perhaps my hardline "loner by choice", "I know what I'm doing" isolated lifestyle had finally caught up to me.

And more terrifying - perhaps there would be no return.



... said no one ever.

Why Didn't You Just Go Out Alone?

I guess I had the option of going out alone.

After all, Gainesville was a college town and there was plenty going on.

But I would always find an excuse -

- I have to eat my 6th meal of the day at 1 am.
- It's too warm/cold.
- It's only worth going out if I drink.
- I don't like that place.
- I'm too big.
- I'm too small.

Regardless of whatever excuse I gave myself on the rare occasions that I somewhat considered going out by myself, having a social/sex life just wasn't one of my goals at the time - and the only reason I forgive myself for this self-imposed lonely, comfortably depressing era of my life.

I was fully certain that my efforts in the gym and the classroom would pay off in an infinite sex life after I graduated.

Besides, doing steroids, going to the gym to get all pumped up and eating grotesque amounts of food was fun at the time.

Still, whether consciously or in subconscious denial at the time, one inescapable truth remained that I never wanted to admit -

I was scared to go out alone.
(very few guys in their early 20's are able to do this though...)

Beyond "being nice", I was scared to really talk to hot girls I didn't know.

And Even when they liked me - I didn't really know how to handle it since I played it so safely.

My inexperience and lack of courage was breeding MORE inexperience and MORE timid behavior.

A lack of a social life (or even friends), inexperience and a bloated juicehead appearance with no killer instinct - it was surprising that I got laid at all during these years.

At the time, given my highly volatile psychological, emotional state and self-esteem, going out alone

(which I tried a few times) and not getting completely discouraged was highly unrealistic.

I had high anxiety, no experience with cold approach and no gameplan if I wanted to.
(I didn't find the "pick up community" until my final semester in college - in 2006)

Perhaps going out alone was an option, but it sure didn't seem like one at the time.



Escaping the Lonely Saturday Nights

If these 'Lonely Saturday Nights' are all too familiar to you, there is plenty of hope if you are willing to do something about it.

Perhaps there was hope for me, I'm sure there was, but nobody encouraged me or told me how to fix it.

Besides, besides the Lonely Saturday Nights, my isolated, anti-social, highly-comfortable existence was highly tolerable.

But I'm encouraging you and going to give you a few easy options that you can apply on Monday morning.

If you are in college - get a "social" job.
(see this college post for further information about how to break in/social opportunities)

The ideal thing is become a bartender at a popular bar or club.

These jobs are highly sought, so you might have to be persistent or apply at the middle/end of Spring semester because much of the staff goes home for the summer. If you are good looking or have experience, the former being more important, you can usually find a way in.

If you can beat the shit out of people - becoming a doorman or bouncer is also a decent way to get an immediate new group of friends/acquaintances meet some new people.

You might have more in common with the other meatheads, but use the opportunity to become everyone's friend - the "normal guys" generally offer more social opportunities than the other bouncers/doormen. Befriend them and tell them to come train with you at the gym or help them if they ask for fitness advice, they'll hook you up socially.

If bartender jobs are simply not to be had, or you can't bring yourself to *at least try* to put yourself

into "the scene", try to get a job as a server at a popular restaurant or get a on an campus job.

I worked at the University of Florida recreation center (the gym) and met a lot of good people. Even though most of the social circles were closed, I made a lot of friends and even hooked up with a few of the younger girls on the staff that had the job because they disliked the party scene.

At the time (my last year in college), this was really good for me, I went from having absolutely no social life (with little or no daily social interaction) to having some friends. I appreciated this time a lot. If nothing else - it kept me from going totally insane.

The "social job" is certainly an option for non-college students, but chances are you already work a job or just don't have the time.

More realistically, if you can't go out and meet people (or vehemently dislike "the scene"), online dating is an easy way to meet girls. Try to secure some girl(s) for the weekend on Thursday afternoon/night.

Laugh if you want, but I have some friends that nail 20-30 new girls a year from online dating.

That is more than 99% of guys.

Back in 2002-2006, online dating wasn't really an option for me unfortunately.

There was no major dating sites such as 'Plenty of Fish', Tinder or OKCupid and there was a strong negative stigma to online dating. I met some girls on Myspace, AOL, HotOrNot and the earliest version of Facebook (thefacebook.com) even slept with a few of them, but online dating wasn't really a big deal at the time.

If you have no social/sex life or haven't lost your virginity, you are NOT too cool for online dating.

Drop the attitude please.

Sure, most of the girls you meet online are looking for boyfriends and you'll find yourself on some dead-end dates, but it's better than a Lonely Saturday Night. Being a Serial Dater beats being without a sex life.
(use this basic technique to do some safe screening to find the more DTF girls)

ANYTHING is better than a Lonely Saturday Night.



These Days...

I'm turning 33 this year, it's been years since my main goal was to get fresh pussy on a daily basis.

It's been even longer since college.

Still, I remember those Lonely Saturday Nights very well.

It was a very dark part of my otherwise unexciting, comfortable college experience.

Some Saturday Nights - I legitimately hit rock-bottom and was totally depressed.

Other weekends, I used to make the 5 hour drive from Gainesville to Naples, FL (and back). to hang out with my Dad because I didn't want to be all alone in my apartment thinking of how average my life was turning out.

Had it not been for those Lonely Saturday Nights that eventually led me to the "pick up community" and a relentless pursuit of freeing myself from self-doubt, loneliness and inconsistent pussy - I never would have ditched Law School and dedicated 4 years of my life to trying to Get Laid and becoming a man.

Without the Lonely Saturday Nights (and the fear of living them again), there would be no Good Looking Loser community.

I suppose that is a happy ending.

Yet, I legitimately get emotional about my self-inflicted isolated life of underachievement that I had created for myself in my early 20's.

I don't want you to experience any more Lonely Saturday Nights than you have to.

That's not how your life is supposed to be.

You can fix it.

You don't have to try to become some sort of social butterfly/leech if your naturally introverted tendencies have left you without a social/sex life.

You can absolutely have the sex life without having the major social life.

I am a Loner for life.

Even though I have an older brother and sister, I was basically raised as an only child, hardly ever seeing my older siblings aside from holidays. I never had more than a handful of close friends or the major desire to meet people for social benefit. I've spent more weekends in my life completely by myself than with other people. The 'Loner Lifestyle' is more natural and comfortable for me even though the social repercussions became obvious.

I knew the consequences and accepted them a long time ago.

I wanted to be the 'Successful Loner' who has a massive sex life. I thought that was possible.

But for several years, 2002-2006, especially on Saturday Night, I really started to believe that my persona was the wrong one and I'd never have the life that I thought I would have.

Even worse, those Lonely Saturday Nights made me question a lot more about myself than just my immediate sex/social life.

I often questioned if my entire life was meant to be just one big disappointment where going to the gym would be my only escape.

The Lonely Saturday Nights were really deflating. It was just me and reality in my one-bedroom apartment.

I remember it well.

It would be YEARS before I really fixed my life or even be able to go out alone and have a legitimate chance at taking an attractive girl home, but it was totally worth it.

These days, on Saturday Night, I do whatever I want.

I usually stay home (not necessarily alone), but it's finally by-choice and not out of fear.

IT IS POSSIBLE.

AND THAT'S WHAT I WANT YOU TO KNOW.

The Comfortable Life of the Undersexed Male (Why Most Guys Won't Get A Lot of Pussy)

March 19, 2015 | by Good Looking Loser | Link | Original Link

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The Reason Might Surprise You...

Despite popular school, underachievement is not caused by the usual suspects - lack of work ethic, lack of opportunity or lack of talent.

The reason most people don't succeed with women (or much in their lives) is far more obvious and far more pathetic.

I know what your biggest obstacle is.

It's the reason why you'll never get your sex life together or reach your "dating goals".
(whatever that means)

In fact, I'll go as far as to say -

It may be the same reason that you never have much financial success, never transform your face/body into a package that girls ask to take pictures with, never experience fucking a 19 year old hottie with a dick undeniably too fat for her pussy, or may even explain why you don't really have much fun with your life.

We'll discuss that another time though.

It's not just your problem.

In hindsight, it was my biggest obstacle too.

It was something I struggled with and still do this day, although to a far far lesser degree.

It's the reason I was a "late bloomer", the Lonesome Bodybuilder, remarkably content for being in a perpetual state of mild depression.

We need to acknowledge the cause so you don't waste your 20s and 30s and wonder, "What Happened?"

At the very least, you'll know what to blame if life doesn't work out for you.

I wish I heard it in my 20's, I would probably have 5 years of my life back.

The Comfortable Life of the Undersexed Male
(Why Most Guys Won't Get A Lot of Pussy)

So What Is The Problem?

As you sit in the comfort of your own home or apartment
reading this blog (and many others)
enjoying the free conveniences that would be considered unattainable luxuries just 5 years ago
often pondering your sexual past, reality and future...

It's time you are told the truth of why large amounts of pussy (via cold approach) will continue to evade you.

Believe it or not -

For most guys *who read Good Looking Loser*, it has little to do with a lack of sex appeal (Looks, Style), Social Freedom (Killer Instinct), Swag Factor (Social Skills/Status), or confidence (Sense Of Entitlement).

The problem is -

You live a comfortable life.

Admit it.

Perhaps you have big dreams that stress you out from time to time or some monthly bills that further irritate this anxiety.

Perhaps you may have even successfully convinced yourself that you are deeply insecure, or at least more than most guys, even though the fact is - you simply just take life more seriously.

Regardless of your socio-economic class, with a few exceptions, if you were resourceful enough to explore far enough into the deep/creepy part of the Internet and find Good Looking Loser - I'm willing to bet that you live a fairly comfortable life, with an excess of conveniences/distractions that you regularly indulge in despite vowing to be productive.

Good Looking Loser, after all, is admittedly - a distraction from what you *should* be doing.

Your life is simply too comfortable for you to make the necessary physical and psychological changes to really make big time changes in your sex life.
(let alone entire life)

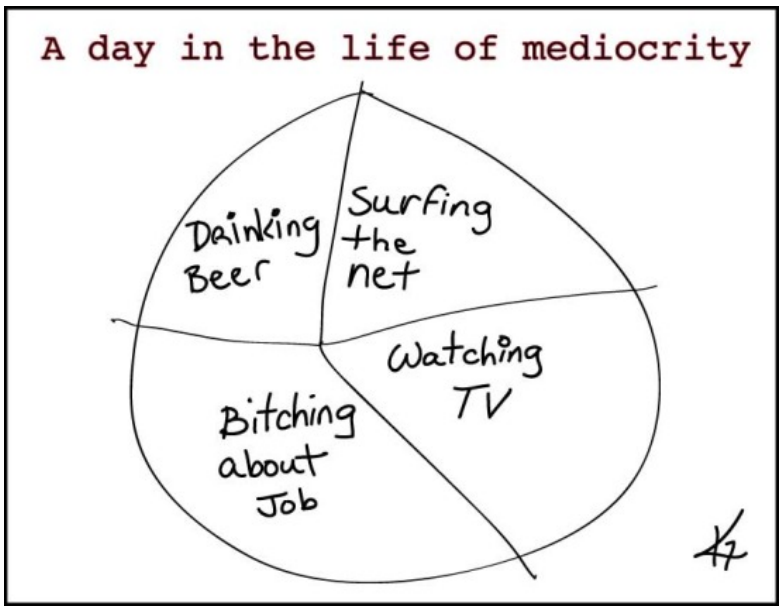
Why stress yourself out when you can just jerk off to a girl hotter than anyone you could speak to?

Why test your self-esteem when you know it's fragile?

Why leave the house when staying home makes you feel like less of a loner?

For age 20 and 30-something men, 21st century mediocrity isn't particularly uncomfortable.

In fact - many secretly enjoy it.



Beating AA is like Beating AA

(Beating Approach Anxiety is like Beating Alcoholic's Anonymous)

Long ago, in "This Process Will Strip You Down and Make You Confront Your Real Issues", I wrote about how the otherwise simple process of walking up to the random hot girls and asking them out/trying to sleep with them will cause ALL your problems to surface and uncover how you really feel about yourself.

The Fear, though it eventually dies, will challenge your soul, it is a direct reflection of how much of a man you are or aren't.

It's just like getting sober if you've spent a half-decade or more under the influence and temporarily self-medicating your problems away - especially with hardcore drugs.

It's raw.

And It's so true.

Our highly unorthodox version of "self-improvement" surfaces your deepest feelings of:

- Anxiety
- Depression
- Low Self-Esteem
- Lack of Confidence
- Regret
- Self-Doubt
- Insecurities
- Inferior Complex
- Childhood Trauma
- Anger/Hatred
- Social Ineptitude
- Resentment Toward Women
- Past Bullying
- Trust Issues
- Substance Abuse

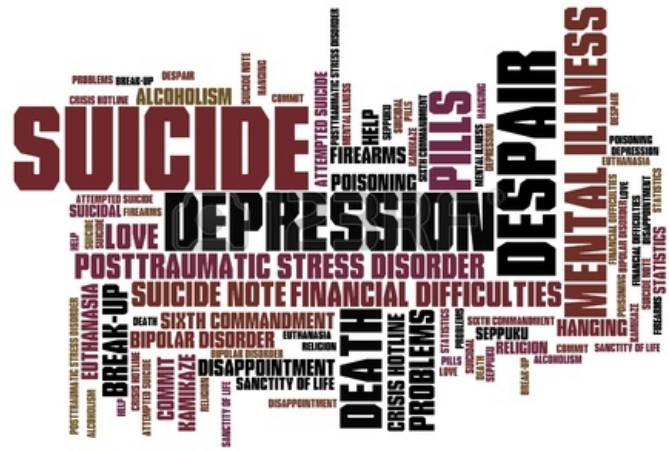
- Sexual Inexperience
- In-Crowd/Mainstream Social Rejection
- etc.

GET READY FOR IT!

The people best equipped to deal with the coming storm - already have most of their shit together.

Yet, "cold approach" is most appealing with the most fragile guys with the most problems.

They literally have no idea what the hell they just got themselves into and often "take a break" (give up) very quickly.



Mike aka "SquattingCasanova" (who I think is a really good role model, especially for Asian guys - I don't care if he talks "PUA") really understands this issue really well too.
(fyi - SquattingCasanova is not "Mike Chang", the equivalent to human spam)

He discusses a "3 month window" in which ~90% of guys will dropout or "quit".

Some will return, only to dropout within the same window. I was guilty of this 2 times (7006, 2007).

I concur with his numbers - they are completely accurate.

That is one of the reasons our Approach Anxiety Program starts off with such laughably easy drills that I demand you **DO NOT SKIP** the first few weeks - you need to experience successful baby steps and moral victories if you have any chance at getting good at this stuff.

Otherwise, you'll just be another statistic.

Be prepared for numerous temptations to stop or postpone talking to the bare minimum of 20 women a week. There will always be a seemingly justifiable reason.

I don't know anyone like Scotty who left his house 7 years ago to pick up girls and only returned home to fuck them or eating some protein. Literally, I don't know anyone as devoted/crazy as that. He's an outlier, a .0000001% case that hit on 30+ women a week for 7 years straight.

So just listen to me on this - your first 90 days (and entire first year) is absolutely critical.

When I revamp/upgrade the Approach Anxiety Program, my goal is to get that 90% dropout number down to about 67%.

Perhaps wishful thinking though.

9 out of 10 guys aren't successful at anything in life and having sex with 20-30+ random women a year is a game only played by the top 1% of guys.

But 9 out of 10 guys aren't reading this blog post right now.

They are busy being comfortable.

Related: "Can Everyone Beat Approach Anxiety?"

So Why Mess With a Good Thing?

Back to my point.

Instinctually and logically, your mind tries to keep your life as stress and pain-free as possible. Frankly, your mind and body won't even want to go to the gym or healthfully exercise until you program it to.

To your brain, it makes no sense to face your demons when you can comfortably suppress them.

If you have the time to read Good Looking Loser - your life is pretty comfortable.

Even if you aren't overly privileged and often the source of most of your own anxiety, you probably live a comfortable life - provided that you don't live in some failed socialist utopia.

You might argue otherwise, citing your job that you don't love or a boring social life, but overall - you know your life is pretty comfortable.

There's plenty of entertainment and material consumption to keep you from hitting rock bottom which would otherwise really force you to be accountable for those hours that just seem to fly by.

You are just comfortable enough to do what ultimately amounts to nothing and be happy with your effort.

In fact, that's the story of most people's lives.

I believe that most people actually have a decent work ethic, but are lazy at the same time.

This paradoxical life-destroying blend ultimately destroys all their dreams, one by one.

That type of comfortable approach to life isn't going to cut it if you want to be on top (and reap the benefits). And It sure isn't going to transform your mind and body to where you will get regular hot pussy.

 [caption is up to you]

Pour Conclure

Being scared and walking up to hot girls one-by-one (and thinking about it later) will sober you up to reality really quickly.

Every insecurity, issue or problem, past or present - will surface if you continue to proudly resist fear.

The Comfortable Life, perhaps even one that you've admirably earned, is the same reason you will never be anything but.

We've applied it to putting together a sex life so you can sleep with 2 or 3 hotties a week (my initial goal), but it's really just a metaphor for life.

To quote a wise man -

> *It won't be a lack of opportunity, a lack of work ethic and won't even be a lack talent that will kill most of your dreams - it's the highly comfortable, mediocre life that you are accustomed to.*
>
> - Me

In this case -

> *It won't be a lack of sex appeal, Social Freedom, Swag Factor or confidence that will prevent you from having all the sex that you want - it's the highly comfortable, mediocre life that you are accustomed to.*
>
> - Me again

Your life is comfortable.

You don't have to do anything heroic to survive.

And That's why you are stuck in this never-ending quagmire.

You get it now.



What To Do?

So now you know why most dreams don't come true.

And That's half the battle.

You have to be hungry and more importantly - stay hungry.

Try your best to embrace our concepts of "Nothing in Moderation", "By Any Means Necessary" and

acquire an authentic disdain for the comfortable majority.

Personally, I don't really care how you do it when you start.

Maybe insecurity is your #1 motivator.

Maybe validation is your #1 motivator.
(that was probably mine, come to think of it)

Maybe you are one of the lucky ones who hits rock bottom.

Although rare for newbies, perhaps the authentic masculine joy of getting good pussy is genuinely your #1 motivator.
(eventually this will have to be if you are going to survive/get really good; pure validation only takes you so far)

It doesn't really matter.

If it motivates you, keeps you disciplined and ACCOUNTABLE - it's all good in my book.

It's whatever makes you tick.

Keep an accountably log in our Forum, if it helps.

Avoid Good Looking Loser at all costs, if it helps.

I don't directly teach motivation.

I don't know how.

If you aren't motivated to acquire endless streams of pussy and money by the time you are in your mid 30's (attainable, promise) - there's nothing that I can tell you that is going to convince you to really go after it.

If I think of something to say, I'll tell you though.

The Playboy Model Who Used to Cut My Hair - Opportunity Means Nothing (Part 1/2)

March 28, 2015 | by Good Looking Loser | Link | Original Link



Opportunity Means Nothing (Part 1)

Recently, I've discussed the theme of "The Comfortable Life" and why most people won't ever be or accomplish jack shit.

I argue that the average person does not lack work ethic, opportunity or the adequate talent for significant success.

He simply leads a comfortable enough life that he will voluntarily forgo the pursuit of success in exchange for modern conveniences and distractions that prevent him from hitting rock bottom.

Basically - his life is too 'okay enough' to really want anything more.

Despite what he might say.

Rarely does he blame his comfortable life of mediocrity on himself, his lack of work ethic or his lack of talent.

He often feels his "misfortune" is from a lack of opportunity.

He feels the opportunity for major success is reserved for only a select few more blessed individuals.

It's not.

Moments of Truth

I'm going to tell you a story.

2 stories.

Some say that our real courage is defined by just a handful of pivotal moments in life.

Many times, but not always, these defining moments manifest when we are unprepared or simply not expecting.

In these moments, win or lose, we either react by rising to the challenge or shrinking away to cowardice.

Our reaction, not necessarily the final outcome, is who we really are.

Although these defining moments are few and far between, some of them largely insignificant to all but morale and psyche, these defining moments quietly indelibly stick in our subconscious.

Proud we are of the moments when we display courage.

But embarrassed we are of the moments we didn't, pretending we are optimistic for a chance at redemption to undo the lasting disgrace. Well aware these moments will probably never come.

Although I'm hardly introspective anymore (a colossal form of procrastination, in many cases), I remember 2 defining moments quite clearly.

Both of these experiences really showed me how I really felt about myself and just where my 'Sense of Entitlement' (confidence) really was.

I still haven't forgotten.

San Diego Fall (2007)

I lived next to Mission Valley Mall in San Diego.

The place was beautiful, the weather was perfect, the people were gorgeous.

Near paradise.

I was in great shape, possibly the best looking I have ever been, as optimistic about my future as I had been in years.

Law School orientation was in 6 days.

I need a haircut.

I nonchalantly walked into the hair salon (yes, hair salon - not barber shop) to see if I could get a hair cut without an appointment.

I was greeted with a warm genuine smile from one of the beautiful human beings I have ever seen.

Her name was Melissa Riso.

Even in 2007, still about 2 years from the beginning of my prime with women, I still had a pretty high 'tolerance to beauty'. Even then, I fully understood how most attractive women are just one big illusion.

She told me to hop in the chair.

I couldn't get over this girl.

This girl had the type of beauty that I felt was still off limits to me.

The type of beauty that makes you rethink every hot girl you've been with and what you are truly on this planet for.

The type of beauty that even a strong man may consider readjusting his entire life for.

The type of beauty that ~100% of people think requires a special opportunity to even see.

And I couldn't believe mine eyes.

Melissa's perfect face and body were quite intimidating to me.

But things got even more scary.

Something that threw me for a real loop!

Though it was possibly just a normal stylist-customer relationship, nothing that you could definitively say was "flirting", we seemed to get along well.

She told me how her big dream was to move to Los Angeles and be an actress.

I told her my heart was Los Angeles too, especially since I had the proverbial 'green light' to move there from the celebrity I met the summer prior.

Her upbeat, authentic personality suggested to me that I actually had a chance with her if I could muster the courage to let her know that I was interested.

It was a scary proposition!

One that in 2007 - I just wasn't ready for.

As I sat there chatting with her, looking for every reason possibly to disqualify her so I would have an excuse to avoid asking her out, I realized that there was absolutely no reason whatsoever.

Both of us were in a bit of a rush (she had another appointment in 20 minutes and I had to get over the University of San Diego to get my parking permit before the office closed).

I vowed to get her number "next time".

A convenient excuse to justify not trying.

Something that I was well aware of since it happened so many times prior.

I left the hair salon.

But later that day, I couldn't stop thinking about her.

But not just her, the fact that I blatantly pussied out and I knew it.

I considered going back into the salon later that day, but didn't think I could do so smoothly.

I considered going back to the mall and "accidentally" running into her, but that seemed to be even more creepy.

The better idea was to do nothing and perfectly orchestrate a future opportunity.

She gave me her card (which had her personal cell phone number) and I vowed to ask her out next

time I came in for a haircut.

The opportunity would be perfect then and I would capitalize.

That was the opportunity I needed and it was well in my grasp!

The following month, although I hardly need a hair cut, I purposely made an appointment with her.

She had moved to a different hair salon and was happy that I was making an appointment.

I was excited and went to see her.

Everything was identical to before, she greeted me with a smiling face and we talked and talked while she cut my hair.

This time we discussed much deeper stuff.

She told me she was going to move to Los Angeles to chase her dreams and that she wanted to be a star.

I too had decided that Law School wasn't for me (duh) and I was moving to the City of Angels (Los Angeles) to do my thing.

We talked about it for 45+ minutes, genuinely excited for what lay ahead and our potential to get everything we ever wanted in this world.

It was going so well.

When the appointment ended,

I said to her...

Really confidently -

> *I'll see you later.*
> *I'm gonna to come back one more time before I move.*

And That was it.

I was immediately furious at myself when I left.

Courage.

I just didn't have it in me.

Hungry for redemption after two massive failures, in late November I booked another appointment.

This time I was going to make things right.

Or at least - better.

I decided that even if we didn't meet up in San Diego (I was leaving in 2 weeks) that I'd ask her to "stay in touch" and maybe we would meet up in Los Angeles the following year.

You know, as friends, or whatever.

It was a safer bet than asking out this future star.

Sure enough, as the same exact dynamic repeated itself for the 3rd time.

I did absolutely nothing.

Eerily, this time I wasn't as upset when I left the salon though.

I knew I was a total pussy.

Courage.

I knew that I just didn't have it in me.

I knew that I had major changes to make if I was ever going to be even remotely successful with this caliber of girl.

The plan was to move to Los Angeles for the opportunity to hopefully make those changes.

But I sure had a long way to go.

Pour Conclure

I had the opportunity to ask Melissa out.

Not just 3 times, but a million times.

I couldn't even pretend that I didn't!

We had plenty in common, we [seemed to] genuinely enjoy talking and although only officially on a client/professional basis - I had her number.

I even knew that Melissa, even if she wasn't interested or available, would have let me down lightly and probably made sure that my feelings didn't get hurt.

Still, I couldn't reach down deep inside and be a man.

The opportunity meant absolutely nothing.

I was beyond unprepared and I knew it.

About 6 or 8 months ago her face crossed my Facebook newsfeed.

She had made it, she was doing it big.

She is a rising star.

I was thrilled for her.

But seeing her pretty face instantly took me back to my brief 5 months when I lived in San Diego.

I learned exactly who I was in 2007.

Although I couldn't be further far from the timid Good Looking Loser that wasn't even willing to TRY and capitalize with her (and so many others) in late 2007 - I remember so deeply how big of a a pussy I was.

The scar may fade, but will always be.

It would be ~2 more years until displayed anything close to social courage, but I won't forget how pathetic and helpless I felt sitting in that chair when I was handed multiple perfect opportunities and couldn't even try.

My successful life of denial, a masculine exterior disguising a quiet loneliness and lack of authentic confidence, had caught up to me.

I remember how sobering meeting Melissa was.

Melissa, if you read this: Congratulations on your success. I'm not surprised one bit.

Related -

- "Success Principle #9: Not Trying Will Be Your Biggest Regret"

Continued -

- "Dinar, the Israeli Bombshell, A Reversal of Fortunes - Opportunity Means Nothing (Part 2/2)"

Dinar, the Israeli Bombshell, A Reversal of Fortunes - Opportunity Means Nothing (Part 2/2)

April 3, 2015 | by Good Looking Loser | Link | Original Link



Opportunity Means Nothing (Part 2)

In Part I of "Opportunity Means Nothing", I discussed 3 different perfect 'opportunities' I had in 2007 with the same, beautiful girl where I was too much of a pussy to pull the trigger (or do anything).

Worst of all, these 'opportunities' were literally handed to me and I just didn't have the balls to capitalize.

And I knew it.

I literally watched each one slip through my hands, as I had so many times in my early 20's.

I was a pussy.

Though I had been in denial for years prior - it was official.

Like everyone else, my non-success is not a product of a lack of work ethic, opportunity or talent.

It is the result of living an overly comfortable life in which you never have to truly challenge yourself to be anything more than "comfortable".

Good fortune and opportunity means nothing if you aren't prepared.

In fact, the lasting psychological effect of foregoing a perfect opportunity often makes you wish that you never were offered it in the first place. That is called 'regret'.

Even if you are a positive person - you are as likely to remember the missed opportunities than the ones you capitalized on.

At the same time, as I grow older and wiser (I'm turning 33 in September), I realize that beating myself up over missed opportunities does far more damage than missing the actual opportunity.

The only justice or redemption is to, win or lose, try not to let things slip though your hands.

That is what I learned in 2007, and although plenty more "missed opportunities" would be on my resume, the lesson was clear -

I just had to DO SOMETHING ABOUT IT.

Fast Forward 2 Years

(~2 years of 'pick up')

It was almost exactly 23 months from the date that I officially declared myself a total pussy on that perfect Winter day in San Diego.

A lot had changed in 2 years.

In 2008, as part of a 'pick up program', I nailed 12 girls (8 in the final 3 months) - still underachieving by my lofty standards, but certainly more than in any previous year.

I had beaten Approach Anxiety for the most part too. This was a big deal for me.

My 'tolerance to beauty' had increased drastically too. A year in Hollywood and hundreds of hot polite but not super interested girls will do that.

But mid 2009 is when things started really coming together.

I was starting to Get Laid and I had a suspicion I was actually responsible for it.

Little did I know but I was slowly approaching my Golden Era, a period where I was never more determined and indifferent toward women. The combination was incredibly attractive.

I largely dropped the "PUA" stuff and started to once again realize our groundbreaking theory of "Look Good + Talk to Girl = Get Laid".

Somewhere in there, I began doing what later became our concept of "Screening", which involved quickly touching the girl to see where she stood and communicate my intentions.

The interested girls will stay and play along.

The non-interested girls will comfortably bail without incident.

That is Sexually Availability.

I had really found an efficient way to meet the right girls, shed the 'boyfriend material' persona and move faster with women than I ever had.

But even in 2009, other than 1 girl, the top-tier women still weren't coming through. It wouldn't be

until I survived the Princess Lacie rollercoaster that I really had a Sense of Entitlement.

That one super hot girl from 2009, however, would leave an indelible imprint on my psyche for the rest of my life.

Dallas-Fort Worth Airport (December 2009)

(the dialogue is just the best as I can remember, there's no way I remember exactly what was said)

I was headed home for Christmas in Florida.

My first flight stopped in Dallas for a 3.5 hour layover.

I remember sitting in the food court and literally watching 30 people turn their heads as the most beautiful girl I had seen in months passed by. You would have thought it was Troy Aikman.
(Troy Aikman is the Hall of Fame quarterback for the Dallas Cowboys)

Although I was pretty comfortable talking to women, I knew this one was going to be difficult because I still wasn't completely comfortable with others watching me "do my thing". This was the type of girl that guys (and girls to some extent) gawk at and root against anyone that is trying to get at her pussy.

I don't remember exactly what I was thinking, but I knew I had to do something.

Before I knew it, my body stood up and literally started walking to her.

Sure enough, once I got about 10 feet from her, she took an unexpected right turn and went into the bathroom.

Great.

Now I had to stand there and think about it.

Whether she was taking a crap or redoing her makeup - it seemed like she was in there for about 20 minutes. I even thought that she might have slipped by or there was another exit that I was not aware of.

But eventually, she came out, now carrying her jacket and exposing to the world her irresistible breasts and hour glass figure.

I pulled up along side of her and just said -

> *How are you?*

She either answered quietly or not at all.

I walked along side of her muttering some stuff, waiting for her to jump on something I said.

I got nothing.

In a moment of courage/frustration, I told her -

> *Stop.*
> *Stop walking.*

She slowed down a little bit and looked at me with a blank stare.

I told her to smile.

The blank stare turned to a half smile but quickly vanished.

I told her again -

> *Stop. Stop walking.*
> *I want to talk to you.*
> *I'm Chris, who are you?*

I shook her hand.

She mumbled something again, to which I asked -

> *What?*
> *Umm, what?*
> *Where are you going?*
> *Where are you headed?*

This was hardly going smoothly, even for me at the time.

I felt like I was talking myself, anyone watching nearby probably thought so too.

At this point (I think), she finally said something I could understand -

> *Coffee.*

I said -

> *No, I mean, where you are you traveling to?*

She said with an accent -

> *New York City.*

It was at this point that I realized this girl wasn't great with her English, the entire time I assumed she was definitely not interested.

This was a bit of a relief because unlike many super hot intimidating girls, this girl wasn't very sweet once the conversation started.

I said -

> *Cool.*
> *Lets grab coffee.*
> *Cool?*

She said -

> *Yes.*

I literally felt like the world had been lifted off my shoulders. This girl was interested.

I grabbed her hand which was rolling a suitcase and l led in her the direction we had just came, since we had just passed "Peet's Coffee". It was clumsy since both of us had a bunch of bags and she had 2 different purses. This girl had luxury luggage that must have been worth $5,000. Just the bags. Easy.

There was a 3.5 hour layover until my flight to Fort Myers, so I was in no hurry. I needed to find out her plans to make my gameplan.

("just take her into the bathroom", is ridiculous advice - with the security at USA airports that is the LAST place you want to take a classy girl, even if there's a family bathroom with a lock on it.)

Two years ago, this would have been enough, I would have went home pleased with my courage and jerked off. But I wanted more.

Once we sat down, she opened up a little more, she told me her name ("Dinar") and that she was from Israel and "did photography" (which I always assumed meant modeling).

The language barrier still made it pretty bumpy, but it was clear that we enjoyed trying.

Oddly she was staring at me like she either wanted to have sex or was simply examining me for flaws. I remember thinking that it was rather bizarre at the time.

I got up to get some Splenda and came back and sat right next to her.

I put my arm around her and she smiled.

We talked for about 40 minutes.

My hands explored her legs, but nothing much more than that.

She mumbled something and got up, grabbed her purse and walked back to the bathroom, leaving all of her other bags at the table.

I had no gameplan in mind, I still didn't know when her flight was leaving, but despite the circumstances - I knew that this would probably be my only opportunity with this girl.

I searched on my phone to see if there was a hotel at or near the airport.

When she came back, it was like she was a different person.

She was in a really good mood and was a lot louder.

She definitely took something when she was in the bathroom.
(2 years ago, I wouldn't have known this, but I had seen this many times with the party girls in LA)

She also informed me that her flight had already left(?), not once mentioning when or if it has departed before.

At that point, I knew it was really going to happen with this girl. The hottest one in about 6 years.

I tried to think of a smooth pretense to leave the airport with her, but I had nothing.

The words never seemed to matter to Dinar.

I showed her my phone that had a picture of the Hyatt hotel.

She said -

> *You are stay there?*

I said -

> *Um. Yeah.*
> *I am staying there.*

I really couldn't believe this was happening.

I had gotten my fair share when I moved to Santa Monica earlier that year, nothing as clumsy as this and certainly not with a ridiculously hot girl like this.

After two trips in the wrong direction (something that would also seemingly kill the mood) looking for a shuttle, we just decided to get a taxi and go to the hotel.

She paid. She insisted.

I went up to the desk, gave them my card and told them to give me the first room available. Dinar and

I went to have a drink, she made another 25 minute bathroom stop.

The anticipation was crazy, I even texted two of my friends.

One of them replied that he wasn't surprised and that was really living the dream.

Maybe it seemed like that, but this was my first CRAZY hot girl since I started the pick up stuff.

Eventually, the concierge told me that our room was ready and we went up.

Unlike some hot girls, Dinar looked even better naked. This girl was right out of the movies.

I'd been some some really hot chicks in my life, but a girl like this via "cold approach", minus a few times I mooched off of some friends that had the balls to talk to girls while I just stood there like a Good Looking Loser, trying to look pretty.

Given the lead up, sexual tension (foreplay is hardly amusing to any heterosexual male) and the growing unknown of the whole thing, it was incredible.

Although I could hardly understand her at times, we both talked about how it was beyond crazy and said we'd stay in touch.

The morning at 10am, we went back to the airport and went about our lives.

I was on Cloud 9.

Pour Conclure

Unlike 2 years prior with Melissa, there was absolutely no opportunity in this situation.

None whatsoever.

It was 2 people randomly in a busy airport, with nothing in common, fluent in 2 different languages, headed to 2 totally different cities that lived 2 separate lives from 2 different worlds.

Yet, in a semi-forced, largely awkward way (given the circumstances), I managed to take this closed off dream girl to a hotel room while she seemingly deliberately missed her flight to have sex with me.
(to this day I have no idea if she had already missed her flight, if she lost track of time or if it was intentional - I like to believe the latter!)

I knew that I had created this entire moment.

EVERY SINGLE PART OF IT.

Years before, this was only something I could have dreamed pulling off. So crafty I would be.

In reality, it happened a lot more different than I thought. It was super choppy, bumpy, plenty of "uh-oh/now what..." moments, weird pauses and even some confusion but the excitement was beyond anything I felt in years.

There was no opportunity. Not even a cue that this girl was interested.

All the excuses were available for me to sit in that food court and finish my sandwich.

But still it happened for me.

I thought about that on my 12-hour flight home that inconveniently put me through Minneapolis and Atlanta.

After only getting 2.5 hours of sleep the night before, I sat wide awake on the plane thinking to myself -

> *How did this happen?*
>
> *Why did this happen?*

There was only one answer -

I created it.

I was prepared.

This story is an anomaly, maybe a once in a lifetime thing, Getting Laid is usually completely uneventful and predictable, but on any given day - the stars can align and what would seem nearly impossible can unfold right before your very eyes.

But what you don't need is an opportunity. It means nothing.

What you need is preparation and courage.

The big "opportunities" are nothing but preparation and courage.

Sometimes they fall into your lap, other times they will be nearly invisible.

The only thing that matters is that you are ready.

How to Go Out Alone to Bars - A Doable Step By Step Program (Part 1)

May 28, 2015 | by Good Looking Loser | Link | Original Link

How to Go Out By Yourself at Night - The Introduction to a Doable Program

This doable program is meant to help anyone who can't or has trouble going out alone at night.
It is structured so that guys with virtually no experience can succeed too.

Although there are many shades of gray, when it comes to *really* Getting Laid, there are two types of guys -

1. Guys that absolutely know that they can go out alone and Get Laid.
2. Everyone else.

Either you can do it or you can't.

Either you know you can or you don't.

The vast majority of guys can't.

I know I couldn't for about 2 years after I started this shit.

People, especially our impatient generation, want guarantees before they are willing to try just about everything.

While that is a recipe for doing nothing with your life, I can guarantee you -

If you take the program seriously and actually follow the rules, in 90 days, you will be comfortable enough to go out alone and have a chance at Getting Laid.



A Heartfelt Message from Chris

This was originally meant to be a single blog post. Then it became a multi-post series. Then it became something entirely deeper and more structured.

Every time I worked on this program, it meant more-and-more to me.

Unlike some topics, this issue isn't something that can be presented, explained and solved in a single post. Not even one of my usual 5000+ word discussions.

Many of you guys have entertained the idea of rolling solo to meet chicks, feel it's possible, but just don't have the social freedom to make it happen yet.

You still feel there's time, and in most cases - there certainly is.

As you already know - so long as you make yourself look 'above-average' and you can talk to girls without getting nervous - you can Get Laid if you really want to.

But for some of you guys, whether you know it or not, this is your final attempt at really trying to make the bars/clubs work for you so you can sleep with girls on the SAME night. The loneliness and isolation that your anxiety has caused runs really deep for you. Not being able to Get Laid (or even be comfortable in social settings) will affect how you see yourself for the rest of your life.

A guy who knows that he can Get Laid if he goes out 2-3 nights a week lives a different reality than a guy who doesn't believe that.

A guy who knows that he can Get Laid by simply showing up to a bar a couple of nights a week has a legitimate 'abundance mentality' and won't get emotionally attached to girls (or most anything) too quickly.

When his natural sexual instincts strike - he can take care of it.

A guy who can't - doesn't truly believe that he has legitimate options for sex. He will ultimately settle for a partner or a girlfriend just for the emotional security and the chance to 'get some' on a consistent basis.

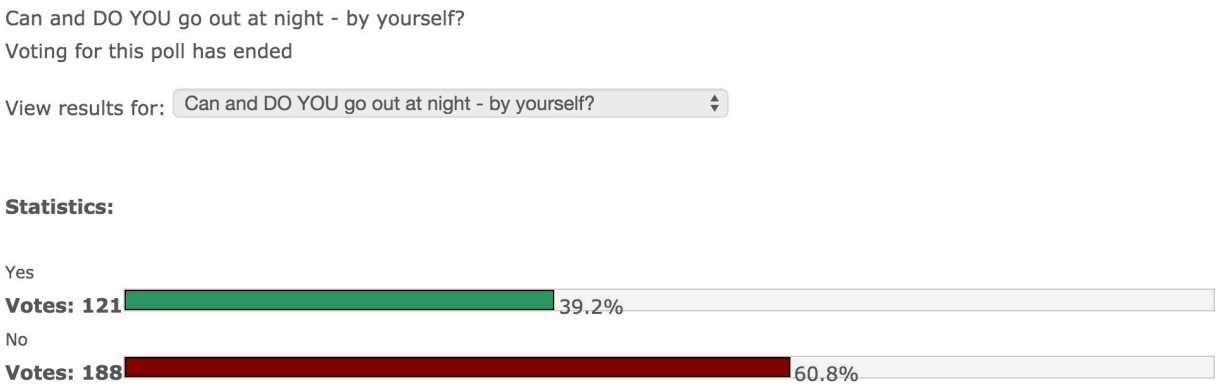
It runs pretty deep.

I know your psyche and I know your emotions. I was exactly you just 10 years ago.
(I was 22, 10 years ago; About Chris)

I will do my very best to not let you down.

- **How to Go Out Alone - If You Are Scared (Index)**

Can and DO YOU go out at night - by yourself?



About This Program

This is more of a 'social freedom' program.

The bulk of this series isn't necessarily to dig into our approach, process and techniques (screening) for Getting Laid in the night scene, please see my other material if you are looking for that, especially the discussion and examples here -

- "A Night of Screening Women in the Bar Scene"

I've basically covered it all.

It's also not going to cover the 'dynamics' of specific scenes or go in-depth about bars or clubs (popular party scene).

This guide is all about building your confidence and tolerance so you aren't sitting at home on Saturday Nights (or any night) because you don't have the courage to go out alone.

With that said, there will certainly be some fresh insight on how to pick up chicks at night. Especially in final section, "How to Go Out Alone to Bars - Final Thoughts & Answers".

While that might be a disappointment to some people, I will remind you -

There is NOTHING I can "say" or tell you that is going to actually going to PERMANENTLY reduce your anxiety.

Your anxiety is the only thing keeping you home at night.

If you've worked on your appearance and are 'above-average', you are well-aware that guys less appealing than you are getting more action.

It's time to change that.

While legal stuff like Kratom, Phenibut and blog posts may be fantastic helpers, you have got to gain real-time experience to really be desensitized to your social fears.

You are really going to have to earn this one.

I'm going to try and make that as easy as possible.



Is There Anything Else Like This?

Probably not.

Just like most of Good Looking Loser, unless it's copied or spun (there's plenty of that), this is probably the only place that discusses this subject in-depth and offers a "do this = get this" applicable solution.

When I started "researching pick up" back in ~2006, I don't remember ever coming across a guide that specifically discussed (let alone offered a step-by-step process) overcoming the anxiety of GOING OUT ALONE BY YOURSELF - AT NIGHT.

The information that I do remember coming across, looked something like this -

> ***Just have fun!***
>
> ***Just meet people!***
>
> ***Just be social!***
>
> ***Don't care what people think!***
>
> ***Just entertain yourself!***

I know.

Very helpful.
(I'm being sarcastic btw) :)

My goal is to create a guide that gets a lot of you guys out of your house, gives you direction and a nightly sense of accomplishment, something you will critically need because you will likely be going home alone the vast majority of the nights.

Going out alone might be weird at first but you'll slowly become more comfortable and realize rolling solo is actually a doable, worthwhile and even FUN option - in that order.



It Is Really Worth Investing Time to Get Comfortable to Go Out Alone?

If you want to consistently Get Laid the SAME night -

Yes.

If not, things like online dating and talking to women at bookstores/coffee shops are decent, albeit almost always slower, alternatives for Getting Laid.

If you accomplish NOTHING ELSE this year but are able to go out by yourself and semi-aggressively hit on women, an entirely new universe will open up for you.

That is no exaggeration or selling point.
(I don't sell any 'dating' stuff anyway)

You've probably heard and maybe even fantasized about the promises of being able to hit the night scene by yourself.

I know I did.

> ***You can go out anytime you want!***
>
> ***You don't have other 'social commitments'!***
> (having to stick with your friends, transportation, pre/post-party sausage fests, putting up with acquaintances you don't like)
>
> ***You can bring girl(s) home on a regular basis!***
>
> ***You can create your own wild nights and early mornings with random women!***
>
> ***The guys that are "the best" with women (cold approach) always roll solo!***

It is true?

Does being able to go out alone really live up the hype?

Or is it just another lonely, last resort 'pick up artist' weirdo outsider effort that falls very short of compensating for a normal social life?

The truth is -

It's both.

These are two different things though.

Being able to go out alone anytime you want does not compensate for a rewarding social life and emotional closeness with friends or even 'dating' does.

But if you are really ambitious about hooking up with random women -

A rewarding social life DOES NOT compensate for the freedom, confidence and empowerment that is involved in creating your own nights and living your own terms.

Don't let anyone tell you differently.

So many of my most memorable, special and wild nights were when I left my apartment by myself, walked down the steep hill to Sunset Blvd. with no plans to meet up with anyone that I knew.

After I got comfortable with it, there were some nights that I literally knew I would be holding some girl's legs within a few hours. I could feel it in the air. It was already decided. I was often correct. It was just a matter of who and how fast. I never felt so free in my entire life.

I treasured this period of my life and I really appreciated it at the time too.

Conversely, so many of my loneliest nights were because I didn't have the courage to go out by myself. These were some of the most forgettable nights of my life, I was in college but I couldn't feel more disconnected from the college scene. I was just a student.

I am absolutely in favor of guys gaining the social courage to go it alone.

If you are successful, you will be more socially courageous than 99% of guys and your sex life will begin to reflect that.

You will be proud of yourself, even if you aren't bringing home girls on the regular yet.

It will translate to other areas of your sex life too.

Hooking up with women that you meet during the day, go on dates with and are in your friend/party circles will be unbelievable easy if you know you can go out by yourself and Get Laid.

Having options is the ultimate key to truly "not giving fuck".

If you live in a big city, you will have legitimate access to the pussy and you will enjoy it so much more.

You can also travel the world and sample the local pussy - not just take pictures of the buildings and buy t-shirts.

It's not a dream. That's how it works.

Don't listen to the sideline guys that tell you it's "weird" to go out alone. They don't get much action and have been doing the same boring stuff for years.

For you, it will eventually be "weird" to stand on the side at a bar like a piece of living room furniture.

Scotty and I both agree that we get more anxiety standing around in a bar rather than hitting on girls and trying to get them out the door. We would both get more anxiety staying home on a Saturday night instead of going out by ourselves. Frankly, we felt the same about Monday nights too.

It is the COMPLETE OPPOSITE of how I used to feel.

Also, if nothing else, if you are able to go out at night and semi-aggressively talk to girls - eventually - you will be able to Get Laid and YOU WILL KNOW IT. You will actually start to believe that you have near unlimited options, just like hot girls do.

'Knowing you can Get Laid' is a mandatory prerequisite to handling a sexy, high-quality girl in a

committed relationship.

You are playing with fire if you get into a committed relationship with a hot girl who has far more options than you.

Guys that REALLY GET LAID -

GET LAID *AT NIGHT*.

It's time to join the club.



What's a Realistic Timeframe?

I'm hoping this will take you 3 months.

You need to follow the directions (not pick and choose what parts to do), make sure you go out *at least* 3 nights a week and not take ANY weeks off.

In 3 months, bare minimum 36 nights, if you have followed my instructions -

You will feel comfortable (or comfortable enough) to go out by yourself, meet people and slowly give yourself the opportunity to develop the Killer Instinct you need to take chicks home.

You will also have enough social freedom to Get Laid.

While you probably won't be taking chicks home on a regular basis in 3 months, but you will feel comfortable going out by yourself - which is a MAJOR step forward.

3 months.

36+ nights.

With no breaks.

That is what I need from you.

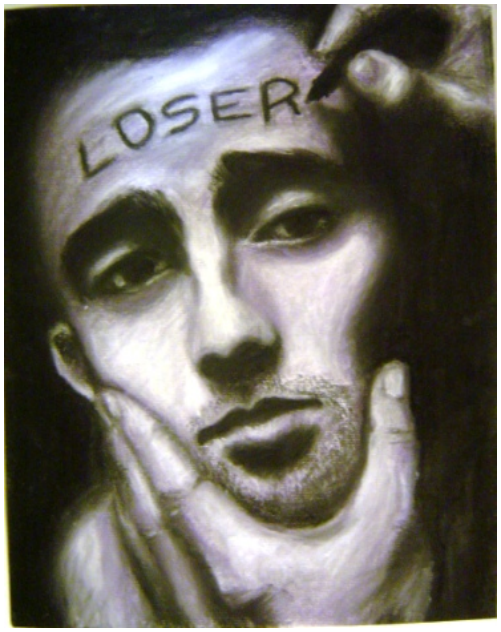
But even if it takes you 6 months - it will still be worth it if Getting Laid is TRULY a priority in your life.

It is my belief that -

If going out alone to Get Laid is TRULY something you desire, you will FIND A WAY to get yourself there.

I will provide the exact steps.

My job is to give you permission and to make things as easy and focused - thereby efficient, as possible.



Who Should Not Consider This Program?

We need to take a look at a few things before I give you a 'green light'.

First, take a look at this post -

- "Do I Have Social Anxiety? (A 25 Item Checklist to See Where You're Really At)"

If you score below 11, which is very rare, I don't suggest starting this program yet.

You will benefit from the recommendations in that discussion which includes getting a blood test to see if you have some undiagnosed medical issue that is causing an unnatural amount of social anxiety.
(no worries - thyroid/testosterone are easily treatable)

Also, if you know you are -

- Depressed (Lack significant motivation/enthusiasm for social activities)
- Overweight (>20+ lbs or >20% BF)
- In significant financial trouble
- A virgin or very inexperienced (follow our 'How to Lose Your Virginity Guide' first, you'll Get Laid quicker)

Fix that issue first.

Seriously.

Those are far more important than going out to bars by yourself.

Besides, you are going to need to take care of those issues if you are going to make significant progress in your life anyway.



My History With Going Out Alone

(or NOT being able to go out alone!)

Maybe I look like a douchebag party boy to you.

The kind of self-confident in-crowd filth that you see walking a girl out of the bar 3 hours before closing time.

The truth is much different.

(1982-2008)

For as long as I can remember -

I ALWAYS HATED BARS AND CLUBS.

ALWAYS.

I would get anxiety 5+ hours in advance if I knew I was going out that night. Even if it was just with friends.
(looking back on my teenage and college years - I probably had a moderate undiagnosed anxiety disorder)

I don't even know why.

I just took going out really seriously (you tend to do that when you don't Get Laid or go out very much). I felt that I needed to meet at least one girl or the entire night was a complete failure.

Like a lot of people, I would self-medicate with alcohol and I would make certain I was fully intoxicated before I set foot in any bar or club.

But even under the influence, I remember the awful feeling of standing there powerless and staring at hot girls (or just people in general) that I so desperately wanted to talk to.

I just didn't know what to say.

My mind would go blank and I'd immediately turn to one of my friends to talk about sports.

I hated scanning the room and making circles around the bar like a creep.

I hated 'lurking' in high-traffic areas.

I swore everyone was looking at me (or not looking at me - was I attractive enough?).

I hated feeling sweaty.

I hated pushing through crowds to order a drink.

I hated paying $7 to some ungrateful bartender who poured me a weak 5 cent drink.

I hated the loud music and the drunk idiots.

I hated watching other people talk to each other with such ease.

(in hindsight, most people were just talking to their friends)

I hated the ride home when I would be half drunk and have no new prospects to hook up with.

I most hated the 'afterparty' which would be the same 10 guys and no new chicks.

I always remembered thinking -

I wish I had stayed home, not drank these empty calories and lifted weights instead.

I hated it.

But that's not to say that I never got *any* pussy from the night scene.

I did, but it was very, very random and nothing that I EVER initiated.

Although I had successfully taken girls home in the past or got them into a room at an afterparty, it was almost always because my friends met a group of girls and one of them picked me to hook up with.

Mooching girls off my friends wasn't a bad gig, but it was complete luck.

With a few exceptions, these girls were generally "cute" or slightly above-average - not the totally sexy hot girls that I spent thousands of hours in the gym for.

I wanted to hook up with girls I masturbated to.

But my ego was way too fragile and the bar scene was a scary place to risk it.

I remember thinking one particular Summer night in New York -

> *This bar stuff just isn't for you Chris.*
>
> *Please don't worry about it anymore.*
>
> *You have a good life.*
>
> *Why are you doing this to yourself?*

After I got more and more obsessed with the gym and steroids (starting ~2004), other than New Year's Eve and some other random occasions, I pretty much stopped going out altogether.

By 2005, I spent just about every weekend in my apartment - alone.

But when I started reading material about how to pick up women (starting ~2006), I was hooked.

I fell in love with the hope that *just maybe* I could be that guy who goes out on any given night and bring a girl home.

I really wanted to be that guy.

One night in 2006, on pure enthusiasm alone, I memorized some pick up routines, wrote a few others

into my not-yet-so-smart phone and jumped into the night scene.
(I was in Gainesville, FL. but after I graduated the University of Florida)

I was excited to see what the nights would bring!

Only problem was -

I was scared shitless to start conversations with people by myself at night.
(under normal circumstances, I never had too much trouble talking to random people, but this 'pick up thing' took on a different meaning)

Going out alone felt incredibly weird.

Especially since now - the new goal was to meet women by myself.

Something that I wasn't great at in the first place.

Since I had college friends in Gainesville, I'd usually meet up with them after I spent an hour wandering around by myself.

Then I moved to San Diego for Law School and called it quits after 10 days.

Now I was really alone. In a totally different time zone.

But I wanted to try again.

Only problem was -

I was scared shitless to start conversations with people by myself at night.
(By this time - I really began to view bars/clubs as some sort of alternate universe, where my normal social skills couldn't apply)

On 4 different San Diegan nights, I wandered around for hours and hours - not talking to a single person besides the male doorman that I handed my ID to or the shot girl that I handed my money to.
(pretty much)

Again, it was enormously deflating.

I again abandoned the idea of going out alone and just started meeting up with friends from the my former Law School class.

I figured, "I would get better at going out alone, after I moved to Los Angeles at the end of the year".

Those were my first experiences with trying to go out alone.

I also remember feeling something that I never really felt before -

Going out alone at night to "do pick up" was legitimately scary.

It was hard for me to stay in a good mood.

I felt like a total outsider and it got worse-and-worse as I got more-and-more inside my head.

I never felt it with such intensity before.

I HATED BARS and it just fucking got worse.

Not only did I hate bars, I was now actually scared of them now.

All that shit I read about 'how to pick up girls' (and never applied) made my anxiety worse to the point where I couldn't even use my basic social skills (aka talk) at night.

Sound familiar?

The First Group of Girls I Ever Approached Were So Mean to Me! (2001)

(2008 - Present)

From ~2006 to 2007 I tried to pick up girls on an intermittent basis.

Just like in my early 20's, weeks (sometimes months) would go by without talking to new girls.

In 2008, even when I was part of a year-long pick up program, I inconsistently hit on girls - mainly during the day and hardly ever alone. I often felt like I was "starting over" after every break.

Eventually, largely starting in late 2008, I started going out alone to familiar spots (where I knew some of the staff) and had a decent experience. I developed a few strategies to loosen up and get me talking (and have others talk to me in a friendly way - see Month 2).

Although I was technically still in my 'comfort zone', this was big for me and I eventually got the nerve to go to random spots where I didn't know anyone.

Right around the same time, I met my goal of getting 3 hot fuckbuddies (2 from online, 1 from a club that Scotty basically introduced me to) and thus began my first "Golden Era" where I genuinely stopped caring about rejection and my anxiety was noticeably less.

Thankfully, I made enough progress during this special time that I seemed to shake off the majority of my "night scene anxiety" and could go out alone and be fairly comfortable.

Eventually, after I brought a few girls home, my anxiety was basically gone.

Still, it would be almost a year later when I started bringing home girls on a regular basis.

Why Did It Take Me So Long To Get Comfortable With Going Out Alone?

Plain and simple.

I kept quitting and not trying.

Although I could tell you that "there was no program to help me", that would hardly be the truth.

The reason I kept quitting was because my fear of rejection was far greater than my desire to Get Laid (or simply fight back against anxiety).

Although I had an undersexed life, I was very comfortable.

There was nothing that forced me to get out of my proverbial 'comfort zone'.

No accountability.

No immediate consequences.

Only a lonely, yet otherwise highly comfortable life that only really frustrated me once in a while.

By ~2007, I had moved to the other side of the country and really didn't know anyone that I could go out with.

I had to do something about it.

And I did.

But very slowly.

Looking back, if I really wanted to - I probably could have gotten over my 'night scene anxiety' in 2006 if I really wanted to. I could have beat it at anytime actually.

All I had to do was keep going out and accept that it might suck for a while and latch onto moral victories.

But I was too scared.

I just didn't have it in me.

Now, many of you guys "don't have it in you" under normal circumstances, but I think that if I give you a structured plan - some guys will make it through.

We will lose some guys along the way, but I definitely know that dedicated guys will beat their night scene anxiety because they have a real game plan in place.

Let's begin -

- How to Go Out Alone to Bars - Nightly Rules/Preparation (Part 2)

To leave feedback or comments, please leave it in the comments section in "How to Go Out Alone to Bars - Final Thoughts & Answers (Part 8)". I will see all of those.

Longer questions are best left in our forum where you will receive a faster and more comprehensive reply from our community. Thank you.

How to Go Out Alone to Bars - Final Answers & Thoughts (Part 8)

May 28, 2015 | by Good Looking Loser | Link | Original Link

How to Go Out By Yourself at Night - Final Answers & Thoughts

Welcome to Part 8, the final part of our series "How to Go Out Alone to Bars".

We sure have covered a lot of stuff huh?

Fuck.

I'm going to answer some miscellaneous questions that I've been asked and also leave you with some thoughts.

I appreciate you reading my series. By the way.



My Final Thoughts

I can't tell you much having the ~~skill~~ power to Get Laid has benefited my life.

I would be a totally different person if I couldn't.

I would make very different decisions because I would see myself a different way.

There would be no Good Looking Loser (website - I'd still be the same chump) and I'd either be a below-average pill popping lawyer or an uninspiring personal trainer/steroid vendor dating a moody girl that is slightly above-average looking.

Unfortunately, like any type of self-improvement advice, the majority of guys will not use this guide to improve their sex life. Even though EXACT STEPS are chronologically Laid out, most guys will

use the guide as "information", for a temporary feel warm and fuzzy feeling and only take tidbits to loosely apply it to very infrequent interactions with the opposite sex.

It's a shame because, as I mentioned, Getting Laid is almost entirely a combination of two doable 'perseverance' goals - **looking above-average** (diet, gym, fashion) and **talking to women** (beating social anxiety).

I really believe that.
(maybe you'll never be a superstar, but every guy can become 'above-average' and sleep with a bunch of decent looking chicks)

I do think, however, that since our advice is free it will definitely impact and be a turning point in a lot of mens' sex lives.

In fact -

I know it will.

Will you be that guy?

It's up to you buddy.

I look back very nostalgically at my "Hollywood years" and particularly the period when I went out by myself - night after lovely/grinding night. Those were some of the very best nights (and subsequent mornings) of my life.

Today, I'm 32 years young, happier than I ever have been, financially very well off and just beginning the prime of my 'real adult' life.

Still, nothing I do today, compares to the sheer excitement and perpetual rewarding afterglow of 'those Hollywood nights' from 6-7 years ago when I felt, although I had no money, career plan, obvious direction or significant other in my life - ***GOD HAD GIVEN ME A SECOND CHANCE AT LIFE.***

That is no exaggeration at all, in fact my words today don't do it justice.

I was once again optimistic about my life, something I had not felt in well over a decade.

I was a kid on Christmas Morning - every morning.

Even when I didn't wake up with a chick next to me.

I literally felt like the world belonged to me and that everything in my life was actually going to work out after all.

Amazing.

You see, Getting Laid (and knowing that you can do it) after years of underachievement, mild depression and self-doubt can really do that. It's not a validation thing, it's a natural euphoria, something that drugs can't match.
(Scotty agrees with me here too)

These nights are the times I most remember from my 20's.

I absolutely cherish this period of my life.

If you are in your 20's or even in your early 30's, I plead with you to see this through.

Do it the right way.

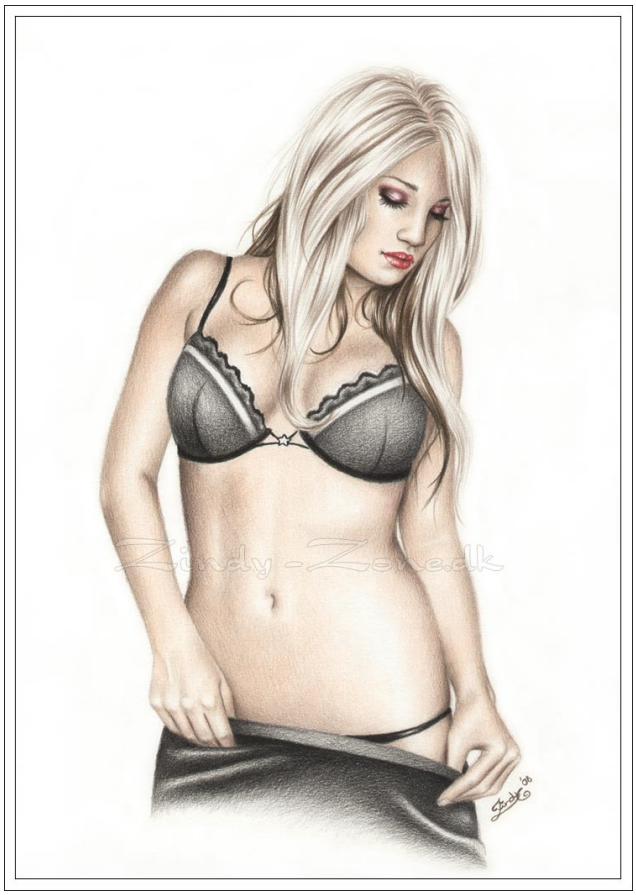
It's worth it.

Not just to make up for lost time, not just to 'Get Laid', but to watch the rest of your life fall into order because you will never again be sexually deficient.

You have the steps, just walk them and everything will be okay.

I promise you.

You can really make this work if you try.



But Are You Really "ALL IN"?

Listen -

This program does what I promise -

In 90 days you will be able to go out and comfortably hit on girls.

Stick with it, you'll Get Laid a bunch.

I'll be honest with you though -

If you REALLY WANT TO FUCK A LOT OF GIRLS, you are going to have to go out A LOT for a while.

This is the part that I honestly wasn't willing to accept for so long.

I just wanted to be super efficient from the start.

I wasn't ready to fully embrace the party lifestyle and ditch my "fitness" tendencies.

I was holding on to a lot of things that I felt were really important -

- Not drinking, certainly not more than 1 time a week.
- 8 hours of unbroken sleep.
- Getting to the gym at least 4 times a week.
- Not smoking cigarettes.
- Not getting to sleep too late.

- Eating at least 200 grams of protein to help maintain muscle mass.
- Not eating crappy food.
- Only going out if I felt good.
- Never being dehydrated.
- Not sleeping with girls who weren't in great (fitness) shape.
- etc. etc.

When I REALLY decided I wanted to start going out on a regular basis in 2009, unlike previous attempts, I actually decided I was "ALL IN" this time.

ALL IN.

Meaning -

I made going out to Get Laid my #1 PRIORITY and didn't hold on to remnants of the bodybuilding lifestyle.

I was ALL IN.

Over the course of 3 years, I picked up some bad habits and even became that party boy rat that I once so despised, but I finally started making big time progress in my sex life.

I had to let go of my obsessive, uptight, ultra healthy, introvert-by-choice ways and I'm glad I did.

If you fully embrace the lifestyle for a while, eventually you'll be able to go out a couple times a week or just hit on ~10 girls a week and Get Laid.

That does not happen super quickly for most guys.

My advice is -

If you are really serious about Getting Laid a lot, make it your #1 priority and FULLY embrace the lifestyle for a little while.

Be willing to stay out late, be willing to not stick to a specific diet, be willing to miss the gym sometimes, be willing to have a lousy night.

Don't even try to stick to previous habits that you know are contrary.

If you aren't really that serious, you can certainly try your best, but chances are - you won't get half the pussy that you would get if you really embraced the lifestyle for a little while.

Pick one -

- Fuck lots of girls
- Build a profitable business
- Get a perfect body
- [insert other near full-time ambitious goal]

Put 100% into it until it's accomplished.

My way isn't the only way and it's not even necessarily the "right" way but -

I needed to literally drop almost everything in my life for a period of ~2 years to get where I wanted to be with women.

At first, it was definitely hard to let go of some otherwise good and healthful habits.

But it was ABSOLUTELY CRITICAL to embrace a new lifestyle for a little while.



What Should I Do With the Phone Numbers I Get?

I mentioned it a few spots in the guide but - text the numbers you get at close/just before you leave the place.

Text them (something like) -

> ***where the party at***
>
> ***hey sexy what are u up to now***
>
> ***lets party sweetie***
>
> ****BOOTY CALL***
>
> (in or out text)

Don't wait until the next day, not only will half of the numbers be useless, but all the girls will be sober and not in "party mode".

In fact, a lot of the girls are slightly hungover the following day and have no plan of meeting up with ANY guys (or going out again that night).

If you really want to see one of the girls again, by all means - text her (call when she texts you back) and set up some plans.

Just don't assume that sex or meeting up with ANY GIRL you met at a bar the previous night is a

given.

Even if you were making out with the girl and she was really feeling you - in most cases, you are still just another "Bar Guy".

With all that said, don't be reluctant to text the girls the following day. You never know who is waiting for your text.

Just don't assume anything or spend a lot of time doing it.



Do I Need Elite Social Skills to Get Laid A Lot?

Using myself as a frame of reference -

I say no.

I don't consider myself to have 'elite' social skills.
(whatever that means?)

My social skills are beyond the average guy but hardly 'elite' compared to guys I know that love to talk to everyone.

Besides, I've been completely wasted, repeating the same dumb questions/stories in the same conversation and still hooked up with plenty of hot girls.

Social skills are just part of our 'Swag Factor' concept.

Just like all fundamentals - Looks/Style (Sex Appeal), Social Freedom (Killer Instinct), Confidence (Sense of Entitlement) you'll be fine if you hit the "above-average or B+ threshold".

If you are above-average at all of those, so few guys are - you are absolutely an elite guy. Period.

Social skills are certainly necessary to hook up with a lot of girls but they are more important in networking or in some social/sales-based job such as club promoting.

If a girl finds you physically attractive, you just need enough 'social skills' to get her alone.

Chances are, like I said earlier, your social skills probably aren't too bad (guys around GLL are generally pretty socially competent), it's just the anxiety is holding you back.

If you can hold and proactively lead a conversation (make small talk aka talk about anything) simply by not

being nervous, you should be just fine.

There is some "new age" anti-seduction pick up theory that highlights 'having social skills' as the key to having a hot sex life.

It's obviously helpful, but it's not the key.

Sex Appeal (physical attraction) and Killer Instinct (making it happen) are most important.



What Should I Wear?
(I Don't Want to Look Like Boyfriend Material!)

It's true, physical appearance and first impressions are critical at night.

We have 3+ years of style guides to point you in the right direction.

When in doubt, however - wear a full suit.

Even to a college bar.

Yes, you'll be overdressed but if you look good and important chicks won't hold it against you. It will probably spark some intrigue.

As far as "Boyfriend Material", you don't want to dress like a "nice guy" but remember -

A little edgy goes a long way.

Just putting on a necklace or some accessories will set you apart from nearly all guys.

You don't have to wear a bandana like me or get tattoos from head-to-toe like Scotty.

You don't even have to follow our "edgy" suggestions, just LOOK GOOD.

You can escape the "nice guy" or "Boyfriend Material" profile by simply touching girls (screening) in the first 30 seconds.

In fact, most of my friends that are good with women actually go for the 'well-dressed' look, more so than the 'edgy' look.
(I'm a combo of both)

None get confused for nice guys because they DO NOT ACT like nice guys.

Just in case you wondered, make yourself as tall as possible but keep in mind that "your shoes" aren't

a huge deal.

The saying -

> *A girl always loves a man in a good pair of shoes!*

Just isn't the case.

Most girls won't even notice your shoes, especially if it's dark.

Don't wear stupid looking, old, dirty, immature or outdated shoes but don't think you have to spend big on a pair of shoes. Other clothing elements are far more important.

I had a $400 pair of high-end fashionable Frye motorcycle boots I wore every night of my life.

I took them back to Nordstrom because they made absolutely no difference whatsoever.

Mainstream dating sources and other "I know what every women thinks" experts will disagree on this, but I've actually been out a million times and I know this to be fact.

As long as you don't have awful shoes, you'll be just fine.



What Should I Do About the Loneliness?

A lot of guys worry that going out alone several nights a week to try and fuck chicks is going to be a lonely existence.

Think of it this way though -

Are you *really* more lonely going out and talking to girls than staying at home like you usually do?

Of course not.

Yes, there will times when you are out by yourself on a slow night and feel lonely. I felt that.

There might even be busy nights when you see big groups of people and loneliness strikes because you are by yourself. I felt that too.

The reality is -

You are no more lonely than before.

You just are more aware of it because you are going out alone and don't have your usual entertainment to distract you.

In fact, so long as you are talking to some people - you are probably less lonely.

Just trust me -

Once you start Getting Laid, you won't give 3 fucks about "loneliness". If you stick with this stuff, you'll have more girls than you can handle.

Like I said in the introduction, it doesn't compensate for a rewarding social life or emotional closeness with a significant other - but it sure as hell isn't lonely. Not at all.

What a lonely existence fucking 2 hot girls a week is!



If I Beat the Anxiety, Will I Always Be Able to Go Out Alone or Will It Come Back?

A lot of guys want to know if beating night scene anxiety is similar to 'riding a bike' when once you learn - you will always be able to just pick up where you left off.
(fun fact: Chris never learned how to ride a bike)

The answer is -

Yes and Yes.

If you completely stop going out for a significant amount of time (7+ months), you will need to go out for a few nights to start feeling completely comfortable again.

You won't ever have bad anxiety again, you just won't be as quick on your feet.

It's just like ANYTHING ELSE that you learn/do that you take time off at.

When you pick it up again, you will be rusty and it will take a little while to regain your previous form.

That includes riding a bike (or in my case iceskating).

You'll be able to ride the bike but you won't feel totally comfortable right away at high speeds or doing any advanced tricks that you previously learned.

The good news is -

Just going out two consecutive nights will be enough to shake off most of the jitters.

It might feel like you are "starting over" at first, but there is a sort of 'psychological muscle memory' and any approach anxiety will disappear very quickly.

If you do beat your anxiety, take time off and find that your anxiety is back -

Don't worry.

You'll beat it faster than you ever have before.



What is the Best Place to Go Out Alone to Try to Bring Girls Home?

The best place to go is the nearest place that serves alcohol and *at least* 30 women.

I don't know any guys that Get Laid a lot (via cold approach) that frequently take 30 minute car rides to meet chicks. Especially not long drives or public transportation to clubs.

In those cases, you could do the 'hotel room' thing, but it's just one more obstacle, one more charge on your card and more uncertainty.
(Vegas is a different story, where you already have a hotel room)

Ideally, you want to be within walking distance of both your place and the venue.

As you know, when I was getting the most action (via bar scene, 2010) I literally lived 3 minutes away from the 4 (mainly 3) places I went to.

It makes all the difference in the world.

It was easy to justify "let's grab a quick drink and come back in 15 minutes".

That's what we did.

It generally took 45 minutes though. :)

Sometimes I'd get the girl back to the bar before her friends even noticed.

Usually they noticed though.



How Should I Handle 'The Friends'?

Although this is a subject in itself (and a way overanalyzed topic), I'll give you the basics.

All you gotta do is -

BE SUPER NICE.

HIT THEM WITH COMPLIMENTS.

Don't wait for them to evaluate you, step up -

Call them pretty.
(without hitting on them)

Call them cool.
(without totally kissing their ass)

Call them fun.

Call them classy.

Tell them that they dress well and need to give other girls fashion advice.
(this one is beyond awesome)

Tell them that they are intelligent and it's a rare thing to see.

Tell them that they 'impress' you.

Ask which ones are single and tell them that you want to introduce them to your friends.
(describe your friends as near God-like men that would be interested in them)

Tell them that you'll invite them to parties.

Be/pretend to be interested in their lives.

THAT IS HOW YOU HANDLE 'THE FRIENDS'.

Give them absolutely every reason to LOVE YOU (even if you are completely lying) and no reason to hate you, remain undecided or take their friend away.

When you've won the group over (or they seem to be leaving you alone) - immediately "borrow" their friend and get to a private area.

This is especially important if you have a distinct player look/vibe - you want to go FULL NICE GUY.

This only applies to 'the Friends', not to the girl you are trying to bang.

'The Friends' want their friend meet a "nice guy" and not a player/scumbag who will fuck her, not call her back and not bring anything to the table.

This is something I'm actually amazing at. I'm a pretty nice guy and this is all you need to do.



Which Girls Should I "Target"?

In terms of groups, you should focus on girls that are alone or in small groups (7 or less). Big groups have more logistical issues, social issues (judgement) and obstacles.

At the same time, a group of 2 girls can get complicated because some girls can't 'ditch' their other friend.

In that case, take their phone number (text them later in the night) or take both girls with you. If the 'friend' has a boyfriend or thinks you are a cool guy, she won't be totally opposed to sitting in the living room with a drink and the TV on while you fuck her friend. It really varies though.
(just make sure you don't leave valuables out for her to steal - putting a dummy camera in your living room can help; I have a real one now)

For straight cold-approach (no afterparty), weeknights can be more friendly than weekends because groups of girls don't plan to stay out all night and will go home early if their friend meets a guy she likes.

All of these logistical/group issues can be significantly minimized by living in walking distance. Sneaking off with the girl for 30 minutes is all the time you need and you don't have to deal with the group's social commitments or other bullshit. 30 minutes usually turns into 60 minutes. But once the girl is horny/wet, time is not a concern.
(hint: turn the girl's cell phone ringer off if she uses your bathroom and leaves her purse in the living room, she won't notice/care)

In terms of individuals, besides focusing on the girls you want to fuck, the ones that want to fuck you (eye contact), I encourage you to apply our "Best Feature Principle" so you have more options.

Try to consider chicks that have 1 very nice feature about them, even if they aren't your ideal girl.

For example (7010) -

I wasn't having a great night, there just weren't that many girls out and I just wasn't hitting it off with

the hotter ones.

One girl I noticed had a slightly above-average face but was wearing stupid looking clothes. She was wearing an oversized sweatshirt and jeans that barely even showed her figure.

The group she was with posed for a picture and the girl adjusted her sweatshirt.

Even though my vision isn't very good, I saw that beneath the sweatshirt she was packing some absolutely monstrous healthy breasts.

I went to talk to her and we hit it off, apparently we had a mutual friend (never hurts).

I got the girl home about an hour later and I immediately took the sweatshirt off of her.

Her breasts were absolutely enormous, real and even bigger than I even thought. She had a special bra (that looked like 2.5 bras) to try to support her massive estrogen endowments.

Needless to say, I sucked and played with them for hours and had distinctly more fun than I usually do.

Her best feature (her monster homegrown breasts) made the experience better and unique than fucking a girl that was better looking.

When it comes to sex, a super confident slightly above-average girl that knows that she has a huge natural rack that guys masturbate to could be far better in the moment than a hotter girl that just lays there in bed.

It was a great lesson, my pool of candidates opened up significantly.

other details:

She explained that she wears a sweatshirt in cold bars when she's specifically not looking to meet guys. Ironic. Chilly temperatures absolutely make her breasts dominate the room and become the focal point of everyone's attention. Poor girl.

By my standards, I even became rather obsessed with this girl too. Her waistline was amazing considering the voluptuous breasts she inherited. We saw each other just 2 more times but she wanted out because apparently I didn't show her that I potentially wanted a relationship.
(I didn't obviously but I usually do a better job keeping them around, she bailed way faster than I wanted!)

Based solely on a girl's appearance, however, it's hard to tell who is DTF and who is not.

You've got to screen them.

Just about all girls at bars wear skimpy clothing these days and drink a little more than they should.

I'm attracted to above-average looking girls that smoke cigarettes, especially confident ones that smoke during the day and don't give a fuck if they annoy people. Chicks that smoke just happen to be more sexually liberated so they are an easy group for me.

Scotty likes Black/Latina girls and they tend to be more DTF than the average girl.

In this podcast, he discusses how he could Get Laid in under 5 minutes by picking out the drunkest, hardest partying girl on the dance floor and immediately taking her to his car.

The chicks you approach should be a combination of -

- The girls you want to fuck (talk to 5-10)
- The girls that want to fuck you (talk to 5-10)

Usually there is some cross-over if you aren't being too selective.



How Often Should You Go Out?

If you want to Get Laid a lot (or learn to) I suggest going out 3-4 times a week until you get 1 or 2 fuckbuddies. Then cut it back to 1-2 times a week.

I'm going to discuss this more in-depth in a future article, as well as give my perspective on how rewarding the 'Player Lifestyle' really is and how to ideally structure your 20's so you Get Laid and then move on to bigger and better things.

For most guys, ideally as early in your 20's as possible -

I think it's worth spending a good 3-6 months 'beating Approach Anxiety' (doing our program) as your #1 AND ONLY GOAL.

After that, I suggest spending a good 1-2 years having fun - doing nothing but Getting Laid and partying.

After a few years and plenty of success, you'll get chicks efficiently and you won't have to try or go out that much to Get Laid or replace MIA fuckbuddies.

Although ~1-2 years seems like a lot - it's really not.

Most people do this for 4+ years.
(albeit half-heartedly)

It's called "college".

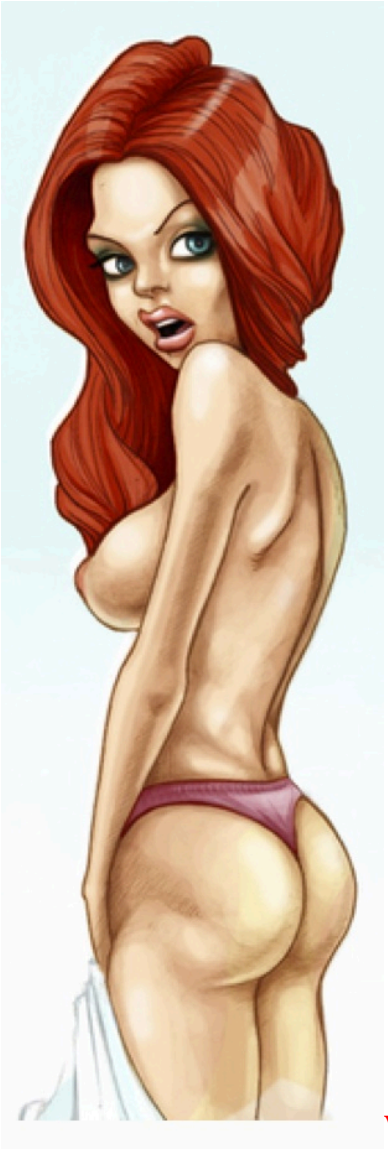
Scotty (~7.5 years of full-service) and myself (~4.5 years of full-service) were very ambitious and big into partying in general, we devoted our lives to it longer than I recommend for most.

After you've had your fun, focus on your finances/career and getting wealthy.

At that point, a hot girlfriend or a few low-maintenance fuckbuddies makes sense.

Just make sure you know you can Get Laid.

This entire thing is a near psychological waste if you spend years on it but still doubt that you can Get Laid.



What Is the Appropriate Strategy Once You Know You Can Get Laid?

Get Laid. Have fun with it.

That's what you were trying to do in the first place, right?

I can't comment on every scene or city, but this is what I did -

Once I knew I could Get Laid every 2 or 3 times (or hit on ~10-25 girls) I would go out at ~12:30am on Tuesday, Thursday/Friday and Saturday nights.

12:30 am was a good time because girls were pretty drunk and weren't thinking about getting home/leaving yet (closing time is at 2am in LA).

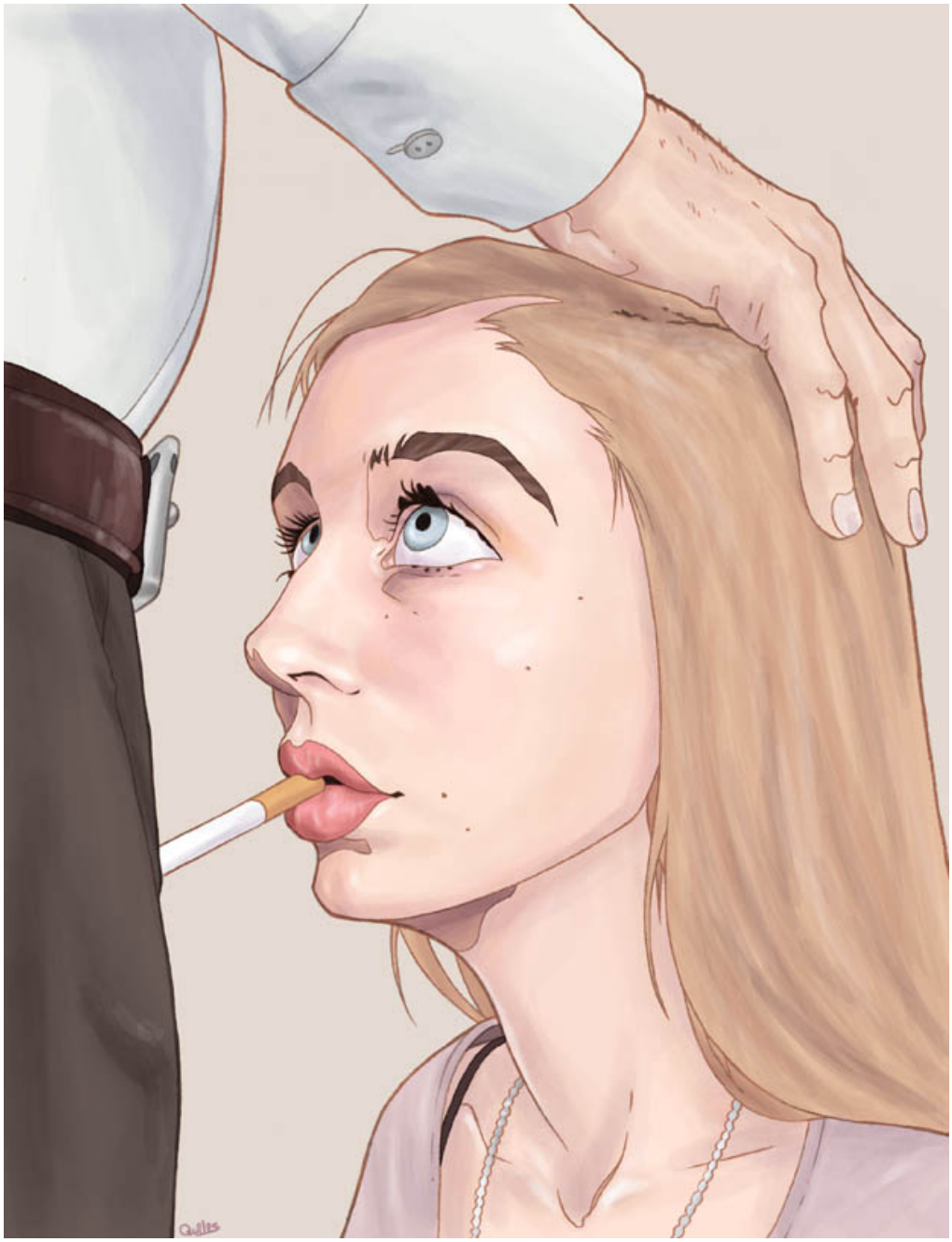
I would get to the bar at 12:33am and literally try to take every single hot girl up to my room for a quickie.

Same thing always.

0 to 100, start a conversation, hit her friends with compliments (if necessary) and try to walk her out the door and up the hill.

Not much different than in this video.
(not to give the wrong impression - it usually took me 15-25 minutes once I found a DTF girl, not 5-10 minutes like Scotty's method)

Although, I wouldn't smash pussy every night, it was literally that simple.



What Should You Do If You "Get Busted" For Being Out Alone?

A lot of guys absolutely dread the thought of "getting busted" or called out for being out by themselves.

Although this isn't something that I was ever ashamed of, I'll give you 2 suggestions -

1) If you really feel the need to defend yourself, just say that your friend(s) work at the place and you probably know more people than he/she does and immediately resume whatever you were talking about.

2) Make the decision that you are going to *try* to stop caring about crap like this.

You are afraid of this type of thing is because you aren't comfortable in your own skin. There is nothing wrong or shameful about going out alone - the guys that fuck the most chicks via cold approach mainly go out alone. Those guys aren't insecure losers, quite the opposite.

If you can't stop caring about this "getting busted" stuff - Getting Laid might not be for you.

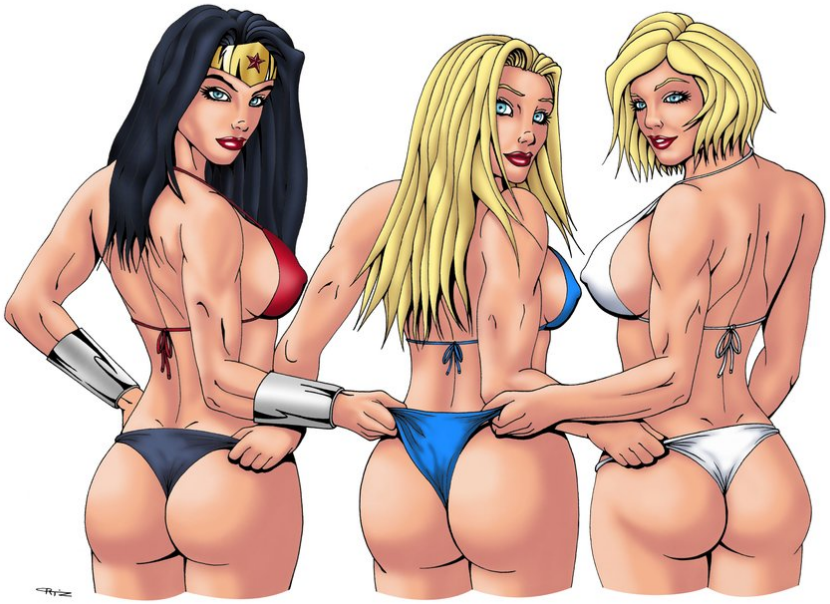
Eventually, you will have to get past this COMPLETELY INSIGNIFICANT fear, so start now.

I don't like to be negative or offer non-insightful "just get over it" advice. But frankly there are certain things in life that you need to decide just aren't a big deal and develop the strength to stop caring about.

This is one of those things.

Once you start Getting Laid you'll slowly stop caring about this issue or what other people think anyway.

So go Get Laid.



Pour Conclure

Although I suggest devoting a period of your 20's (or early 30's) to doing virtually nothing but beating your social anxiety forever and then Getting Laid, I know that the full lifestyle is not for everyone.

Eventually everyone wants the pussy to come easily - but you have to put in the work up front.

This 'Getting Laid' period isn't forever, but neither are your 20's.

I just know my past, present and future were so much better because I was 'ALL IN' for a couple of years.

Thank you for reading my guide, it is beyond a blessing to be able to help you improve your life.

I mean that.

I hope this helps you.

- Chris

The entire index -

- **"How to Go Out Alone to Bars (index)"**

You are feel to leave your feedback and comments below, longer questions are best left in our forum where you will receive a longer and quicker response!

How to Go Out Alone to Bars - Good Moods & Bad Moods (Part 7)

May 28, 2015 | by Good Looking Loser | Link | Original Link

How to Go Out By Yourself at Night - Good Moods & Not So Good Moods
(and What to Do If It Just Isn't Your Night)

Welcome to Part 7 of our series "How to Go Out Alone to Bars".

We are going to discuss 'moodiness' and talk about how to handle it and how much it really matters.

Like I mentioned earlier, after you get reasonably comfortable with going out by yourself, your mood or "state" will be the main factor in how your night goes.

You will "lose" more chicks to being in a sour mood than to anxiety.

So yes, your mood is very important.

At the same time, don't think for a second that you can't Get Laid if you aren't in a great mood.

Being in a good mood definitely helps, but the more I thought about it - being the life of the party (mainstream term) or "spreading positive energy" (seduction term) is overemphasized.

I've gotten action just as much when I was in an 'okay' mood and not really wanting to talk to anyone except a fully interested DTF chick.

I'll tell you what I do.

Remember - the goal is to **Get Laid**, not to "be in a great mood", "talk to people" or "win at social dynamics". Keep that in mind.

If that is news to you, I'm sure you've seen several examples of "Mr. Mayor" or "Mr. Positive Energy Social Butterfly" that talks to a million people, seems like he knows everyone, but doesn't really Get Laid anymore than you do. It's a lot of effort and not fully necessary.

The life of a smiley 'Social Butterfly' is obviously better than being grumpy or totally introverted, but extroverts have their own form of social anxiety and it doesn't always pay off in mad pussy.

Myself and the best guys I know, with only 1 exception (the club promoter/Hollywood socialite friend), go out and talk to the girls they want to fuck and aren't shaking everyone's hand or trying to make a bunch of new friends.

We'll cover -

1. How to start the night in a good mood
2. How to get/stay in a good mood (social momentum)
3. What to do if you just can't snap into a good mood
4. Good Looking Loser's "0 to 100" Principle



How to Start Your Night in a Good Mood

If you are doing our program, you know the importance pre-game "endorphin preparation" and starting the night in a good mood.

I had you do it EVERY NIGHT.

Your night will likely go much better if you start in a good mood and don't have to snap yourself into it.

There's really a million and one suggestions for 'How to Get in a Good Mood' (just Google it) and you know what works best for you (yes, you already know what makes you tick), so I'll just give you what I used to do.

Here is the exact pre-game Full Prep. that I used 2 nights a week when I started going out alone.

ALL NIGHT GOOD MOOD ROUTINE (FULL PREP.)

This is the "Full Prep." protocol for nights when I went out at 7:00pm (until I brought a girl home or 2:30am).

- (start) Drink water throughout the day.
- (1:00pm) Take 2000 mg of Phenibut and serving of this natural diuretic to bring out my facial features even more.
- (3:30pm) Take pre-workout stimulant drink/pill and jog to the gym. (Phenibut is fantastic with stimulants)
- (4:00pm) Go to the gym. (weights to failure for 25 minutes, HITT cardio for 25 minutes)
- (5:00pm) Go tanning in a high-end tanning bed for 5-10 minutes. (big time endorphin kick for me)
- (5:15pm) Put on a ton of post-tan moisturizer.
- (5:30pm) Walk home, put on music, drink 16+ oz. of water, take 1 more serving of the natural diuretic and burn 6 grams of Kratom.
- (5:45pm) Make a protein shake. (almond milk, I stopped drinking dairy Milk in 2009)
- (6:00pm) Shower, use Bathmate for 5 or 6 minutes just to add some hang and girth to my dick.
- (6:15pm) Turn on a high-powered fan on to keep from getting sweaty.

- (6:30pm) Spray this cologne on me, style my hair.
- (6:30pm) Put on self-tanner.
- (6.45pm) Get dressed.
- (6:45pm) Drink 12 oz of Diet Mountain Dew and another 1000mg of Phenibut, if necessary.
- (7:00pm) Walk down the hill, go into a bar, pull up next to a group of girls while ordering a drink, introduce myself and ask them how their day was and what they did. (women are very open when there are very few guys around)
- (7pm-9:00pm) Hit on pretty girls, try to bring each and every one to my apartment "for a drink".
- (9:15pm*) Return to the apartment for a Kratom reload or a drink.
- (9:30pm*) Walk down the hill, go into a bar, pull up next to a group of girls while ordering a drink, introduce myself and ask them how their day was and what they did.
- (9:30pm-12am*) Hit on pretty girls, try to bring each and every one to my apartment "for a drink".
- (12:15am*) Return to the apartment for a Kratom reload or a drink.
- (12:30am-2am*) Hit on pretty girls, try to bring each and every one to my apartment "for a drink".
- (2:00am*) Mass text all the phone numbers I got. "what are u up to sweetie"
- (2:15am*) See if any pretty girl(s) are standing outside and want to "have a drink" in my apartment.

  * if I hadn't gotten laid yet

The Full Prep. protocol is incredible but you don't want to use Phenibut more than 2 times a week.

On these "Full Nights", I would hit on up to 25 girls over the course of the night and try to take each one to my apartment that was 120 yards away.

I did this 2 days a week for the later part of 2009 and majority of 2010.

I had the time of my life.

Needless to say, after I shook off the rest of my 'night scene' anxiety, I was Getting Laid 1 out of every 2 nights. In fact, the percentage was over 50% in the late Summer months.

There were 3 nights in the later part of the year that even I brought home multiple girls in a single night - often random Tuesday nights.

Admittedly, these numbers (50-60% success rate) are a bit inflated because of my location (4 minutes and 26 seconds from 3 popular bars, 1 club), multiple attractive fuckbuddies that boosted my confidence and the fact that I was really quick on my feet and literally was scared of nothing since I was going out 4 or 5 nights a week.

Sleeping with 1 girl, every 3 nights via cold approach is a more realistic average - once you really figure this stuff out and settle in.

Thankfully, there weren't all that many "wasted nights" when I did my 'Full Prep.' and no girls were out. I specifically saved this for the busy nights.

On not-so-busy nights, I would just do some pushups, pull-ups or squats in my apartment and have a drink and go out to see who I could meet.

While it's important not to make your pre-game an extensive "event" that just psyches you out, it's

absolutely critical that you try to feel and look your best every night.

On slower nights when there's less action - create yourself a 'mini-prep' that takes 30 minutes before you go out.

But no matter what -

Look your best.

In the night scene - first impressions are the only impressions.

Notable also:

I always had my small little living room and bedroom clean and 100% ready to go. I always left my Xbox360 playing music videos, almost always "Red Hot Chili Peppers - Live From Slane Castle)". All I had to do was turn the TV on and the mood was set. I had 2 floor lamps that would cast red light on wall. There was always Tequila and cigarettes for the chicks.

Here's a YouTube video of the exact video I kept on repeat -

I'm listening to it now and tearing up.

These were very special days and unlike other parts of my life - I really appreciated this period of time when I was living it.

It was finally really happening for me.

And I knew it.



How to Get/Stay In a Good Mood

This isn't terribly insightful -

The key to staying in a good mood is be in a good mood in the first place.

We just discussed that.

After that, the key is not drift back into your head.

Here's my suggestions for that -

#1 Stay In the Game and Out of Your Head

(How to Build Social Momentum)

You can prevent Approach Anxiety by not letting it start in the first place.

The best way to do that is to immediately talk to the first people you see or make sure you talk to people within 15 minutes.

You can use my LITERALLY FAIL PROOF line -

> ***Hey guys, I'm new around here...***
>
> ***On a scale of 1 to 10, how much do you like living in [the city]?***

[Listen to what they say]

Talk back.

That 'line' will work ANYWHERE on ANYONE.

The 'New Guy' factor encourages people to be friendly and helpful.

The question is something everyone can share their opinion on and intriguing enough for people to ask you questions too.

Use that to build your social momentum and get out of your head.

It's literally all you need.

You can always ask other 'opinion' type questions or talk about whatever you want, but I encourage you to take advantage of the 'New Guy' factor. People are extra helpful and cordial to the New Guy.

#2 Only Hit Up Spots That You Like

This should be obvious, but still way too many guys end up in environments and scenes they despise because they feel obligated to go there.

If you have spots that you like (or think you will like once the anxiety has died) - go there.

That also includes hanging out in areas of the place that you like.

If you can't stand loud music (I fucking hate most live music), stay away from the dance floor or band. Don't buy into that crap that you "have to learn to pick up girls everywhere" if you want a good sex life.

Not true at all.

Learn to creep in the quiet areas, especially the patio areas that are quieter - those areas are almost always better anyway.

At the same time -

Try to stay somewhat open-minded though. Chances are, you hate the anxiety and not the scene. Reserve some judgement until your anxiety is gone.

I used to hate bars but once I got comfortable - I didn't mind them. Once I started Getting Laid, I actually liked some of them.

#3 Go Through the Motions and Fix Your Body Language

I'm not really big on this "fix your body language" or "pretend you are in a good mood" stuff, but it actually works for a fair amount of people.

More than I will admit!

What does your body language look like when you are feeling good, looking good and think you are the coolest guy in the place?

- You have a non-stop smile/smirk on your face.
- You make strong eye contact and check out every girl to see if she meets your standards.
- You stand up straight and proudly.
- You check yourself out in the reflection of mirrors and windows.
- You look at all the guys standing on the side and think to yourself "there's no competition in here".

Like my friend Jordan says -

Walk around like you have an 'S' on your chest.
(a reference to "Superman")

Correct your body language and strut around like the confident, despised douchebag/douchebag-to-be that you are.

Perhaps your mood will improve.

#4 Have a Drink, Be a Weirdo, Get a Rush, Etc.

I never really have more than 1 or 2 drinks a night (Kratom is way better for me), but if it helps you get into a better mood, by all means - drink up.

If dancing or ordering food helps - by all means.

If doing something "weird", such as asking a girl if she touches herself, if her big breasts give milk or bringing up a naked picture of yourself on your phone to show a group of girls - by all means.

If doing something "ballsy", such as spotting the hottest girl in the bar and barging right into her conversation to talk to her - by all means.

You could even volunteer a creepy story, such as -

> *So check it out.*
>
> *I hooked up with this girl at the beach last summer, she was this model chick from New Hampshire. Later that summer, she invited me up to her cabin for the weekend.*
>
> *You know, just me and her, real intimate.*
>
> *The first day I got there, I went to use her bathroom and in the toilet there was shit. It was literally dinosaur-sized shit floating at the top.*
>
> *I couldn't believe it, did that really come from her ass?*
>
> *The following morning I went into into her bathroom to take a shower and again - huge dinosaur-sized shit in the toilet bowl. Even a bigger pile this time, fresh and floating at the top and I knew it was her - no one else was in the cabin with us and she had just gone in there to brush her teeth.*
>
> *Was this girl trying to send me a message or something?*
>
> *Later that day, we fucked in the 69 position and I literally was terrified of the thought that she had another massive dinosaur load ready in her ass just inches from my face. Her asshole was puckering as I licked her clit.*
>
> *Long story short, I lost my erection and she got upset and asked me if she did something*

> *wrong or why I got turned off.*
>
> *I was polite and didn't tell her why but she didn't believe me and got even more upset.*
>
> *I'm not good at lying to girls.*
>
> *Should I have told her my concern or asked her why she was seemingly not flushing the huge mess she left in the potty?*
>
> (Half the story happened - I used to have a hot fuckbuddy named Adrienne, she would "forget" to flush and told me she didn't consider it a big deal - that's the last we talked about it, she didn't seem the least bit embarrassed. Some girls literally live in their own universe.)

Whatever it takes to shoot some positive endorphins into your blood stream - I'm in favor of.

I don't have a million suggestions for good moods because I'm usually in a good mood and it's critical that you figure out your own methods.

I don't actually consider always being in a *great* mood all the time that important, I'll explain why in a little bit.



What Should You Do If You Just Can't Snap Into a Good Mood?

There will be some nights that you are in a great mood and feel totally fearless.

Not only can you talk to people, you actually want to.

You're on and you know it.

But there will be some nights that you aren't in a good mood and nothing is making you feel better.

You just can't get yourself into it and the party is gaining more and more energy.

Here are my suggestions for those lousy mood nights -

#1 Don't Make Things Worse

When I started this shit, I ruined way too many nights because I made things worse.

I would get angry that I wasn't in a good mood.

I would get even more angry that I couldn't pull myself out of it.

Before I knew it -

I was in an even worse mood and my night had completely gone to hell.

#2 Try to Pull Yourself Into a Better Mood but Remember That it Doesn't Have to Make a Difference

Try to snap in a happy/social mood with the suggestions above (or whatever makes you tick) but remind yourself that "being in a good mood" isn't the key to Getting Laid.

It certainly helps your confidence and vibe, but the fact of the matter is, Getting Laid is mainly about -

1. Her availably (something you can't control)
2. Your sex appeal and Killer Instinct

Unless you are in an absolutely terrible mood, if a girl finds you physically attractive (or you are simply better looking/cooler than she is) - you can still Get Laid if she is available and you can feed off her enthusiasm toward you.

You absolutely DO NOT have to be "The Mayor" or "The Social Guy" to Get Laid.

You need to find ONE available (DTF) girl and get her out of the place.

#3 Give Yourself a Break and GO HOME

I'm probably the only person in the world that recommends this and many people will lose all respect for me.

If you've *really* tried to fix your lousy mood but still don't feel good, here's my suggestion -

CUT YOURSELF A BREAK AND JUST GO HOME.

That's right.

CALL IT A NIGHT.

You will have good nights and you will have bad nights.

That will NEVER CHANGE.

If you are totally stuck in a bad night - don't beat yourself up or tell yourself that you don't have what it takes.
(even if you are still inexperienced and not yet good at this stuff)

Just GO HOME and go to sleep.

You have my permission.

There is no point torturing yourself and making a bad experience worse.

Next time you go out, just make sure you do better 'good mood prep'.



Good Looking Loser's 0 to 100 Principle (Alternative to "Staying Social")

When readers heard that I was creating this "How to Go Out Alone" guide, one of the most frequently asked questions was -

> ***How can I make sure I'm talking to people and being social when I'm not talking to girls?***

My short answer is -

You don't.

You don't have to talk to anyone that you don't want to have sex with.

That's right.

Hopefully that is a weight off your shoulders.

What you do need to do (and practice) is what I call going from "0 to 100".

You need to be able to go from not speaking to anyone for a while or being in a "low state" to talking to a girl you want to fuck with reasonable ease and enthusiasm.

It takes some practice, of course.

In my opinion, although difficult at first, "0 to 100" completely solves the "I need to be social" issue, "what should I be doing when I'm not talking to girls?" and just about every other state/mood maintenance concern.

"Talking to everyone" may have positive social intentions and anti-anxiety benefits for inexperienced guys, but ultimately - it is exhausting, unnecessary and just another way to make stuff harder on

yourself.

You shouldn't need to "talk to everyone" to control/maintain your own mood, let alone find ONE to leave the place with.

Does that make sense?

Guys that are good at picking up women at bars can go from 0 to 100 and don't need social warmups or need to stay on constant alert to stay in a good mood.

Don't get me wrong -

Social momentum is great, especially for inexperienced guys.

But the last thing I want to suggest is that you NEED it and that it is somehow a mandatory prerequisite to ending the night with your dick 7+ inches into a healthy vagina.

The pressure is off.

Good moods are great but being able to go from 0 to 100 is even better.

So What's the Best Way to Practice This?

You already know what I'm going to say.

If you haven't talked to anyone for a while and are fully in your head, use it as the perfect opportunity to go from 0 to 100.

If you are scared to walk up to a hot girl, use the line -

> ***I'm new around here...***
>
> ***On a scale of 1-10, how much do you like living in [the city]?***

on some people that are just standing around (in their heads too).

Eventually, if you really want to get really good at going out by yourself and Getting Laid, you will need to get good at going from "0 to 100".

So practice it as much as you can along the way.

You'll find it's actually way more effective and easier for Getting Laid than "talking to everyone".

Our series "How to Go Out Alone to Bars" continues here -

- **"How to Go Out Alone to Bars - Final Answers & Thoughts (Part 8)"**

To leave feedback or comments, please leave it in the comments section in "How to Go Out Alone to Bars - Final Thoughts & Answers (Part 8)". I will see all of those.

Longer questions are best left in our forum where you will receive a faster and more comprehensive reply from our community. Thank you.

How to Go Out Alone to Bars - The 6 Most Important Things to Remember (Part 6)

May 28, 2015 | by Good Looking Loser | Link | Original Link

How to Go Out By Yourself at Night - The 6 Most Important Things to Remember

We're going to discuss some miscellaneous issues, largely relevant after you finish our "How to Go Out Alone" program when you are going out solely to Get Laid.

These are the 6 Most Important Things to keep in mind.



#1 The Majority of Girls Are Not Down to Fuck You or Anyone Else

Remember this.

Girls first go out to dress up for attention.

Girls second go out to drink, take pictures for social media and socialize with their friends about superficial subjects and girl drama.
(female version of "partying")

Girls third go out to "meet other people".

Girls last go out to get fucked.

Although drugs and alcohol can change this, chicks usually stick to their agenda.

Even if they want to change the script, they are often with several judgmental friends that veto any revisions.

Very, very, very roughly speaking, for the average 'above-average' guy -

(just hear me out)

- In any given spot, only 25% are logistically available for that night. (25/100)

-- Of that 25%, only 50% are sexually available (single and looking) for that night. (12.5/100)

--- Of those 50%, only 50% are down to fuck (DTF) for that night. (6.25/100)

That's 6.25%

6% of girls in the entire place have any sort of real potential to go home with you.

It's just an estimate, I did it from my head and sure enough - it agrees with my figures in the numbers game which I know to be accurate.

Guys that are pretty good at Getting Laid via cold approach will bag 5 or 6 in 100 girls.

Guys that are super good will bag 7 or 8 in 100 girls.

What's my point?

Don't be so hard on yourself.

The vast majority of girls aren't available for you or anyone else.

If you see a guy taking a phone number from a girl that rejected you - he's probably not getting in her pants that night either. Or ever.

While those are low odds, the odds are on your side.

Your chances improve with EVERY girl you talk to.

Even when you get good at this stuff, you'll still need to hit on 15+ girls on most nights.

Screening (especially via eye contact) makes this efficient and possible.

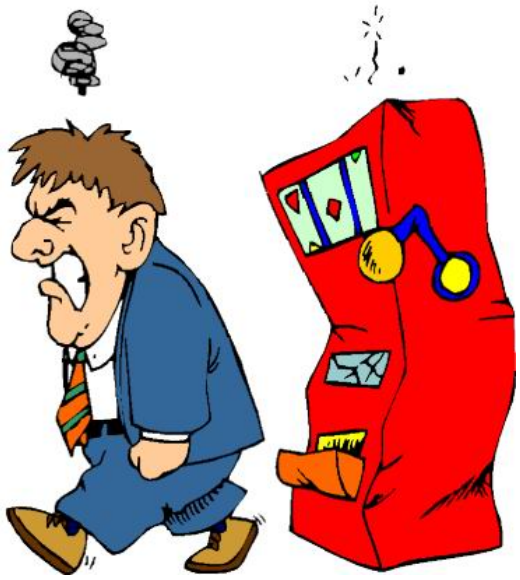
Most of this is simply being at the right place at the right time - average guys call it "getting lucky" and it's actually true to an extent.

So just relax.

Most of the girls you are talking to (or scared of) can't even leave the damn place.

So don't blame yourself.

Okay?



#2 Be Aggressive, Stop Trying to Be Smooth

Remember this.

I could have saved ~2 years of my life and Gotten Laid at least twice as much if someone I respected sat me down in 2006 and told me the only approach I needed was to -

Walk in as confidently as possible, start a conversation by saying absolutely anything, touch the girl within 30 seconds - the ones that are available will stick around.
(aka Screening)

The ones that aren't will politely leave.

The ones that don't leave, take them somewhere to sit down private (or right out of the bar if you have the balls).

I can't say this enough.

STOP TRYING TO BE SMOOTH.

STOP TRYING TO BE SMOOTH.

STOP TRYING TO BE SMOOTH.

Smooth is for pick up artists and Hollywood movies.

AGGRESSIVE is for guys that Get Laid.

I have an entire discussion and rant on it -

- **"The Most Liberating Thing You Can Possibly Hear If You Are Scared to Talk to Girls"**

Especially in the night scene - sexual attraction is largely based on physical attraction - not "how smooth you are".

As long as you don't appear completely unconfident, you won't scare away the chicks that consider you attractive.

In fact, if you are significantly better looking than the girl, any timidness may come off as 'cute'.

Yes -

There will be some "maybe I'll fuck you" girls and it's your decision on how much time you want to invest to get a clear verdict.

I say 15 minutes max.
(even for less experienced guys)

Usually touching them a couple of times forces them in or out long before.

Most girls already know if they like you (let alone decide if they are going to spread their legs for you) within 20 seconds.

Almost all girls know IMMEDIATELY when you touch them.

I can't emphasize the importance of 'physical screening' enough at night, absolutely nothing is better for Getting Laid and finding the DTF chicks.

If a girl seems to like you but won't leave the place [or go for a walk/sit down] with you, my suggestion is to take her phone number, go talk to other girls (let her see this), and shoot her a text around closing time to see what her deal is.

At close, sometimes the girl is more drunk and looking to hook up, she may invite you to a party (doesn't mean shit) but usually nothing has changed because she wasn't available that night in the first

place.

Yes -

You'll "lose" some of these "maybe" girls but you'll lose a lot more other girls by investing too much time in any one girl and not interviewing other candidates for the job.

Most guys know this, but they still cling to any girl that 'somewhat' likes them.

It's a security and validation thing and it's something that you'll slowly let go of.

Eventually you'll come to dislike the friendly girls that waste your time more than the bitchy girls that blow you off right away.

Here's a super secret technique to double (or triple!) your chances of Getting Laid on any given night.



#3 Killer Instinct is the Only Thing That Matters (At Some Point You Will Have To Pull the Trigger)

Remember this.

Killer Instinct is far and away the most important thing at night.

NO MATTER WHAT -

If you are going to take a girl home (whether in 20 minutes or 5 hours) you will need to walk out the door holding the girl's hand as she follows you.

At some point -

You will have to walk out that door.

At some point -

You will have to pull the trigger.

She'll never be fully ready either.

If you are inexperienced, you won't be fully ready either.

It doesn't matter.

If the girl is excited about the chance to sleep with you (or just in the mood), she'll follow you if you pass her 'looks threshold' and handle the logistics.

Guys that have the most Killer Instinct, Get Laid the most - especially at night.

Shoot to kill -

- **"How to Develop Killer Instinct and Be More Aggressive With Women"**



#4 Remember the Real Reason You Haven't Been Getting Laid

Remember this.

Remember how I said -

If you are the average 'above-average' guy, only 6% chicks in the place that have any potential to go home with you?

The odds are low.

But the bigger problem is that many of you have already disqualified half or more of these girls for not fully being 'your type'.

That brings the odds down to 1% or 2% of the girls in the entire place.

On a slow night that means - 1 girl in the entire place.

Good luck on Getting Laid on a regular basis if there's literally 1 or 2 girls that you are willing to sleep with (let alone even finding them among all the girls).

If you are Getting Laid on the regular (1+ times a week) via cold approach, the majority of girls you sleep with will be on your 'level', or slightly above if you are really good.

Yes, the average 'above-average guy' can and will hook up with super hot girls via cold approach, but probably not on a regular basis.

You will have hot streaks and cold streaks with the hotties.

That will never change because the biggest factor in Getting Laid is outside of your control - her availability.

Getting connected in the popular club scene (hitting the after parties) can open up a more consistent sex life with the hottest girls.

A topic for another time.

Sorry for the constant tease.

Read more -

- **"The Real Reason You Didn't Get Laid This Weekend"**



#5 Chris Looks Like a Total Fucking Creep a Couple Times a Night

Remember this.

The guys that Get Laid (via cold approach) the most aren't hardened sociopaths that are immune from social pressure, they just aren't afraid to put themselves out there and look like a creep a few times a night.

Keep in mind, this is the "guru" you are learning from.

I look like total creep sometimes -

At the same time I can also get chicks out of the bar and into my car within ~15-30 minutes -

Go be a creep.

You have my ~~permission~~ encouragement.

If you are trying to Get Laid -

Sometimes you'll be that creep.

Sometimes you'll be that sexy "spontaneous" guy.

It is often a matter of her availably. Nothing you can control.



#6 The Girl You Are Talking To Has Probably Already Fucked a Guy Uglier Than You

Remember this.

Chances are, if you are talking to an emotionally healthy girl that doesn't have negative views of casual sex (most girls at bars) - she has already slept with a guy that is either uglier than you are or not as cool as you are.

The exception to this can be younger girls (18-19) who are, by default - less experienced.

Teenage girls are generally looking to date the best looking guy they can get until their preferences change from "boy sexy" to "man sexy".

If you have made the effort to get down to 7-8% body fat (so you have distinct facial features) and put on current, cool clothing that fits you and made yourself as tall as possible -

Your sex appeal is above of the average guy.

You meet the 'looks threshold' of most girls.

Even if just slightly above - although your looks may not win over most girls, you won't be disqualified by most girls for a lack of sex appeal.

Stop worrying so much about rejection.

If you are above-average looking, you are being "rejected" by a girl who has already slept with a guy that isn't as good looking as you are.

You are getting "rejected" because she is NOT AVAILABLE at the time.

While this isn't always true, most girls older than 21 have slept with at least one average/below average looking guy. Sometimes a one-night stand, but sometimes a lengthy relationship.

Very few girls, including the hottest girls, have only hooked up with guys that are equal or better looking than they are.

If you are 'above-average' looking, you aren't losing most girls because you aren't good looking enough.

Period.

If your sex appeal is below-average and you have not taken the steps to look better than the average guy, then -

Yes, you are losing girls for a lack of sex appeal.

It is my opinion that the VAST MAJORITY of guys can exceed the 'average guy' threshold in sex appeal (looks, style).

If that somehow isn't possible for you, being *significantly* cooler (Swag Factor - Social Skills/Status) than the average guy can compensate.

If you somehow can't be BETTER LOOKING or SIGNIFICANTLY COOLER than the average guy, you'll still fuck some girls if you have the Killer Instinct.

If you have none of the 3 - you won't.

Read more -

- "She's Probably Already Slept With a Guy Uglier Than You Are"

Our series "How to Go Out Alone to Bars" continues here -

- **"How to Go Out Alone to Bars - Good Moods & Bad Moods (Part 7)"**

To leave feedback or comments, please leave it in the comments section in "How to Go Out Alone to Bars - Final Thoughts & Answers (Part 8)". I will see all of those.

Longer questions are best left in our forum where you will receive a faster and more comprehensive reply from our community. Thank you.

How to Go Out Alone to Bars - The Final Month (Part 5)

May 28, 2015 | by Good Looking Loser | Link | Original Link



How to Go Out By Yourself at Night - The Final Month

You've made it to the beginning of the end of our program "How to Go Out Alone to Bars".

I really want you to finish the job.

Remember, there's 2 types of guys -

1. Guys that can go out and Get Laid
2. Guys that can't

You are on your way to group 1.

If you weren't happy with your performance in Week 8, please go back and get the job done right.

It's a major step forward to be able to go out by yourself and walk up to groups of people and get them talking by saying -

> ***Hey guys I'm new around here...***

> ***On a scale of 1-10 how much do you like living in [the city]?***

If you can walk up to a group of people and ask that question and hold your own in a 3 or 4 minutes conversation, you have better social skills (and social freedom anyway) than most guys.

Just remember -

You probably already have decent social skills.

It's just tucked under your anxiety.

Let's bring it out.



Week 9 - Be Strong, Stay Strong (14 Drills)

If you didn't go out 3 nights and complete ALL the requirements in Week 8 - go back and do that.

Week 8 is very proactive and a turning point.

You need to do it correctly.

For at least 3 nights this week, you are to go out and do the following -

- **Walk up to 5 girls and tap ('cheers') your glass against a girl's glass and say "Cutie", smile and leave. (5)**
  (if you don't want to buy a drink, just pick up a glass that is sitting around)
- **Walk up to 3 girls who are texting on their phone and tell them "No texting. I work here and we don't allow texting anymore." (example), wait for their response and leave. (3)**
- **Walk up to 5 girls and ask them the question from Week 8, "Hey guys, I'm new around here... On a scale of 1-10, how much do you like living in [the city]?" do your best to have a 2-3 minute conversation after. (5)**
- **Walk up to a girl and tell her, "It's crazy, you look just like my sister/ex-girlfriend" (or whatever you want to say) and get her to take a picture with you. (1)**

Creeper Challenge: Ask a group of girls if they do kegels and if they really work to make their pussy tighter.
(chances are - the girl will have no idea what you are talking about)



Week 10 - Lock and Engage
(15 Drills)

If you didn't go out 3 nights and complete ALL the requirements in Week 9 - go back and do that.

For at least 3 nights this week, you are to go out and do the following -

- **Walk up to a group of girls who are seated, ask them if they are ready to order dinner and leave. (1)**
- **Walk past 5 girls and tell them "I love you... I love you...", so they look at you, smile and leave. (5)**
  (like in this video)
- **Walk up to 5 girls you aren't interested in and tell them "You are sexy", introduce yourself/ask their name, shake their hand and leave. (5)**
  (if you want to continue to talk to her - by all means, do so)
- **Walk up to 3 girls and ask them to try and touch their elbows behind their back. (3)**
  (this motion makes the girl stick her chest outward, most think it's funny that you tricked them into doing that)
- **Walk up to a group of girls and tell them that you want to make your friend jealous for not coming out with you and take a selfie with the whole group. (1)**

Creeper Challenge: Walk up to a girl and tell her that you just got some pussy and tell her to smell your hands.



Week 11 - Talk to Me Sweetie
(11 Drills)

If you didn't go out 3 nights and complete ALL the requirements in Week 10 - go back and do that.

This week will be a bit different.

All of the drills involve motioning girls to come over and talk to you.

I suggest leaning up against the bar while doing these or even sitting on a bar stool, but it doesn't really matter.

In the future, ideally, you will be able to get solid eye contact (and a smile) before waving the girls to come over and talk to you.

Don't worry about that right now.

We just want you to get comfortable with commanding girls to break off from their friends to talk to you for a few minutes.

For whatever reason, getting girls to walk over to you sets up a noticeably different dynamic (even though you are technically making the 'first move').

Maybe it's just a coincidence but just about every guy I know that can go out and Get Laid has told me they use some sort of "come talk to me" technique.

For at least 3 nights this week, you are to go out and do the following -

- **Wave 5 girls over to you and tell them they are attractive, introduce yourself and say "nice meeting you." (3)**
  (you can continue to make small talk with them if you want or you can walk off)
- **Wave 5 girls over to you and tell them that you wanted to tell them that they are the cutest girl in their group but didn't want to offend their friends, introduce yourself and say "nice meeting you." (3)**
  (you can continue to make small talk with them if you want or you can walk off)
- **Wave 3 groups of girls over to you and them they are attractive, introduce yourself say "nice meeting you." (3)**
  (you can continue to make small talk with them if you want or you can walk off)
- **Wave 1 girl over to you and tell her that she is attractive, introduce yourself and ask her to buy you a drink. (1)**
  (you can continue to make small talk with them if you want or you can walk off)
- **Wave 1 girl over to you and give her a hug. (1)**

You are free to 'Introduce Yourself' in any fashion you like.

Ideally, it should be you stating your name (before asking her name) and a firm handshake.

Creeper Challenge: Wave a girl over to you, introduce yourself and tell her "it's too loud right here" and try to take her out of the bar right away. (example at 2:00)



Week 12 - Introduce Yourself Like a Man (16 Drills)

If you didn't go out 3 nights and complete ALL the requirements in Week 11 - go back and do that.

If you've been following the program, as written, you've come a long way.

The drills you are going to do this week, you could not have done on Week 1.

These drills are basically exactly how you approach girls.

The only difference is you are going to bail early.
(if you want)

Otherwise, there is no difference whatsoever.

If you can do these - you can approach women at bars - by yourself.

The next phase is developing Killer Instinct and working on the EXACT techniques that we show in this discussion (especially #10).

Let's get these done first.

For at least 3 nights this week, you are to go out and do the following -

- **Walk up to 5 groups of girls and say, "You guys are the cutest girls in this place", introduce yourself to each of them and leave. (5)**
- **Walk up to 5 girls and say, "How are you tonight? I thought you were attractive and wanted to say hi.", introduce yourself and leave. (5)**
- **Walk up to 5 girls and say "You are all sorts of sexy", introduce yourself and leave. (5)**
- **Spot the hottest girl in the bar, walk up to her and tell her "You are the hottest girl in this place", introduce yourself and leave. (1)**

Creeper Challenge: Ask a girl "Can I get a kiss?" if she says "Yes", then immediately try to makeout with her. If she pulls away, just let her go.

If you can do these drills on your own, it's just a matter of looking as good as you can and developing your Killer Instinct (to get girls to leave the bar with you).

There is literally nothing more to it.

Thus ends your final month of 'How to Go Out Alone to Bars'.

- **"How to Go Out Alone to Bars - The 6 Most Important Things to Remember (Part 6)"**

To leave feedback or comments, please leave it in the comments section in "How to Go Out Alone to Bars - Final Thoughts & Answers (Part 8)". I will see all of those.

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How to Go Out Alone to Bars - The Second Month (Part 4)

May 28, 2015 | by Good Looking Loser | Link | Original Link



How to Go Out By Yourself at Night - The Second Month

Hopefully you haven't skipped the The First Month because you felt it was too easy.

If you are truly following our program, by now, you've been out by yourself at least 12 times.

Hopefully more.

You should be proud.

Really.

Very few guys can go out alone, let alone initiate any sort of dialogue with others.

Let's move along and build on what you've established thus far.

Taking time off now would literally be equivalent to starting over.

This month, the drills get harder and you may run into the "Be a Man" moments a couple times a night.

This month is a Challenge, no doubt about it.

If you are chronologically following the program, as you agreed to, you will be ready for it though.

None of the drills are 'too hard' that the average guy can't reach down deep inside and find the courage to do.

Step up to the Challenge and everything else will take care of itself.

I can't remind you enough -

During this program, it's not about 'not feeling' anxiety, it's about being able to fight back.

Fight back.

Kill those communists.



Week 5 - Poke & Run
(15 Drills)

If you didn't go out 3 nights and complete ALL the requirements in Week 4 - go back and do that.

For at least 3 nights this week, you are to go out and do the following -

- **Lean up against the bar for 5 minutes and just say "Hi" to anyone who walks up next to you. (1)**
  (you can play on your phone, drink something or do whatever you want - if you want to talk to them, go for it)
- **Walk beside 5 girls, say "Hey Cutie" over your shoulder so they look at you. (5)**
- **Walk beside 5 girls, poke/touch their arm to get their attention and leave. (5)**
- **Give 3 people a high five (bar or street). (3)**
- **Give your phone to a girl and have her take a picture of you. (1)**

Creeper Challenge: Sit down on the floor in the bar until you are told to get up. This takes balls when you don't have friends watching!



Week 6 - The Freeloader
(14 Drills)

If you didn't go out 3 nights and complete ALL the requirements in Week 5 - go back and do that.

For at least 3 nights this week, you are to go out and do the following -

- **Lean up against the bar for 10 minutes and just say "Hi" to anyone who walks up next to you. (1)**
  (you can play on your phone, drink something or do whatever you want - if you want to talk to them, go for it)
- **Walk beside 5 girls, poke/touch their arm and say "Hey Cutie", smile and leave. (5)**

- **Ask anyone smoking for a cigarette until you get one. (1+)**
- **Give someone a two-hand [double] high five. (1)**
- **Tell a girl you are 20 years old and ask if she'll buy you a drink if you give her the money. (3)**
  (see if she takes you seriously, most girls will)
- **Interrupt a group of girls to have them take a picture of you with your phone. (1)**

Creeper Challenge: Ask a guy for a condom so you can "fuck some broads".



Week 7 - Are They Going to Hurt That Girl? (16 Drills)

If you didn't go out 3 nights and complete ALL the requirements in Week 6 - go back and do that.

Despite some run-ins with overly happy/angry loser chicks, picking up girls actually is very predictable.

Random predictable reactions.

Even the rejections are predictable and generic.

For the first time, we are going to expose you to reactions that may seem less predictable.

There's a story behind the main drill and I'll tell you about it below.

For at least 3 nights this week, you are to go out and do the following -

- **Walk around with your arms up in the air for 30 seconds. (1)**
- **Walk beside 5 girls and lightly squeeze their arm and say "You're sexy", smile and leave. (5)**
- **Walk beside 5 girls and lightly bump them with your ass and say "Oops!", smile and leave. (5)**
- **Boldly interrupt and ask groups (2+ people), "Yo Guys... Are they going to hurt that girl?" and just stand there afterward and hear what they say. (5)**
  (you are free to talk to them or just walk off - make sure they hear your question)

Creeper Challenge: Walk around backward for 3 minutes. Politely say "excuse me" to navigate around.

A Message from Chris

Way back when, long before I got any good at picking up girls, my friends and I would go up to groups of people and ask -

> *Hey guys...*
>
> *Are they going to hurt that girl?*

It's funny how people respond.

Most people immediately stop whatever they are talking about and start asking you questions -

> *- What?*
>
> *-- What girl?*
>
> *--- Is who going to hurt what girl?*
>
> *---- What are you talking about? Where? What?*

You can just say "I don't know" and walk off or make up some random story while everyone listens to your bullshit.

The point of this drill is to show you how quickly people will stop talking and focus on you if you seem to have something semi-interesting to say and walk in authoritatively.

Don't be surprised if you have a bunch of white knights demand answers and are ready to step up to impress the girls they are with.

On some nights, we had several groups of people following us around asking other people the same question, "Are they going to hurt that girl?"

As unpredictable as this can feel at first -

It's totally predictable once you do it 3 or 4 times.

Remember -

The first time is the hardest. Just get the attention of a group and ask the whole group the question.

You are free to leave anytime after.



Week 8 - New Guy

Social Butterfly

(15 Drills)

If you didn't go out 3 nights and complete ALL the requirements in Week 7 - go back and do that.

This is a big week.

I'm going to give you my default 'line' that will make you the center of attention and make entire groups of people talk to you in a friendly manner.

Back in ~2009, I used this approach to warm up and gain some social momentum.

I never got a bad response and I've easily done this 100 times.

When I taught "workshops", I demonstrated this approach at the start of every night.

In most cases, everyone in the group will start talking.

Take the leap of faith, barge in (politely) and you'll see that people enjoy talking about this subject.

For at least 3 nights this week, you are to go out and do the following -

- **Do the drill below on 15 groups of people or girls. (15)**

Walk up to groups of people and address the entire group -

> ***Hey guys, I'm new around here...***
>
> ***On a scale of 1-10 how much do you like living in [this city]?***

[Let them answer]

Follow up with any of these questions (or whatever you want to say) -

> ***- Did you grow up here?***
> ***-- Would you want to live here or New York City/Los Angeles?***
> ***--- What other cities would you consider living in?***
> ***---- Should I move/move away from here?***
> ***----- What city would be your ideal city to live in?***
> ***------ Have any one of you guys been aboard? Or want to?***
>
> [Just let them answer]

Continue the small talk for a few minutes.

Don't overcomplicate it though.

It doesn't matter what other questions you ask, just get the attention of the group and ask them -

> ***Hey guys, I'm new around here...***
>
> ***On a scale of 1-10 how much do you like living in [this city]?***

It will get them talking, that is the goal.

The group will give you all the "material" you need to ask questions and make small talk.

If the group invites you to hang out with them for the night, it's up to you if you want to go.

A Message From Chris

That 'line' will get entire groups of people talking to you.

I promise you.

I did it so many times when I started going out alone.

Yes, it's an "opinion opener" but you aren't using it pick up girls.

Besides, "opinion openers" are fantastic to initiate small talk.

That was never the issue.

If you walk in confidently, no one is going to say -

> ***"Why the fuck are you asking us this???"***
> **(your worst fear right?)**

If you REALLY need an answer to a negative reply, you can say -

> ***"Because I want to know. I'm new and I wanted to see how much people liked this place.***
> ***I might move here but I figured I'd talk to some people and see if they are cool here."***

Remember, virtually NO ONE is rude to the "New Guy".

People forgive his randomness and admire his courage.

For some, this will be the most interesting conversation they hear THE ENTIRE NIGHT.

99% of people would love to answer your question and give you their expert advice (opinion).

Just freestyle the rest of the conversation, ask if they grew up in the city, ask if they went to college in the area, ask them their names (and introduce yourself with a handshake) - just make small talk and focus on getting them to talk.

I don't want to give you too much of a 'script' because you need to start to think on your toes (it's part of getting rid of the anxiety).

Just make sure you address the ENTIRE GROUP as best you can.

Don't be surprised if the girls ask you questions about where you are from.

The guys are usually a little more shy and will just stand there, but remember to include them too. They will like you for it.

Remember -

You are just talking to people.

Don't make this a bigger deal than it is.

Just by being able to talk and semi-lead a conversation, you will see (and start to feel) that you have better social skills than most people.

Thus ends The Second Month of 'How to Go Out Alone to Bars'.

Good job.

Don't even think about taking a week off.

- **"How to Go Out Alone to Bars - The Final Month (Part 5)"**

To leave feedback or comments, please leave it in the comments section in "How to Go Out Alone to Bars - Final Thoughts & Answers (Part 8)". I will see all of those.

Longer questions are best left in our forum where you will receive a faster and more

comprehensive reply from our community. Thank you.

How to Go Out Alone to Bars - The First Month (Part 3)

May 28, 2015 | by Good Looking Loser | Link | Original Link



How to Go Out By Yourself at Night - The First Month

Welcome to the first month of our "How to Go Out Alone to Bars" program.

The first month of this program is fairly easy and is largely meant to give guys a reason to GET OUT OF THE HOUSE and work on the very beginnings of controlled exposure therapy and the very very beginnings of Killer Instinct (aggressiveness).

Killer Instinct, as you know, is the primary factor that separates guys that Get Laid a lot at night and the guys who end up with a bunch of phone numbers.

While you've always had the option of going out alone - it's not an easy task to "just go pick up girls" if you have approach anxiety.

In fact, going out by yourself at night and having a productive (let alone not miserable night) is virtually impossible.

There's nothing worse than wandering around alone at night like a fucking idiot 'thinking about picking up girls' while your anxiety exponentially grows.

Those nights are terribly toxic and often have lasting effects.

Been there.

It's not just the fierce anxiety in the moment, but the sense of total failure and "I have such a long way to go..." feeling that sticks with you for the rest of the week.

Been there.

Understandably, it's those type of nights that make guys give up for good and decide "this pick up thing" is not for them.

With this program, now you have a reason to go out alone, a concrete game plan of what to do and a sense of accomplishment waiting for you if you follow through.

While you will never have 100% control over whether you Get Laid, our drills are doable and you have 100% control whether you have a successful night.

Remember -

Until the end of this program, the goal isn't to feel or become totally anxiety-free - the goal is to not become powerless when anxiety strikes.

Anxiety isn't a choice.

Proudly fighting back and standing up for yourself is.

In those 'Be a Man' moments - BE A MAN.

There will be many of these moments.

Try your best and you will be rewarded step by step, drill by drill, night by night.

And -

Don't worry, you'll have some fun too.

Promise.

Proudly Resisting Anxiety and Nazi Occupation - It's Always a Choice (La Re?sistance)

Before you go out, remember the 6 mandatory rules -

1. You promise to go out *at least* 3 nights a week.
2. You promise to go redo the nights that you do not fully complete.
   (the drills will be doable - that won't be the problem)
3. You promise to do all the drills.
4. You promise to find and use a physical 'good mood' custom.
5. You promise to look as sexy as possible.
6. You promise to **DO WHAT YOU WANT**.

How to Start Your Accountability Log

If you are taking the next 3 months seriously and doing an accountability log (or vlog, even better), tell us about your night in ~5 minutes or just what's on your mind.

Have you gone out alone before?

How did you feel getting while ready for the night?
(what's your 'physical good mood custom'?)

How did you feel thinking about going out alone?

How did you feel when it was time to get started?

How did you feel when you walked through the door by yourself?

Did having a structured game plan help you more than "go pick up girls"?

Tell us all about it.



Week 1 - And Away We Go!

(10 Drills)

Let's get started.

Listen -

This month, for some guys, the drills are not going be particularly hard and might even seem quite easy.

GOOD.

DO THEM.

Feel what it's like to go out by yourself and come home alone - with a sense of accomplishment instead of reminding yourself that you are a nervous failure who has a huge mountain to climb.

Half the battle to beating 'night scene' anxiety is to slowly get comfortable being out alone and being seen alone.

It's not just the 'drills' or "what you have the balls to do".

You have to get comfortable with walking through the door - alone.

You have to get comfortable with standing by yourself - alone.

You have to get comfortable knowing you are - alone.

Once you have some degree of that - everything else becomes way easier.

Easy or not, doing these drills is MUCH MORE socially beneficial than what you'd be doing otherwise tonight - NOTHING.

Let's get moving.

Carry your phone with you and bring up the drills as you KNOCK THEM OUT - one by one.

For at least 3 nights this week, you are to go out and do the following -

- **Ask the doorman/bouncer "how are you tonight?" before going into the bar. (1)**
- **Look or slowly walk around the room and make eye contact with any 3 girls. (3)**
  (2-3 seconds of eye contact)
- **Ask a bartender or server for a napkin. (1)**
  (even if napkins are in arms distance)
- **Ask a bartender or server for a cup of water. (1)**
- **Ask anyone where the bathroom is. (1)**
- **Ask anyone what time it is. (1)**
- **Ask the bartender what kind of Tequila they have. (1)**
- **Ask any member of the staff when they stop serving food. (1)**

Creeper challenge: Walk up 10 feet from a group of girls and take 3 pictures of them with the flash on. Post it on the forum.



Week 2 - Hit & Run I
(11 Drills)

If you didn't go out 3 nights and complete ALL the requirements in Week 1 - go back and do that.

Please don't start making your own rules already.

You won't finish the program and this will be another waste of time.

Obviously the drills aren't "hard" from Week 1.

Week 1 is all about getting you out of your house, completing some doable challenges and coming home feeling like you got a little better.

The hardest part for most in this month is simply becoming comfortable with being seen alone and the mindfuck of not having a buddy for emotional support.

For at least 3 nights this week, you are to go out and do the following -

- **Ask the doorman/bouncer "What's your name?", introduce yourself and shake his hand before going into the bar. (1)**
  (you are free to make casual conversation with him while leading up to these questions - but it's not necessary)
- **Look or slowly walk around the room and make eye contact with any 3 girls and smile. (3)**
  (2-3 seconds of eye contact, then smile)
- **Walk past 3 girls and say "Hi" over your shoulder so they look at you. (3)**
- **Stand still in the middle of the dance floor (or other high traffic area) for 3 minutes and don't move. (1)**
- **Sit by yourself at a table for 5 minutes doing nothing but watch people. (1)**
  (no playing on your phone, no drinking, just sit there alone)
- **Ask the bartender for a cup of water, drink it right away and ask for a refill. (1)**
- **Ask a girl where the bathroom is. (1)**

Creeper challenge: Walk up beside a group of girls and blatantly listen in to their conversation for as long as you can.

A Message from Chris

If you fall on the low-end of our social anxiety test, these drills will be a legitimate but doable challenge.

For most, the hardest drill of the night is the first one.

If you can do that one, the rest of the night is pretty smooth sailing.

While you still have anxiety, it's critical that you engage other people within the first 15 minutes, build social momentum and not drift back into your head.

Remember -

If you are slipping into your head, use those moments as opportunities to step up to the challenge.

That is what this is all about.



Week 3 - Hit and Run Part II
(12 Drills)

If you didn't go out 3 nights and complete ALL the requirements in Week 2 - go back and do that.

If you've been following the program as it is written, you've gone out a total of 6+ times by yourself in 2 weeks.

While that is not a lot of night scene action, I guarantee that it is more than you've been out alone in your entire life.

Hopefully the structure is helping you build momentum.

You should be proud of yourself if you've completed Week 1 and 2.

This is going to work for you if you keep taking it seriously.

For at least 3 nights this week, you are to go out and do the following -

- **Look or slowly walk around the room and make eye contact with any 3 girls and wave. (3)**
  (2-3 seconds of eye contact, just wave - most won't wave back, don't worry about it - they don't think you are waving at them)
- **Walk past 5 girls and say "Hey you" over your shoulder so they look at you. (5)**
- **Stand still in the middle of the dance floor (or other high traffic area) for 5 minutes and don't move. (1)**
- **Sit by yourself at a table for 10 minutes doing nothing but watch people (1)**
  (no playing on your phone, no drinking, just sit there)
- **Ask the bartender for a cup of water, with ice and a straw. (1)**
- **Ask the bartender if he/she likes working there and how they got the job. (1)**

Creeper challenge: Bring a condom to bar and put in on a table that girls are sitting at. Say nothing and leave.



Week 4 - The End of the Beginning (17 Drills)

If you didn't go out 3 nights and complete ALL the requirements in Week 3 - go back and do that.

By now, hopefully you have developed some sort of 'physical good mood' custom to kickstart your night.

If not - make sure you find something that makes you tick.

By now, the lead up to a night out should be far less significant.

Walking to the bar by yourself is feeling slightly more normal.

Walking to the place by yourself is feeling slightly more normal.

Standing by yourself is feeling slightly more normal.

Anxiety may still come and go but nothing should be a big event anymore.

You are getting used to going out, that's what it's supposed to feel like.

For at least 3 nights this week, you are to go out and do the following -

- **Look or slowly walk around the room and make eye contact with any 3 girls and wink. (3)** (2-3 seconds of eye contact, just wink - most won't wink back at first, but don't worry about it)
- **Walk past 5 girls and say "Hey Cutie" over your shoulder so they look at you. (5)**
- **Walk past 5 girls, tap them on the shoulder so they look at you and leave. (5)**
- **Stand still in the middle of the dance floor (or other high traffic area) for 10 minutes and don't move. (1)**
- **Give a guy a compliment on his shirt - "I like your shirt" and ask where he got it. (1)**
- **Give someone a high five (bar or street). (1)**
- **Give anyone your phone/camera and have them take a picture of you. (1)**

Creeper challenge - get your finger wet (put it in some water) and wipe it on some girl's arm. Stare at her and leave.

A Message From Chris

The very first drill is legendary -

> ***Look or slowly walk around the room and make eye contact with any 3 girls and wink.***

The best very "natural" I ever knew would just do this the ENTIRE NIGHT to stake out his prey.

Usually it would go something like this -

Eye contact.

Wink
(girl smiles and look down)

Eye contact again.

Wink
(girl smiles and keeps eye contact)

'Danny' then goes right over to the girl immediately and says, "I figured we should finally talk instead of just flirting from across the room."

In his prime (we are talking 15+ years ago when we were both 19-22 years old), the kid was downright amazing.

When we were 17, he hooked up with a super hot Miami Dolphins cheerleader at the beach.

Danny, while we were close friends, was the 'player cousin' that I never had.

When I think about it, the 2 very best guys I ever knew (Danny and Scotty) in their day, were absolute masters of eye contact.

It's the ultimate form of screening and prevents inefficient "spam approaching" or bad reactions.

Eye contact is something that you are going to need to figure out. The good thing is, you can just go out alone and just work on it.

Now and in the future - try to catch eye contact and smile at whatever girl you are going to talk to.

Eye contact is how sexually available girls show you they are interested.

And -

Hopefully you are following the program and making yourself look at sexy as possible before you go out.

It's kind of a big deal.

When I look good, I'll catch eye contact from 10+ girls a night. If not, literally not one will show any obvious interest in me. No one is immune from this.

You NEED TO look good at night.

Thus ends your first month of 'How to Go Out Alone to Bars'.

Hopefully you are still with us and hopefully you haven't made your own version of the program.

- **"How to Go Out Alone to Bars - The Second Month (Part 4)"**

To leave feedback or comments, please leave it in the comments section in "How to Go Out Alone to Bars - Final Thoughts & Answers (Part 8)". I will see all of those.

Longer questions are best left in our forum where you will receive a faster and more comprehensive reply from our community. Thank you.

How to Go Out Alone to Bars - Rules/Nightly Preparation (Part 2)

May 28, 2015 | by Good Looking Loser | Link | Original Link

How to Go Out By Yourself at Night - Rules & Nightly Preparation

Welcome to Part 2 of our "How to Go Out Alone to Bars" program.

We are going to discuss what you need to know and do if you are going to take this seriously.

This is very important.

This is what we are going to discuss -

1. There is Nothing "Normal" About This Program
2. My Challenge to You (Be a Man Moments - Just try Your Best)
3. Where to Do This Program
4. You Aren't Unique - Everyone Has 'Night Scene Anxiety' but Very Few Will Do Anything About It
5. 6 Mandatory Rules of the Program
6. Accountability Partner/Log
7. This Program Only Has 2 Possible Outcomes

There is Nothing "Normal" About This Program

First, I want you to know and remind yourself -

There is nothing "normal" about this program.

There is nothing "normal" about this program.

There is nothing "normal" about this program.

Normal is standing on the side at bars with a group of friends.

Normal is staying home alone playing on the Internet if you have no one to go out with.

Normal is going months and months without Getting Laid and having your only realistic options be girls who are looking for boyfriends or girls you meet through mutual friends.

You are going to feel weird throughout this entire process. Especially the first couple weeks.

There is nothing normal about doing this.

Now, of course, there's no reason you couldn't just decide to go out and "just talk to women" by yourself, but having a structured game plan and our permission to go out alone to do this stuff will really help.

Eventually, going out alone will feel fairly normal.

Eventually after that, going out alone will be fun.

Until then, just remember -

THERE IS NOTHING NORMAL ABOUT THIS.

If you are willing to accept that, commit and do what I say, you will be able to go out comfortably in ~3 months.

I'll make sure of it.



My Challenge To YOU
(Just Legitimately Try Your Best)

Second -

I'm going to make this process as painless as possible for you, but this isn't the easiest stuff in the world.

But if it were easy, every guy would be going out alone to the hottest spots and trying to take the hottest girl(s) home to fuck.

There will be moments in the next few months when you are all alone by yourself, feeling weird, slowly slipping inside of your head and will literally have to say to yourself -

> ***TIME TO BE A MAN.***

... and push through your initial anxiety.
(the first interaction/drill is always the hardest)

If you agree to do that, on most occasions over the next 3 months, I can get you to where you can go out alone and feel loose enough to hit on the girls you want to sleep with.

That is all I ask.

After that, it's a numbers game based on her sexual availability and your sex appeal.

In those tough moments -

Just *TRY* to push through.

We will attempt to spoon-feed and ease you into stuff as best we can.

But those "Be A Man" moments are not something that we want to totally shield you from.

We want to put you in challenging, doable situations where you can rise to the occasion and be proud of yourself when the night is over.

If you guarantee the effort.

I can guarantee the result.

In 3 months, you will be able to go out alone and hit on 90% of the girls you want to talk to.

Sound good?



Where to Do This Program

This program is mainly meant to be done at bars.

While you can certainly go to nightclubs, as you know - nightclubs in the United States (with the exception of in Vegas) are far from a ideal to go to if you are trying to take a girl home with you via cold approach.

The vast majority of club girls are in big groups with a travel dependency. Many have afterparty plans and have no plans to break off from their judgmental friends to leave with a "rando" (random guy).

The best way to get access to these girls is to get established in "The Scene" so you can get invited to afterparties. More on that in a future post.

Unless you live within walking distance of a popular nightclub (very few people do) with no cover charge, I would just stick to the nearest strip of bars or EXACTLY where you plan to be going out in the future.

And OBVIOUSLY -

That's not to say you "can't" pick up random girls from nightclubs, obviously you can (my best year ever was ~100% Hollywood Club/Party Scene), it's not as efficient or logistically convenient as going to nearby bars. For most guys, leaving a nightclub requires a car ride and having the girl(s) leave their friends and cancel their afterparty plans.

With that said, there's nothing stopping you from doing this program in nightclubs.

If your city/nightclub scene is more conducive to cold approach and that is mainly where you will be trying to pull girls from, by all means - go to nightclubs.

But in Los Angeles, it's all about becoming an insider to the Popular Nightscene and gaining access to the afterparties.

Otherwise, you are just an outsider fighting an uphill battle.



You Aren't Alone - Everyone Has Anxiety

Your 'night time' anxiety is nothing unique, all guys and girls have it.

You just care more and think about it more often because you are more ambitious.

Very few guys will do anything about their general or social anxiety.

Most will just avoid situations that trigger it.

Just like you do.

I don't know a single guy that is good with women (cold approach) that didn't have at least some anxiety about going out without their friends when he started.

Many still need a few drinks to clear up some early jitters.

Bartenders, club promotors and other various night scene "rats" included.

Every guy that I know that can roll solo and Get Laid, definitely put some effort into getting comfortable with it and figuring out how to get and stay in a good mood.

So don't feel bummed out if you have always been anxious about it.

The night scene is meant to make guys feel anxious so they drink to feel better. The whole thing is a total mindfuck, I'll have my club promo superfriend (AJ) explain it to you someday.

There will be times in the coming weeks when you feel weird, alone, stupid, lonely and like an outsider.

It's all natural social tension and it's something that we need you to feel (in controlled amounts) so you get desensitized and eventually learn to get outside of your head.

At weird as it feels in the moment -

It's better than sitting at home because you are too scared to go out alone.

We are going to give you plenty of drills and goals that **you will gradually be able to do** and that make people talk back to you in a friendly manner.

Now you don't have any excuse to stay home alone or wonder how you can beat your nighttime anxiety.

We are giving you the exact steps.



The Mandatory Rules

Here are the rules you MUST commit to.

Your compliance will be the primary factor in your success or failure.

#1 You Promise to Go Out *At Least* 3 Nights a Week

You need to go out 3 nights a week.

I'm not going to demand that you go out every night of the week.
(although that would almost definitely get you over your anxiety in 30 days)

By default, that includes a weekday, a slower night, which you will find is IDEAL to meet women.
(weekdays: groups of girls often break off each other because some have work the following morning)

Happy hours are fine too - just follow the game plan.

#2 You Promise to Repeat the Nights That You Don't Fully Complete (The Drills Will Be Doable)

If the night doesn't go well (aka you don't complete it), you must redo it.

I know that there are 'sticking points' in the Approach Anxiety Program, so I'm making sure that all these drills are DOABLE.

Some will be very easy with the sole purpose of getting you into a social mood.

You NEED to do those.

Part of breaking through your anxiety is to gain social momentum and just get your mouth running and your confidence up.

Even when you get comfortable with going out, on some nights you'll have to kick yourself into 'social mode'. You won't feel perfect every night.

Get used to it.

Don't be too cool for school and make your own version of our program.

#3 You Promise to Do ALL OF THE DRILLS (DO NOT Pick and Choose What Drills to Do)

You need to do ALL OF THE DRILLS, as best you can.

The drills are all doable.

Like the Approach Anxiety Program, we want you to focus on **DOING THE DRILL** and not trying to Get Laid or getting specific reactions.

Chances are, on most nights, you will finish most of the drills in about 90 minutes and find yourself in a pretty good mood.

But unlike the vast majority of the Approach Anxiety Program, if you want to use the 'social momentum' to go and meet some girls or talk to more people, go for it.

There's no reason to go home if you don't have to wake up early the following morning.

Just remember -

Don't get all bummed out if you start freezing up in your post-drill interactions or start feeling nervous again - that is what we are working on.

#4 You Promise to Develop a Physical 'Good Mood' Custom

Until you have very little social anxiety, this is key.

I want you to find something physical and repeatable that almost always puts you in a good mood and alert state ***before*** you go out.

This doesn't mean just drinking or doing drugs.
(more on that later)

My custom was going to the gym 2 hours before or doing at least 15 minutes bodyweight push-ups, pull-ups or squats while listening to loud music. Then using Bathmate for 5 or 6 minutes. Then spraying on my favorite cologne.

There's something quite inspiring about seeing yourself in the mirror with your muscles bulging and fat dick hanging halfway to your knees.

Even after I was comfortable with rolling solo, I maintained this custom almost every night.

Pre-game natural endorphins are really underestimated when it comes having a good night.

The guys that spend the afternoon and evening in a desk chair on the Internet are far less prepared to deal with anxiety - let alone even speak to other humans.

After you get past most of your anxiety, you'll find that your mood or "state" is the ONE AND ONLY challenge to making it a successful night.

Eventually, you will lose more chicks from being in a non-social mood than to anxiety.

#5 You Promise to Look AS SEXY AS POSSIBLE

Every night - YOU MUST LOOK YOUR BEST.

This game is highly superficial.

You no like?

Then Getting Laid isn't for you.

You need to look as hot as you possibly can.

Even for the nights when you don't do many "talking" drills.

Looking good is ABSOLUTELY FUCKING CRITICAL in the night scene.

This is different than the Approach Anxiety Program where I don't mind if you are in sweatpants and look like a scrub sometimes.

The "lead up" to leaving your house for the night is important.

You should be able to look at yourself in the mirror and FEEL and KNOW that you look sexy.

This includes putting on the same clothing that you plan to wear if you were going out to Get Laid.

This includes being as *reasonably* tall as possible.

People will respond to you TOTALLY DIFFERENTLY if you look better (or cooler) than they do - especially at night when your first impression is the only impression.

Even if your sex appeal ceiling is just 'above-average' - it's a different universe to look better than the average guy.

#6 DO WHAT YOU WANT

Ultimately, the goal of any type of social development program is to empower you to have the courage to **DO WHAT YOU WANT**.

That is the goal of this program -

To get you to **DO WHAT YOU WANT** without fear of social consequences.

That includes (excluding anything illegal, physically violent or totally obscene) -

Saying what you want - when you want - to who you want.

The vast majority of guys, certainly guys around here, don't actually need to 'learn' new social skills.

They just need the courage to use them.

The vast majority of nights in this program will be fairly uneventful and you will feel a warm sense

of accomplishment when it's over.

But there will be times when you are met with resistance from emotionally unhealthy girls and animosity from onlookers and undersexed white knights.

This is a chance to handle extreme social tension on your terms.

The correct reaction is to -

DO WHAT YOU WANT.

That might mean laughing at them.

That might mean telling them to 'fuck off'.

That might mean walking away.

That might even mean apologizing if you stepped over the line.

That might mean all 4.

It's up to you.

The correct response is whatever you want to do.

While the long term goal is to become desensitized, non-reactive and 'not give a fuck' what people think - it's more important in the meantime that you react ON INSTINCT instead of being a pacifist and wishing you reacted differently.

The ONLY RULE is to "being alpha" is -

DO WHAT YOU WANT.

Related -

- "How to Not Give a Fuck (A Different Perspective on an Overplayed Subject)"



Accountably and Progress Log

The main reason most people don't accomplish anything these days is not a lack work ethic, opportunity or talent.

The reason is because they live a comfortable life and don't really need to make changes to better themselves or have any accountability if they even wanted to.

I can't twist your arm and tell you keep an accountability log (or find a GLL partner to hold you responsible), I can only tell you that your chances of completing the program is probably 20x greater if you document your progress for accountability purposes.

The whole point is to IMMERSE yourself in the process and watch yourself grow.

- Start a 3 Month Accountability Log Here If You Are Serious

It needs to be your #1 goal for 90 days.



There Are Only 2 Possible Outcomes

After ~90 days, you will be in 1 of 2 positions -

1) You will be able to go out and be able to comfortably hit on girls.

or

2) You will be in the exact same position you are currently in.

If you follow this program as it is written and finish this program as it is written, the former will be the result.

If not, it is more than likely that the latter will be.

It's up to you to which outcome you want.

Before we get into the program, I want to leave you with one last thing to think about -

There's 2 types of goals in life -

1. Goals that mainly require mainly **talent** to accomplish
2. Goals that mainly require mainly **perseverance** to accomplish

Goals such as playing professional sports require a tremendous amount of natural ability (and a large degree of genetic predisposition) is an example of #1.

You can't just train yourself hard enough to become a professional athlete if you lack *too much* of the

natural talent.

Goals such as losing weight however - don't require as much natural talent and hard work can easily (if not entirely) compensate for is an example of #2.

'Perseverance-based' goals are 100% DOABLE if you are willing to invest the work.

Thankfully, beating anxiety (of any type) is strictly a perseverance goal.

While not everyone has the same amount of anxiety when they start, everyone can beat social anxiety - at least to the point where they can talk to members of the opposite sex without getting nervous.

You know this.

Even Jesus Christ and Charles Darwin agree that human being are social creatures and meant to interact - especially with the opposite sex.

Beating anxiety is a perseverance goal and you have 100% control over whether you are successful or not.

Like I said, you have probably ALREADY made the decision whether you are going to take this SERIOUSLY or just "seriously".

Hopefully you made the right decision.

Let's continue -

- How to Go Out Alone to Bars - The First Month (Part 3)

To leave feedback or comments, please leave it in the comments section in "How to Go Out Alone to Bars - Final Thoughts & Answers (Part 8)". I will see all of those.

Longer questions are best left in our forum where you will receive a faster and more comprehensive reply from our community. Thank you.

Getting Laid (How It Should Actually Fit Into Your 20's)

June 3, 2015 | by Good Looking Loser | Link | Original Link

How Getting Laid Should Fit Into Your 20's

(Prioritize Women So You Never Have to Again)

While working on our recently published series "How to Go Out to Bars Alone (If You Are Scared)", I stumbled upon a topic that required its own discussion altogether.

In fact, it's probably long overdue.

I take immense pride and responsibility in the privilege being able to help shape your 20's.

I'm more lucky to have you guys than you are to have me.

I actually believe that.

How Getting Laid Should Fit Into Your 20's

Still, I readily admit that not everything on Good Looking Loser is right for everyone.

I simply take what I did (and didn't do) and learned in my 20's and offer you suggestions to get ahead (or at the very least - avoid major fuck-ups).

But hopefully, it will take you half the time or less if I can provide direction and solutions.

A lot of the advice comes from hindsight.

I didn't really start to get my shit together until I was about age 26 and it was quite a long journey from there.

These days, I'm happier than I've ever been, have 3 financially successful online businesses and have a hot, wonderful and extremely loyal girlfriend that cheers me on.

100% of it is due to the direction I took in my 20's, particularly my late 20's when things finally started coming together.

Let me discuss how I think your 20's should play out and where 'Getting Laid' (women) should fit in.



The Ultimate Goal for "This Pickup Stuff"?

Just like anything else in life, it helps to have a longer-term *ideally* quantitative goal and vision for where you want to end up. It is no different with this "Get Laid" stuff.

My goal, after coming back to planet earth from the seduction community, was to BE ABLE TO and KNOW that I could Get Laid.

Per my definition -

I am able to (and know I can) go out 2 or 3 nights a week and Get Laid at least 1 time.

I describe the goal in detail in "How to Know If You Are Successful With Women (The One Goal that You Need to Have)".

I'm not trying to force that threshold on you, but I will remind you that is it *critically* important to your future emotional health and if your ultimate goal is to be in an emotionally healthy committed relationship with a sexy, high-quality girl who has limitless options.

She needs to know that you have more options and that you are in the relationship because you WANT TO BE and not because you have to be.

Guys that can Get Laid - have secure, rewarding relationships and don't get pushed around by their girlfriends.

Guys that can't - generally don't.

As Victor from Bold & Determined and Mike from Danger & Play suggest, but feel the need to expand on -

You should be sexually active in your 20's so that you can "get it out of your system" and focus on more important priorities later.

You don't want to be trying to build a business or survive graduate school/life if you are lonely and sexually frustrated.



Is Picking Up Girls a Lifestyle?

From the beginning, I encouraged guys to integrate picking up women into their life, rather than have

it be the entire lifestyle.

That is the ultimate goal.

It's true - I'm very much against the draining repetitive 'last resort' lifestyle of going out for huge blocks of time specifically to hit on women or do "sets".

Yet, that seems in direct opposition to our "Nothing in Moderation" principle that revolves around having ONE GOAL that you dedicate as many hours as possible to.

Some people, and rightly so, have pointed out this contradiction.

Let me clear it up -

I don't believe that "picking up girls" should be a *long-term* lifestyle.

I do feel, however, for guys in their 20's, it is both healthy and rewarding to dedicate a couple of years to first beating your anxiety (~6 months) and then Getting Laid (12-18+ months).

Have fun with it until it gets old and your priorities change.

After that, you can just hit on a handful of top-tier girls a week.

Once you gain experience, increase your sex appeal and know you can Get Laid - you'll be able to hook up with girls WAY MORE efficiently and won't have put in half as many hours.

But for the first year or so, don't worry about being efficient.

Just beat your anxiety and try to fuck the most girls you can.

Also, it goes without saying but -

The earlier in your 20's, the better.



Prioritizing Getting Laid/Women?

(IT'S JUST A STAGE)

Every so often (actually more often than that), a guy will leave a comment on the YouTube channel

or the blog that goes something like -

> *You GLL guys are pathetic.*
>
> *There is more to life than sleeping with women.*
>
> *You guys need to get a life and a job.*

or

> *This guy Chris lives a totally meaningless, unhappy, unfulfilling life based around having sex with women.*
>
> *Don't take his advice unless you want to end up as a broke loser who ends up lonely and chasing teenage girls in your 40's.*

When I first started seeing these comments back in 2012, I thought to myself -

> *What a bunch of undersexed haters...*

But when I kept seeing these type of comments, I realized something different.
(giving them the benefit of the doubt that actually believe this; the same people often say prioritizing making money or the gym is wrong too)

Some people actually think that I do (and I recommend doing) absolutely nothing with your life other than trying to fuck girls.

That is furthest thing from what I recommend (or have done with my own life).

While I think dedicating a couple of years to beating your social anxiety and Getting Laid as much as you can, this type of "player lifestyle" is simply a STAGE - something that you will enjoy very much but ultimately move away from.

For some people, this stage is called "college" or "your 20's", but some of us weren't so fortunate.

While some college guys legitimately prioritize their social life to make friends and meet people, the vast majority of guys are simply looking to Get Laid and fuck as many chicks as they can as part of their ongoing education.

Whether for validation purposes or because sleeping with hot girls is one of the most fun, rewarding and memorable experiences that you can possibly have -

MOST SINGLE GUYS IN THEIR 20'S JUST WANT TO GET LAID.

Especially lesser experienced guys.

THERE IS ABSOLUTELY NOTHING WRONG WITH THAT.

You should have absolutely no reservations or guilt about wanting to Get Laid if you haven't yet had the sex life that you picture. At any age.

Life is just a collection of stages if you are doing it correctly.

These were mine -

- Late 1995 to 2000 (and again in 2004) - Hockey and inline hockey
(won a championship at the national level 2004)

-- 2000 to 2006 - Gym and fitness
(a fun/aesthetically beneficial stage that I pushed to the extreme for too long)

--- 2006 to early 2011 - Getting Laid and partying
(one of the reasons I left Law School, I absolutely could not prioritize or juggle a serious academic stage)

---- 2012 to now - Good Looking Loser and business

You will do plenty of different things if you are living a rewarding life.

Nothing is a lifetime commitment and the correct stage to be in is the one you want to be in.

You shouldn't have to try talk yourself into/out of any of these stages.

You already know what you should be doing at every stage of your life.

Trust your instincts.



ABSOLUTELY ALL IN - NO MATTER WHAT

I can't emphasize this enough.

No matter what stage you are in, you need to be ALL IN physically, psychologically and emotionally and not hold onto any contrasting mindsets and behaviors from previous or future stages.

I discuss how this relates to Getting Laid in "How to Go Out Alone at Night (If You Are Scared) - Final Answers & Thoughts"

While my early 20's left a lot to be desired, I was always ABSOLUTELY OBSESSED with whatever stage I was in.

I couldn't help myself, I was quite insecure at first but very hopeful that hard work would win out.

I always wanted it bad.

Although I took some criticism from others who didn't understand my approach -

> *Chris, I thought you were a hockey player, why are you obsessed with lifting weights and looking good?*
>
> *Chris, I thought you were a bodybuilder, why are you obsessed with Getting Laid and partying?*
>
> *Chris, I thought you were a "player", why you are you obsessed with building a business?*

This was the correct way to live and I've had quite a diverse and rewarding life.

At least I think so.

Life is a collection of stages.

If you are going to succeed, you absolutely need to be ALL IN or it's time to find something else more rewarding to do.



What To Do?
(Financial vs. Social Goals)

The vast majority of guys already know what stage they are in (or what stage they want to be in). There is no confusion or room for debate.

Still, there's quite a few that are torn between prioritizing financial or social (Getting Laid) goals in their 20's.

I don't have a one-size-fits-all answer on this.

I can only speak from experience.

In my mid 20's, while it certainly would have been nice to have a bunch of businesses that produced multiple passive income streams, it just wasn't practical at the time.

It wasn't practical, not because I couldn't have built these income streams (although Good Looking Loser would be a terrible website with generic 'meet women' information if I didn't solely focus on Getting Laid for 4+ years), but because all I could constantly think about is how I should be Getting Laid a lot more than I did.

Although you shouldn't let "what you *should be* doing" influence you too much, I knew that it was 'NOW OR NEVER' and I only had a couple of years left in my 20's before I had bigger responsibilities and bigger bills to pay.

I was so sure of my decision that I left Law School (and scholarship) and never looked back.
(technically, I took a 'medical leave of absence' so I had the option of going back the following year, but I never even considered that - I mentally checked out from academia)

It was the correct decision.

Although it seems like a monumental crossroad in my life, it was one of the easiest decisions I ever made.

Fast forward 5 or 6 years, I literally no longer think about Getting Laid or where my life is headed. I can dedicate nearly all my time to my financial goals.

For me, prioritizing my sex life in my 20's was the correct decision. After all, had I not, there would be no Good Looking Loser community and I'd be a third-rate pill popping lawyer or an uninspiring,

disinterested personal trainer who sold growth hormone.

That's not to say it's the right decision for you though.

But as I mentioned several times, if I hadn't prioritized Getting Laid over potential financial goals for a couple years, my entire life would be COMPLETELY different.

Besides, in my opinion, once you find financial success, you won't have the time to then shift all your attention to Getting Laid.

That's why rich guys get high-class hookers.

It's a more efficient use of their time, even if they are good with women.



Pour Conclure

You guys are still young (I don't care if you are 25+, you are still a baby) and have multiple, super valuable resources influencing your opinions and direction.

There's a blatant (or unspoken) "don't base your life around women, there are more important things in life" mantra that you'll come across on every credible self-improvement community.

I couldn't agree more.

You need to focus on YOU.

Prioritizing women or anyone other than yourself in the long-term is a recipe for regret.

That's why, in the short-term, if you want to get your sex life 'handled', I feel it's a good decision to prioritize beating social anxiety and Getting Laid so you can live on your own terms.

Once you can Get Laid and realize you have limitless options, you'll never prioritize women or

anyone other than yourself. The 'Sense of Entitlement' will benefit all areas of your life.

You have got to put in the effort though.

I stand 100% behind and whole-heartedly encourage you to beat your social anxiety and sleep with a lot of women over a 1.5 to 3 year period if Getting Laid is important to you.

After that, you'll be more efficient and won't have to put in the time or effort to get some action when you want it.

It's a totally amazing and worthwhile stage that won't (and shouldn't) take up too many years.

Think about it this way...

Have you ever heard anyone say -

> *Damn, I wish I didn't fuck so many girls in my early 20's.*
>
> *Dude, I really wish I got laid less when I was younger.*

Aside from someone that contracted an STD from irresponsible sex -

No.

You won't regret putting in a couple of years to have fun and have a hot sex life.

If nothing else, you'll 'get it out of your system' and be able to move on to more important things.

And By the way -

Have fun with it, that's what you are trying to do in the first place.

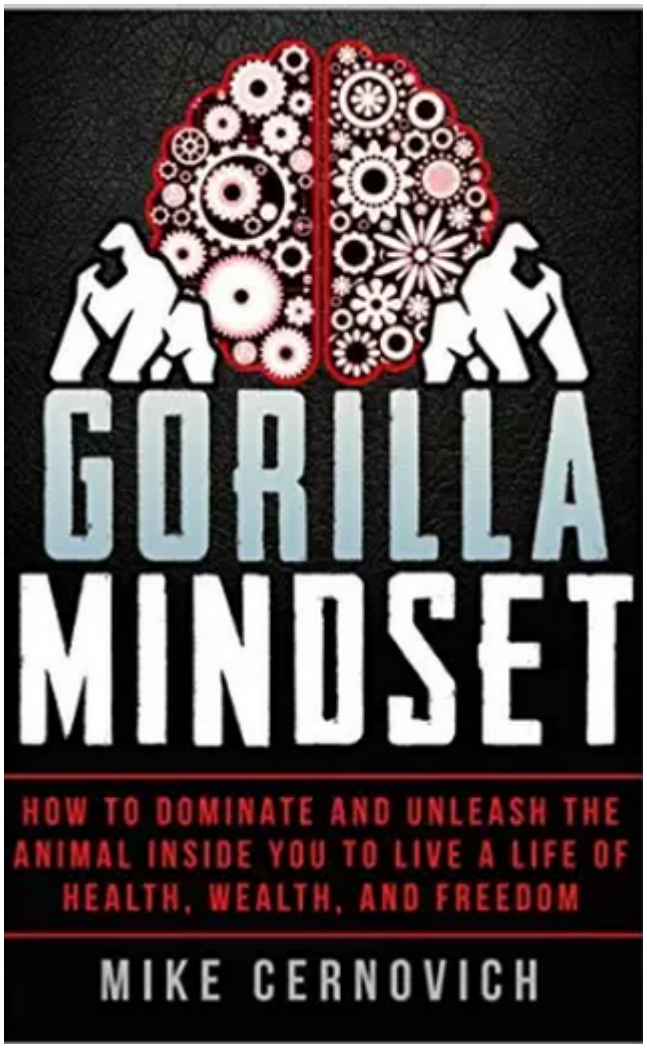
It will be one of the most truly exciting and memorable eras of your life.

It's truly remarkable how quickly someone can go from hating the process of meeting girls to enormously enjoying it.

Pussy does that.

My Thoughts on Gorilla Mindset and Mike Cernovich

June 26, 2015 | by Good Looking Loser | Link | Original Link



Gorilla Mindset by Mike Cernovich

Here are my thoughts on "Gorilla Mindset", Mike Cernovich's long-awaited book which covers how to implement the core principles of his website, "Danger & Play".

I'm not going to bore you with a long traditional review or try to downplay the fact that Mike and I are friends and I want this project to be super successful for him.

We'll talk about some other things but -

Yes, I want you to check out his book.

That is what this post is supposed to do.

- **"Gorilla Mindset by Mike Cernovich" (support GLL Link)**

In case you wondered, because some do, I have both purchased and read this book (I got the opportunity to read before it was released).



Recipient:	Items Ordered	Price
Christopher Deoudes	**Gorilla Mindset** [Kindle Edition, Pre-order] By: Mike Cernovich Sold By: Amazon Digital Services, Inc.	$8.99

Payment Information — Need to print an invoice?

Payment Method Change
VISA | Last 4 digits: [redacted]

Billing Address
Christopher Deoudes
[redacted]
United States

I've also listened to every single one of Mike's Podcasts. Behind the scenes he's been a bit of a mentor to me - especially on personal finance and legal-but-not-legal-advice issues.

I have a lot of respect for him and if you knew him better - you'd like him even more than you already do.

I was legitimately impressed by his book and how he approached "mindset".

Contrary to popular belief, "mindset" is not easily covered.

Here is why -

The Problem With Teaching and Learning Mindset

Mindset is the hardest thing to learn and it is even harder to teach.

In fact, I can argue that is it virtually impossible to teach.

In fact #2, I stay away from it for one primary reason -

There is nothing you can read and nothing I can type at you that will legitimately change your mindset (automatic involuntary thought processes aka how your brain is wired)

I can only repeat over-and-over -

> **The only way to internalize a new mindset is to gain real life experience that slowly rewires your brain and makes you BELIEVE what you read.**

That is how learning (actually believing) happens.

Reading/"learning" and ACTUALLY BELIEVING are not the same thing.

That is why exposure therapy (controlled experience) is the only effective way to truly beat Approach Anxiety and things like "reading about inner game", "going to a pick up artist conference" and "Skype coaching" don't.

Mindset is earned and you can't undo years of hardwiring overnight.

This is obvious, but most mainstream approaches to mindset entirely ignore this and simply offer the same generic platitudes and commands -

> *Be confident!*
>
> *Be positive!*
>
> *Don't care what people think!*
>
> *What doesn't kill you makes you stronger!*
>
> *Just believe!*

We are told that simply "reframing" our limited beliefs and circumstances will transform our physical reality -

> *She told you that you are ugly and genetically inferior, but it's her loss!*

> *You can play Quarterback in the NFL as long as you think you can!*
>
> *Although you are 356 lbs. and wear clothing that is too big for you, women aren't sexually attracted to you because you think you are fat and out of shape!*
>
> *The reason you can't squat 605 lbs. is because you aren't visualizing it clearly enough!*
>
> *Everything happens for a reason!*
> *There is a reason that those huge thugs tied up your father and raped your mother! It will make them stronger!*

Never included are the steps (let alone applicable, specific, step-by-step directions) to reach these wishful fictional mindsets.

Nearly every mindset-focused book that I've seen belongs in the "philosophy" section of the book store.

Correct, interesting, well-meaning and potentially valuable information - with no clear roadmap and offers only a "You can do it if you try (and think about it hard enough)!" temporary high.

I used to get high on self-improvement myself, it's quite addicting actually.

Eventually, I actually got serious about my life and made some real changes.



Why Gorilla Mindset is Different

As you would expect, like Danger & Play, the book is personable, encouraging and intelligent.

It is also reader-friendly and reasonably entertaining.
(Gorilla Mindset is more on the serious side and isn't as brash or combative as Danger & Play)

But ultimately, the only reason that Gorilla Mindset (or any self-help work) can make a legitimate difference in your life is because it provides specific, orderly, realistic and applicable steps.

Gorilla mindset does and that is the near entire focus of the book.

Throughout, but specifically at the end of each chapter, there are concise steps and habits that you need to adopt to your daily routine to reach the said mindset.

You either do it or you don't.

The material is meant to have IMPACT than insight.

It's a lot like the material on Good Looking Loser in that regard.

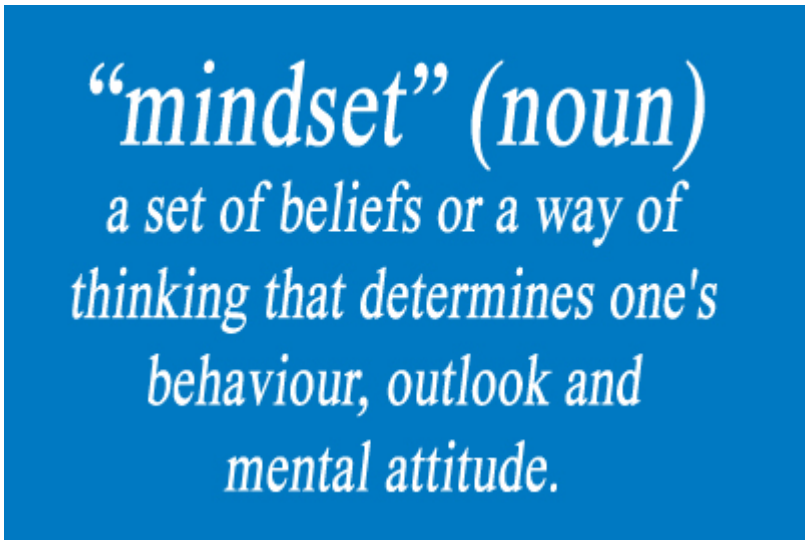
The directions are there. In order, when possible.

It's up to you to take it from there.

While the book covers and outlines the major principles of Danger & Play, there's other subtopics that are discussed.

In my own words, here's a few that I liked that you guys might also be interested in -

- How to 'be present'.
  (probably the best, most practical, applicable discussion and directions on this subject)
- What you can do immediately if you start to lose focus at any given time.
- The one dietary supplement that actually helped Mike when he was depressed.
- A list of 20 foods that will transform your body and energy levels if you are skinny-fat and sloth-like.
- How to start your day off on the right foot.
- How and where to invest your money if you are just starting out.
  (and Tax Planning For Self-Employed Americans)



History of Good Looking Loser & Danger and Play

(... and other thoughts)

A little history here, for those who care.

How We Met

Perhaps there is a lesson here for aspiring bloggers/entrepreneurs.

Mike was the first established, non-'pick up girls' blogger to recommend Good Looking Loser.
(his site is much bigger now, as is ours)

It really was a pleasant surprise.

At the time (Fall 2013), recommending Good Looking Loser was quietly extremely "controversial" due to the nature of our content - especially for bloggers who weren't anonymous.

No one had seen a self-improvement website that discussed Getting Laid (having sex with using your penis), drugs and male enhancement.

Crazy.

I know...

When others were writing me emails telling me I have to check out their site, let them guest post or spamming the forum, offering neither a 'thank you' or anything in return - Mike recommended us to his readers, knowing full well that not everyone would like my formerly sloppy website or douchebag appearance.

That's why his recommendation meant even more.

If you are trying to get on the radar, a great way to get noticed is to send traffic elsewhere without demanding (or expecting) something in return.

Your readers probably already know about the popular sites - you can't hide this by not linking to them.

There is no such thing as "losing" readers if your content is good.

If you want people to link to your site, especially in the early stages, you better link to them.

Is It Fair to Judge a Man Based on His Girlfriend?

This subtopic is both totally unnecessary and out-of-bounds for a "book review" (haha) but I think it is worth sharing my opinion - even though there's no 'not weird' way to do it.

Mike is in his late 30's.

Mike's girlfriend is in her early-mid 20's.

Mike's girlfriend is very pretty, intelligent, emotionally healthy, extroverted and popular.
(meaning: she's not a weird loner girl with no friends who seeks a White master to manage her life and thoughts)

[not hitting on her]

Although not a social media princess, she's the type of girl who will have 40 or 50 people 'like' if she posts a photo of an egg roll or piece of furniture.

Their relationship speaks volumes about Mike (age 38) and how he ACTUALLY feels about himself.

Here's why -

A lot of guys are familiar with the idea/truth that *if* they take care of themselves (physically, emotionally, financially) and not get married - that they'll be able to get more girls in their 30's than in their 20's.

Yet, despite "knowing" this, hardly anyone I know actually follows through.

Most guys in their 30's are either dating girls their age (or just slightly below) or tied the knot a long time ago.
(this is totally fine if you've had your fun, but most guys haven't and simply think hot younger girls are out of their league)

The single 30-something year old guys I know are always whining about how they hate how "stupid", "bitchy", "immature" younger girls are.

While this can be true, the overwhelming fact of the matter is -

The average girl who is single in her 20's is far more emotionally healthy, with far more options than the average woman in her 30's who is single and unmarried.

It's not even up for discussion.

Most guys in their 30's are simply too out of shape and too out of touch to have any chance with attractive girls who are in their 20's.

Would I think differently of Mike if his girlfriend had short hair, was 323 lbs., barked out commands (in her native tongue) at him and wasn't FULLY supportive of his dreams and beliefs?

Would I think differently of Mike if his girlfriend was average-looking?

Yes.

I would think completely differently of him.

At least in his capacity to give self-improvement advice.

And So would you.

Maybe it's not fair to judge a man by his girlfriend (relationships certainly shouldn't be based entirely on physical appearance), but you are correct to assume that a man's (and woman's) significant other is *at least* partly a reflection of how they feel truly about themselves.

You are getting life and mindset advice from a guy who is financially independent, legitimately has high self-esteem (and as relates to women: what we dub 'Sense of Entitlement') and does and says whatever he wants.
(can you tell?)

He actually believes everything he says.

That is why I have listened to every single Danger & Play podcast.



Pour Conclure

Check out the book, it's fantastic and he's worked awful hard on it, especially if you know that you have trouble embracing our 'DO WHAT YOU WANT' way of life or simply know that you care too much of what others think of you and you are sick of "caring" getting in your way.

Both are major barriers to living out your dreams and worth spending as long as necessary to cross.

The good news -

With some practice, both are ultimately a choice.

Further propaganda -

- GLL: Good Looking Loser Danger & Play Podcasts (index)
- D&P: College, Sex, Money and Freedom (Part 1)
- D&P: Tax and Retirement for Self-Employed Americans

How to Get Rid of Anxiety Without Doing Drugs (Part 2)

June 29, 2015 | by Good Looking Loser | Link | Original Link

How to Get Rid of Anxiety
(15 Natural Ways That You Haven't Thought Of)

Welcome to Part 2 of our 2-part series "How to Get Rid of Anxiety Without Doing Drugs (15 Natural Non-Mainstream Ways)".

We are discussing several ways we can give ourselves an endorphin rush without reaching for a shot glass or bong.

Let's continue, shall we?



#9 Play Around With Aromatherapy

When I say "Aromatherapy", I actually mean Aromatherapy.

It's not a codeword for "smoking weed" or "burning" (aka using) Kratom.

I usually don't like recommending anything that I'm not 100% familiar and up to speed with, but Aromatherapy as a treatment for anxiety has gained considerable popularity in the past 3 or 4 years.

I definitely think there is potential to help stress levels and mild/moderate anxiety. Anything that stimulates the senses can help and it seems like every girl (and gay guy) in Los Angeles swears by it.

When I used to do the 'pick up thing', I actually did my own version of aromatherapy.

Basically I had a facial steamer and put some sort of fragrance in the water or used a candle to burn oil. I put it on when I got girls back to my place.

It was mainly to convince first-time girls to lay in my bed so I start my "massage game" and give both of us an excuse to lose our clothes faster than normal. Worked. Most of the time anyway.

It was fairly primitive, low-budget Aromatherapy setup and at the time (2008-2009) nobody was really pushing it (essential oils) as a viable treatment for anxiety.

This 2011 clinical study (interestingly enough, published in an Iranian peer-reviewed journal) says it's undeniably effective and highly underrated.

This article in the Huffington Post details -

> *Aromatherapies: The smell of vanilla and lavender has been linked with the production of*

> *endorphins. Studies have shown that dark chocolate and spicy foods can lead the brain to release endorphins. Keep some scented oils and some dark chocolate at your desk for a quick endorphin boost.*

So it's worth a try if you like this kind of stuff.

Maybe it's a placebo effect?

But if it works, it's cheap and it smells good - it might be worth it.

It goes without saying, getting a massage is really good for anxiety too.

Personally I think massaging a girl's ass (if she has a bubble butt) is just as good. But that's just me.



#10 Jerk Yourself Off With the Fleshlight or Stick a G-Spot Machine Up Your Asshole (Doesn't Make You Gay)

Mainstream sites think they are being insightful and super edgy when they suggest "Have sex!" as a natural anxiety remedy.

Obviously that is a great endorphin release.

Obviously #2, not everyone has access to good pussy that they can fuck anytime they so choose.

It would be a slap in the face for me to suggest "Just have sex!" since so many of you guys are largely here to solve that problem.

What actually feels pretty close to intercourse is the Fleshlight with warm lubricant (heated olive oil is fantastic) -

- **Good Looking Loser's Fleshlight Review**
  (and how he found it, how the porn industry found him for a day)

In fact, fucking a girl *with a condom on* and fucking the Fleshlight *without a condom* is almost identical in terms of *overall sensation*.

(sex without a condom is obviously better than both though)

That's why it's the best selling men's sex toy in the world.

As for sticking a machine up your asshole to combat anxiety, Fleshlight has some well-known, highly rated G-Spot (Prostate) stimulators.

To the 'never ever masturbate crew' - I don't believe in not jerking off. Call me crazy. But PORN ADDICTION is one thing (a very bad thing), but 'not masturbating ever' because it will increase Killer Instinct and give off pheromones that will attract girls is witchcraft and PUA seduction community nonsense. I jerk off (usually to porn) or have sex 1 time a day, 5 or 6 days a week. It's been this way for the past ~7 years and I've never had any problems with addiction, sexual indifference or erectile dysfunction.



#11 Take Upwards of 30 Grams of Fish Oil a Day

Back in 2006, I was studying for the LSAT (Law School Admissions Test) during my final year in college.

I read a thread on the Internet in which an internationally known strength coach, Charles Poliquin, said that taking upwards of 30 grams of high-quality fish oil at day allowed trained athletes (assuming they had a past anabolic history too) to put on 15-20 lbs. lean mass.

I was highly skeptical of "steroid-like gains" even though I liked (and still like) Charles Poliquin.

I figured I'd just try it to see what would happen, I wasn't expecting anything other than my joints to feel better and maybe the fish oil (healthy fats) would help maintain my muscle and strength that I neglected because of my LSAT preparation.

Long story short, I didn't gain any lean mass (obviously) but to my surprise, I had a perpetual state of well-being, almost 24/7.

This is because taking high doses of fish oil encourage optimal (almost unnaturally high) serotonin levels.

I can surely testify to that.

If you are going to do this, I highly suggest you use high-quality fish oil that doesn't expose you to any heavy metals or mercury.

Since fish oil, in my opinion, is fucking disgusting - try one of the flavored types.

This entire line of flavored fish oil tastes absolutely incredible - you will seriously want to drink the entire thing all at once.

You'll see a noticeable 'sense of well-being' and calm. Your HDL or so-called "good cholesterol" will go up. Triglycerides will go down (good thing). Your joints and tendons will be able to support more resistance. Don't expect to gain a whole bunch of muscle however.

I've never taken 30+ grams of fish oil at once, so I'm not sure if that would have an immediate affect on serotonin (anxiety).

Hmm...

Video: The Great Fish Oil Experiment
(Taking 30-50 grams of Fish Oil Every Day)



#12 Check Out Personal Power Meditation

It's been a while since I've talked to my buddy Illuminatus at PPM, but I've tried some of his instant anti-anxiety drills and they definitely work.

His suggestions don't involve looking death in the face like some of mine.

- **Personal Power Meditation (Basic Anxiety) by Edward Cottrill**

For those that are curious - I don't know anything about meditation other than it probably works well if you can figure it out.

Although meditation would probably help me (or anyone), the suggestions in this discussion work for me.

#13 Look On Groupon for a Cheap Acupuncture Session

Before I get all generic on you and detail stuff you already know about, I'm just going to point you in the right direction so you can try stuff you always wanted to try but thought was too expensive.

Groupon, especially in larger cities, has good deal on acupuncture sessions and professional massages -

- **My Local Groupon (type in your zip code)**

I encourage you to look up reviews on Google before you schedule your session too.

Powered By GROUPON™

#14 Go Tanning in a High Pressure Tanning Bed

It's no surprise that some people develop a 'tanning addiction'.
(sensationalized media obviously, but still true to a large extent)

It's not just for looks, sunlight encourages your body to dump endorphins into your system.

New high-end tanning beds almost entirely omit UVA rays (the good ones that [in moderation] won't burn you or age your skin) and minimal UVB rays (the bad ones that are awful for you).

Have a look at "Good Looking Loser's Guide to Tanning" if you want to know how it do it correctly and actually (in moderation) improve your skin.

It is very important that you use a high-quality bed and a high-end indoor tanning lotion.

It is not worth doing whatsoever if you can't have both.



#15 Just Go To Sleep (Last Resort)

This advice probably prevented me from becoming a drug addict.

As simple as it is, some of the best advice I ever got was to just [temporarily] give up if I am really pissed off or anxious.

If you have anxiety, whether irritability (fight) or fear (flight), you are probably in no condition to do anything productive, fun or even remotely positive.

Sure, it's great to be able to beat anxiety naturally - and you should try.

But rather than forcing things or shoving a whole bunch of drugs down your throat (I've never done this in times of isolated stress, I will choose to suffer than feed or prolong a hardcore addiction/dependence) - just call it a day and pass out.

When I wake up, I'm usually in at least a slightly better mood.

If you see no point in being awake - just go to sleep.

It's better for you anyway.



Pour Conclure

So there you have it -

15 *Largely* Non-Mainstream Ways to Combat Anxiety that doesn't involve reaching for drugs.

Keep in mind, although "bouts" of anxiety can be random and unexpected, they are often a direct

reflection of the rest of your life.

While there certainly are successful, wealthy, emotionally healthy and stable people that get panic attacks and frequent bouts of anxiety, they are not the norm.

The majority of people that have anxiety (certainly major general anxiety) spend a lot of time at home worsening (but not necessarily immediately aggravating) their state of mind.

A lot of anxious "red pill" people claim they don't watch the news yet spend literally hundreds of hours watching depressing 'anti-establishment' 'truth' videos and wonder why they are depressed and on edge all the time.

The next time the anxiety bully strikes, try to stand up to him and don't immediately retreat to the Internet or Xbox for a distraction.

Thank you for reading!

update July 2 2015 -

We get 75-100 comments (100-125 comments, counting my replies) on posts and I just can't read or reply to all the comments or questions in an adequate or timely matter.

I encourage you to sign up and ask questions/contribute to our forum.

Your questions or thoughts will receive a longer, quicker response in the forum anyway.

I try to remain fairly active on the forum too.

I apologize to those who left comments on this series, contact me in the forum if you need me.

How to Get Rid of Anxiety Without Doing Drugs (Part 1)

June 29, 2015 | by Good Looking Loser | Link | Original Link

How to Get Rid of Anxiety
(75 Natural Ways That You Haven't Thought Of)

Welcome to Part 1 of 2-part series "How to Get Rid of Anxiety Without Doing Drugs (75 Natural Non-Mainstream Ways)".

Over a year ago, I started to write up a post "How To Get That Endorphin Kick" on Lifestyle by Good Looking Loser as part of a non-mainstream list for guys with general anxiety or guys following the "Kratom Lifestyle" (also known as taking Kratom everyday by rotating multiple strains to avoid tolerance and significant dependence).

For whatever reason, I never finished that list.

I also had another list going called, "Orthodox and Unorthodox Ways to Combat Mild to Moderate Anxiety" (similar to "34 Orthodox and Unorthodox Ways to Get Motivation to Hit the Gym") too.

When I looked at both lists, I realized there were a lot of crossover suggestions that were equally useful for both.

It's important, regardless if you have frequent general anxiety or follow the Kratom Lifestyle, to have natural endorphins flooding your body and brain on a regular basis.

It's healthy.

If nothing else, those powerful underrated endorphins can help you combat bouts of general mild to moderate anxiety.

In today's 'desk chair' society, most guys only get a single daily serving of endorphins from masturbating to a .jpg or .mp4.

Women hardly get any at all. Especially women that neither go to the gym or do yoga. Most turn to sugar and buying clothes they don't need.

Both regard alcohol and weed as the saving grace.

Although very subjective and without a concrete frame of reference for comparisons to previous decades, the world's population is supposedly more anxious than ever. Not surprisingly, panic attacks and anti-anxiety prescription drug sales are also at an all-time high.

I think it's fair to assume both are true.

There's also no shortage of generic useless "How to Naturally Combat Anxiety!" or "10 Ways to Naturally Kill Anxiety!" (Call a friend!) (Be Positive!) (Laugh Out Loud!) (Watch a movie!) lists clogging up Google.

I'm going to try to give you some ideas that I've done that you might not have considered.

Although there's some softcore natural things you can take, such as L-Theanine, Kava Stress Candy or Yogi Tea that are reasonably helpful to take the edge off, I'm going to *largely* focus on **NOT TAKING ANYTHING** and beating it with your mind and body.

Umm...

You know...

The natural way.

Whether over-the-counter or by prescription, whether natural or synthetic - I don't believe people should be reaching for a substance when mild or low-moderate anxiety strikes.

No really - I think and do that for the most part.

Although it's more of a challenge, being able to overpower your anxiety (rather always having it overpower you), is very empowering and key to controlling your emotions.

In my experience, there's 2 types of general anxiety -

- I want to hide in my room anxiety (fear)
- I want to murder someone anxiety (fight)

The suggestions below are for mild to moderate bouts of both those types of general anxiety, not for social, performance anxiety, major chronic anxiety or substance abuse withdrawal-induced anxiety. Some of these ideas, however, will certainly prove useful for all 4.



Natural Ways to Get an Endorphin Rush to Lower Your Anxiety

And away we go...

#1 Do Bodyweight Squats and/or Pushups Until You Fall Over or Feel Lightheaded

(Takes About 2 or 3 Minutes)

Guys who don't exercise tend to have more anxiety, lower testosterone and plenty of unused energy.

Exercise or physical activity, especially daily resistance training that is aerobic enough to raise your heart rate above 125 bpm, gives you an endorphin kick.

This isn't anything you haven't heard before, but that doesn't mean you have to go to the gym for 90 minutes to reap the benefits. In fact, some people have a really hard time getting to the gym, since "gym anxiety" (a form of social anxiety) can heighten pre-existing general anxiety.

You do, however, have to focus and exercise hard for about 2 minutes.

Walk over to a well lit area (possibly one with a mirror) and start to do bodyweight squats (squat down low) or pushups.

Count in your head as best you can.

Your heart rate will shoot up and your body will demand more oxygen.
(do not do this if you have any sort of cardiovascular condition, speak to your doctor before beginning any sort of exercise program)

It is absolutely critical that you DO NOT STOP when muscle and psychological fatigue begins to set in.

In fact, FOCUS on the burn.

Picture your brain releasing natural pain-relief endorphins to combat the lactic acid from muscle fatigue.

Try to regard the pain as an opportunity to fuck with your brain and distract it from all the negative thoughts it has been dictating to you.

Keep squatting/doing pushups until you literally cannot do another rep.

You should be exhausted, lightheaded and breathing very deeply.

Notice that you no longer have anxiety.

Your mind and body is focused on firing endorphins and utilizing oxygen to keep you from passing out.

The anxious feelings might come back, but won't be as strong.

I've always done this type of thing for anxiety and irritability.

About 2 years ago, I was inspired to implement the 'physical and psychological exhaustion threshold' by NFL Pro Bowl strong safety, Laron Landry.

Landry supposedly tries to reach the point of 'near unconsciousness' during all his off-season workouts to challenge his mind and body.

I suggest you do too, your anxiety will go away and stay the fuck away if you handle it this way.



Laron Landry (Left)
He looks more like a bodybuilder these days.

#2 Ferociously Hit a Pillow Until You Can Barely Breathe

(Or the Pillow is Unconscious or Dead*)

Similar to the first suggestion, beating ~~a person~~ pillow to death is an effective and convenient way to kill your anxiety quickly.

You are encouraged to scream at the pillow while you beat it inches from taking its life.

Tell that pillow how/why you are murdering him with your bare hands.

Teach him/her a fucking lesson.

You should be absolutely exhausted and laying on the ground (not bed) next to the pillow.

Intense bouts of cardiovascular exercise are really the best thing for both your mind and body (fat loss).

You are welcome to hit a body bag, but not all of us have a 150 lb. body bag hanging from our ceiling.

* for the .0001% of people that are total pussies and think that hitting a pillow like this "encourages domestic violence", it does just the opposite. It is a healthy alternative to killing someone and prescription drugs.



#3 Clean Your Room or House

(Remodel It If You Have the Time and Desire To)

Not as "alpha" as the prior 2 suggestions, but this one works for temporarily anxiety relief.

As I mentioned in "21 Things You Can Do Today to Stop Being Negative", for some reason, I always feel much better when I clean up my room or office.

If you want to go the extra mile, move the furniture around in your room.

Put your bed in a new spot.

It will feel like you are starting fresh.

Funny how that works.



#4 Order a Shitload of Sushi

(With Wasabi and Pickled Ginger aka 'The Pink Stuff')

Another outside-the-box suggestion.

I discovered this one by accident a while back in college.

I had a 'date' one night (I did actually Get Laid at times in college) and I had taken a pre-workout stimulant and gone to the gym.

The gym closed early that night and I was bouncing off the walls from the ALRI Hyperdrive (absolutely amazing defunct supplement).



The best Non-Ephedra Fat Burner
(banned long ago)

When I got home, there was nothing in the refrigerator, so I ordered $45 of sushi, which was a lot of sushi/money for 2003.

Long story short, the sushi was fantastic and the wasabi (Japanese horseradish) was super spicy - which is odd for delivery. The endorphin rush from the wasabi, the mini-glucose kick from the white rice and the general amazing taste of sushi brought me back to earth.

It hasn't failed me once.

I suppose eating sushi counts as "taking something" but I'm making an exception here.

Fun Fact

Interesting story on the 'pickled ginger' (the pink stuff that comes with your sushi).

When I was ~7 years old, my Mom was having a dinner party for other "higher-ups" in the United States Marshal Service and Department of Justice (you know, other establishment/illuminati members that meet every 4 months to discuss how to further systematically enslave your disenfranchised ass).

On the buffet table was something that looked a lot like smoked salmon. I like smoked salmon, so I stuffed several huge pieces in my mouth. It turns out it was ginger, super strong ginger. I wasn't expecting this and ran into the bathroom to puke. I felt like I was going to die and my eyes wouldn't stop watering for the entire night.

My parents encouraged me to go sit in the basement for the remainder of the night so I didn't embarrass the family and get our NWO VIP membership revoked. I didn't touch anything ginger-ish for another 20 years. Not even gingerbread cookies. I like ginger now though, I think it gives some sort of a baby rush too. Apparently, this is correct.



Pickled Ginger That Comes With Most Sushi Rolls
Looks Like Your Vagina

#5 Dress in Several Layers and Do Cardio

(or Lift Weights)

I have to laugh whenever I see some bodybuilder goober at the gym who is so insecure that he wears several layers of clothing like he is part of the Taliban.
(yes, some muscleheads dress in multiple layers if they are over 12% bf)

But the fact of the matter is - sweating is healthy.

Put on a long-sleeve t-shirt and a hooded sweatshirt over it and jog outside or on the treadmill.

Although it doesn't work quite like this - picture your anxiety and excess liquid stress and energy dripping off your body. Get all that shit out of your system.

You'll feel better soon enough and better than if you just did normal cardio.

You want a recipe for instant sleep?

1. Do intense/semi-intense long cardio in several layers
2. Come home and jump in a hot shower
3. Take 5 mg of melatonin (and gaba, if available) once you are out
4. Lay down in your bed in complete darkness and jerk off
   (keep a towel in your bed so you don't have to get up to wash your wash your hands)
5. zzzzz.....



#6 Take a Hot/Cold Shower

(or Jump Into a Cold Pool, Hot Tub or Sauna/Steam Room)

Although I don't talk about it here since I don't partake very often, you've probably heard about the benefits of cold showers (see #18).

It gives you an endorphin kick.

Those Jesus-Christ-It's-Fucking-Freezing-Why-Am-I-Doing-This endorphins kill anxiety.

I find that hot showers give a similar result, albeit as a more relaxing sensation.

I can't remember one time when I was stressed but didn't feel noticeably better after taking a hot shower. I have this waterproof bluetooth speaker (not an affiliate link) in my shower.

Remember breathe deeply while you are in the shower.

If you have access to a sauna (or especially a steam room - hotter!), it can accomplish the same type of positive mindfuck.

Stop sitting at your computer feeling sorry for yourself and go fuck with your body temperature - your mind and body will thank you.



#7 Use a Deadly Weapon (Without Killing Someone)

Although I've never quite "blown off steam" by shooting guns like others testify to (I own semi-automatics solely for protection from Internet marketers), I do know that it works for a lot of people.

Whether you are experienced or have never shot a firearm, indoor or outside, it may be an exhilarating experience if you can get yourself to leave the house.

I'm not against putting up pictures of people/things you hate and shooting them, but it's simply in-lieu of killing them in real life.

I actually think the physical exertion of swinging an axe, sledge hammer, machete or sword is both more fun and better for stress relief.

Take a blade into the forest and cut the shit out of thorny bushes and other 'undesirable' flora.

Not recommended if you live in an apartment complex or in a neighborhood with a bunch of younger kids whose parents will confuse you for a guerrilla fighter.

Although it's not likely that your gym/backyard/apartment complex has this, this is as good as it gets for stress/anxiety relief and a sense of well-being -

#8 Do Something New For Once

(Good Looking Loser's Life or Death Test)

You know what your real problem is?

You sit around too much and you're an easy target for the anxiety bully.

- When was the last time you had fun?

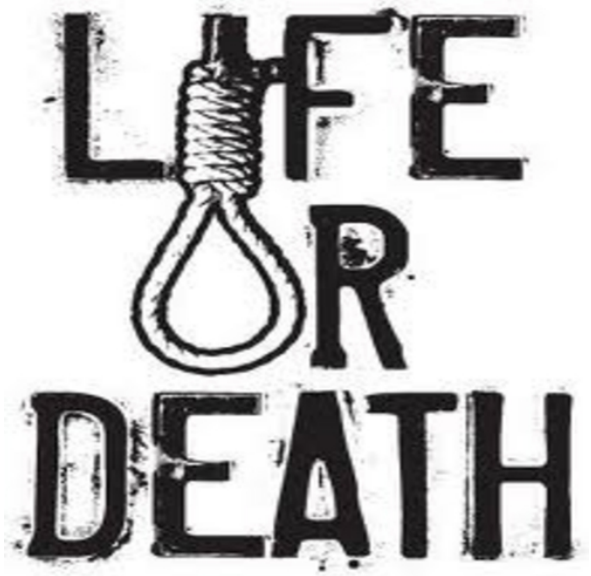
-- When was the last time you did something new?
(going to the gym and doing a new exercise doesn't count)

--- When was the last time you even looked forward to something in your life?

If any of those answers is beyond 15 days ago - you aren't participating in life.

Take this test and apply the simple principle (schedule and do something new every 2 weeks) -

- "Take Good Looking Loser's Life or Death Test"



Our 2-part series continues here -
(if you have comments or questions - please drop them in Part 2)

- **"15 Natural Non-Mainstream Ways to Get Rid of Anxiety Without Doing Drugs (Part 2)"**

How to Pick Up Girls Efficiently (If You Don't Have the Time/Desire To Meet A Lot of Girls)

July 15, 2015 | by Good Looking Loser | Link | Original Link



How to Pick Up Girls Efficiently

(For Guys That Think Hitting On A Lot of Girls Is Stupid)

Not everyone has the time or desire to prioritize Getting Laid for 2-3 years in their 20's.

Some guys simply don't care that much about getting a ton of pussy but still want to Get Laid without turning their lifestyle upside-down.

Here is what you can do if you just want a *decent* sex life with minimal effort.

"How to Pick Up Girls Efficiently (If You Don't Want to Hit On A Lot of Chicks)"

Bear with me, I'm going to get to some valuable stuff after the geekspeak.

A few times a year there is a discussion and debate on whether "pick up" is dead.

The short answer is -

Yes.

Excitement over 'seduction community' and demand for secret digital social intel or "hacks" is dead.

(the peak was between 2004-2008 when "The Game" and VH1's show "The Pickup Artist" was popular)

Also dead is the notion that really cool guys go out by themselves every single day, for weeks on end to practice "spam approaching" women at book stores and shopping malls who don't show any obvious or subtle interest.

(we will reconcile this later)

What isn't dead is the fact that -

Guys still want to Get Laid and will always want to Get Laid.

Guys still want access to random chicks that they see during the day.

That will never change.

Some guys (Scotty, myself for 3 years) wanted to hook up with tons and tons of girls and do tons and tons of drugs as part of a "Mid 20's Fun Stage". It was just our personality type and obsessive tendencies, given our lackluster early 20's and years of lonely nights at the gym trying to impress girls we were scared to speak to.

We are a minority though.

An ever-declining minority in the world of greater opportunity and unlimited potential for guys in their 20's and 30's.

Whether they admit it or not, most guys would be happy fucking 10 new girls a year (or 1-2 broads a month) and agree anything more (and making any more effort) is overkill and a waste of valuable time.

Guys, especially those with more important financial aspirations, want the *most efficient* way possible to Get Laid.

They don't have 2 years to go out 4 or 5 times a week and party up.

Hell, they don't even have Friday and Saturday night.

It's a ROI (return on investment) thing to them.

Time is money.

Getting Laid still matters to them, even if they promised themselves that they'd get a lot pussy after they got financially established.

In fact, we could argue that it is *more important* for hardworking young professionals and future millionaires to get good with women - they simply don't have the hours to put in to get lucky with the numbers game.

As discussed in "Getting Laid - How It Should Actually Fit Into Your 20's" (2015) and "Be a Player Not a Pickup Artist Monkey" (2012), meeting women should *eventually* be part of an overall lifestyle.

But what does that "lifestyle" actually look like?



How to Pick Up Girls Efficiently - What You Need to Know

(The Non-Party Boy Blueprint)

I'm going to tell you how you can have a *reasonably* hot sex life (1+ girls a month in your bed) if you don't have the time or desire to put in the hours or genuinely think that devoting a few years to Getting Laid is stupid.

My advice is largely based on my post-party scene period of 12-14 months where I worked as a private personal trainer (um, HGH vendor), wrote for Livestrong.com and decided what I really wanted to do with my life.

I also Got Laid some.

Not as anywhere near as much as when I went to Hollywood parties and clubs almost every night for over a year, but a decent amount where I could begin to prioritize my business ventures.

There's 4 things you have to do if you want to make this work for you.



#1 Look As Good As You Can, As Much As You Can

This is the key to making this work.

Physical attraction = sexual attraction

First impressions are the only impressions.

You need to get to the point to where chicks are checking out, even if they just think -

> ***He's not exactly 'hot', but he's kind of cute...***
> (the second you speak to them your "personality" will make you HOT)

So long as you can look better/cooler than the average guy, *at least some* females will be happy to sleep with you if you're their "type", fairly confident or they simply want to fuck someone reasonably attractive.

If you can get yourself into "good looking" territory you will have absolutely no trouble Getting Laid a couple times a month if you follow the rest of this discussion.

The better looking you are, the better it is, but you do not have to look like the 'dream guy' to efficiently pick up girls. You DO need to look above-average though or at least have a "cool" edge that sets you apart from the average joe.

Keep in mind, being efficient requires you rock a good style too.

Don't expect to be successful if you go to the grocery store, gym or coffee shop (to do work) dressed like a scrub. You'll have to invest some time to looking sharp every time you leave the house if you want to be efficient.

The good news is - so few guys do this and it's super easy to stand out during the day.

You also don't have time to workout for 2 hours a day.

I suggest training on an empty stomach in the morning for 25-30 minutes, 2-3 times a week, and a fairly low-carbohydrate diet to keep the fat away.

Looking good is absolutely critical to efficiency, so focus on that until you are 7-8% bodyfat.

If you are underweight (15 lbs or more) then gain weight.

What to Keep In Mind

Looking and feeling as good will become a key ritual in this 'efficient' lifestyle. Girls, especially those in office jobs, rarely meet or even see a well put together heterosexual male during the course of a day.



#2 Everyday - Ask 1-2 Girls To "Grab a Drink" With You Later That Night

(Talk to ~10 Girls/Week)

Over the course of your day, you need to ask out 1 or 2 girls with the following line -

> ***I gotta run/get back to work, you want to grab a drink tonight?***

Just 1 or 2.

While your odds are obviously better if you hit on 10 or 20 girls, you simply don't have the time.

You also don't have the time to 'work on' girls that might be on the fence or require more emotional investment.

Asking girls to "grab a drink tonight" is a polite, socially-acceptable way to suggest hooking up.

You probably don't have the nerve to do anything more aggressive (screening), but this method works pretty well to see where they stand (sexual availability/DTF) for that night.

It goes like this -

- * Ideally - Get eye contact and smile (like I said - you should be getting eye contact from *at least some* girls who are single; smile big if it's in your nature, a confident smile is warm and sexy to girls - not goofy)
- Give the girl a compliment / Say "Hi, I wanted to meet you" / Say "Hi, I was checking you out too".
- Introduce yourself.
- Talk about literally anything for 3-4 minutes.
- **Say that you have to go and ask if she wants to meet up later that night for a drink.**

Done.

No matter how choppy the conversation is - **you have to ask the girl out for *that night***.

Lose the ego or "she needs to earn it" attitude.

You are are man who is looking to Get Laid and it's time that you embrace that.

You are two strangers who are physically attracted to each other at that moment in time.

You have a penis.

She has a buhgina.

That is how sex happens.
(there is a process in-between that we talk about)

No games necessary.

Provided that you look better or are noticeably cooler than the average guy (or are simply better looking than the girl), over the course of 2 weeks (20 girls you ask out), you can expect 4 or 5 to give you their number and 1 or 2 of them to meet up with you that night or soon after.
(The numbers will be lower if you are very inexperienced or have body fat to lose, but eventually they come)

Perhaps those odds seem low, but the good news is - most girls know what "grab a drink" with a guy entails. You won't end up on a date with a girl that thinks you are strictly 'boyfriend material' and wants you to pay for her salad, unless you totally look the part.

If you aren't getting 1 in 10 (or 1 in 20) girls to meet up with you - you have to work on your appearance.

How to Ask a Girl Out For a Drink (2013)

What to Keep In Mind

Talking to 1 or 2 random girls a day is not a lot. You know that. But over the course of a month (30-60 girls), it is more random chicks than many guys speak to in their entire life. You are virtually guaranteed to have an above-average sex life if you can make your appearance above-average and talk to 1 or 2 girls a day. Don't be afraid to use this "polite invite" (the drink offer) on girls who are working mundane jobs, in fact - some get really excited.



#3 Invite Every Girl Back to Your Place For Another Drink

Just as it is mandatory to finish your 1 or 2 daily interactions with, "you want to grab a drink tonight?", it's also absolutely mandatory that you invite every girl you meet up with back to your place for another drink.

Remember, any girl that shows up to a bar alone to have a drink with you ALREADY LIKES YOU and knows what you have in mind.

(she shaved her pussy and spent 2 hours getting ready while texting her friends about how she met you)
(unless you are a hot scumbag type - she hasn't and won't tell anyone about you)

You can keep it low-key -

> ***Hey I have an early morning tomorrow, but why don't you swing by and we'll have a final drink and chill for a few minutes.***

aka

> *Alright, I'm done with this bar thing now. Time to have sex, you in?*

You will get your answer.

It goes without saying -

Try to go to a bar/place that is as close as possible to your place. Walking distance is ideal.

What to Keep In Mind

When a girl shows up by herself to a bar because she ALREADY LIKES YOU and knows what might go down. Plan accordingly and don't look for signs that she's into you.



#4 Try Not to Worry About 'Approach Anxiety', "Game" or Any Other Crap That I've Put In Your Head

It would be great if you are in your early 20's and can really devote a good 4 to 6 months to our "Approach Anxiety Program" or just 3 months to our "How to Go Out At Night Program".

Beating social anxiety is worth it, no matter how long it takes.

Let's not kid ourselves though -

You don't have the time or desire to do that.

You have other shit to do.

The good thing is -

It's not necessary.

Unless you are trying to nail 40+ girls a year, you can have your cake and eat it too.

Every time we discuss "Approach Anxiety", I send the wrong impression that it's MANDATORY to conquer your social fears if you want a regular sex life.

It's not.

What you WILL have to do is - try your best and suck it up.

You are nervous.

So what.

You don't have any time for approach anxiety, a program or any other of my bullshit - you are trying to Get Laid.

If you have the social skills to have a 3 minute conversation with a girl you've never met and the courage to ask her out, then that's all you need.

Besides, girls will think you are confident if you have the balls to talk to them during the day, lead the conversation and can hold it together.

You'll gain confidence once you get used to talking to a couple of girls a day.

What to Keep In Mind

Although I'll never admit it and certainly never tell you, I probably still had approach anxiety until I slept with over 30 girls. It didn't prevent me from getting chicks in bed and it won't stop you so long as you can hold it together and slowly move things forward.



Pour Conclure

So that's it.

Typical GLL brainwashing and a practical, repeatable, efficient way to get a fair amount of chicks in bed if you have neither the time, desire or skills to live a full on party/player lifestyle.

No, this 'method' is not hardcore by Good Looking Loser standards but asking whichever girls you want to fuck to "grab a drink" is plenty aggressive and should give the average, above-average guy, a decent sex life.

You have to try to look your best (above-average threshold), fight through the anxiety so you can have a ~3 minute conversation and finish each interaction by asking a girl out for a drink - no matter how little chemistry you had with her.

It will start to pay off, some of these girls will become repeat customers and you'll be set.

How Do Bodybuilders Eat So Much Fast Food and Stay Lean? (McDonald's Bodybuilder Diet)

July 28, 2015 | by Good Looking Loser | Link | Original Link



The Secret Fast Food Bodybuilder Diet and Lifestyle

The majority of this post is based on what I learned in 2005-2006, the 'Bodybuilding Junk Food Era'.
disclaimer: Many bodybuilders exaggerate just how much fast food they eat by posting pictures on Instagram of their huge cheat meals. Not very many serious bodybuilders eat fast food more than 1 or 2 times a day however.

I often rip on the Bodybuilding Lifestyle (for non-competitive bodybuilders who are solely trying to look good for chicks). Most guys who spend over 10 hours/week in the gym (and an additional 25+ hours in the kitchen) just don't Get Laid much. Some don't even have any human contact other than the handful of people that they nod to at the gym.

I've been there.

But the fact of the matter is -

Most bodybuilders/gym rats actually have VERY GOOD potential with women - they are *already* in better shape than the average guy, they *already* look masculine, they have a strong work ethic and an automatic "in" with cute fitness girls.

As I've said -

> *If a bodybuilder/gym obsessed guy could just talk to just 1 girl for every 1 hour he spent in the gym - he would be getting more action than he could handle.*

Sadly, however, the majority of bodybuilders have nothing that even resembles a healthy social or

sex life.

Overcoming my fitness obsession (body dysmorphia?) was a massive step forward in my life.

Had I not, Good Looking Loser wouldn't exist or it would simply be a bitter, out of touch fitness community with posts such as -

> *Why do girls like scrawny guys?!*
>
> *Why do some guys dress like douchebags?!*
>
> *5 types of people that I hate at my gym!*

You know, frequently asked questions that socially illiterate bodybuilders ask each other online.

I have to admit though -

One thing I do miss from the bodybuilding lifestyle is the JUNK food.

The tens of thousands of calories of JUNK food.

I miss having a superhuman metabolism that can turn multiple Filet-o-Fish combo meals into solid lean mass.

The post-workout euphoria of doing 7 sets of heavy squats, eating cheeseburgers and visualizing it clumping on to my athletic thighs and formerly big ass was truly a unique natural high.
(fun fact: in my prime I could squat 405 to the ground for 25 reps, it was by far my strongest lift)

I most miss the 2 orders of chocolate chip pancakes at IHOP.
(IHOP = International House of Pancakes = shithole all-day breakfast place in the USA)

Related -

- Get Juiced by Good Looking Loser (Anabolic Steroids)
- Get Ripped by Good Looking Loser (Health & Fitness)

I also have a bunch of older pictures of myself in here, I've definitely lost size over the years - on purpose.


2008 - Ready & bloated for a Christmas party in Hollywood

Background - The McDonald's Bodybuilder Diet

Through Facebook, in the Summer of 2005, I became friends with a kid that went on to become "Mr. Tampa". He was my very first friend at the University of Florida and we are still tight today.

He said he was 21 years old, 6-0 235 lbs at 8% bodyfat.

When I finally met him in the Fall, he turned out to be 6-0 250 lbs at 7% bodyfat. Arms were 20.5".

A real fucking freakshow.

Jesus Christ.

He told me, much to my surprise, that his diet consisted of multiple trips to McDonalds (or Burger King, Chick-Fil-a, Taco Bell, etc.) for literally ALL his meals.

He wasn't joking either.

Multiple times a day, he would gulp down 128 oz sodas full of high-fructose corn syrup to wash down 2500-3000 calories of burgers, fries and apple pies.

When I saw this, I couldn't believe what the fuck I was seeing.

I had to figure out how he was doing it.

Most people would be morbidly obese if they followed that diet for 9 days.

The experts on bodybuilding forums told me the real hardcore guys ate chicken and brown rice for every meal, what the hell was going on?

How was he eating so much fast food and staying so lean?

Over the next few years, I would learn a lot of his secrets, secrets that you absolutely cannot find on public bodybuilding forums, secrets that most people simply would not believe.

This was the craziest one.

After I figured out the secret, I felt like I was part of a secret superhuman society.
(AASB - the alliance of anti-social bodybuilders!)

I started cheating the system too.

How Do Bodybuilders Eat So Much Junk Food and Stay Ripped?

I'm going to tell you how he (and I, to a lesser extent) did it.

There's a few things we need to discuss before we really get into this -

First, this is not a "one-size-fits-all" deal that any random kid can just 'gear up' and do. There are certain metabolic processes at work that I will try to simplify. While he could eat 7000-9000 calories in fast food a day, I was not able to eat that much without increasing my body fat. I'll explain why.

Second, even though he stayed impressively lean (~8% body fat) and was BY FAR the most muscular kid at the entire University of Florida, this is NOT a healthy way to live. This was back in 2005 when restaurants were still cooking in trans fat, the absolute worst thing for cardiovascular health. You should avoid trans fat at all costs even if your metabolism can burn off the excess calories. I'm not recommending the extreme version of this diet, I'm just telling you how it works and it's up to you to find a happy, healthy median.

Third, this lifestyle is not cheap. Most guys following the extreme version of this lifestyle (6000+ calories from junk food) are completely broke. My friend was spending $50+ on fast food a day (let alone the 'tools' needed to make it possible) and making his parents furious. Unlike me, however, he was a competitive bodybuilder and wasn't just pigging out for fun.

Fourth, this "junk food lifestyle" is exclusively for 'bulking' phases. Serious bodybuilders have unbelievable discipline and caloric restriction when they are ripping up.

This information is purely for entertainment, consult a licensed physician before modifying your diet or leaving your house.

#1 Junk Food Bodybuilders Already Have Massive Amounts of

Muscle That Burns Massive Amounts of Calories

This is absolutely key and will disqualify 99% of people from eating over 3000 calories of junk food.

If you follow Rich Piana (one of the truly coolest and honest guys) or Mike Chang (or Mike Chang spams you on YouTube), you'll see that they eat a lot of fast food.
(note: I'm not suggesting that they eat junk food for every meal like my friend did or do anything mentioned in this article)

It's true.

When you have massive amounts of lean mass, you need the calories (and protein) to support it.

Most of you guys have nowhere near 200-220 lbs. of lean mass, so your caloric ceiling for junk food is way lower.

I was 235 at 15% body fat (799.75 lbs. lean mass) and I couldn't eat more than about 3000 calories of junk food a day without increasing my waistline.

Unless you are a serious bodybuilder or competitive athlete who has over 200 lbs. of lean mass, you will probably have to stay under 3000 calories of junk food if you want to avoid putting on fat. Otherwise, you WILL get fat.

There's very few guys following the 'junk food lifestyle' that don't already have a significant amount of muscle to maintain. Remember, even with no physical activity, a pound of muscle burns 7-10 calories, while a pound of fat burns 2-4 calories.


2006(?) - Junk Food Era
(in my apartment alone taking pictures of myself)

#2 Junk Food Bodybuilders Do Absolutely Insane 90+ Minute Workouts With Every Set to Complete Failure

I can't stress this enough either.

Even though my friend would eat 3000 calories of burgers, milkshakes, fries and ice cream sundaes for his post-workout meal - he probably burned just as many calories during his workout.

According to internationally-known celebrity personal trainer and Good Looking Loser VIP, Amir Siddiqui, it is certainly possible to out-train a dirty diet.

I don't like 'bragging' about myself unless it's to drive a point home.

Listen -

Back in the day, I was a pretty tough, highly-intense kid.

Back in 2012, when I launched Good Looking Loser, you guys knew me as the "huge" pick up guru.

I've played inline hockey at the national level, squatted 585 lbs., incline benched 225 lbs. x 31 and could run 40 yards in a fairly respectable 4.81 seconds.

Most of my friends, even my hockey teammates, had no interest in going to the gym with me because they couldn't keep up.

Over a 3 year period, 'Mr. Tampa' and I trained together 200+ times.

I have to admit -

There was not even *a single workout* where he did not expend greater effort than I did. I honestly cannot remember a single time where I outworked him.

On virtually every set, including warmups, he literally pushed himself until his muscles completely failed or he ran out of oxygen and got too woozy to continue.

It was the most insane thing I had ever seen and he made me look like a pussy at times.

Most of the workouts that we (mainly he) did would nearly kill the average 20 year old.

Key training points -

- 20+ sets for each body part
- Every set to complete utter failure
- 3 to 4 assisted reps (I was the spotter)
- Only rest for ~120 seconds between sets
- Rep range: 12 to 100 (to complete failure + assisted reps)
- Muscles were twitching and spasming when workout was over

Also notable - my friend has been smart (and fortunate) to avoid major injuries. He never worked with weights that he couldn't do at least 10 reps with.

Unlike pictures fitness magazines suggest, most real bodybuilders do not lift heavy - ever.
(they don't lift weight that is heavy for THEM)

Like #1 (Significant Amounts of Muscle Mass), I can't emphasize enough how important the super intense workouts are for keeping the dirty calories from turning to fat. Intensity and relentless effort burn body fat, steroids do not.

He trained harder than any bodybuilder or athlete I have ever seen.

#3 Junk Food Bodybuilders Live in a Hyperthyroidic State

(or very close)

Hormonally speaking, this is the most important factor.

In simple terms, your thyroid is your metabolism.

Bodybuilders can massively boost their metabolic rate by taking 'T3' (Cytomel).

Regardless of how much muscle mass you have (or how insane your workouts are), your metabolism needs to be on rocket fuel if you are going to eat massive amounts of dirty calories and not have them stick to you.

I'll never know just how much T3 my friend was taking or what type of 'cruise and blast' protocol he used, but I'd estimate he was taking *at least* 100 mcg. He literally had to go to the bathroom every 45 minutes.
(excessive thyroid hormone causes frequent, loose bowel movements)

Living with hyperthyroid isn't easy (or healthy).

When your thyroid levels are *significantly* out of range, you can be highly irritable, your blood pressure is high, you are constantly sweating, your sleep suffers (need to take naps every 4 or 5 hours) and you can have significant amounts of anxiety.

When I was following this lifestyle, I would take 50 mcg of T3 everyday.

I estimate that it allowed me to consume (or burn) an extra 2500-3000 calories with no change in activity levels.

These days, I take 50 mcg of T4 (similar to taking 12.5 mcg of T3) and my thyroid is still in the high-normal range.

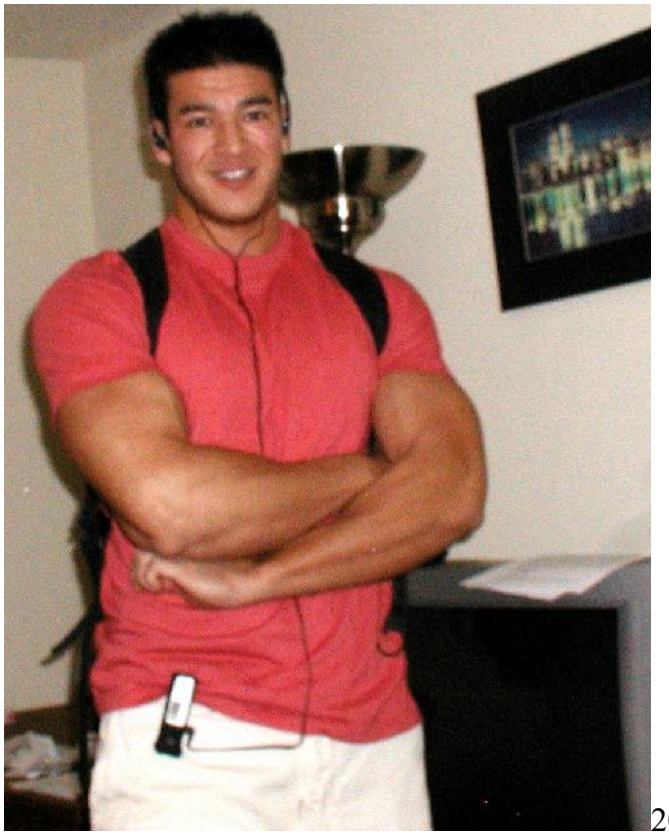
One thing I've learned (experienced) is that not all T3/T4 is created equal. Today, I get mine from a US pharmacy and it's WAY STRONGER than the Grossman T3 that we used to take.

If you want to regulate your metabolism with T3, you'll have to get bloodwork to check your TSH and often just go by how you feel. Some people have a higher tolerance for thyroid-induced anxiety. At the end of the day, however, you'll have to accept many of the yucky side effects that come with T3.

T3 is an incredible compound, you can burn 1000s and 1000s of calories without even moving. Just about every serious competitive bodybuilder I know uses T3 to raise or lower their metabolic rate.

The trick is to find a happy median or 'sweet-spot' as we say at Good Looking Loser - a dose high enough so you can stuff your face and not get fat, but low enough so you aren't a lunatic who wants to fight everyone.

Funny story
My friend told a certain 'less educated' bodybuilder to eat 8000 calories of McDonalds everyday but didn't tell him that he needed to use T3. We watched this kid get so fucking fat in the Spring of 2006. Bodybuilders are always feeding each other disinformation to mess each other up.

 2007 - Just after Junk Food Era

Notice my new .mp3 player!

#4 Junk Food Bodybuilders Take Large Amounts of Steroids and HGH

(Weekly - At Least 2.5 Grams of Androgens and 50 ius of Growth Hormone)

Obviously.

Although steroids do not directly burn fat, in combination with resistance training, anabolics vastly increase 'protein synthesis' (your body's ability to turn calories/amino acids into lean mass).

Super-physiological doses of high-quality growth hormone, however, will burn fat.

I never exceeded a daily dosage of 4 ius for any extended period of time.

According to most bodybuilders (the ones who are actually willing to be honest) the fat loss 'magic' begins at about 10 ius.

Couple high levels of steroids and pharma-grade human growth hormone with massive amounts existing of lean mass, insane workouts and T3 - your body becomes a ridiculous fat burning, anabolic machine.

Some steroids are better than others for partitioning junk food into muscle, Trenbolone, in my experience - is the best of the best. I used to eat 4000 calories of semi-junk food (Quiznos, Subway), in addition to 2000-3000 calories of 'regular' food and my waist got smaller.

Avoid 'Tren' if you value your hair though.

My friend was never completely straightforward with the amount of gear he was on.

Bodybuilders (especially the legitimate ones) rarely are.

From what I know, what I suspect and what other guys following a similar 'junk food lifestyle' have told me, bodybuilders use *at least* 2.5 grams of total anabolics coupled with 10 ius of HGH daily. Many will cruise on 1 gram of testosterone for their off periods. I have no doubt that many

bodybuilders exceed 4 grams/week during these phases.

Again, these doses are for serious bodybuilders that are far beyond their genetic potential - not the "juicehead bro" who gets drunk on weekends.

#5 Junk Food Bodybuilders Take a Significant Amounts of Stimulants

(includes pre-workout and fat burners - multiple times a day)

Serious bodybuilders, bulking or cutting, take large amount of stimulants.

It's part of the lifestyle.

Living in a hyperthyroidic state totally messes up your sleep (especially if you are using Tren) - you have to live on 3-4 hour naps.

Most guys are either stim'ed up or stim'ed out. There's rarely an in-between.

But most are used to this never-ending yo-yo and it's not actually a big deal.

While T3 will greatly increase your appetite, stimulants will lower it.

An ironic advantage is - you will only get hungry 2 or 3 times a day (and although you require enormous amounts of food), you don't have the urge to snack or binge on junk food in-between meals.

Some bodybuilders will take DNP to almost totally burn off the junk food, even up to 10,000 calories. This is not recommended, not healthy and a total waste of money if you ask me.

related:

- "All About Ephedrine" (Get Ripped)
- "What Is Adrenal Fatigue? (Everything You Want to Know About Your Energy Levels)" (Get Ripped)



2011 - Right about when I started Good Looking Loser
(definitely looks like I'm taking something)

#6 Junk Food Bodybuilders Know Their Body Extremely Well

The bodybuilders living the 'junk food lifestyle' have been training seriously for years on end.

Although most don't count calories (in bulking phases) they know EXACTLY how much food they can eat (based on what else they are taking) to maintain/build muscle and not accumulate unwanted fat.

They can literally eyeball how much food is too much and how much is not enough.

Although I was never a competitive bodybuilder, I still can do this pretty easily. It just comes from years of eating for muscle.

This may seem far-fetched to the novice trainee, but it doesn't actually take a long time to get a near full-grasp on your diet or training.

Even if you just go to the gym 2 or 3 times a week, you pretty much know how many times you can lift a certain amount of weight without even lifting it.

It's the same thing with eating.

#7 Some Junk Food Bodybuilders Take Medications To Counteract Hyperthyroidism Anxiety

To my knowledge, my buddy never did this.

Neither did I.

Many bodybuilders do though.

Serious bodybuilders tend to have anxious personas to begin with.

Combining that with large amounts of T3, anabolics (EQ and Tren can set off anxiety) and stimulants is a recipe for extreme irritability.

When I was a personal trainer in Hollywood, the majority of my weight loss trainees (mainly women) took a prescription medication to treat the anxiety that Cytomel gave them.
(the shit I could tell you about my personal training/therapist era...)

Although I was more "hardcore" back in 2008, I now believe that taking benzodiazapines or beta-blockers to lower self-inflicted hyperthyroid anxiety is absolutely not a reasonable way to live.

I am very much against it because it almost always results in a nasty dependency that is tough to break.

I don't even think that taking benzodiazapines [on a daily basis] should even be an option for guys with severe social anxiety.

Social anxiety (and gym anxiety) DOES NOT require medication to beat.

Perpetual general or social anxiety is simply evidence that something else is wrong.
(in this case - hyperthyroidism)

Quit EVERYTHING (except work or school), get a Men's Health Panel (or go to your doctor and complain of 'fatigue' and most insurance will *usually* cover a full test) immediately and do not medicate with anti-depressants, hardcore or prescription drugs.

You don't need them.

I promise you.



Pour Conclure

I don't condone the extreme version of this lifestyle (6000+ calories/day of fast food) by any means. You should follow something like this instead to add more heart and muscle-friendly calories to your diet.

Even if you burn off the calories, eating junk food for every meal is terribly unhealthful, pointlessly expensive, a waste of time and you won't look your best on a regular basis.

Besides, unless you already have 200+ lbs. of *lean body mass*, training like a maniac and using all the performance enhancers I mentioned) you'll just end up getting fat.

The 'Junk Food Diet' is only something to consider in moderation (7500-3000 calories/day) in the "off-season" if you already have your drugs, size and training protocol in place.

Truth is, to really pack on some massive size (not suggested for 'dating' purposes), you will need some dirty calories.

Most serious bodybuilders aren't eating fast food 3+ times a day though, but they definitely aren't just eating chicken and broccoli.

I can't say it isn't fun though.

Goddamn, I miss the chocolate chip pancakes!

I have disabled comments for this post, please don't ask where you can buy steroids (I don't use them anymore and have a Rx for HRT), direct your comments and questions to the 'Get Juiced' section of our forum. There are several knowledgable guys that will be able to help you out. Thanks!

How to Lower Your Standards (and Keep Your Dignity and Boner)

September 7, 2015 | by Good Looking Loser | Link | Original Link



7.5 Ways to Hook Up With Chicks You Aren't Super Attracted to and Gain Much Needed Experience

I used to have absurdly high standards.

It was one of the main reasons I didn't Get Laid as much as I should have in my 20's.

Starting in 2008-ish, I finally reconciled my ego with my undersexed reality and "lowered my standards". I started getting more action and was slowly able to increase my standards almost back to where they were to begin with.

(*on average*, when you start, the girls you get from 'cold approach' will be less attractive than those in your peer groups you have fucked in the past)

Let's discuss.

How to Lower Your Standards and Keep Your Dignity
(video covers all the content in this post)

There's a general consensus that inexperienced guys should 'lower their standards' in order to gain confidence and sexual experience.

That newfound confidence and sexual experience will translate into more, hotter pussy at a later date.

Seems reasonable.

In fact, it seems like a rather good idea.

I concur and you probably do too.

I'm not really going to discuss "why" you should lower your standards.

It's common sense - if you haven't been sleeping with at least 1 new girl a month.

Yet, asking people to 'lower their standards' (on any subject, in any capacity) is almost always met

with resistance and demand for better alternatives.

> *Just lower your standards!*
>
> *Just use average girls for practice!*

This hardly appeals to the ambitious male who has plenty of self-respect.

This is because our "standards" and preservation of ego are directly tied to our pride and self-worth.

To some, suggesting that they should 'lower their standards' is insulting and the last thing they want to hear - even though they know it is temporary and very beneficial in the long-run.

I'm going to discuss the "how" of this 'lower your standards' subject so you can find a happy-medium, start to have fun and gain experience with the 'not-your-ideal' girls that are already interested in you.

I turned down a lot of 'these girls' in my teens and early 20's and it cost me DEARLY.

Those long lonely dry spells and Lonely Saturday Nights in college took their toll.

At age 25, with undergrad largely in the rear-view mirror, I began to confront the reality that repeatedly transferring colleges and my no-life bodybuilder lifestyle left me socially and sexually inexperienced and no amount of "lifting weights" was going to fix that.

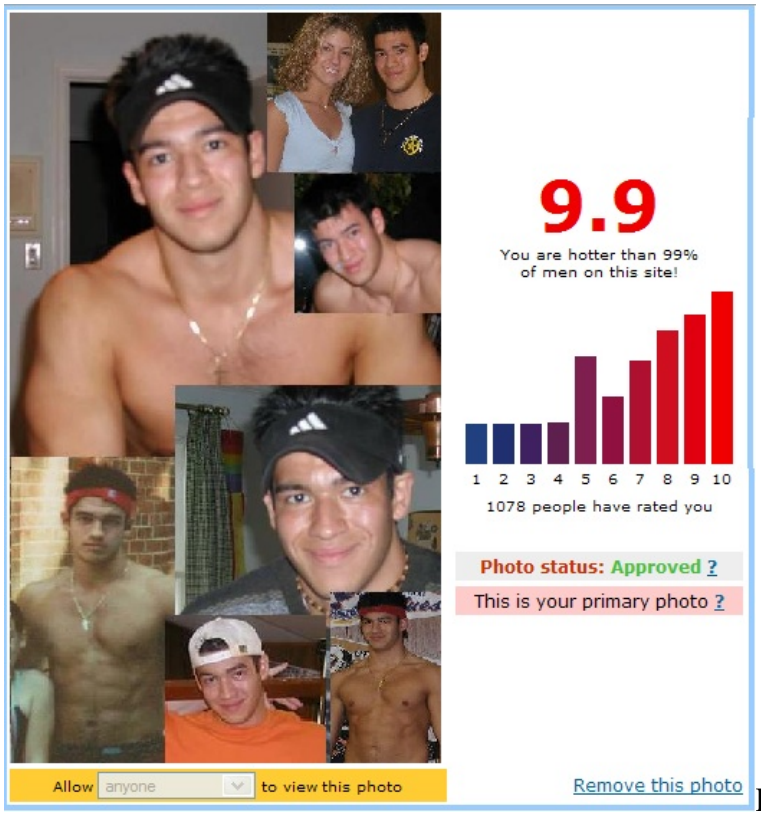
I can honestly say, now at age 32, as so many others will testify -

> *I wish I fucked more girls in my early 20's.*
>
> *I wish I lowered my standards or figured out how to reconcile my ego with reality.*
>
> *It is my biggest regret.*
> (yet if I had a great sex life in college, I would be a miserable lawyer or personal trainer now and never would have started GLL)

Perhaps you can relate to my thought process at the time -

I told myself that anything less than a really hot girl probably couldn't even turn me on and there would be no point in even trying to get her in bed.

I wasn't necessary wrong, I remember average looking girls would throw themselves at me in college. After all, I was Good Looking Loser -



Pretty nice guy.

Literally and figuratively.

I always remember thinking to myself -

> *I'm just not into this girl...*
>
> *I should be doing so much better than this chick...*
>
> *I need to tell this average looking girl that I need to wake up in the morning so she leaves...*

Was it just sexual anxiety?

I don't really know.

What I do know is -

I was a nice guy and I simply cared too much what other people thought of me.
(related: "How to Not Give a Fuck What People Think")

Frankly, I cared too much of what I thought of myself.

I didn't want other people to see me with a girl who wasn't my equal in looks, because it would suggest that I was underachieving.

I didn't want to see myself with a girl who wasn't my equal in looks, because it would confirm that I was underachieving.

I also had no clue of how beneficial it would have been to **HAVE A SEX LIFE** rather than BARELY EVER HAVE A SEX LIFE, even if the girls weren't my ideal. As I'll discuss in a bit, if you are emotionally healthy (I was not), hooking up with "lesser girls" can be fun and fantastic for your ego, if nothing else.

You'll get compliments from one-night stands with average girls that significantly hotter girls would probably never tell you. These compliments, however superficial or possibly exaggerated, will help build your confidence.

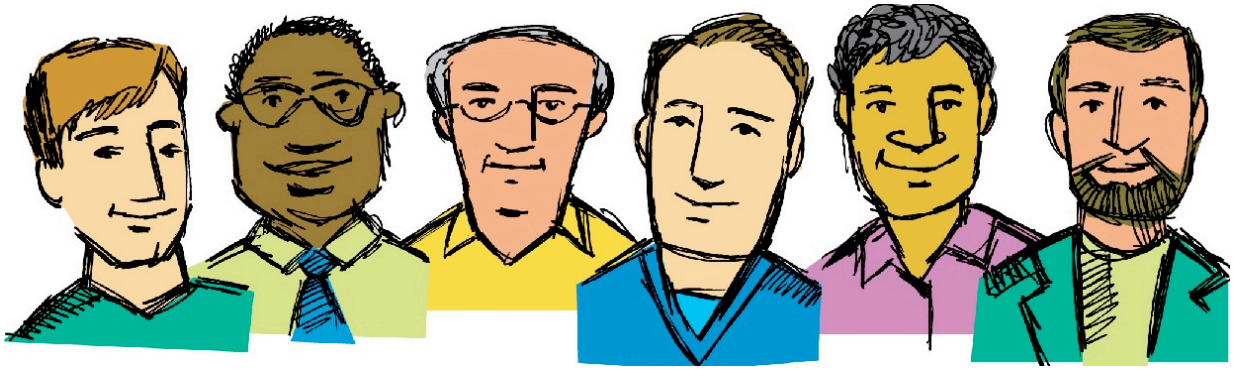
Contrary to semi-popular belief -

Sleeping with women that don't quite meet your standards does not reinforce your inferiority complex.

NOT.GETTING.LAID.EVER, long dry spells and being a little bitch reinforces your inferiority complex.

While your "new standards" are completely up to you, the less selective you are - the faster you will move with ALL girls.

Knowing you can Get Laid, even if it's just with average girls is incredibly powerful. Most guys never reach anywhere near that level of entitlement. While a lot of guys say they can Get Laid "anytime they want", in reality - most know they need a girlfriend to Get Laid.



Vintage Good Looking Loser (1982-2006)

I got into this "pickup stuff" in 2006 when I was 25 years old.

It wouldn't be until I was 27-28 that I was getting action on a regular basis and could definitively say that I could "Get Laid" aka go out 2 or 3 times a week and bring at least 1 hot/decent looking chick back to my apartment.

It also wasn't until I was 27-28 that I started getting hot girls on a regular basis (7+ every 2-3 weeks, instead of 1 every 2-3 months).

Much of Good Looking Loser is based around that ~3 year period that often felt like total stagnation.
(click here to see my year-by-year history)

But what feels like stagnation is almost always progress, so long as you are really trying to get better.

Although I didn't know it at the time, this is exactly how it feels for most guys who stick with it. 'Quantity' comes before 'quality'. Then 'quantity' and 'quality' both come a year later. Alex discusses an almost identical progression, that's how it happens.

But what took me 3+ years should have taken just 1 year though.

There were 2 reasons it took me several years to starting Getting Laid on a regular basis.

Not surprisingly, these 2 reasons are the EXACT SAME 2 reasons why I wasn't Getting Laid much in the first place -

#1 I was not talking to enough girls

(or I wasn't trying with the girls that I already knew)

This is why most guys only tag a handful of girls (or less) in their entire lifetime.

Most guys say they want to Get Laid more, but they don't put in the time.
(related: "The Comfortable Life of the Undersexed Male")

Beginning in the later part of 2008, once I started talking to 20+ girls a week (and asking all of them to hang out), instead of 2-3 girls a week (and only taking numbers from the ones who were blatantly

interested) - I started to Get Laid at least once every 10-14 days.

When I hit on 40+ girls in a week, I usually got laid more than once.
(these are estimations; I kept no statistics, wrote on no forums and didn't even have a smartphone until 2013)

Standing on the sidelines is the reason most guys aren't Getting Laid.

Just talk to 2 or 3 chicks a day and ask each of them out.

If that's too hard, get on an online dating site and follow this exact procedure that Rooster has spelled out. The pussy will come.

#2 I had outrageously high standards
(and turned down pussy whether I knew it or not)

For the first 25 years of my life, I wouldn't talk to girls that didn't meet my standards and was too scared to talk to the girls that did.

It often made for a non-existent sex life.

If it wasn't for friends that would tell me -

> *Chris, [name] thinks you're hot.*
>
> *You should go talk to her!*

I might have gone all 6 years of college without hooking up with a single fucking girl.
(although 'word of mouth' is how most guys Get Laid in college)

I still managed to have an average sex life though.

Aside from some drunk girls on Spring Break or Beach Week trips, in my early 20's, I moved very slowly with girls. By 2005, when I was fat (really strong but looked dreadful, 245lbs 19% BF) and losing my original hair line, I made sure I had a "long-distance girlfriend" so I wouldn't even have to try anymore and could just focus on the gym.

I had reached an all-time high in squat and bench press but an all-time low in my sex life.

If I temporarily lowered my standards instead of taking pride in being selective and not Getting Laid, I could have gained plenty of valuable experience that would have been super useful when I came across random hot chicks that already liked me.

If nothing else, temporarily lowering my standards would have given me far more options and I wouldn't always get so emotionally attached so quickly every time I met a hot girl who liked me back.

Lowering my standards probably would have changed the course of the rest of my life.

That is no exaggeration at all.

But "lowering my standards", like so many other too-cool-for-school 20-something guys with a lofty Sense of Entitlement, was just about the last thing I was willing to do.

In fact, I took pride in having high standards and not Getting Laid. I was the type of guy who would point when one of my friends (especially if he was good looking) hooked up with a girl who wasn't attractive.

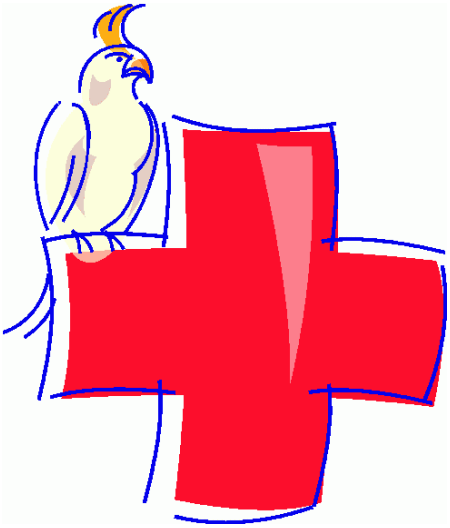
Even if I was right, I was a hater.

That's what happens when your #1 goal is getting validation and not enjoying your life.

In my case, I couldn't bring myself to 'lower my standards' because I looked at it as a direct hit to my

pride and image, something that took years to build.

I needed to look at "lowering my standards" in a different way, a healthier way.



How to Lower Your Standards and Keep Your Dignity

Here's the list of what I wish I was told.

It would have changed my entire outlook on "lowering my standards".

#1 Lowering Your Standards Will Help Your Present and Future Sex Life

We just went over this.

You get it.

#2 Remember the Other Reason For Why You Haven't Been Getting Laid

The reason that many of you haven't been Getting Laid much has nothing to do with your "looks", "social freedom" or "I'm not good at Screening yet".

This is why -

- "The Real Reason You Didn't Get Laid Last Weekend"

Essentially, most guys (especially around here, who are already attractive enough) are turning down the women that already are interested in them. It's not just a 'high standards' thing, they just have no idea how easy it would be to Get Laid with an available girl who knows you are hotter and cooler than she is.

I have a pretty good idea who the average Good Looking Loser reader is -
(I know because I was you just 5-10 years ago, plus we have hidden robots that tell me)

- You are in your 20's.
- You don't hate women.
- You go to the gym and are in better shape than the average guy.

- You dress better than the average guy.
- You have less friends than the average guy, but are largely okay with that because you value your independence. (especially >25 yrs.)
- You know that picking up random girls is 'harder' than meeting girls through friends, but know that it is hardly impossible.
- You believe in my "Above Average B+ Principle" and know you don't have to be the 'Dream Guy' to Get Laid a lot.
- You are more intelligent than the average guy but realize that "intelligence" is not the key to Getting Laid or just about anything.
- You have more self-respect than the average guy and know that it holds you back sometimes.
- You believe that you *should be* Getting Laid more than the average guy.

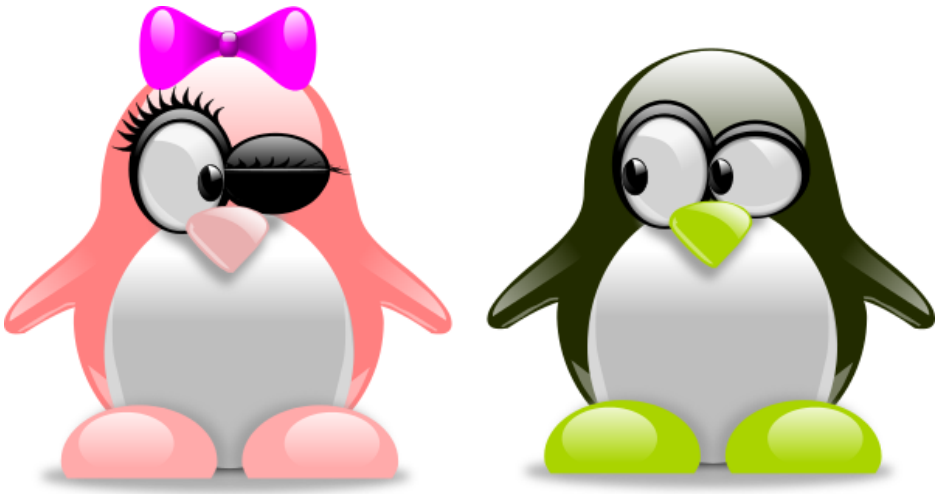
If you don't fit this description - work on getting there.

Our culture is different than most 'how to meet women' communities where most guys debate "does looks matter", "direct/indirect game" and World of Warcraft.

As weird as we are, Good Looking Loser is actually the "normalfag" dating advice community.

Most guys on here don't have any glaring weakness, certainly none that they can't overcome and most should *already* be Getting Laid.

Or at least bagging some average girls.



#3 You Won't Be *Always* Hooking Up With Super Hot Girls via Cold Approach Anyway

Guys that are good at this stuff will sleep with 1 or 2 universally hot or attractive girls in a month.

Fucking 4+ super hotties in a month, from cold approach, would be a GREAT month (or meant you went out 4+ times a week).
(it's possible, but not practical, unless you were doing this full-time like Scotty and I were)

Most of the chicks that they sleep with are *slightly above-average* because the majority of girls that are single, dress up and go out are *slightly above-average*.

That's how it was for me.

That how it was for Scotty.

That how it is for every single one of my friends that fuck girls outside their social groups via cold approach.

(if you get established in the popular party scene, all bets are off - you can nail hot girls on a regular basis)

Despite Internet claims, I have yet to meet a guy that "only hooks up with super hot girls" on a regular basis via cold approach.

You can accept this now, lower your standards and start having sex with average girls.
hint: give girls the dietary supplement 'Phenibut' and their pussy will absolutely melt (audios within)

Or you can wait 5 years to do the exact same thing.

You might as well do it now.

#4 You Might Have Better Sex with the Less Attractive Girl (and feel more confident about trying kinky shit)

You won't know until you try.

I hate to generalize but -

Once you break into the super hot pussy tier, you'll find that many of the hottest girls will simply just lay there during sex, especially when you fuck them the first time. It's their nature to be feminine and just let you lead. Very few are naturally proactive, especially the first time you fuck.

The best looking girls I've fucked (largely post-party/club scene), were usually drunk and high and just spread their legs and closed their eyes. Most were probably more concerned about how they looked naked (and what I thought of their naked body), than actually having good sex. Some of them just weren't very experienced because they are super selective in which guys they fuck. Some have only had asexual nice guy boyfriends that didn't "train" them in the bedroom.

Many really hot girls will make no effort to please you (even if they knew how) and feel that giving up their pussy is more than enough.
(for less experienced guys - it definitely is)

The first time with a new girl is exciting but - hot or not - the really good sex happens when both parties are more comfortable with each other.

In my experience, it's more of a mixed-bag with the average/slightly above-average girls. Some girls will take immense pride in getting you off and will blame themselves for 'not being hot enough' if you don't look like you really enjoyed their pussy. Closer-to-average girls tend to give way better blowjobs and are more willing to give you compliments on your looks, performance and any endowed body parts that you may have dangling around.

Also, closer-to-avearge girls are often more willing to be experimental and kinky on the first night and they are generally easier to keep around.

ESPECIALLY if they know that you are hotter and cooler than they are.

Many closer-to-average chicks know that it's unlikely that they are going to keep you (or turn you into a boyfriend), so they don't worry as much about "being slutty" when they fuck you for the first time.

Some of my absolute best first time experiences were with average girls who had no reservations about sitting on my face, covering me in their disgusting cigarette smoke while I fucked them, deep throating my cock with tears in their eyes and indulging my other shameless regular semi-weirdo fetishes.

Also, there's way less "I don't want to creep her out" pressure with average looking girls.

A buddy that I used to party with would tell me that he got a total power trip from looking in the

mirror and watching a lesser-attractive girl lick his ass but that he'd never try that with a hotter girl on the first night.

Seems reasonable.

If you want to do some kinky shit in bed that you've never done before or weird stuff that you'd only try in a relationship - try it on a closer-to-average 'low-risk' girl.

If she isn't down or leaves - who really cares.
(this isn't mean-spirited, it's indifference)

You might be pleasantly surprised though -

If an average girl likes you and knows you are a 'catch', she'll want to please you and likely be "amused" (exact word I've heard over-and-over) by your requests and fetishes.

For me, this was the #1 reason why I should have lowered my standards 10 years ago.

I wouldn't have to only masturbate to my kinky fantasies, many average girls would have gone along with it from the start.

As I would discover -

In the moment, I can get just as turned on by doing this kinky shit with closer-to-average girls as I do by having basic intercourse with closer-to-perfect girls.

The best of both worlds is doing kinky stuff with hot girls (who aren't your fuckbuddies) on the first night - but that's not always doable.



#5 You Might Gain Just As Much Confidence By Fucking the Less Attractive Girl

Most of us underestimate how valuable fucking any given girl can be.

I know I did.

I'm not going to argue that sleeping with an average looking girl is going to do bigger things for your 'Sense of Entitlement' (confidence) as fucking a really hot girl.

It might be close sometimes though.

Here's why -

Closer-to-average girls will relentlessly feed your ego if they know that you are 'above' them in the status quo.

Yeah, it's superficial, but -

> *You're so gorgeous...*
>
> *Your body is so hot...*
>
> *That dick you have is the thickest I've ever seen, what do you feed it...*

Is EXACTLY what inexperienced guys need to hear.

Is EXACTLY what insecure guys need to hear.

When you haven't been Getting Laid much and aren't very confident with the opposite sex, hearing these superficial things will do wonders for your confidence, even if from an average-looking chick.

Sometimes, the confidence boost will be as much as if you fucked a hotter girl who just laid there silently.

Some of the most lasting, nicest, genuine, most ego-inflating compliments came from girls that I wasn't super attracted to. I will remember many of these for the rest of my life because I was insecure at time.

Everyone needs to be given the chance to feel this way.

Everyone needs to feel they are actually special, even if it's just from a random stranger who isn't beautiful.
hint: this works on girls too *wink*

Hearing that you are special and have sexual power over someone is incredible when you aren't too sure of yourself.

You will be on cloud 9 for weeks and feel like everything in your life is perfect.

Validation from girls, when you are insecure, is like crack.

Don't underestimate how good crack can be, just don't get addicted.

Don't disqualify girls just because you don't want to sleep with them as much as they want to sleep with you!

#6a Just Go Through the Motions and You'll Get a Boner

Besides stating the obvious, "sleeping with girls is good practice!", there are 2 benefits to fucking a girl that you aren't initially really attracted to.

It will show you -

1. It can be fun.
   (or at least better than the usual night of watching Red Pill/anti-establishment videos)
2. In the moment, you can get turned on by girls that you previously wrote off.

The 2nd one is the one we're going to talk about.

Before I knew better, I literally thought I wouldn't be able to get and hold an erection with a girl who

didn't meet my standards.

I disqualified every single girl that I wasn't initially very attracted to.

Perhaps you feel the same way and do the same thing, even if to a lesser extent.

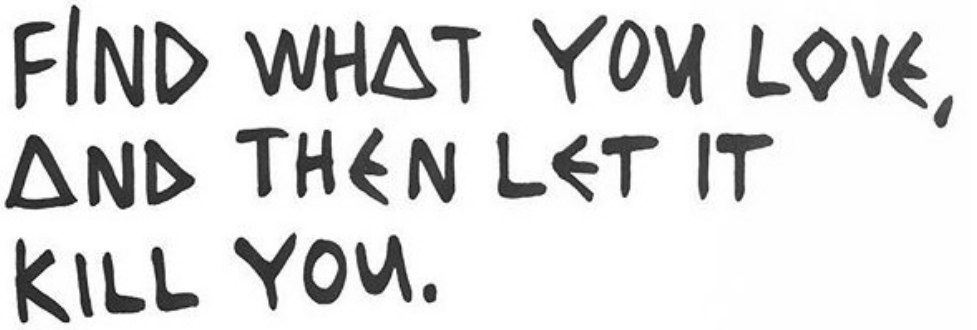
You'll just have to take my word on it but -

Even if you aren't initially attracted to a girl, so long as you aren't grossed out - you will be able to get and hold an erection so long as you go through the motions and your dick is stimulated.

Especially if you take Cialis, you'll get an erection even if you aren't really that turned on. You literally have to do NOTHING to get and keep a strong boner from that stuff.

Like I said, so long as you aren't grossed out, you'll be able to perform once you get in the moment.

If it doesn't work out, who cares, obviously she wasn't hot enough.



#6b Let Yourself Be Turned on By Her Best Feature (learn how to turn yourself on)

This is a little technique that took practice but has been super valuable to me.

It's let me to broaden my horizon and get turned on by far more girls.

Basically, you train yourself to try to notice the BEST FEATURE on average girls.

Most guys already do this to some extent -

- If an average girl with a big healthy pair of breasts walks by, they will notice her.
- If an average girl with a nice round plump ass walks by, they will notice her.

But instead of waiting for this to happen, you should actively scope out the 'best feature' on girls.

While you might not be able to do this when the average stranger walks by, it is super helpful on dates or even during foreplay if the girl isn't your ideal type. I've picked up girls that didn't initially turn me on but found something about them that turned me on when we met up.

This is a 180 from how I used to profile girls.

Figuring out a way to make more girls turn you on can drastically improve your options and sex life.

I describe "Her Best Feature" and other similar unique "How to Turn Yourself On" techniques here -

- "Non-Mainstream Techniques to Beat Sexual Anxiety (Dick Triggers)"

#7 Have a Private Life That Nobody Knows About

While it's nice to have a hot girl to take pictures with and show off to your friends, it's more

enjoyable to have a private life where you do shit you never talk with anyone. It's a little adventure.

As much as I reveal on Good Looking Loser, I still have a private life that belongs to me.

Always will.

It's not particularly out of character or even overly extreme. It's just stuff that I don't share with anyone.

For example, back in the 'pickup era', I did a fair amount of kinky shit with women via Adult Friend Finder. Sometimes with their husbands watching and holding their legs. That kind of stuff.
(note: I don't know how AFF will work in a smaller town, I've always lived in big cities)

- But I don't want to be a different person!

You aren't "being a different person". You are just having a private life.

Celebrities, executives and some of your cooler friends have a private sex life that no one knows about. Hot girls do too.

Do you think all the girls that fucked me (and especially Scotty) would bring us around their friends and family?

Nope.

You don't need to use a different name (unless you have a job or money to lose) or rent hotel rooms, but it's cool to travel and have fun with people that also have a private life.



Pour Conclure

The reason most guys aren't Getting Laid is because they are disqualifying the vast majority of girls that already like them and focusing on girls that are either currently unavailable or currently unattainable.

From this, many guys reach the conclusion that they can't get pussy.

They remind themselves everyday.

"Lowering your standards" or 'broadening your candidate pool' can do HUGE things for your confidence and sex life.

If you want to be nailing the real hotties one day, at least temporarily - you need to start having sex and enjoying women in general. The hotter pussy will come, but you'll need to be ready.

How To Be Good Looking (How Much Losing Face Fat Can Help Your Sex Appeal)

September 21, 2015 | by Good Looking Loser | Link | Original Link

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How to Be Good Looking (or Above-Average)

If you have never had visible abdominal muscles (<8% body fat), you have no idea what you are missing.

It has nothing to do with abs though.

Let me explain and show you over 40 pictures.

Girls Want to Fuck the Above-Average Guy

You probably have heard of my "Above-Average" Sex Appeal Theory.

It goes something like -

> *If your appearance is above-average, better than the average male, you will pass the 'looks threshold' of at least 90% of girls.*
>
> *You will not be getting rejected due to your looks (sex appeal) by the vast majority of girls.*
>
> *By passing the 'looks threshold', your success with any given girl is then largely based on her 'Sexual Availability', something that you have virtually no control over.*
>
> *You can stop taking rejection personally, because most girls aren't rejecting your appearance.*
>
> *In my opinion, most (but not all) guys, including minorities, can reach this 'above-average' threshold with improvements in fitness, style and height, enough to be considered 'above-average' (and therefore, fuckable) by most women.*
>
> *Most guys, however, will never try to become 'above-average' because they are simply too comfortable with their undersexed life.*

While it is true that some girls, especially popular girls and superficial teenage girls, only want to fuck and be seen with the BEST LOOKING guys, most girls will be willing to sleep with a guy if she (and her friends) feels he is above-average, "reasonably attractive" or at least on her level.

Interestingly, super hot girls can be an exception.

By default, the super hotties are almost always dating or fucking guys that are less attractive than they are, but even those guys are almost always at least slightly above-average.

Before this becomes another nonsense "how much do looks matter" (I have already answered that - **Looks matter A LOT if you are not above-average**) discussion, let's go somewhere productive with it.

I argue -

People, especially men, underestimate how much losing weight (therefore - facial fat) can help their

appearance.

To them, sex appeal is simply a matter of genetics and the gym can only offer a ripped body, a sex appeal factor that is secondary among most non-fitness girls.

While you certainly will have some genetic limits, you likely don't know them yet.

I've seen slightly above-average looking guys transform into "ideal guy" once they lost the puffiness in their face.

I've seen below-average looking guys transform into "good looking guy" once they shed their excess face fat.

I've seen seen undeniably UGLY guys transform into "he's still not the best looking guy but he's super masculine and a candidate for my pussy" once they recovered their facial features .

You'd be surprised how much your face can change if you've never been ripped.

If you have never been <8% bodyfat (six-pack range), you have no idea how attractive you can or can't be.

(related: "What's my Body Fat?")

Even losing 5% body fat can make a dramatic difference in your appearance and how the world sees and responds to you. Losing 8 or 10% body fat can be literally the difference between having a good sex life and not having one at all.

(experience: for each 1" of fat you lose of your waist, you will gain .1" on your dick)

Although you may never be "male model" material, you can become *at least* 'above-average' and *at least* get on the radar (even if just for a relationship) of over half of all 'single and looking' girls.

For some guys, just like many women, losing weight (facial fat) can change their entire life.



Things Changed Immediately When I Lost My Face Fat in 2001

Starting at the end of December 2000, my senior year of high school, I had a mission -

To get as ripped as possible by Spring Break in March of 2001.

We were going to the Bahamas and I really wanted to stand out and impress every girl.
(it worked too, although I was really insecure I did sleep with a pretty girl and makeout with about 10 others - which was an accomplishment at that age)

During the fall and winter months, I got as heavy as I could.

I got up to 6-2 203lbs, which was pretty big for a high school kid.

I remember sitting on the couch watching the 3rd presidential debate between George W. Bush and Al Gore while drinking a 2500 calorie "protein shake" made with whole milk, weight gainer (all sugar, at the time) and Ben & Jerry's ice cream. Although I finished the winter somewhat fat, I looked considerably better than my lanky 150lbs frame from freshman year.

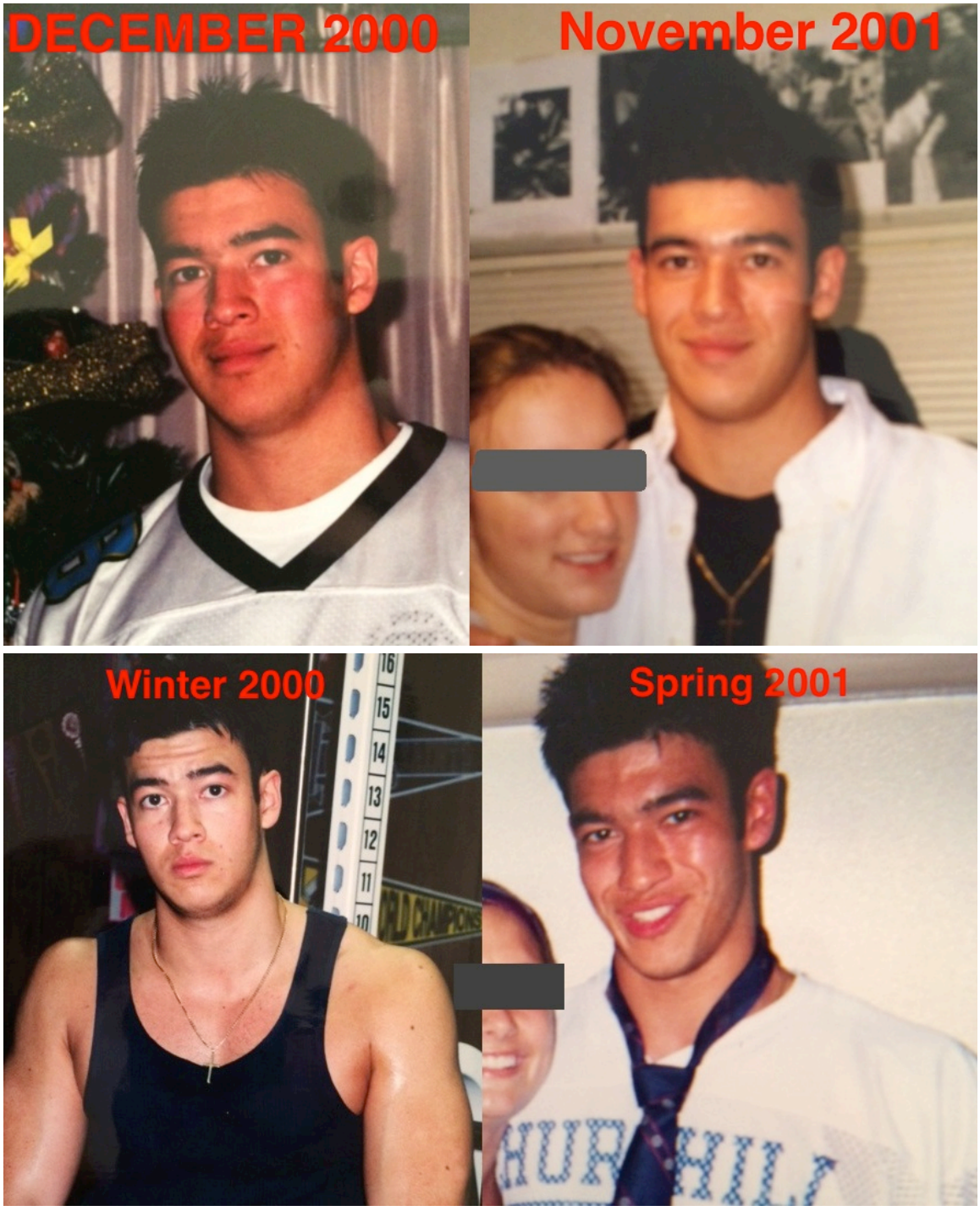
I didn't know how many pounds I'd have to lose, but I was going to do whatever it took to have full abs for Spring Break 2001.

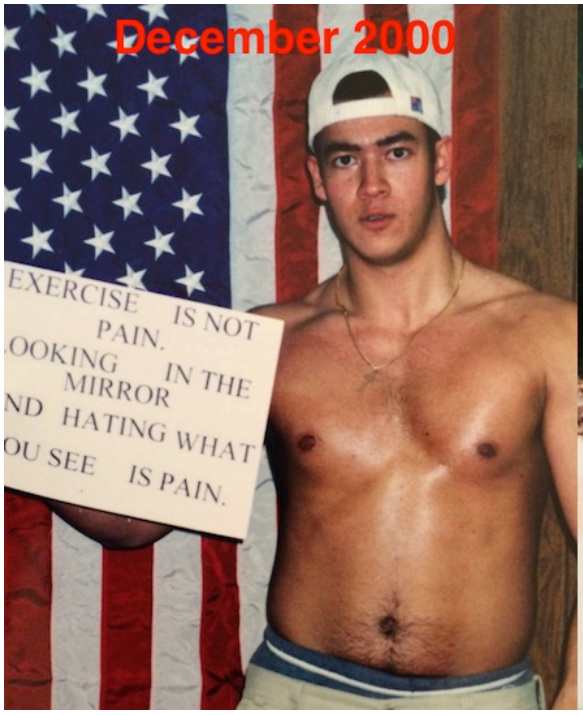
Every morning before school, on an empty stomach, I took the original Hydroxycut and jogged about 2.5 miles on the treadmill in my basement while watching old VHS tapes of Wrestlemania and Summer Slam.

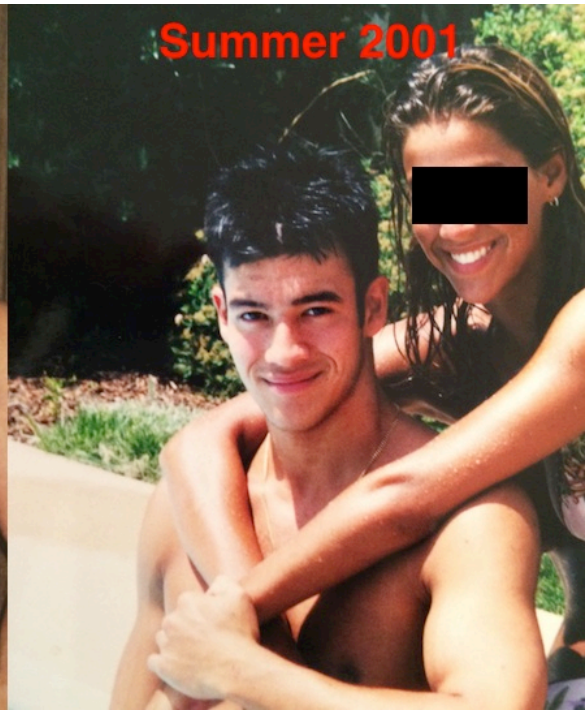
The fat literally started dripping off my body -
(steroid free, I didn't touch steroids for another 2 or 3 years)

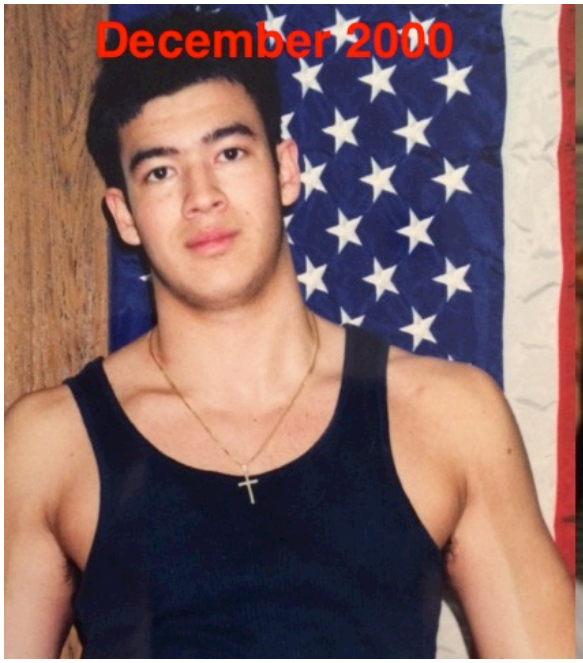


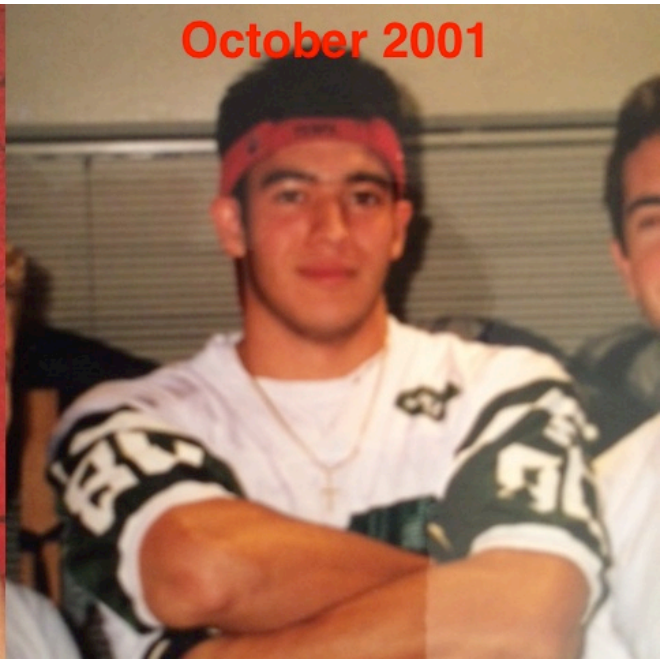
Although the difference in body fat is dramatic, it could also be seen in my face -


DECEMBER 2000
November 2001
Winter 2000
Spring 2001


December 2000
EXERCISE IS NOT
PAIN.
OOKING IN THE
MIRROR
ND HATING WHAT
OU SEE IS PAIN.


Summer 2001


December 2000


October 2001



These pictures display about 20-30 lbs. of weight loss.

I went from getting inconsistent attention, to having at least 1 group of girls start a conversation with me every time I went out. Even hot girls were making themselves blatantly available to me. Although I didn't really have the courage to talk to a lot of random chicks, I noticed how many more girls looked at me and how much chances improved.

I felt like I was living in a special universe, all of my friends still had their facial features subdued by fat.

To this day, I look significantly better at closer to 200 lbs. rather than 225 lbs -







My results are hardly unique or even dramatic compared to some guys though.

There's a ton of other guys that look like completely different people after they lose their facial fat.

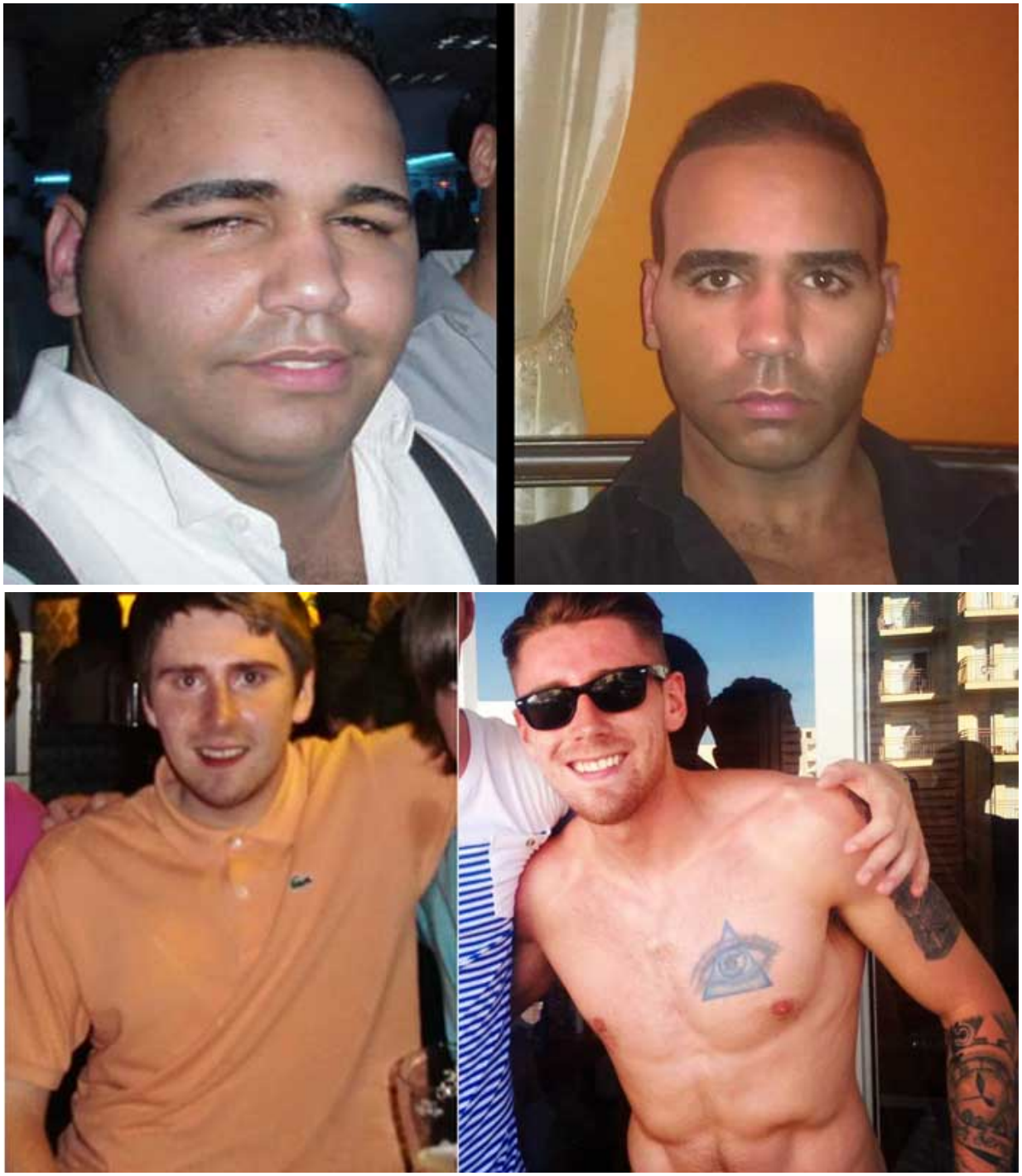
If you have never really put the time in to get down to 7-8% bodyfat, I highly encourage you to drop everything and do so.

Women respond to you way differently when they are physically attracted to you. It's a superficial game, but let's play to win.

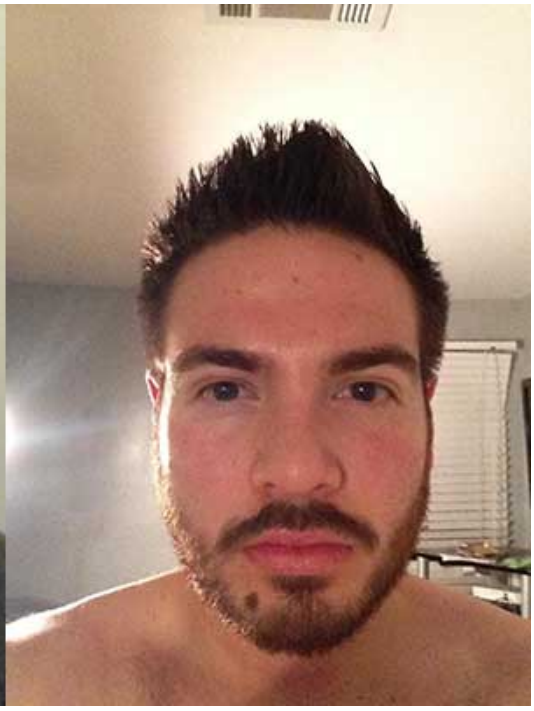
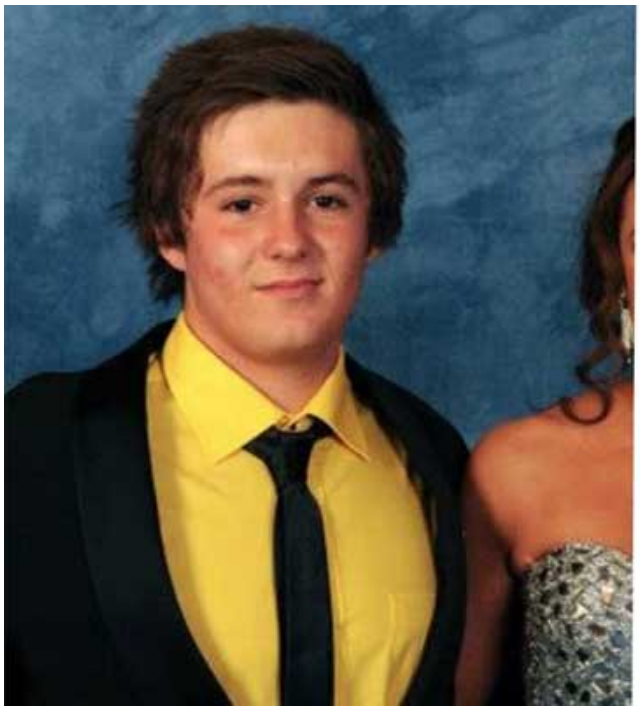
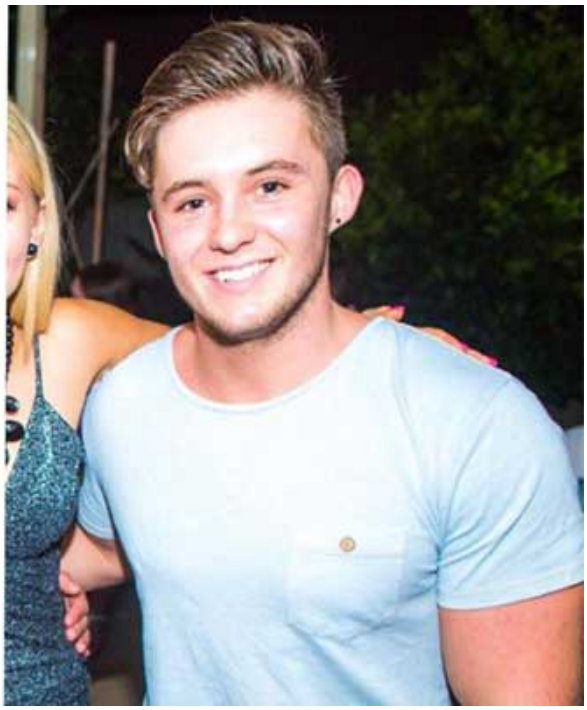
Let's take a look at these examples.

What Weight Loss Can Do For Your Face



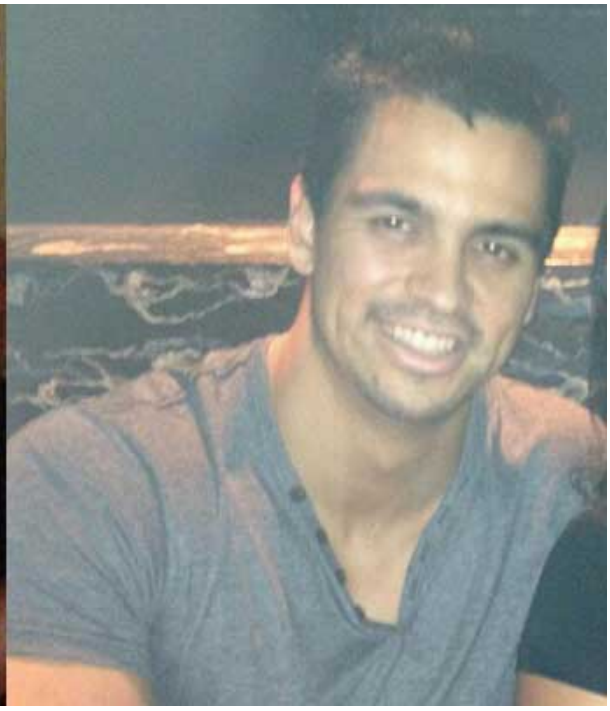


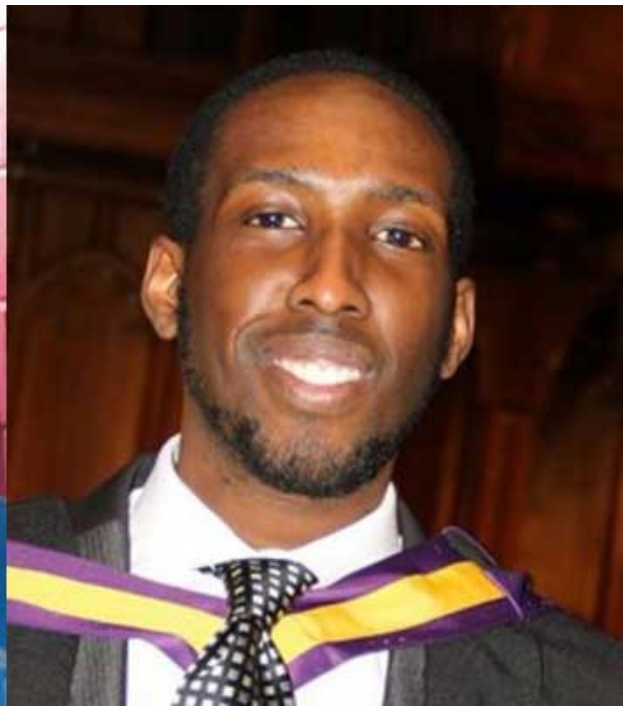


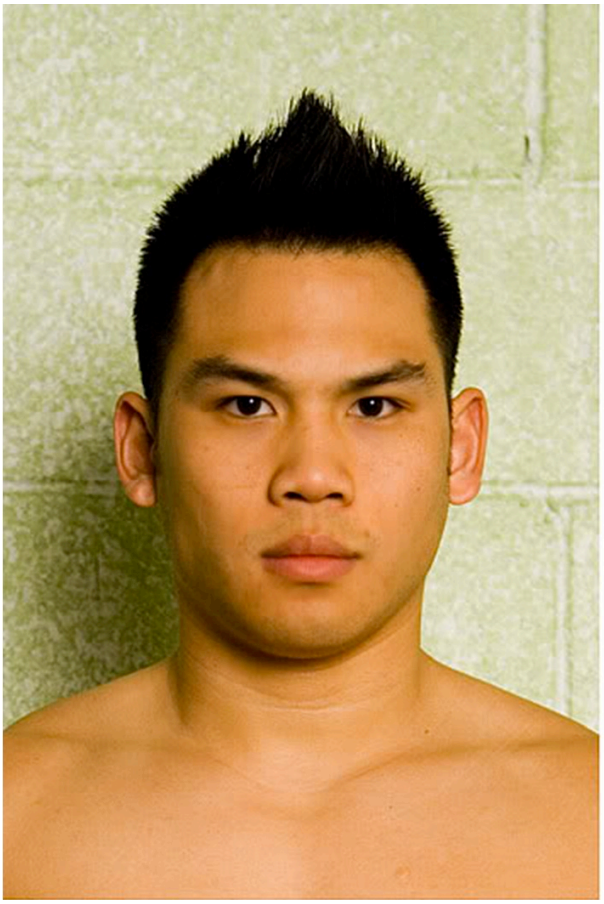














Every single one of these guys went from average or below-average to *at least slightly* above-average.

They are not getting rejected by most women for their appearance.

Sources for Images:

- "Bodybuilding.com Facial Transformations Reloaded"
- "50 Face Transformations From Losing Fat"
- "Before and After Fat Loss Pics (Tumblr)"

How to Lose Face Fat

As of September 2015, you will have to systematically shed fat over your entire body in order to shed face fat.

Everybody is different but let's generalize -

If you are fat, you should focus on losing weight by eating 2000 calories or less of healthful unsaturated fat, lean protein and avoiding carbohydrates. Working out on an empty stomach will speed up the fat loss considerably.

If you are skinny-fat, you should focus on lean mass "recomposition" (add muscle:lose fat) which does not necessarily involve losing weight or avoiding carbohydrates. Compound exercises, intensity and heavy weights (6-8 reps) are the way to go. Do your cardiovascular training after some of your workouts, but don't prioritize it.

There's a lot more to fat loss nutrition and training, we can't cover it all in this post, I encourage you to check out -

- "Get Ripped" (Lifestyle By Good Looking Loser)
- "I Lost 80 Pounds Using Intermittent Fasting" (Danger & Play)
- "John Doe Bodybuilding" (Bodybuilding-based, but great fat loss information obviously)

While there's several different theories, products and exercises that claim to solely target face fat, even if they worked (they don't), you should avoid them and stop looking for shortcuts.

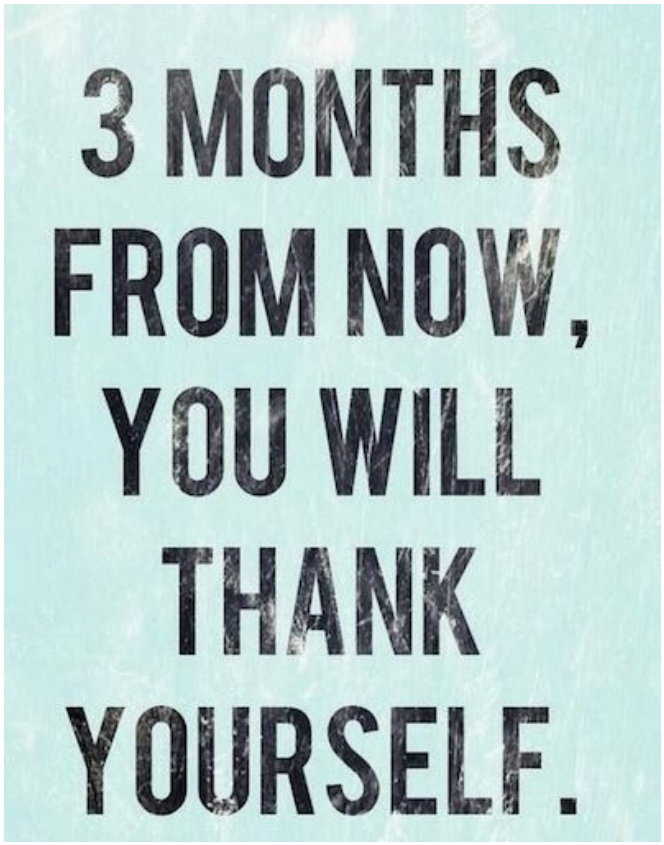
Put in the time -

Get your face and body in shape.

Even if it takes an entire year to fix your appearance - it will be totally worth it.

related propaganda:

- "Hollywood Loves Your Inferiority Complex (You Aren't THAT Ugly)"
- "Hollywood Loves Your Inferiority Complex (The Truth About Hot Girls)"
- "34 Orthodox and Unorthodox Ways to Get Motivation to Hit the Gym" (3-part series)



Pour Conclure

(The Deeper Significance of Losing Weight and Your Future)

When I was a personal trainer in Hollywood (residential Beverly Hills), I realized something about weight loss.

Whether it's 5 lbs. or 500 lbs., just about everyone, at some point in their life, will have a goal to lose some weight.

The good news is -

Although universal, losing weight is actually a unique goal.

It is something ABSOLUTELY EVERYONE CAN DO.

(outside of some sort of medical condition or handicap)

You don't have to be athletic.

You don't even have to be halfway intelligent.

Once you know how the human body and nutrition works (or can simply follow a nutrition/training program and shut your mouth), you don't even have to exert a ton of physical effort.

It is undeniable.

While some people have better starting body compositions and metabolic predispositions, losing weight is DOABLE and **ABSOLUTELY EVERYONE CAN DO IT.**

All you have to do is avoid carbohydrates, work out (or do anything semi-physical for 30 minutes on an empty stomach) and limit yourself to 1500-2000 calories of healthful fat and lean protein. The fat will drip off your body. There's other protocols if a very low-carbohydrate doesn't treat you well.

(forget about facial exercises, those are akin to trying to get abs by doing sit-ups and that's not how it works)

Yet, so many people can't do it.

This says a lot of about them and where they are going (or aren't going) in life.

They can't even reach an attainable goal that only requires a few months of self-discipline and control.

How likely is it that they will succeed at harder things?

Not too likely.

If this sounds like you -

It's time to put everything aside and focus solely on your appearance until it is above-average.

DO NOT HAVE ANY OTHER GOALS.

DO NOT QUIT UNTIL YOUR APPEARANCE IS GOOD.

I get bored talking about fitness and nutrition, but becoming 'above-average' looking will do more for your quality of life than a college degree or even this website.

The good news is - weight loss (facial fat loss) is totally doable and you have FULL CONTROL over your success.

In about a month or so, I'll show you what I've been doing to efficiently shed significant amounts of body fat that doesn't require steroids, extended physical effort or even a lot of time.

(fitness is not my priority anymore, ~2011 was the last time that I was picking up girls/partying full-time)

I've been taking a picture each day, here's Day 1 vs. Day 10 -

(it's obviously a mix of fat/water, I'm not saying it's "all fat loss")



Please follow Good Looking Loser on Twitter

If you have questions about fitness and nutrition, your questions and comments are best placed in the 'Get Ripped' section of our forum.

The Best of Good Looking Loser 2015

December 31, 2015 | by Good Looking Loser | Link | Original Link

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The *Very Best* of Good Looking Loser 2015

2015 was a truly awesome year for me, nearly everything exceeded expectations.
(Scotty is still sober and doing well)

Life is beyond excellent and I owe each and everyone of you guys a monster THANK YOU.

Still, I didn't get up as much Good Looking Loser and Lifestyle by Good Looking Loser content in 2015 as I wanted. Some people think that the lack of weekly material is evidence that I'm on 'cruise control', that I've run out of 'ideas' or that I've just stopped caring as much.

All 3 are very much the complete opposite.

I'm absolutely slammed with behind-the-scenes work, I have too many ideas and I care more than ever to get out quality content to make up for the lack of quantity.

Now, more than ever, one of my favorite sayings holds true -

> ***Success is about doing an adequate job in an inadequate amount of time.***

When you have multiple businesses, "only work on one thing and one thing only" doesn't really exist and there's going to be some level of multitasking. Unfortunately.

I've got to find a more happy median though - I haven't even been working out and it definitely shows.

Still, a lot of the 2015 posts were quite long and quite good.

Let's discuss what stood out in 2015.



The Very Best of Good Looking Loser 2015

"How to Not Give a Fuck What People Think (A Different Perspective on Not Caring Anymore)"

Per comments, shares and overall engagement, this was the most popular post of the year.

I almost didn't write it.

I can't stand the generic "Don't care what people think!" advice, usually written by a person who has no idea what emotionally healthy indifference is.

But frankly, I had little to add.

Until I thought about it.

Hitting on 2000+ girls and sleeping with 100+ of them has a way of making you socially indifferent.

In the meantime, the idea is to **DO WHAT YOU WANT**, regardless of how sensitive you may or may not be.

Check it out.

"7 Habits of Highly Effective Losers (Player's Edition)"

Guys that sleep with 25+ pretty girls a year all do these things.

These are literally things you can DO and not just think about if you are looking to sleep with a new girl every 2 weeks.

You might as well start today.

"Your Mental Problems Are Everyone Else's Normal (You Aren't a Big Mess - You

Just Care More)"

Self-improvement encourages perfection and insecurity.

Self-help enthusiasts, especially those around Good Looking Loser, don't actually have more problems than the average person - they just care more and take 'winning at life' a lot more seriously.

The problem is - a lot of guys think they have all these issues and spend time "working on themselves" rather than actually working on their real goals. Many chase an imaginary "jedi-master" psychological state and keep putting off their real life.

Now is the time to work. It doesn't matter if you are anxious, depressed or inexperienced.

If I can finally get you to believe that you don't have significantly more issues than the average person, you can finally start putting the time and emotional energy to accomplishing bigger things than ideals such as "conquering yourself".

This was really a turning point for me in ~2008.

All my problems were in my head.

Literally all of them.

If you get nothing else out of Good Looking Loser in 2015 - but finally realize that you don't have to "master thyself" to be successful, 2016 will be your year.

"The Truth About Hot Girls - Hollywood Loves Your Inferiority Complex (Part 2)"

This was the most shared discussion from 2015.

Hot girls are an illusion.
(it's the eyeliner that makes them scary!)

Everyone knows this but not that many guys actually believe it when they leave their house.

Tolerance to beauty (Sense of Entitlement) is what separates above-average guys who nail hot girls from the above-average guys that just sleep with cute girls.

If you could talk to the hotties just like you'd talk to a 400 lb. girl, you'd have no trouble getting ass.

"The Most Liberating Thing You Can Hear If You Are Scared to Talk to Girls (Audio Rant)"

If I could hear any one statement back in my 20's from someone I looked up to, it would be -

> ***DON'T TRY TO BE SMOOTH WITH WOMEN.***
> ***(It Doesn't Really Matter)***

Sometimes when you talk to a random girl - you will have instant chemistry.

Sometimes when you talk to a random girl - it will be awkward and seemingly get worse.

Chemistry is 50% you and 50% her.

If she likes you -

It.does.not.matter.what.so.ever.period

"2 Socially Acceptable Ways to Ask a Chick to Sleep With You"

Months before "Netflix and Chill" went mainstream, I was talking about this.

"Normal" guys that Get Laid a lot have been doing this for 50 years.

If you aren't into the 'physical screening' and want 2 socially acceptable ways to setup a date that ends

in your bedroom - use these two methods.

"Remembering Those Lonely Saturday Nights When I Was Alone in My Apartment (Comfortable Depression)"

Life is great these days.

But life is very different these days.

I was going nowhere fast as a 6th year no-life bodybuilder college senior who spent my Saturday nights on the Internet researching how to grow my muscles even bigger.

It's amazing what you can actually accomplish when you use your "downtime" to be productive and not to "research".



Let Us Smash Normal Peoples and Behaviors

"The Comfortable Life of the Undersexed Male - Why People Don't Do Much With Their Lives"

Millennials (and frankly everyone reading this) have it pretty easy.

Entertainment and "productive distractions" are at your fingertips.

And That's the reason that very few guys will ever Get Laid, Get Rich, or make much an impact in the world.

"5 Non-Mainstream Tools to Give Girls Ridiculous Orgasms"

An old school Good Looking Loser post with sex audios to show you the effects of some of these 'tools'.

You won't find this on eHow.

You want repeat customers and reliable fuckbuddies?

Try some of these.

"How to Be More Aggressive With Women (Developing Killer Instinct) w/ Videos"

After your appearance is above-average and you can hold an average conversation with a person with a vagina, 'Killer Instinct' is the only thing that matters.

This is masculine "game" and leadership.

"Getting Laid - How It Should Actually Fit Into Your 20's"

You don't need to dedicate 5 years to partying and fucking girls.

But I do suggest you devote 1 or 2 years to it.

Your physical, emotional and financial health will be a lot better once you actually know you can Get Laid.

Besides, it will be the most fun and exhilarating period of your life when you can sleep with 1 or 2 girls a week for a year or three.

One of the reasons I'm successful today is because I know I can Get Laid.

One of the reasons I wasn't in my early 20's is because I didn't know if I could Get Laid.

Everyone has different goals, but eventually 99% of guys want to have a relationship with a high-quality girl. You absolutely need to know you can Get Laid (and don't need her for sex) if you want a relationship on your terms. All the guys I know that get bullied by their "significant other" simply can't Get Laid without a girlfriend or wife.

No guy that can Get Laid (has options) puts up with a lot of bullshit from the opposite sex.

"How to Pick Up Girls Efficiently (If You Don't Have the Time/Desire To Meet A Lot of Girls)"

"Pick up" is dead.

At least the version of it where you go out alone for 4 to 6 hours and hit on all the random girls you see.

Guys still want to Get Laid though.

This blueprint is a doable way to sleep with a new girl every 10 or 20 days - which is far more than most guys get.



"How to Get Laid In College If You Aren't Part of the Establishment"

This discussion and podcast turned into some of the very best content ever.

Alex is a kid at a major Division I university where the fraternity and party scene dominate.

As an outsider, while mainly taking a full-load of classes, he slept with over 30 college girls in 8 months.

He has legendary status in our community and he's earned every bit of it.

The establishment hates him!

"How Much Losing Face Fat Can Help Your Sex Appeal (w/ 40 Pictures)"

Unless you have had full abdominal muscles (6-8% BF), you probably have no idea how 'good looking' you can be.

Chances are, even if you aren't every girl's dream guy, you can be still be above-average if you lose the fat off your face.

"Above-average" is all it takes to pass the majority of girl's "looks threshold".

Besides, most girls have already fucked a guy uglier than you.

Stop looking for insignificant "game" tactics and lose the fucking fat off your face so you appeal to most girls.

If I can Get Laid at 23% bodyfat with a 38.5" waist, you sure as hell can at 8% bodyfat.

"28 Things I Really Wish I Did or Didn't Do In My 20's (and What Might Have Been)"

While my late 20's were spectacular, my early and mid 20's were mainly spent in the gym and left much to be desired.

Read about what I wish I had done so you don't miss out.

Fabulously Gay Song

The Very Best of Lifestyle by Good Looking Loser 2015

"10 Reasons Why Your Version of Danger & Play and Bold & Determined Sucks (Why Many New Bloggers Won't Be Successful)"

While some people were "offended", even more people took this to heart.

The 1st and 2nd year young blogs are EXPONENTIALLY better than they were in January.

I'm 100% serious, a lot of people are really on the right track and will have good communities by this time next year.

"What a Grammy Award Winning A-List Celebrity Told Me About Myself That Made Me Want to Cry"

If you are going to do this "online thing" (infopreneuring) or any creative project, it is critical that you ~~find~~ use your own voice.



- Check Out Free Mobile App on iTunes and Android -

"How to Make YouTube Webcam Videos That People Will Actually Watch (and Make Money)"

YouTube is both overrated and underrated.

While entertaining, prank, pick up and funny videos get the most views, intimate webcam videos are key to really establishing an emotional connection with your fans.

Advertising (per view) aside, 10,000 people that feel they really know you are far more valuable than 100,000 people that only count on you for "LOL'z".

It also gives everyone a chance to SEE YOU on a regular basis, and it's free.

"My Advice For Guys With Low Self-Esteem"

Sometimes it takes me 3 weeks to write a good post, but sometimes it only takes just 3 hours to really hit it.

This was the latter.

"Bad self-esteem" and insecurity isn't a death sentence. In fact, it doesn't even matter that much if you are willing to work hard.

"17 Reasons Good Looking Loser Is Successful Online and How You Can Be Too (Even If You Aren't a Great Writer)"

This discussion is about why this community is successful, even though I'm not an A+ writer.

It includes many doable, realistic, intangible ways to make an impact.

We also show some financial information from 2012 and 2013, Good Looking Loser's first and second full years.



Good Looking Loser
Has Bought Many Gifts in 2015

related -

- "Best of Good Looking Loser (Index)"

Pour Conclure

It's been quite a year, I hope your year has been as good as mine.

We'll get to 'How to Be Successful in 2016' in a discussion later this week.

Comments are open, let me know what discussions and content you liked best from 2015 and what you'd like to see more of.

Thank you for reading and thank you for a great year.

How To Lose Your Virginity in 2016 (How Inexperienced Guys Need to Approach the Next 365 Days)

January 4, 2016 | by Good Looking Loser | Link | Original Link

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Is *This* the Year You Lose Your Virginity?

That's up to you.

You know it's doable.

We have the most simple, realistic, low-risk, ego-friendly plan to lose your virginity.

It completely skips over "beating approach anxiety", "building a social circle" or going out to socially competitive bars and clubs.

If you are *actually* serious about it, you will lose your virginity in the next 365 days.

Probably sooner.

It just depends if you are *actually* serious about it this year.

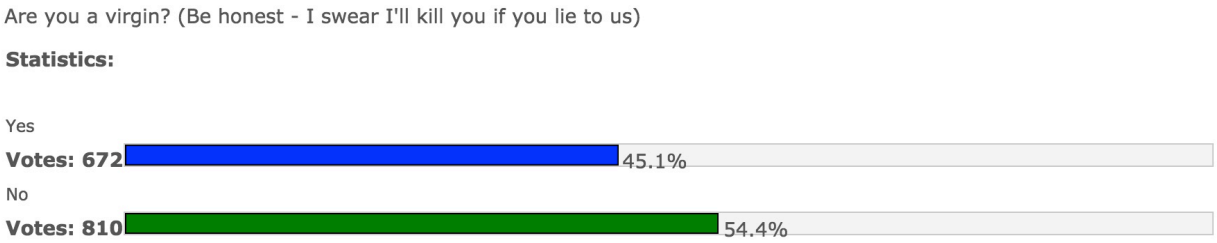


Although our survey estimates are between 20-45%, it is my belief that nearly 50% of guys that are searching for dating/sex advice on the Internet are quietly looking to shed their v-card.

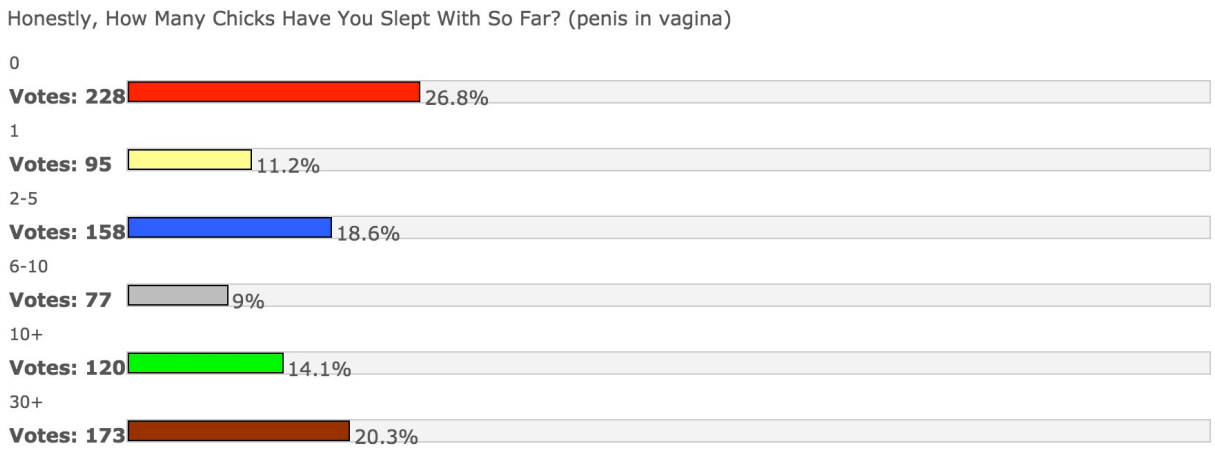
It's a great goal.

It's realistic and it will benefit how you see yourself.

Are You a Virgin?
(2015 Poll)



How Many Chicks Have You Slept With So Far?
(2015 Poll)



It is also my belief that the vast majority of inexperienced guys have no business "cold approaching" random women in hopes of having sex.

It is my fault if I haven't made that clear.

The odds are very low for inexperienced guys and rejection can be really discouraging if you don't have much confidence. Couple that with approach anxiety and sexual inexperience - it can be a recipe for psychological disaster.

Many guys that get into mainstream "pick up" take longer to lose their virginity because they often 'quit' trying to meet girls altogether after it doesn't go well.

Most guys go through 2 to 3 'pick up' cycles (4-6 months each) before they give up entirely.

It doesn't have to be such a brutal mindfuck.

It's not something that you have to risk your fragile self-esteem for.

It's not something that you need to pay a 'coach' or guru a dime for.



If you are *actually* serious about losing your virginity in the most painless way possible -

You Have 2 Simple, Doable Projects This Year -

1. **Follow our 'How to Lose Your Virginity Guide' Until You Sleep With a Girl**
   (Do not start if you are 25+ pounds overweight or underweight)
2. **Reach 8-10% Bodyfat and Lose Your Facial Fat Once and For All**

If you are a virgin, those are the **ONLY** things you should have on your agenda until both jobs are done.

You need to be working on one or both every single day.
(you can take 1 or 2 'off days' a months to do something fun that is completely unrelated)

I repeat -

Those 2 doable projects are all you should focus on until the job is done.

No "beat approach anxiety".

No "fuck 20 women".

No "build a social circle of all these cool friends"

No "build a business".

No "read X number of books".

No "design my dream life that I truly deserve".

No "reach my self-actualization potential".

None of that.



Before you start I want you to keep these 3 things in mind -

#1 You Need to *ACTUALLY* Commit to Losing Your Virginity For Once

(Shut your month and follow the totally easy program)

I can't force you to lose your virginity this year.

I can only offer you a TOTALLY REALISTIC PLAN and GUARANTEE that you will if you actually follow our advice (and not "take a break" or make up your own rules) you will eventually lose your virginity. Unless you are considerably overweight, you will lose your virginity this year.

I don't care how inexperienced you are, how terrible you feel about yourself, or how lousy your 2015 was, you know and I know that in EVERY city and state -

- Some guy that is uglier than you are Got Laid last night.

-- Some guy that is not as cool as you are Got Laid this morning.

--- Some guy who is shorter/has less hair/older/younger/more anxiety/has less money/smaller dick than you is getting laid today.

You know and I know that losing your virginity in the next 365 days is possible.

This is not anything that requires superhuman smarts or athletic ability.

Your Dad Got Laid for Christ's sake.

Your friend who you are *better* than at everything Got Laid before you.

Even if you are completely inexperienced, you are underachieving and you know it.

When I say "commit", I mean making Losing Your Virginity your #1 priority.

Treat it like you would any other goal that you are *actually* serious about.

Follow the Golden Rule of Success - virtually every waking, non-work/academic minute should be *at least* in-part be dedicated to following our guide and getting down to 8-10% bodyfat.

That will all but guarantee success.

#2 Forgive Yourself For Not Losing Your Virginity Yet

There's a lot of reasons why you haven't lost your virginity yet.

Some are your fault, some are not -

The academic social establishment, a lack of confidence, lofty standards, "I'm not that old and I still have time" and a general indifferent laissez-faire attitude toward the milestone.

It doesn't really matter because the fact is -

You haven't REALLY tried.

I mean - you haven't *ACTUALLY* tried and made it your #1 priority for an entire year.

I know this because it's not super hard.

Not with my game plan anyway.

It also may seem like you are so far away from the 'average' sex life.

But in terms of 'numbers', not that much divides you from the average non-virgin joe who only sleeps with a handful of girls in his entire life.

He is barely ahead you, probably lies about his sex life and he might not even have your 'serious mode' potential.

Regardless.

You need to forgive yourself and decide that you are *actually* going to put it behind you this year.

It doesn't really matter what has happened in the past, you now have a way to lose your virginity if you *actually* choose to follow through this time.

#3 Limit Your Internet/Bullshit Time Until the Job Is Done

This is something that you are going to have to self-enforce.

I can't do it for you.

I know it's a problem for the majority of you guys.

I know because -

What have you been doing in the past few years instead of introducing yourself to girls?

- You've been dicking around on the Internet for entertainment.

What have you been doing in the past few years instead of going on dates with girls?

- You've been dicking around on the Internet for "research".

What have you been doing in the past few years instead of having sex?

- You've been dicking around on the Internet because it is comfortable.

Make 2016 the 'Year I Lost My Virginity' instead of 'The Sixth Consecutive Year That I Well Spent Over 2000 Hours on the Internet'.

I haven't gone into detail (or even realized how important it was), but one of the reasons my entire life turned the corner in my late 20's was because I left (extremely limited) the Internet and content/sports/unproductive nonsense consumption for months at a time.

I kind of disappeared.

Some people were concerned.

Because of work or school, most people won't be able to abandon the Internet, in which case an anti-time waster browser app such as LeechBlock will be helpful.

I know you don't watch the "news", but stop watching Red Pill and anti-establishment media - it's the same thing.

Related -

- "Guys That Are Ambitious For Pussy - Time Wasting Activities and What You Need to Do About Them"

What About Just Getting a Hooker To Lose the V-Card?

I've never had sex with a prostitute but I'm not against this.

I don't actually know the credible online resources for how to do this.

However -

While you'll technically 'lose your virginity' to a hooker and get over the psychological block and some first-timer's sexual anxiety, you probably won't emotionally feel like you've actually lost your virginity until you are with a "real" girl.

Let's see if we can lose it on our own.

Ultimately, that's why you came to Good Looking Loser in the first place.

Pour Conclure

There is absolutely nothing else you need to hear.

Go lose it.

If it helps (and only if it helps), start a log in the 'Lose Your Virginity' sub-forum.

How to Stop Feeling Guilty For Prioritizing Your Sex Life (When You Think You Should Be Doing Other Things)

February 1, 2016 | by Good Looking Loser | Link | Original Link

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How to Stop Feeling Guilty for Chasing Girls When You Have No Money
(A Discussion on Beating Lifestyle Guilt)

This discussion below focuses on coming to grips with your financial status (or lack thereof). It is not about moral dilemmas. It is aimed at guys ages ~18-35 (largely 18-30) who want to prioritize their sex life but can't fully commit. If you are older than 35, I do not suggest prioritizing 'Getting Laid'. You should be pursuing a relationship with women that are past their party stage.

The 'Red Pill' teaches us to go our own way, do what we want and not care what other people think.

It's harder than advertised though.

It sure as hell was for me.

In fact, I feel I wasted an entire year when I was part of an expensive 'pick up program' because I wasn't fully committed and often felt I should be focusing on establishing a career.
(the year wasn't actually a waste, I slept with 12 women and learned so much that eventually became 'Good Looking Loser')

I remember those feelings of guilt quite vividly.

After all -

I dropped a scholarship to the University of San Diego Law School with no plan other than 'Get Laid'.

Law School was supposed to be my saving grace. It was my chance to catch up with everyone and make up for a ridiculous amount of undergraduate transferring I did and tens of thousands of anti-social hours spent in the gym.

My "plan" had fallen to pieces. Again.

On dead nights in Hollywood, I would wander around by myself with tears in my eyes.

What the fuck was I doing with my life?

It wasn't working out and I knew it.

My friends had graduated college 3+ years before me and seemed to have it all figured out. They had jobs, spending money, relationships and they seemed to enjoy their lives.

I was supposedly going to be more successful than these kids too.

I was in a city that intimidated me, I had no money of my own, no job and no real direction.

I felt tremendous guilt for wasting my Father's money for 26 years.
(I've since paid my Dad back for all the "loans" he fronted me)

My feelings of self-worth were never lower than when I moved to Hollywood in 2008.

This sure wasn't helping me get girls in bed.

Some guys are okay with being "losers" that do nothing but get ass and party, but I absolutely wasn't.

I needed to fucking grow up or at least find a way to temporarily stop feeling so guilty.



That was my story.

I spent well over a year feeling this way and my results with women/everything suffered immensely.

As lonely I was on some Saturday nights in my early 20's, the feelings of remorse paled in comparison to spending (wasting) my Father's money on my juvenile dreams and rash decisions.

It wasn't until I temporarily got over *most* of my guilt that I was truly free and committed to my sex life.

Most of you guys have integrity, a sense of responsibility and feel tremendously guilty for prioritizing your sex life when you feel you should be doing other things. Even if you pay your own bills.

The 'Lifestyle Guilt', not the approach anxiety or social skills, is the biggest obstacle to having a good sex life.

It's easy for me to say, "Just Get Laid in your 20's and "Get Paid in your 30's!" but the psychology of fully committing are far more complex.

So I have some suggestions for you.

Take it from someone who has been in your shoes, felt the exact same guilt and slowly but surely - persevered.

My success with women (and later in business) would not have happened if I hadn't gotten past the 'Lifestyle Guilt' I had throughout my mid 20's.

You know and I know that the rest of your life will be much easier if you can see this through.

That's not a myth.

How to Stop Feeling Guilty For Chasing Pussy (When You Should Be Doing Other Things)

Is There Really a Need to Prioritize Your Sex Life?

This is a discussion we already covered in the link above.

The answer is YES, if you want to.

As I said -

> **I don't believe that "picking up girls" should be a *long-term* lifestyle.**
>
> **I do feel, however, for guys in their 20's, it is both healthy and rewarding to dedicate a couple of years to first beating your anxiety (~6 months) and then Getting Laid (12-18+ months).**

Besides, you know and I know that devoting yourself to ONE GOAL will yield far faster and better results than multitasking and usually getting jack shit done.

The ultimate goal may be to "pick up girls efficiently" as part of an overall lifestyle, but you will get there much faster if you fully commit to it for a period of time.

If you aren't sure -

You absolutely DO NOT need to be wealthy to Get Laid a lot.

Having money gives you some confidence (anti-guilt), helps with 'retention' and relationships but does little to actually help you Get Laid.

If you are postponing your sex life until you make money, you are doing yourself a disservice.
(when you've built a business - nearly all of your time will be devoted to it, you are more FREE right now than ever)

#1 Try to Temporarily Forgive Yourself

I'm not going to say "just forgive yourself!" like most self-improvement websites and expect it to do anything for you.

I want you to entertain the idea of temporarily forgiving yourself and trying to Get Laid for a couple of years.

It IS possible to put the guilt on the shelf if you are excited about the direction of your life.

The suggestions below will make this a lot easier.

You can always give back to the world (or those who have supported you) later on.

I encourage that and that is what I have done with Good Looking Loser, although I'm no longer significantly motivated by guilt.

#2 Realize That 'Getting Laid' Is Simply a Stage

If you are living your life correctly, you will try a lot of different things that make you happy.

Getting Laid a lot is simply a stage of the journey.

A tremendously fun, rewarding, exhilarating stage.

It's a stage that the majority of guys will never fully experience.

In fact, I can honestly say that 2008-2011 were some of the best years of my entire life.

They were the most exciting years - by far.

As rewarding as building Good Looking Loser has been, the climaxes (literally) of my "sex life" era were second to none. I have never felt so alive on a daily basis. I never felt more connected to the universe and confident in myself. Truly amazing. I treasure this period and it's very easy to write about.

Not to get all mainstream on you -

Realizing that life is just a set of stages lets you forget about "what you should be doing" and be more in the moment.

If your sex life is important to you, put the rest of your goals aside.

There will be a time to work on them 100%.

If you can TRULY accept that you aren't yet in your "financial stage" or "business/career stage", the Lifestyle Guilt will be much less.

I don't know when I fully realized this "life is a stage" thing, but it was pivotal.

#3 It's Perfectly Acceptable to Prioritize Your Sex Life (If You ACTUALLY Commit to It)

Before, during and after there will be a lot of naysayers that guilt trip you for wanting to Get Laid instead of doing [insert normal person thing].

You might even be the loudest naysayer.

Truth is -

Most guys, whether they admit it or not, actually prioritize their sex life for a half-decade.

It's called "College" and it's considered totally acceptable.

But if college has come and gone, like it did for me, **I give you my permission to prioritize your sex life if you are ACTUALLY committed to it.**

But you can't be on the fence about it.

Prioritizing my sex life from 2008-2011 was the best decision I made in my entire life.

Literally everything I do today (from Good Looking Loser to Happy Hippo to Male Enhancement to my relationship with a high-quality woman) is a product of that decision and lifestyle.

#4 It Means A Lot to You and You Know it

(How Much Does Getting Laid/Finding a Great Relationship *Really* Mean to You?)

It meant so much to me, especially the former.

I had underachieved for so long and I absolutely wouldn't be able to get over it unless I ACTUALLY fixed it.

Even before my "sex life stage", everything in my life revolved around validation and Getting Laid.

The countless hours I spent in the gym, trying to make new friends (for access to new girls), transferring colleges, etc. were meant to bring women into my life.

This isn't unlike most guys.

I just admit it.

If you read Good Looking Loser, success with women (even if it's not strictly 'Getting Laid') means a lot to you.

Your real instincts want you to go after it.

Trust those instincts and fight back against the Lifestyle Guilt.

Set this goal (be able to go out 2 or 3 times and Get Laid at least 1 time) - it doesn't take that long if you are actually committed.

I cared more than the average guy though.

I would literally never be able to forgive myself if I didn't ditch everything and focus on my sex life. I

would also not be in a near totally ideal relationship right now.

#5 You Aren't Normal So Stop Acting That Way (Regrets, Not Failure, Will Haunt You Forever)

Part of the reason for the guilt and indecisiveness is because you are still scared of what may happen if you don't follow the 'normal-person path'.

You're still young, so I get it.

I have friends that, against their true desires, chose follow the normal lifestyle, career, relationship, etc.

While certainly not all of them are miserable, I only know 1 that is actually quite happy with his life and doesn't wish he followed his real dreams.

One.

Almost all of my more creative friends are totally disgruntled.

As you get older, you will realize that the 'normal-person path' (one stream of income, one girl, one house, nothing other than 'the weekend' to look forward to) is far more emotionally self-destructive.

Regrets are far more tormenting than failure.

The earlier you ACTUALLY start to believe this - the better.

Eventually, I believe that *most* of you guys will start living life on your terms.

Will it be today or tomorrow though? Or maybe in 5 or 10 years?

The sooner the better.

#6 Motivation From Results Will Strangle Your Guilt (It DOES Actually Become Fun)

Even if all that I've said makes good sense, the best treatment for Lifestyle Guilt is results.

When your sex life is taking off (or even when you knock out most of your social anxiety), you stop feeling guilty because you are making it on your terms.

The voices inside your head will actually shut the fuck up.

Likewise, you no longer are vulnerable to the voices outside your head telling you what you 'should be doing'.

You don't care as much anymore because your life is working.

You won't feel like a loser.

Even if it's temporary.

The key is to get results and build momentum.

If you still have social anxiety, you need to try your best to appreciate the small victories and have a daily sense of accomplishment - no matter how insignificant it may seem.

Sleeping with girls becomes a total blast when you can actually do it.

#7 Get a Part-Time Job Too

There's no reason you can't get a part-time job either.

Ideally, a social job.

If nothing else, it will help pay some bills and lessen your guilt.

Ideally, however, it will help your social skills and give you a new network of acquaintances and women.

Becoming a bartender is ideal and something I wish I did in my 20's.

#8 Getting Laid Is For Men Despite What Haters Say

In a future discussion, I will tell you what "Being a Man" means to me.

Having sex with women is one of those things.

While others may say Getting Laid is "juvenile" and for "douchebags", the truth is -

Most guys are too cowardly to speak to women they do not know in any more than a totally harmless manner while not under the influence of alcohol.

That is the truth of the matter.

Period.

If it wasn't true, the average guy would sleep with 50 girls in his lifetime instead of 5.

If telling yourself -

> ***Stop being a little bitch.***
>
> ***Approach anxiety doesn't exist - there are only cowards and men.***

Helps you fight past your anxiety, then I'm all for it.
(I used to tell myself something like this back when I got started)

Another thing -

Guilt is for cowards.

It's all over our media and education system posing as "compassion".

That's one of the reasons the Nice Guys outnumber Men 25:1.

#9 Your 'Lifestyle Guilt' Is Simply Another Excuse To Stay Comfortable

Lifestyle/financial guilt is real, don't get me wrong.

At some level, however, "guilt" is merely another excuse to retreat to your comfort zone and not talk to girls.

If you want to Get Laid a lot more but often try to justify why Getting Laid isn't an acceptable priority - it's because you are scared.

Not because your guilt is so overwhelming.

Listen -

My Lifestyle Guilt was extreme compared to most people.

It was very real.

But it wasn't the only reason that I wasn't talking to girls.

The reason was because I was scared.

Related -

- "The Comfortable Life of the Undersexed Male (Why Most Guys Don't Get A Lot of Pussy)"

#10 You Can Still Live a Physically Healthier Life Than Most Guys

Some people feel prioritizing your sex life is physically unhealthy.

It can be draining, especially 'partying' several times a week.

You don't HAVE TO do that if you don't want to.

You can do this during the day instead.

If you are following our principles and staying in good shape and eating right, you will be more healthy than the vast majority of guys.

Even when I was partying 4-5 times a week (yes, 4 or 5 times a week), I wouldn't drink myself into oblivion (Kratom, Phenibut are way healthier alternatives). I always got 7 hours of sleep, went to the gym on a regular basis and ate quality food.

Don't tell me that I was much more unhealthy than the average guy who gets 0 physical activity, eats garbage and drinks his face off on the weekends.

#11 You Have to Give Yourself a Chance For a Sex Life (Get to 8-10% Body Fat and See How Women Respond)

Regardless how strong your guilt complex is (or whatever excuse you have for not prioritizing the sex life you want) is, at some level - you are probably curious how good you can have it with women.

You really don't know.

You've got to make yourself good looking (above-average) and give yourself a couple of consistent years to find out.

Not a couple of months.

If you believe in my 'above-average principle' (you don't need to be a perfect 10 to get a lot of hot girls, you just need to have an above-average appearance and fundamentals), you'd be foolish not to try.

As you know from "She's Already Fucked a Guy Uglier Than You", most sexually active girls have already slept with a guy who is less attractive and less cool as you are.

I probably don't have to remind you, but just in case you forgot -

- **A Guy Who is Shorter Than You Are - Got Laid Last Night**
- **A Guy With Less Social Status Than You Have - Got Laid Last Night**
- **A Guy Who has Less Hair Than You Have - Got Laid Last Night**
- **A Guy Who has a Smaller Dick Than You Have - Got Laid Last Night**
- **A Guy Who is Not as Cool As You Are - Got Laid Last Night**
- **A Guy Who is Older/Younger Than You Are - Got Laid Last Night**
- **A Guy Who is a Minority, Just Like You Are/Aren't - Got Laid Last Night**
- **A Guy With More Anxiety Than You Have - Got Laid Last Night**
- **A Guy Who has Less Money Than You/Your Family Has - Got Laid Last Night**
- **A Guy Who is More/Less Intelligent Than You Are - Got Laid Last Night**
- **A Guy With Less "Game" Than You Have - Got Laid Last Night**

Nothing has changed, except that other guys Getting Laid and you're still in your "thinking about Getting Laid" stage.

You've got to get in shape and give yourself a real chance to have a sex life.

Who knows -

Maybe you are the next Good Looking Loser, Scotty, Boy Toy, Rooster, DC7 (while also juggling competitive bodybuilding) Alex, Ronin, Grim Reaper, TipHat or countless others (sorry if I missed you!) in our community that absolutely put their sex life on steroids.

Or maybe you'll just have a decent sex life and nail 10 or 15 girls a year for a couple of years.

Either way, it will be exponentially more than you have now and you'll be way more confident.

You don't really know.

Just give yourself a chance for Christ's sake.

#12 Good Looking Loser Did It (And Isn't a Total Fuckup!)

A big part of getting your sex life right is just giving yourself permission to claim that pussy and be a creep once in a while.

Even if the percentages are low when you start, you already know that you'll get a bunch of girls if you just ask a lot of them out.

I have actually gone that route - in my mid-late 20's no less.

Life has worked out for me, well beyond what I could have imagined when I was that young emotionally fragile, shame stricken 26 year old who wanted to Get Laid but couldn't commit because of his guilty conscious.

The decision to put my business/professional life on hold was monumental.

I have turned out just fine and the vast majority of my success (both financial and emotional) is because of that decision.

It has less to do with the "information" I'm able to provide to you on Good Looking Loser and everything to do with how I see the world as an abundant place.

There is more pussy, money, opportunity and love than you'll ever need.

One day, you'll believe it.

Pour Conclure

Guilt is a bitch, but it can be beat.

If you can temporarily get over most of it, results will carry you to the finish line.

No matter which direction you go with your life, you need to make your decisions from strength.

Not weakness.

Not guilt.

Whatever you do, you NEED TO BE ALL IN.

How to Get Laid (Common Sense Revisited)

February 17, 2016 | by Good Looking Loser | Link | Original Link

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"How to Get Laid A Lot"

(What LOOK GOOD + TALK TO GIRLS Actually Means)

The scope of this discussion is limited to **How to Get Laid** and doesn't focus on relationships, intelligence or building an 'Elite Lifestyle' via financial success. It has nothing to do with being 'well-rounded' or achieving your 'overall potential'. It is simply a discussion on *what it actually takes* to be **'Elite'** or at least better than everyone you know at **Getting Laid**. I will cover 'lifestyle' aspects some other time. They are not entirely similar. You can be a loser with no direction in life and Get Laid plenty.

I don't do many "game" posts anymore and this will probably be the last one specifically devoted to "understanding game theory".

It's pretty easy to understand if you are a semi-normal human.

Over 2 years ago, I first discussed my "B+ Above-Average Theory".

This concept has been repeated around our community many times but I haven't discussed it in-depth since.

In short -

You can be 'Elite' at Getting Laid if you are simply 'above-average' at 2 things -

- **LOOKING GOOD**
- **TALKING TO GIRLS**

The definitions and expectations will be discussed later.

For further insight, we break it further down into our fundamentals -

- Sex Appeal (Above-Average Looks + Style)
- Social Freedom (Above-Average Tolerance for Anxiety)
- Swag Factor (Above-Average Social Skills & Status)
- Killer Instinct (Above-Average At Getting Busy With Women)
- Sense of Entitlement (Above-Average Confidence with Women)

You might not even be 'great' at any of them, but if you are simply 'above-average' at all of them - you will Get Laid more than 90% of guys.

Probably 99% of guys.

Truth be told -

There are SO FEW guys that both LOOK GOOD and TALK TO WOMEN.

The ones that are - are the big players.

There's a fair amount of good looking guys.

But the majority of them cannot talk to girls they don't know in anything other than a totally harmless

way.

This was my main problem.

They can Get Laid some. But not a lot.

There's a fair amount of guys that are naturally extroverted and have no problem talking to women.

But the majority of them only have average sex appeal because they put very little effort into their appearance. Just as many are mainly "super-friendly extroverts" that aren't actually seen as a sexual option.

They can Get Laid some. But not a lot.

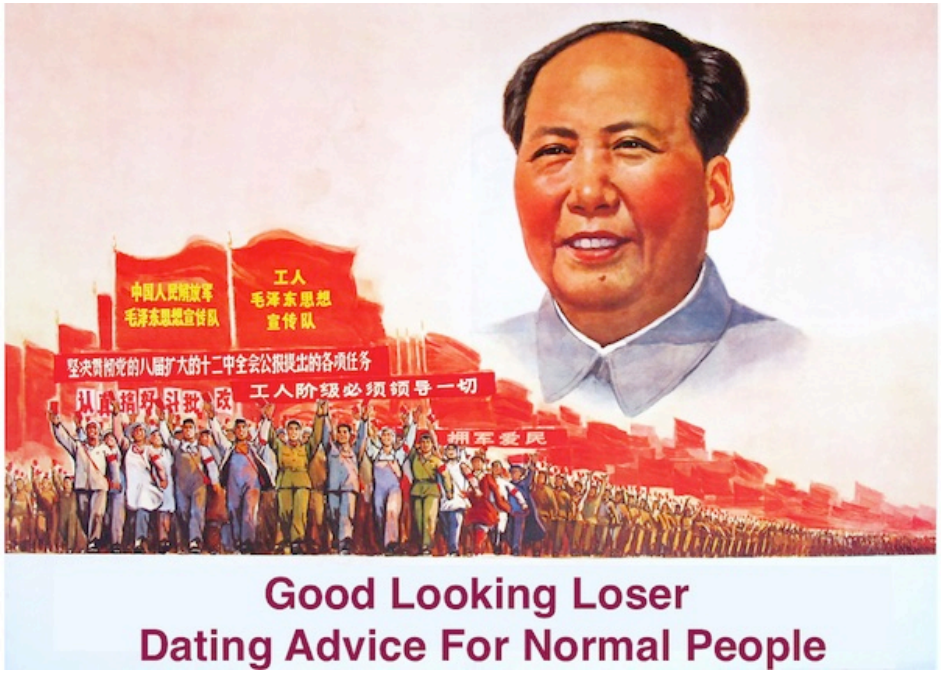
The guys I know that get the most pussy, are simply above-average at - **LOOKING GOOD** and **TALKING TO GIRLS**.

That's it.

Over time, you will Get Laid a ton if both are part of your lifestyle.

90% of guys don't **LOOK GOOD** and can't **TALK TO GIRLS**.

If you can **LOOK GOOD** and can **TALK TO GIRLS**, by default, you can be 'Elite' or at least in the Top 10% with women.



What Does 'LOOK GOOD' Mean?

LOOK GOOD means you have above-average sex appeal and therefore most women will not instantly disqualify you based on your physical appearance.

When you **LOOK GOOD**, getting girls is a matter of their sexual availability - a factor largely outside of your control.

There's several elements built into **LOOKING GOOD** -

- Wearing a current style that doesn't make you look like 'boyfriend material'. The closer to 'Douchebag', the better.
- Having 8-12% body fat (pretty boy/athletic muscular, without being underweight or bodybuilder big) so you have distinct facial features.

- Being as tall as possible or at least 3" taller than the women you are going after.
  (ideally - girls should still be shorter than you if they are in heels)

Those are the major ones, but there's other smaller elements involved in **LOOKING GOOD:**

- A clear but masculine complexion (also may include a healthy tan)
- Straight white teeth to smile
- Decent hair or BAMF bald guy with tattoos
  (a current hair style can give some bonus points, but isn't fully necessary)

It doesn't take all that much to look above-average.

The standard to **LOOK GOOD** (above-average) is not very high because the 'average guy' pays very little attention to these.

Average Guy Description

The average guy is scared to stand out and wears an outdated boring style with no accessories so he doesn't feel "gay". Often, his clothes don't fit him well.

He is fat/skinny-fat because he doesn't have a gym membership or any clue about basic nutrition or how his body even works.

He doesn't maximize his height and often has below-average posture if he works a common desk job.

He has a fair complexion, yellow/crooked teeth or has a bad hair cut or bad hair.

Although the 'average guy' doesn't look like an unkempt mutant (as perhaps I'm suggesting) the average guy DOES NOT stand out and usually *at least somewhat* resembles this description.

The average guy, however, can almost always become the 'above-average guy'.

You have significant control over the majority of **LOOK GOOD** (above-average) elements, even if you aren't genetically gifted.

What Does 'TALK TO GIRLS' Mean?

Being able to **TALK TO GIRLS** means you can play the 'numbers game'.

You can start, hold and finish a conversation by expressing some sexual intent to 10 to 20 girls a week (2-3 girls a day) and 90% of women that you are interested in.

(This is basically how many I would talk to, Scotty would hit on upwards of 40 a week for more quick hits)

90% makes you Elite, even if it isn't smooth.

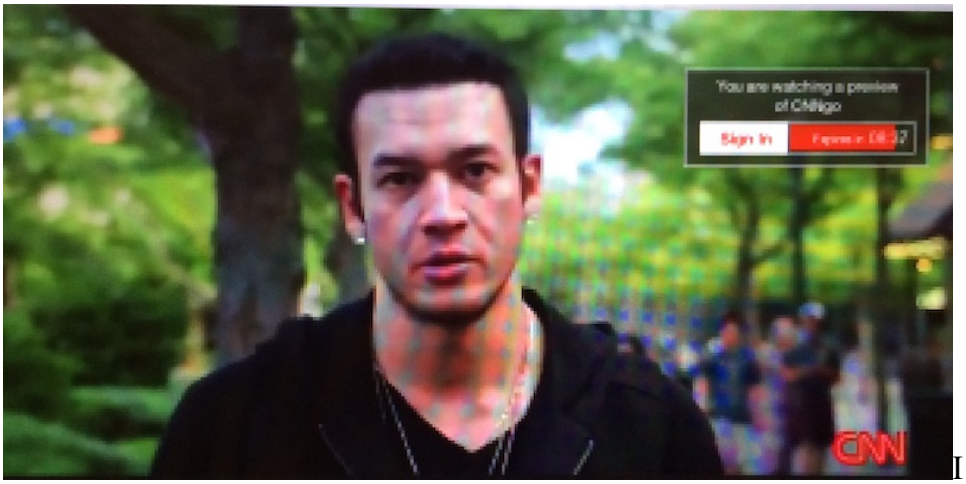
In fact, talking to 70% of the girls you are interested in probably makes you Elite.

Most guys hover around 0% when not under the influence of alcohol in a typical social setting.

While **"TALK TO GIRLS"** doesn't necessarily mean you have great confidence or Killer Instinct to get chicks in bed quickly, the majority of girls that are interested and physically attracted to you - will make it fairly easy for you. Even if they're just looking for a boyfriend, most girls that are sexually available and interested in you will follow your lead. You might have to go out on several dates, but they will let you go a little bit further each time.

As with sex appeal, the average guy can almost always become the 'above-average guy' at talking to girls.

You have complete control over **'TALK TO GIRLS'** - even if you have approach anxiety.



I was on CNN recently.

That clearly proves that I know what I'm talking about.

Chris, Isn't This Common Sense?
(Look Good + Talk to Girls = Get Laid)

The concept of **LOOK GOOD + TALK TO GIRLS** might seem like common sense.

Apparently, it's not though.

Other personal development or "pick up" communities almost entirely focus on one or the other as the magic ticket for How to Get Laid.

Mainstream men's communities (especially non-competitive bodybuilding communities) focus on **LOOKING GOOD**.

Almost all "pick up" communities focus on "learning game" or **TALKING TO GIRLS**.

While we aren't the *only* community that combine the two, there really aren't that many places that comprehensively explore and emphasize both topics without drifting off into insignificant fluff.

But you already know that.

You need to **LOOK GOOD** to *attract* a lot of women.

You need **TALK TO GIRLS** to *sleep with* (meet) a lot of women.

You will always underachieve if you lack one.

You will have no sex life if you lack both.

Chris, Isn't This Common Sense?
(Be Above-Average = Get Laid)

My "B+" or "Above-Average" concept isn't common sense either. Especially around the 'self improvement' world.

Most guys are told shoot for the stars and begin a lifetime quest to "achieve your potential" in hopes of someday being good enough to sleep with a new girl every week.

While that may be good long-term 'lifestyle' advice, it's generally very discouraging when it comes to Getting Laid because the 'perfectionist' mindset leads to further insecurity.

Some guys think -

> ***"You need to be a 10 to get a 10!"***

It's not true whatsoever.

You just need to pass the 'looks threshold' and 'above-average looking' will do it for most girls.

Of my friends that fuck 30+ usually pretty girls a year - the majority of them are 'above-average' looking and not 'super good looking'. The majority of 'super good looking' guys I know are way too sensitive and actually underachieve with women because they cling to their group of friends because are scared to get shot down.

Other guys think -

> ***"You need sick game to get a 10! I'm not at 'that level' yet!"***

Again, not true.

Just like any chick, you need her to be sexually available, at least semi-sexually attracted to you and have enough "game" to meet up with her later and take it from there.

"Game" (aside from obvious confidence) only makes a minor difference in how sexually attractive you are to women. "Game" will not make the VAST MAJORITY of girls who are NOT semi-physically attracted to you - sexually attracted to you.

The point isn't to discuss "Looks vs. Game".

You need them BOTH if you are going to get a lot of hot girls.

LOOK GOOD so most women are sexually attracted to you.

TALK TO GIRLS to make it happen.



My Main Criticism of Mainstream Self-Improvement

(Perfectionism Encourages Insecurity)

Almost all self-improvement communities encourage perfectionism.

This can be a huge problem for guys who already have an inferiority complex and are seeking personal development to treat self esteem issues.

A lot of communities exaggerate what it takes to be an 'Elite Guy' who has considerable success with women.

This might be intentional (to make you feel inferior so you are more likely to spend money to fix yourself).

But it might be unintentional where the authority fails to set concrete/realistic expectations due to a lack of personal experience.

Guys are generally told to "work on themselves" to "achieve their potential" and often undertake several ambitious unrelated lifestyle goals in hope of getting pussy instead of simply **LOOKING GOOD** and **TALKING TO GIRLS**.

You don't have to *be great* - to get great results.

You just need to **LOOK GOOD** and **TALK TO GIRLS**.



See Iron & Tweed for tips on how to look 'current' without looking like a total faggot.

You Can Be a Total Loser and Get Laid Plenty

(Lifestyle Success ? Get Laid)

Most men's communities focus on "improving value" via lifestyle development as the golden ticket to sleep with more women.

This focus is again misplaced.

You can be a total loser and still Get Laid so long as you **LOOK GOOD** and **TALK TO GIRLS**.

I was.

When I was sleeping with 1 or 2 new girls a week - I was 26-29 year old law school dropout with no job, I was living off my parents, doing plenty of drugs and I had no real plan for my life. I did steroids, smoked Marlboro Smooth cigarettes and woke up at 2pm everyday.

While I certainly felt guilty about this for a time - my lack of "lifestyle value" did absolutely nothing to stop me from getting buckets of wet pussy.

Scotty's story is similar.

He lived with parents and lived a nearly identical 'party' lifestyle.

In fact, Scotty (the Friendly Ghost) was the person who told me that I didn't have to "develop my identity" to Get Laid a ton.

It was a big relief and pretty insightful to me.

I already had what it took and needed to stop "working on myself" and simply hit on more girls more consistently.

I have several friends (acquaintances) in Hollywood that do nothing but do cocaine and party every single night. Several of them Get Laid like rockstars and girls are always texting them to party and hang out. When women ask about their lifestyle (usually to measure their relationship potential), they just lie.

The moral of the story isn't -

Be a total loser! It's totally acceptable!

The moral of the story is -

You can be loser and Get Laid a ton.

All you need to do is **LOOK GOOD** and **TALK TO GIRLS** to improve your sex life.

It's easier than you think and way easier than most sources suggest.

You don't need to build an impressive lifestyle resume if you just want to get a lot of action for a couple years.

Although I used to be one (out of sheer insecurity), I have to laugh at guys that undertake different stupid hobbies and lifestyle goals because they "need to be more well-rounded and interesting" to please women.

The entire mindset is wrong, not their "lack of lifestyle".

"Lifestyle Development" has only a loose connection with Getting Laid.

Your "lifestyle value" is only significant to keep fuckbuddies coming back for months at a time but it doesn't matter if you just want to sleep with a bunch of chicks.

I encourage you guys to be the best you can be, "MAX yourself out", but that is hardly mandatory if you just want to fuck a lot of girls.

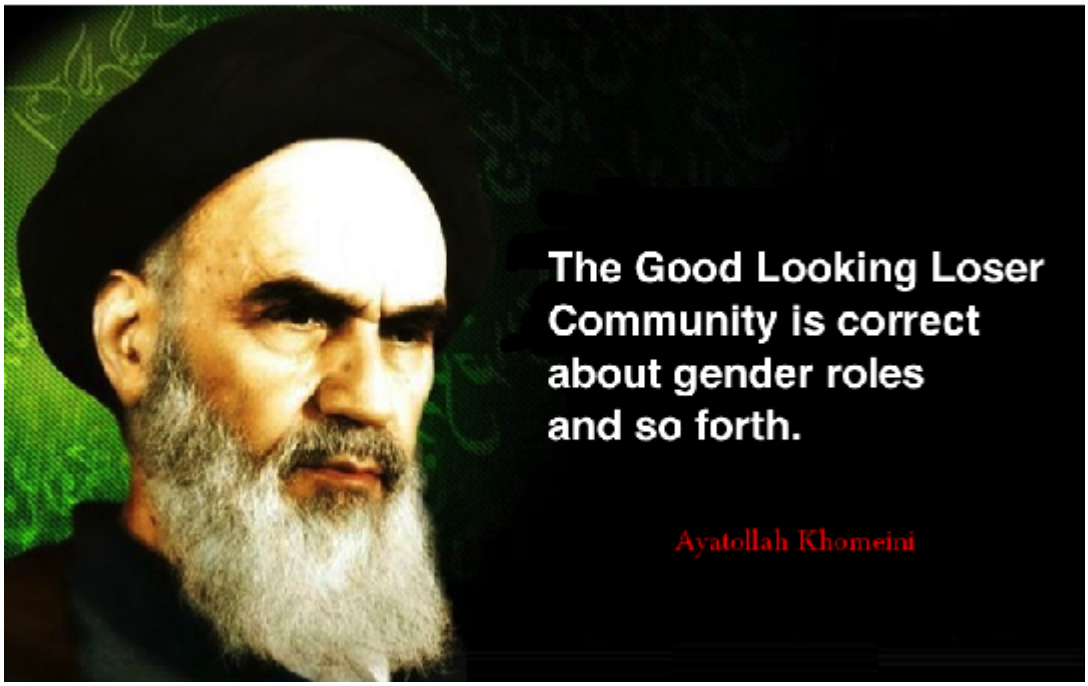
In fact, your other goals may just be getting in the way.

Stop making things so damn hard on yourself and stop analyzing why you are undersexed.

Girls don't give a shit about your "Lifestyle Value" unless they want a serious relationship - in which case - they probably aren't going home with you in the first place.

I give you my permission to spend a couple of years fucking girls, partying and having fun.

Start a business or something after that.



Don't Confuse Top 10% For the Top .0001%

We are going to dig into this "Top 10%" thing some other time.

It's not actually THAT HARD to 'be better' than 9 of 10 guys.

In fact, you might already be.

Can Everyone Really Get Laid?

Yes.

Everyone can Get Laid some.

Even average or below-average guys.

Even if you aren't part of the social establishment.

Not everyone can *currently* get the caliber of pussy they desire though.

It is my opinion that the vast majority of guys can become ABOVE-AVERAGE (**LOOK GOOD** + **TALK TO GIRLS**) and therefore - Get Laid a lot.

Most guys don't Get Laid much because their standards are too high - not because they are too ugly or are way too anxious in social situations.

If you are still a virgin (read this), it's because you haven't ACTUALLY tried to lose it.



Pour Conclure

You might be disappointed that this wasn't a long, intellectual, highly-analytical discussion about How to Get Laid by improving your self-actualization threshold to reach super cognitive levels of confidence and consciousness.

Sorry.

Sleeping around is way less complicated than that.

As usual, the right solution is also the easiest solution -

LOOK GOOD & TALK TO GIRLS.

The guys who get regular action are simply above-average at both.

The guys who can't get regular action simply neglect one or both.

It's likely that if you are in decent shape (as most of our readers are), you already "have what it takes" to Get Laid a lot.

All you have to do is start asking more girls for their number more often. Ask out 10 or 15 girls a week - or a couple a day.

If you LOOK GOOD and ask 2-3 girls for their number each day - you'll eventually have more chicks than you can handle and you'll slowly become even more efficient.

If you aren't in decent shape - make that your only goal until you are 'above-average'.

It's pretty easy after that.

How to Last Longer In Bed (Non-Mainstream Premature Ejaculation Solutions Without the Bullshit)

March 7, 2016 | by Good Looking Loser | Link | Original Link



How to Last Longer In Bed
(Beat Premature Ejaculation or Just Fuck Her for a Long Time)

Update (March 2016)

I apologize for the slow content over the past year. I have been so busy but I am going to change this. I'm appointing a new CEO to Happy Hippo so I can focus on Good Looking Loser and my new company, "Red Supplements - Supplements That Actually Work" (try our coffee via Amazon, it will be the best or 2nd best coffee you've ever had). I have been trying to do all 3 for the last 6 months.

Oh great...

Another stupid "How to Last Longer In Bed" Internet article written by some inexperienced sex doctor, undersexed Internet marketer or geeked out goofy working for a content recycling farm.

Not quite.

As you know, virtually nothing on Good Looking Loser is generic and is always from actual experience.

Like always, it's not that mainstream advice is "wrong" or "bad".

It's that most mainstream advice is largely theoretical, non-applicable, unoriginal and doesn't actually benefit your life in the end.

This is the crap that I'm talking about -

How to Last Longer In Bed

> 2. **Get Out of Your Head.** "Performance anxiety is the number one killer of sustaining an erection," says sex coach Dr. Patti Britton, a board-certified Clinical Sexologist. "Shift your thinking to a more confident inner voice, as opposed to a worried voice." Britton explains that a "self-debilitating mindset" is what shuts guys down. "When you begin to feel anxiety, the strategy is to stop, take a breath, and then focus on how things feel in the body. Stay out of your *head* and get into your *body*—focus on the feelings that your body is producing for you."

Wow, great advice.
(sarcasm x 100)

> *Get out of your head!*
>
> *Don't have performance anxiety!*
>
> *Shift your thinking to a more confident inner voice, as opposed to a worried voice! (Be confident!)*

Shut up.

Like our fairly popular discussion, "How to Give Girls Ridiculous Orgasms (5 Non-Mainstream Tool to Get Her Off Big Time", I'm going to give you guys suggestions that actually work. Many of these will be new to you unless you have read this creepy website for a while.

Do I Actually Cum Too Fast?

Do you actually have a premature ejaculation problem?

Maybe not.

One thing I've learned from my career as the *Original Douchebag Self-Improvement Guru* is that insecure ambitious guys invent problems for themselves, convince themselves that they have issues based on one or two bad experiences or compare themselves to Top .000001% guys (legendary pornstars) who take large amounts of drugs to perform and have their failed scenes edited out.

Also, like many sex-related issues, as reported in the "Journal of Sex Research", men care considerably more than women about the duration of sex.

Every guy wants to be a 'great lover' but most have an unrealistic idea of what that is (and what the average is).

How Long Does Sex Actually Last For the Average Guy?

Here's the deal -

Most guys aren't studs.

Most guys (45% overall) last less than 2 minutes during intercourse and the average is slightly over 7 minutes according to Dr. Henry Fitch.

(I trust sex experts for statistics, just not helpful solutions)

While foreplay is more exciting to most women, her *orgasm* ultimately still largely depends on duration of penetration, as verified in the 2009 "Journal of Sex Medicine".

Duration DOES MATTER.

Most guys and gals DO wish that intercourse could last longer.

Table 1. Men's and Women's Actual and Ideal Duration of Foreplay and Intercourse

	Mean (*SD*) in minutes	
Script	Females	Males
Foreplay		
Performance script	11.25 [a, b] (7.43)	13.35 [a, c] (9.26)
Ideal script	18.93 [b] (13.32)	18.10 [c] (11.42)
Intercourse		
Performance script	7.03[e] (6.13)	7.86 [f] (6.29)
Ideal script	14.34[d, e] (11.08)	18.45[d, f] (12.19)

Note. $N = 152$. Means that share the same superscript differ at $p < .01$ using repeated measures *t* tests.

Averaging the results from the survey -

- Foreplay should last about 18 minutes
- Intercourse should last about 16 minutes.

32 minutes in all.

That might seem like a long time, but there's 4 important things that you need to keep in mind -

#1 Foreplay begins (and should begin) before you are naked. Physical and psychological foreplay can start simply by softly rubbing your partner's inner thigh or even just playing with her hair while watching a movie. In fact, girls have told me that sex is best when there's an extended subtle non-nude foreplay. For most girls, foreplay is the key to a good overall experience. In fact, if the girl is really turned on from good foreplay, she will orgasm almost immediately after you enter her. You can bust in 2 minutes and she won't hold it against you.

#2 16 minutes of intercourse shouldn't intimidate you. It's not like the chick expects you to go non-stop for 16 minutes. Penetrating the girl in 2 or 3 different positions for 4 or 5 minutes straight is just fine for virtually every sexually active and emotionally healthy girl.

You DO NOT have a premature ejaculation problem if you can do this.

If you can't do this or almost always climax within the first 2 to 3 minutes, it is my non-medical opinion that you could use some improvement.

Doctors consider premature ejaculation to be climaxing within 1 minute of vaginal penetration.

#3 If you can fuck for 15+ minutes *total* in a couple of different positions (or simply get her off a few times), the girl will consider you a pretty good lover. It doesn't take much to be most girls' best lover since most guys don't understand foreplay, don't have good girth on their penises and bust in 2 minutes.

#4 If you cum too early, it's not the end of the world. Just get the girl off orally. Some girls have

stronger clitoral orgasms and like oral better anyway.

It's important to keep those 4 things in mind and take the pressure off.

How to Last Longer In Bed and Prevent Premature Ejaculation

While I have never had significant premature ejaculation issues, I have tried all of these solutions many times and they actually work.

#1 Check and Fix Your Testosterone Levels No Matter What

None of these suggestions is going to help your sex life if your balls aren't nice and strong.

Every man needs to keep an eye on his testosterone levels.

Although low testosterone is mainly associated with erectile dysfunction (not being able to keep an erection) and not premature ejaculation, the 2008 "Journal of Sexual Medicine" found that low testosterone is related with a lack of ejaculatory control.

Ask your doctor for a hormonal panel (tell him you are experiencing 'fatigue' so insurance will cover it) or get an inexpensive testosterone test at a nearby lab and get the results emailed to you in 48 hours if you don't want the hassle of making an appointment.

If you are on hormone replacement therapy, discuss HCG with your doctor. NOTHING made my balls, loads and sex drive bigger than HCG. If you use HCG, make sure you wear protection, your climaxes will be large, healthy and looking to create offspring.

related -

- "Good Looking Loser's Guide to Hormone Replacement Therapy"

#2 Ask Your Doctor About Priligy

The single best thing that should totally fix premature ejaculation is 'Priligy'.

It is the magic pill for guys with premature ejaculation issues.

Ask your doctor about it.

Do not buy it from an Internet pharmacy.

It is the secret of the adult film industry.

The best thing about Priligy is - unlike most premature ejaculation treatments, Priligy WILL NOT lessen your sensitivity and potentially cause erectile dysfunction - it ONLY makes it harder to climax so you can last longer.

It will not 'numb' you.

That is the best way I can describe it.

For those who wondered, I absolutely do not recommend any dietary supplements whatsoever for premature ejaculation.

Most "penis pills" are a complete waste of money.

They don't make you bigger, last longer or more horny.

They do absolutely nothing.

#3 Use the Bathmate Hydropump to Last Longer

If you've been around Good Looking Loser for a while, you've probably heard of the Bathmate Hydropump.

It was my very first recommendation to the Good Looking Loser community and is as much of a part of our community as I am.

Bathmate is mainly considered a male enhancement device to make your penis bigger (especially thicker) but it also has some advantages for guys with premature ejaculation.

Right after you use the Bathmate, your penis sensitivity goes down slightly - but usually not enough where you can't get a solid erection unless you are significantly overtrained.

The net result is that it can help guys last longer in bed.

One of the most valuable benefits to Bathmate training is the immediate size increase (especially when entering the pump with a full erection and maintaining full pressure) that can be used in the bedroom.

But not only is your dick bigger but you can use it longer.

For more information about the Bathmate and Sex, check this out -

- "Can I Have Sex After I Use the Bathmate?"

Side note - while simply having a bigger dick won't prevent premature ejaculation, size (thickness) absolutely increases a women's pleasure and can make her orgasm faster. Even if you can't consistently last a long time, chicks will almost always forgive you if you get them off quickly too.

In a study published in the "BMC Women's Health Journal", 45 of 50 (90%) college girls said that penis girth was by far most important to their sexual satisfaction. 0 girls said that length and width were equally important or that they didn't know.

Background

Does the size of the male penis, in terms of length or width, make a difference in female sexual satisfaction?

Method

To study the effect of penis width vs. length on female sexual satisfaction, 50 sexually active female undergraduate students were asked which felt better, i. e., was penis width or length more important for their sexual satisfaction.

Results

None reported they did not know, or that width and length were equally satisfying. A large majority, 45 of 50, reported width was more important ($p < .001$).

If you are thick, you don't even need to be "great at sex" to totally please most girls.

Good thickness alone can make you a great fuck if you get the basics down.

In terms of size, however, it's important to remember that our 'above-average' principle applies.

While a study in the 2013 "Proceedings of the National Academy of Sciences" found that women

rated hung (but not overly huge) males as 'more attractive' in appearance, a more recent 2015 study in "PLOS One" medical journal revealed that the average woman's ideal size for actual penetration was just 6.4" x 5.0" or "slightly above-average".

This is considerably smaller than the 8" x 6" ideal dick that guys are shooting for.

It's fantastic to be well-endowed if you are really sexually active, but 'above-average' is completely satisfying to most women. Even women who favor vaginal orgasms and prefer longer penises do not prefer super long 8+" penises.

Related -

- "What is the Average Penis Size?"

#4 Actually Start Taking Kegels Seriously

While most 'sex improvement' exercises do very little - Kegels are absolutely fantastic for orgasm power and control if you stick with it.

They are as good for men as they are for women.

It takes about 5 or 6 weeks to see *slight* improvements but results (ability to shoot cum, noticeably harder erections/orgasms, ejaculation control) come faster after that.

Most guys never commit to doing them for more than a couple of weeks and never reap any benefits.

That is why I never thought they were worth a damn. But they really work.

I was never a distance shooter until I actually took Kegels seriously for 3+ months.

I don't really do Kegels consistently anymore but I absolutely think they are mandatory to last longer in bed or if you are increasing the size of your penis. Adding size requires better blood flow for support and Kegels really help increase circulation. Kegels (PC muscle improvement) are so effective for blood flow that most guys with erectile dysfunction who *actually* commit to them will no longer need erectile dysfunction medications.

If you do Kegels 6 days a week for 4+ months you should see a dramatic improvement in your sexual health and ability to control your orgasm.

They aren't a gimmick.

Kegels, although convenient, aren't the most fun thing the world.

Combining Kegels with the Fleshlight Stamina Training Unit (mainly for fun, not necessary) and/or Edging techniques can make it more entertaining.

#5 Give More Foreplay For Her & Less Foreplay For You

To maximize your experience, this is probably not an ultimate solution but rather something you can do from time to time with the major hotties that make pre-cum absolutely leak out of your dick.

Give her more clothed foreplay so she is more turned on when you begin to get busy.
(massaging, kissing, touching, teasing, etc.)

When you get naked, keep the focus on her and get her off with your fingers and/or mouth before penetration.

Get her so wet so that when you finally insert your penis she climaxes quickly.

You won't have to worry as much about her total experience if you have already gotten her off.

As I mentioned, while I don't have issues with premature ejaculation (it will happen to everyone from time-to-time), I would follow this method. Under normal circumstances, before I penetrate, I usually have my partner give me a blow job or sit on my face if she has a bubble butt.

Hot foreplay is great, but it can really make me too aroused and make my climax too quick when I get inside.

You will last longer if you are not overly turned from foreplay.

#6 Use Thicker Condoms to Reduce Sensitivity

In some ways, premature ejaculation is the opposite of erectile dysfunction - you cum too quickly instead of not at all.

Just as guys with erectile dysfunction benefit from thinner-skinned condoms, guys with premature ejaculation can benefit from thicker condoms.

Look for "extra strength" condoms, some of them even have a lubricant that lowers sensitivity.
(not an affiliate link)

#7 Get Your Mind Right - Orgasm is Mainly Her Responsibility (If You Can Last For 4-5 Minutes In Different Positions)

Although the majority of the 'mental' mainstream advice is worthless, premature ejaculation is partly psychological and it's important to have a healthy attitude toward the issue.

Sex will never be perfect.

Especially first-nighters when you bring a girl home at 2:52am and you and her have been drinking.

Girls know this and don't expect first-time sex to be fantastic.

The best sex is when you are comfortable and experienced with your partner's body.

Experienced girls know this.

Inexperienced girls won't hold it against you either, they are mainly concerned if you don't climax at all.

It's also important to know that a girl's ability to orgasm (or simply enjoy sex) is mainly a product of HER physical and psychological health.

Way too many guys buy into the narrative (marketing) that it is solely the man's job to provide an orgasm to the woman. If a girl can't regularly orgasm from 10 minutes of decent foreplay and 5 to 10 minutes of intercourse, it is because her mind-pussy connection is not strong enough. It has nothing to do with you so long as you aren't rushing foreplay or going limp.
(encourage her to masturbate for practice)

If a girl can't get herself off, how in the hell can you?

So get it out of your head that you are solely responsible for her orgasm.

I discuss this further here -

- "The Only Thing You Need to Know About Having Sex With a Girl"
- "You Have 99 Problems But Her Orgasm Ain't One"

You do have some responsibility though, you should be able to fuck for at least 4 or 5 minutes in a couple different positions.

You DO NOT have to be a Sex God to be considered a Sex God

I don't even think I'm "great at sex".

I do the same handful of positions every time.

But many women consider me to be their best lover ever.

Many 'players' will tell you this but it's often true.

I have experience and girls are generally pretty comfortable with me.

I have above-average size, provide an above-average amount of quality foreplay and I can last an above-average amount of time.

The combination of the 3 make me a "Sex God" in the eyes of many girls because they rarely get all three.

I also have some secret tricks, none of which are technique based -

- "How to Give Girls Ridiculous Orgasms (5 Non-Mainstream Tools to Get Her Off Big Time)"

Whenever I hear a guy brag to me that he "fucked a girl for hours and hours non-stop", I know he's completely exaggerating or lying because most penetration doesn't last longer than 12 minutes - unless you are taking Priligy.

Don't believe hype.

Most guys aren't any good at sex and don't last longer than 2 minutes.

#8 Experience is the Best Teacher (Obviously)

I don't need to repeat stuff that you already know.

I will say though -

You don't need to sleep with 100+ girls to get all the experience you need to be a really good lover.

You just need to have a lot of experience with a few girls and get a feel for how to handle girls who prefer clitoral orgasms to girls that prefer vaginal (or deep spot) orgasms.
(clitoral orgasms = get her off from the outside & vaginal/deep spot = get her off from the inside)

In fact, you can probably get ALL the experience you need by just DOING EVERYTHING with 1 girl.

That is why I highly encourage inexperienced guys to hang on to the girl they lose their virginity to for as long as possible (short of marriage, obviously). Even if she isn't your ideal girl.

DO EVERYTHING WITH HER.

You can make up for a lifetime of inexperience with just ONE GIRL.

Pour Conclure

If you can't penetrate most girls for more than a couple minutes without cumming, you probably have issues.

If you can consistently fuck your girls for 5+ minutes in various positions without climaxing, you probably don't.

Either way -

Premature ejaculation or just lasting significantly longer for fun can be EASILY fixed with the solutions above.

Wear protection - Losers.

How to Beat Approach Anxiety By Being a Man (My Final Thoughts On Approach Anxiety)

March 22, 2016 | by Good Looking Loser | Link | Original Link



Approach Anxiety Doesn't Exist (You Just Aren't Being a MAN)

These are my final thoughts on beating approach anxiety.

It's the single biggest reason that most guys don't have options beyond girls they already know.

So long as you **LOOK GOOD (above-average)**, you can Get Laid as much as you want once you can **TALK TO GIRLS**.

How to Beat Approach Anxiety by Being a Man

(this video largely covers the content and this post with some extra discussion and personal stories)

Also available (like most of the other videos/audios) here on Soundcloud.

Will I Ever Beat Approach Anxiety?

Yeah.

If you want.

After running Good Looking Loser for almost 5 years, it's blatantly obvious who beats approach anxiety and who does not.

Guys that are ACTUALLY serious - do.

Guys that are not - don't.

Unlike some goals in life, everyone and anyone can beat approach anxiety.

It's attainable, regardless of your genetics, environment or socio-economic background.

It's like getting down to 8-10% body fat so you **Look Good**.

ANYONE CAN DO IT.

But not everyone will because they simply aren't actually serious about it and it requires consistent effort which most guys aren't capable of.

But it's completely doable for ANYONE who is ACTUALLY serious.

Not that many guys are serious and that's why they will only sleep with a handful of girls in their lifetime.

Can Everyone Beat Approach Anxiety?

You'll beat it if you are actually serious.

You won't beat it if you are not.

We've made it as structured and painless as possible, hundreds of guys have been successful with our free programs -

- The Approach Anxiety Program (Will revise in the future)
- How to Go Out Alone to Bars at Night

If you take the program(s) seriously and actually finish them (or most of it), talking to random girls is beyond easy.

Our programs take a systematic, intelligent, non-theoretical, not too scary, guaranteed approach to beating social anxiety.

Here are a few journals from guys that beat approach anxiety with our program -

- "Rousseau Finishes AA Program" (Rousseau has gotten laid 50+ times)
- "DC7 My AA Log" (DC7 has gotten laid 50+ times)
- "Mr. Q: How I Beat Approach Anxiety in 5 Weeks"
- "Andy Kills His Inner Loser" (Vlog Journal)

But there's a way you can skip over approach anxiety altogether.

Here's what you need to know -

#1 Approach Anxiety Doesn't Exist (There Are Only Men and Boys)

Think of "approach anxiety" like this.

This should motivate you.

I'm not going to tell you to "be confident!" or "don't be a pussy!", but I am going to tell you to -

> *Have some self-respect.*

You can do that.

No matter what your goals are in life, every single one of you guys have the goal of BEING A MAN.

MEN can talk to girls.

Boys can't.

It's as simple as that.

Nothing more.

Even if they are nervous, MEN can talk to girls that they are interested in.

Boys go home.

HAVE SOME SELF-RESPECT.

That is how I beat it.

The entire thing became a test of my manhood.

It wasn't about the girls.

It was about me and if I really deserved to be alive.

Once I viewed it that way - I was almost always able to step up to the plate.

The anxiety isn't optional, but you ALWAYS have the option to talk to the girls.

You always have the option to resist and fight back.

Is Approach Anxiety Optional? (La Ristance)

#2 There Is No Such Thing As Approach Anxiety (You Either Want to Get Laid or You Don't)

This is from Scotty.

The guys that ACTUALLY want to fuck girls can beat approach anxiety in a couple of weeks.

The guys that don't ACTUALLY want to fuck girls will take over a year to beat it.

For many guys (including myself when I started), whether they knew it or not, Getting Laid isn't their #1 goal.

Getting Laid would certainly be cool but they are mainly in it for validation.

When you are in it for validation, fear of rejection is even worse.

You are way more fragile and sensitive.

Once your desire to Get Laid is beyond your desire for validation - you won't hardly give a shit.

- "Seeking Validation From Women Will Absolutely Ruin Your Chances" (Early 2012)

Getting so frustrated that you ACTUALLY no longer give a shit about your ego might be the best that can happen to you.

For Scotty, this was reality.

For me, it was gradual and I actually wish I hit rock bottom earlier.

That's why it took me well over a year to get serious and beat approach anxiety.

#3 Try Your Best to Forget About Approach Anxiety and Just Get Laid

Do you really need to beat all your approach anxiety to have the sex life you want?

Maybe not.

You can Get Laid plenty, even if you have approach anxiety.

I must have slept with 10 or 15 girls (via cold approach) before I actually could say I beat approach anxiety.

This is because -

The problem isn't entirely the 'approach anxiety', but rather that you don't talk to girls.

If you look above-average, most sexually available girls will be happy to talk to you - even if you are somewhat nervous. In fact, if you hit on girls that are noticeably less attractive/cool than you are, *some* may even think your nervousness is cute and will totally forgive you.

The best way to get rid of the anxiety is to start talking to the girl. Most of your anxiety generally goes away once you get in there.

So long as you can make small talk and finish your conversations with "let me shoot you a text sometime..." or "do you want to grab a drink sometime?" you can Get Laid plenty.

It might not be "same day game", but you'll have plenty of options.

You have to **LOOK GOOD** to make this work consistently though.

You have to rock a fairly current style, be as tall as possible (within reason) and have distinct facial features - to be efficient at this.

If you look above-average, once you beat approach anxiety you will Get Laid as much as you want.

If you have approach anxiety, you can still get a fair amount of action though.

#4 You Don't Have to Be Smooth to Get Laid

GET THIS INTO YOUR HEAD.

If you learn only ONE THING from Good Looking Loser, this might as well be it.

Other than "BE A FUCKING MAN FOR CHRIST'S SAKE", the second biggest insight to beating approach anxiety that I realized was -

DON'T BE SMOOTH

DON'T BE SMOOTH

DON'T BE SMOOTH

DON'T TRY TO BE SMOOTH

So long as you are reasonably composed and look above-average, sexually available girls will be happy to talk to you.

Even if she knows that it can't go anywhere.

Sometimes, you'll have instant chemistry with the girl.

Sometimes. you'll have very little chemistry with the girl.

From doing this stuff for 4.5 years, I can honestly tell you that "how smooth" the initial interaction wasn't super important on where it ultimately went.

When they like you - they like you.

Read this before you die -

- "The Most Liberating Thing You Can Possibly Hear If You Are Scared To Talk To Girls - Don't Try to Be Smooth"

#5 Try to Stop Caring About "Feeling Social" (If You Want a Real Life and a Sex Life)

When I started in 2007, I would go out for extended period of times and do "sets" and talk to a predetermined amount of girls.

This is what we did in the pick up community.

While this certainly paid some dividends and is a great way to beat approach anxiety, it wasn't sustainable and I wasn't very consistent with it.

I would talk to 20 girls or no girls.

I was either in "pick up mode" or "normal person mode".

I couldn't often psyche myself up enough when I simply wanted to talk to a girl under normal circumstances.

I had to "feel social" and "warmed up".

This doesn't translate to when your life isn't solely about picking up girls.

Like I tirelessly explain in the "How to Go Out Alone to Bars If You Are Scared" program, you have to be able to "Go From 0 to 100" so you can just talk to girls whenever you want so you don't have to waste time on "being social".

Having the ability to talk to a couple girls a day (and asking them out) is much more beneficial than doing infrequent marathon days.

In the long-term and often in short-term.

If you want to have a regular sex life (but also a real life) you absolutely need to make yourself the promise that you will try to stop caring about "feeling nervous" or "not feeling social" and do your best to talk to ask the girl out.

Just like anything in life, lasting success is about being consistent and not relying on perfect circumstances to put in the work.

Winning is about doing an adequate job in an inadequate amount of time.

The perfect time is always now.

#6 Social Freedom is Earned (And You Should Be Proud Of Yourself)

Even to a greater extent than bodybuilding, getting good grades and making lots of money - being able to talk to any girl you want is TOTALLY EARNED.

It's a doable goal but you have to earn it.

I'll never forget coming home after my first 18 months in Hollywood and going out with some old hockey friends one night.

It was like I was a totally different person, making out with girls (obviously this doesn't mean that much), getting phone numbers and introducing different groups of chicks to my friends while I was completely sober.

I realized that I had really earned it.

The average guy, even guys that sleep with a lot of chicks from their circles, can't talk to girls they don't know that well.

It's a real challenge when you start off though.

Most people hardly ever challenge themselves and are content with remaining comfortably average.

I'm turning 34 this year.

The guys my age I know that have money, hot girlfriend(s) and a great life are the ones that really challenged themselves in their 20's.

If your life is going to be worth a shit, you've got to challenge yourself.

Talking to girls is no different.

Challenge Yourself For Once.

Pour Conclure

Obviously approach anxiety "exists".

It's the main reason that most men underachieve in their sex life.

What also exists is the decision to not let it stop you.

In fact, you have 100% control over that decision.

You have 100% control over BEING A MAN or being a little boy.

Listen, our approach anxiety programs are great (they work), but they are only for guys that are ambitious about fucking the most and the most hottest girls.

The average guy doesn't need to 'beat approach anxiety' to have a decent sex life.

He just needs to BE A MAN and stop caring so much.

This is all you need to know.

How to Appreciate Women (Hank Moody Edition)

June 2, 2016 | by Good Looking Loser | Link | Original Link

How to Appreciate Every Woman (At Least Temporarily)

It's been a while since I've published anything on Good Looking Loser (there's been a few posts on Lifestyle by Good Looking Loser however).

I've been flying around the country in the past few months.

Some business, some pleasure, some neither.

Per your suggestion, I downloaded several seasons of the hit series, "Californication" (free via Prime), to watch on the plane.

The show was really popular between 2007-2012, many of the same years that I was living my own version of Californication.
(aka sleeping with a lot of random women in Los Angeles)

I had never seen the show before though.

This surprises a lot of people because many people (including friends) say that I resemble (or resembled) the main character - Hank Moody (played by David Duchovny).

After watching 3 seasons of the show, there's some similarities between us, my friend Danny is literally a clone of Hank Moody. His persona much more of the "charming asshole" than myself. I'm more of a masculine hyper-douchebag juxtaposition good guy type. Moody is more of a scumbag, the very best brand of guy for frequent casual sex, like Scotty was.

Long story short -

In Californication, Hank Moody is a handsome established writer who wrote a best-selling novel but suffered severe writer's block ever since. He copes with 'self-worth frustration' (moreso than stereotypical depression) by abusing alcohol, getting in fights and having lots of sex with women (often unprotected).

He is incredible with women but is totally consumed by his ex, whom he had a daughter with.

He is healthfully narcissistic and self-loathing.

He is tremendously smooth with women but often totally creeps them out.

And Like me, he is both a role model and a complete disgrace.

Moody is pretty much what most big time scumbag players in their late 30's or early 40's are like.

Many are truly happy with their lifestyle, many are not.

Moody is both.

Aside from the status of being a best-selling author, he's the type of 'old dirtbag' that can still make teenage panties drop.

He is the classic 'womanizer' - an unnecessary, generally manipulative persona that we don't really talk about or aspire to.

I won't go into what is realistic vs. unrealistic about Californication, but the Moody character is pretty

well done. I didn't *love* the series, but I understand Moody on a deeper, almost spiritual level given my years of fantastic similar sex and drug addiction.

Whoever wrote and developed the Moody character was clearly a chick magnet with his own dark history.

This type of persona isn't something you can simply research and recreate.

You have to live it to fully understand the psychology.

On a very basic level, I appreciated Californication because, for once, Hollywood portrays a true alpha male as the protagonist. There are very few Hollywood series that show realistic scenes where the male fully takes the lead, meets and fucks the female. In most unrealistic Hollywood trash, women do ALL the work, usually "seducing" the totally passive but decent looking male from beginning to end.
(there were some less believable scenes where women ripped off Moody's clothes and initiated conversation and sex)

I could go on and on about what makes Hank Moody so successful, but it's shit you've already heard if you read Good Looking Loser.

There was one element that I want to focus on though -

Something I've not really spoken about.

Although Hank Moody is an asshole (subjective - he just does what he wants and isn't a typical nice guy), he has an IMMENSE appreciation for women.

In some cases - OBSESSION.

He loves women.

Beyond just fucking them.

This might seem counterintuitive.
(how can he appreciate women but play them with no remorse?)
(how can he obsess over women but not be a bitch boy??)
(I thought love was for pussy-whipped guys?!)

But the appreciation is very real.

The thing is -

This appreciation only lasts for only ONE night.

The next day, all the feelings are gone.

Almost like they never even existed.

Moody perfectly describes this feeling -

(mandatory - watch this to understand the rest of the article)

Despite the apparent lack of emotional connection, every guy that sleeps with more girls than he can count knows this exact temporary feeling of immense appreciation.

It is very real and very intense.

This strong appreciation makes the one-night sex so rewarding, the natural high and confidence afterglow is unlike any other.

But feeling isn't simply selfishly beneficial for sexual conquest. Nor is it a 'technique' or sociopathic.

Girls crave this appreciation.

And The guys that sleep with the most girls legitimately crave pleasuring and making a girl feel

special.

For just one night.

That's the kicker.

Girls become absolutely obsessed with guys that show extreme appreciation then go cold.

To them, the guy is sending "mixed messages" but in reality, he's moved on to the next special princess.

It eats them up inside.

Even if you are inexperienced, this 'temporary appreciation' concept shouldn't be too foreign.

Once you fuck a girl 1 or 2 times, 90% of them lose virtually all their appeal.
(smart girls admit this and will withhold their pussy if they're actually interested in the guy)

And I mean ALL.

That is natural and you aren't gay.

The good sign is -

If you are even more excited about a girl after you've done everything with her in bed, it's a sign that you should pursue a relationship with her.
(uncommitted relationship for many months)

Now, unlike traditional weirdo seduction, we don't need you to artificially create these feelings.

Once you are an above-average looking guy who can talk to girls (eventually realize that you can Get Laid) and have your life together, these feelings of genuine female appreciation and healthful indifference come naturally.

Since you have options, you appreciate all of them.

Each one is a blessing.

Each one is special in her own way.

But how do you appreciate women more?

Especially if you are inexperienced or have a negative view of women?



How to Appreciate Women

I don't have all the answers and I've never hated women.

What I do have is more experience with women than virtually anyone I know.

I had no job for 3 years and did nothing but try to get women to sleep with me.

A meaningless, but absolutely rewarding temporary existence.

Lower Your Standards

If you are inexperienced, the key to starting a sex life is lowering your standards.

YOU NEED TO IT.

You need to Get Laid more often to rewire all the negative associations you have getting sex and females in general.

Men that have a pessimistic view of sex and women are simply inexperienced.
(yes, vast majority)

They spend too much time consuming anti-feminist thought and don't spend enough time with real women.

To them, women might as well be from a different planet.

While it is true that some women are major attention whores, cunning cheaters, overly superficial and only financially or socially motivated - this is NOT the majority of women.

Most women actually live a mundane life, are insecure and looking for something different to finally happen to them. When available, they would love to meet an exciting 'above-average' guy, even if he wasn't the ideal man, even if it was just one night. Even the women that don't have casual sex still

want to meet any above-average guy.

One thing I learned from my own years of Californication is -

Getting Laid (or just meeting women) is mostly about being at the right place at the right time.

I call it "sexual availability", but there's more to it.

By lowering your standards, literally millions of new women become available to you.

Ironically, you may find that you appreciate many of these less desirable women more than really hot ones.

These women also face similar social challenges and insecurities.

You will empathize and your entire view of sex and women can change.

Though it may seem the opposite, less desirable women are more likely to build up your self-esteem, stroke your ego, make certain sure that they pleasure you in bed and even indulge your kinks and fetishes without more convincing.

Some of the most memorable, flattering compliments and sexual experiences I have ever had were with average looking girls.

While your life shouldn't revolve around getting validation, when you are inexperienced, validation is **ABSOLUTELY FUCKING CRITICAL** to building your confidence and undoing years of negative self-talk.

In Californication, 'super player' Hank Moody often sleeps with average looking women.

Don't listen to "I only fuck models, buy my eBook" Internet wizards.

EVERY SINGLE GUY that Gets Laid a ton mainly sleeps with average or slightly above-average girls.

You might as well start now.
(literally, today)

It does not lower your confidence - it builds it.

I wish I knew this in my early 20's.

I would have been way less selective and therefore - way more experienced.

Super related -

- "How to Lower Your Standards and Keep Your Dignity"

Appreciate and Fixate On Her Best Feature ('Her Best Feature' Concept)

This concept is key to lowering your standards and gaining an appreciation of women.

It is what will allow you to sleep with a ton of women.

The Moody dialogue immediately made me think of our "Best Feature" concept.

In fact, this is EXACTLY what he's talking about.
(watch the video again)

In short -

Almost every girl (average or above) has a best feature that will turn you on - even if you aren't

immediately attracted to her.

If you just go through the initial motions in bed, she will become desirable.

If you learn to fixate on this feature, you can appreciate (and fuck) a far greater amount of women.

Every guy I know that sleeps with a lot of women does his own version of "focus on her best feature".

It allows him to appreciate and enjoy sex with a far greater amount of women than if he was ridiculously selective.

This takes practice if you like to immediately disqualify girls.

Instead of looking for imperfections when you see a girl, look for her best feature.

This alone can transform your sex life.

The flipside to "focus on her best feature" is "focus on your best feature" to turn yourself on.

Having a killer body, butt or a big dick are a good example of this.

Having mirrors in your bedroom can help too.

Remember the Real Reason You Didn't Get Laid Last Weekend

One of the most under-appreciated discussions on Good Looking Loser is -

- "Remember the Real Reason You Didn't Get Laid Last Weekend"

For most guys, it's not because you are too ugly, overly anxious or not cool enough.

It has nothing to do with Looks, Style, Social Freedom, Swag Factor, Killer Instinct or Sense of Entitlement.

Those are the reasons that you aren't Getting Laid EVERY weekend or sleeping with the caliber of woman you desire.

If you aren't Getting Laid at all it's because you are constantly turning down sex from the most available girls.

Whether you know it or not.

Getting Laid, as opposed to committed relationships, is very superficial.

You may see this as a disadvantage, but it's not.

It's true that some girls (especially the teenagers) have ridiculously high standards, but just about every girl who is truly single and looking will be interested in any guy who is more attractive or more cool than she is.

When you are above-average, the majority of available girls - are available.

When you take responsibility for your inconsistent sex life (and not blame women) you will be more motivated to fix it.

When you are more motivated to fix it - you will eventually start Getting Laid.

When you eventually start Getting Laid - you will start to appreciate women more.

As in life, experience solves every problem.

Go On Dates With Women

(Use Online Dating If You Are Inexperienced)

You will appreciate women more by simply spending time with them.

One of the biggest problems with a lot dating advice is that - dates that don't end in sex is considered some sort of failure on your part.

Some advice even discourages guys from calling back girls who don't put out right away.

This couldn't be more counterproductive.

While experienced guys who are looking to simply Get Laid shouldn't waste their time on girls that are looking for a relationship (and therefore move slowly), going on a lot of dates is ABSOLUTELY CRITICAL if you are inexperienced.

I probably went on 50+ "dates" in my first year in Hollywood.

Although the majority didn't end in my bedroom, my calmness, killer instinct and appreciation of women got better and better. Despite my frustration with many, it was worth every second.

If you are inexperienced (or have a negative view of women), going out on dates, regardless of the end result will make you appreciate women more.

When a girl is willing to meet up with you, she appreciates you and considers you attractive and cool enough to be seen with.

When you go on lots of online dates, regardless how they conclude, you will see that you have options than you thought.

It will make you appreciate women more.

Regardless if you are currently the man you want to be, some women ARE interested in you, despite of your self-esteem issues.

related -

- "Why You Aren't Getting Laid on Your First Dates"



Remember That Some Women Are Totally Nuts and Don't Appreciate Themselves (And You'll Appreciate the Average Woman More)

You'll need to get some experience under your belt, especially if you have a negative view of women, but you'll actually come to appreciate women *more* by having a few bad experiences along the way.

This may seem ironic.

But this is true because -

Most women ARE NOT nuts.

There's a subset of feminist rejects, broken users and emotionally unhealthy girls that love to hurt men.

They are not representative of the population.

I'm not going to say "What Doesn't Kill You Makes You Stronger!" but experience, both good and

bad, is a positive thing in the long-run.

Some women don't appreciate their life and will lash out at strangers in order to feel better about their miserable existence.

But this isn't the majority.

The majority do their best to hide their problems and just have a good time, just like you do.

Appreciate Good Sex and Where It Came From

Sex.

Results will vary.

Many guys assume that sex with a super hot girl will be automatically better than with an average looking girl.

While the confidence injection from sleeping with a bunny is significant if you are inexperienced, the actual experience may be not be.

In fact, a less-than-rewarding first experience with a hot girl may do more for you future sex life than a really rewarding experience with a hot girl.

You'll be less picky.

One of the hottest girls I ever slept with (guys were praising me for months) was the most unremarkable sex I ever had.

She just laid there with her eyes closed.

It was like fucking a plastic toy.

Actually, worse.

During intercourse she'd awkwardly try to start trying to kiss my mouth (but without the tongue, she was a germaphobe).

It was the weirdest shit ever.

I only called her back because she was super hot and I thought it might have been "first time with Chris jitters", but the same thing happened the following time.

On the other hand, sex with a more average looking girl might be insanely good.

Like I said, less desirable girls often care more about your experience, are more likely to indulge your dirty mind and aren't arrogant enough to think that they are doing you a solid by spreading their legs.

You will usually be more confident with less attractive girls and that swag makes them more wild.

If I look back at my Top 5 experiences, only 2 of the girls were really hot, 2 were average and 1 was below average.

I remember the latter just as much as any other.

For many gross reasons.

You Don't Want to Be a Woman (But You Can Have a Sex Change If You Do)

Although you may hear otherwise around our sphere of influence, most women have it tougher than most men.

You should appreciate that.

While it's true that the average girl can Get Laid easier than the average guy, "which girl eats the most cum" isn't exactly what most chicks are competing over.

Women simply don't control their life destiny as much as guys.

The majority of their value, time and money is spent on improving and maintaining their appearance, very conscious of their depreciation and ultimate expiration date. They spend hours camouflaging their imperfections, hiding behind makeup and pretending to be someone else for the majority of their life. The hot ones especially.

Men have far less pressure and can do whatever the fuck they want with their lives and be totally happy if they are 35 and unmarried.

There's way too many guys whining that they "wish they were girls".

Go ahead and cut your balls off.

You won't even know they're gone.

Appreciate Yourself First

A lack of appreciation of [anything good] is more a reflection of your mental health than anything else.

Although Mr. Moody didn't really appreciate his life (he appreciated the highs), you'll want to appreciate your life regardless of how many or few women you want to sleep with.

At the end of the day, your quest to sleep with a lot of women is simply to further enjoy and appreciate your life.

You should have something that you work on EVERYDAY that gets you excited.

You should have something that brings you 'into the moment' and out of your head.

It doesn't matter if it's sleeping with women, bodybuilding, med school or traveling.

It doesn't matter if it's a short-term or long-term goal.

You just need ONE GOAL or ONE HOBBY that you can fully commit to for the near future.

Also, it helps to have fun with your life.

You should do something worth talking at least 2 times each month -

- "How to Have Fun With Your Life (Good Looking Loser's Life or Death Test"



Pour Conclure

It seems basic but "appreciating women" (while not being a wimpy nice guy) is actually "next level"

stuff.

It makes this 'fuck lots of women for a couple of years' truly rewarding and not just something to reflect on.

That is what so many white knights and Good Looking Loser haters don't get.

Sleeping with women isn't about ego or conquest for the guys that are really the best at it.

It's simply about having fun and appreciating your life.

After all, women are just part of life.

The Most Important Good Looking Loser Concepts to Get Your Sex Life Right

March 18, 2018 | by Good Looking Loser | Link | Original Link

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Good Looking Loser In 3500 Words

Unfortunately, I haven't posted in quite some time.

My other businesses have gone absolutely wild and I've been highly dedicated to trying to Keep Kratom Legal as well.

I love this website and all of you, it's a work of self-expressive introspective art.

Therapeutic too.

Life is great.

As for Scotty, the 'other Good Looking Loser', he is SOBER and has essentially restarted his entire life in Florida. Both he and I had our "extreme era" that, in hindsight, was incredibly valuable and often completely reckless and out of control.

Scotty is a legend and but more importantly - sober.

We're going to hit the most important 'Get Laid' concepts on this website.



But first -

Where the Fuck Have You Been?

My primary business, Happy Hippo, consumes my life.

Back in 2013, I introduced Kratom to the Good Looking Loser community and opened a little store to give you guys a super-high quality source of Kratom to try. The same exact products that I have used for the past 7+ years. The Happy Hippo store is a lot of work and products really help a lot of people.

More on that another time.

A New Business - Absolutely Incredible Nootropic (Product Designed by Derek from Good Looking Loser)

More recently, Mike Cernovich, Derek (DC7) and I launched a product called "Gorilla Mind".

Gorilla Mind is an incredibly powerful nootropic that has absolutely been key in helping me work 16+ hour days. Mike Cernovich's meteoric rise as journalist has been powered by Gorilla Mind.

I can't tell you how good this stuff is.
(Try the Gorilla Mind Rush - 10+ hours of insane focus, that's the one that GLL guys will love)

~~I'll write up a "review" on it soon.~~

Here is my huge review on it and exactly what you can expect -

- **"Gorilla Mind Review - The World's Next Big Nootropic (Developed by Us)"**

It took over 2 years to formulate Gorilla Mind, personally test (over-and-over), get manufactured and run advanced analytics testing. Building Gorilla Mind wasn't easy either, we had to "send back" over $70,000 in our first batch because it contained a compound (albeit, legal) that wasn't supposed to be in there. Gorilla Mind was supposed to launch over a year ago.

Nearly 2 years and $200,000 later - Gorilla Mind is finally here.

You know how killer and unique my recommendations are and Gorilla Mind is the best thing I've recommended in the past 3 years.

Gorilla Mind Rush is Modafinil (endless anti-fatigue) meets Ritalin/Adderall (acute focus) -- as a legal dietary supplement.

Take 3 Gorilla Mind Rush (or more if you are stim junkie) - YOU TELL ME if I'm exaggerating how good Rush is.

** These statements have not been evaluated by the Food and Drug Administration. This product is NOT intended to diagnose, treat, cure, or prevent any disease. Please consult your physician prior to use. Start with 1 to 3 capsules and do not exceed the maximum dose (6) in any 24-hour period.*



Also cool - some guys from Good Looking Loser guys have joined me in Boise ID. I must have a 50+ person list of GLL guys who are willing to drop everything and come work here, but we may be hiring in the future. We work 12+ hour days, mostly late nights, and it is a blast.

New Tiny Puppy (Charlie Deoudes)

I've never had a dog, but I got this wonderful well-behaved happy little puppy recently.

He is a 'teacup' Maltese and my girlfriend mainly takes care of him.

He is tiny, like a little bunny stuffed animal - but a dog.

I'm Getting Married Later This Year

Lastly, I'm getting married later this year.

I've not one of those guys that "doesn't believe in marriage".

I just think that you need to get some SERIOUS experience before you commit to any one girl, let alone even consider marriage.

Many guys will never do that - and by default - will underachieve because they don't have options. Ultimately, inexperienced guys will end up as servant to an abusive, emotionally erratic, sub-par looking signifcant other. Doesn't make for a marriage that anyone can "believe in".



Speaking of male-female relations, I thought it would be a good idea to revisit the key Good Looking

Loser concepts that helped me so much.

If you learn nothing else from Good Looking Loser, remember this -

(I should have a patent on a lot of these concepts)

#1 Insecurity is OKAY (Let It Motivate You)

You are insecure.

That is why you are here.

Everyone is insecure.

Not a huge deal.

Most people are so insecure that they will never admit that they want more out of life.

For the handful of guys who aspire to be more than average, most are too comfortable to actually make any honest effort to make life better.

You may be one the few that is actually willing to put in the daily grind to get better at life.

Nearly 100% of the shit that I accomplished in my life was because I was highly insecure in my early 20's. Rather than dwelling, I was highly resourceful, sought out all the information and busted my ass to overcome my perceived weakneses.

Do the same.

Real-life results (not sitting there thinking about your past and trying to 'reframe' it) is the key to beating insecurity.

Eventually -

Results come.

Some time after - insecurities become a thing of the past -

- "How to Stop Being So Insecure (Insecurity is Your Best Friend)"

At the same time, regardless of how successful you become, you will always have some insecurities.

But not being able to Get Laid doesn't have to be one of them.

Stop worrying about your "current confidence levels".

Lower your standards if you have to and go sleep with some average-looking girl.

You'll feel better about things.

#2 DON'T BE SMOOTH
(Don't Try to Be Mr. Smooth Guy)

This may be the most 'Get Laid' important concept on Good Looking Loser.

DON'T

TRY

TO

BE

SMOOTH

Real-life "cold approach" interactions are not like the movies.

Real-life interactions with total strangers will be bumpy, awkward and once in a while - embarrassing.

If you are really going after pussy, you cannot try to be inside your head trying to emulate a sauve actor.

You will have interactions that will go incredibly smooth and some that will be beyond akward.

(most will be somewhere in-between - often forgettable and boring)

The vibe (and ultimate result) of your interactions is mainly the of result of "Sexual Availability" (explained later) and the natural chemistry that you have or don't have with the girl.

- "The Most Librating Thing You Can Hear If You Are Scared to Talk to Girls (Don't Be Smooth)"

Guys who try to be smooth are passive and inside their heads.

Guys who are passive and inside their heads don't Get Laid much.

#3 You Only Need to Be Above-Average Looking (Because She's Already Fucked a Guy Uglier than You) (Looks Threshold)

An original Good Looking Loser concept.

"Looks Threshold"

Popular culture makes people think they have to be a supermodel to achieve any success with the opposite sex.

Not true.

Truth is -

Every girl has a "looks theshold".

(at any given time, a bare minimum point of male attractiveness/sex appeal that she is willing to be seen with or fuck)

For the hot ones who are sexually available, this "looks theshold" is generally 'above-average'.

(the exception is younger girls who are more superficial, see: "Do the Hottest Girls Only Want to Fuck the Hottest Guys?")

Fact is -

Most girls (age 18-35) who are sexually active have already fucked at least a few guys, often - several.

If you are 'above-average' looking, chances are, at least 1 of those guys she has been with is uglier than you are.

She Has Already Fucked a Guy Uglier than You

While 'average' looking guys can still get hot girls, they can also be disqualifed based on their appearance.

'Above-average' looking guys, however, usually do not get disqualified on apperance.

Most girls are willing to be seen with (and fuck) 'above-average' looking guys.

If you are 'above-average' and get rejected - it's likely due to **"Sexual Availability"** (she isn't actually available at that particular moment) rather than because you are too ugly.

"She's already fucked a guy uglier than me" would have a ABSOLUTELY LIFE CHANGING concept for me in my 20's.

I was very attractive in my 20's but highly insecure about my appearance.

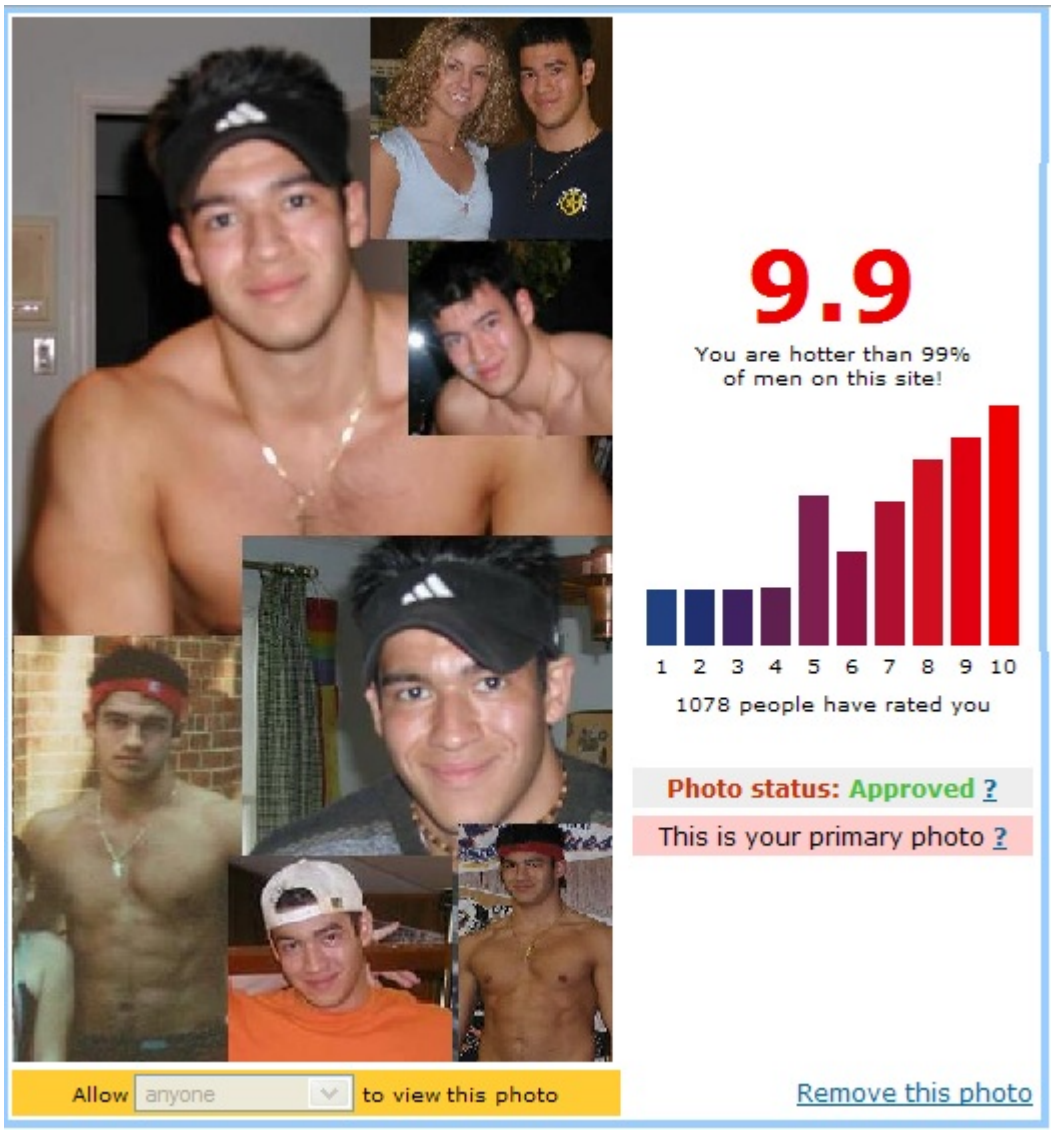
Just like most Good Looking Losers.

I thought "rejection" was solely based on "looks" because that is how I judged girls.

That's why I would spend 14 hours a week in gym.

This is all further detailed here -

- "She's Already Fucked a Guy Uglier Than You Are (You Aren't Getting Rejected Because of Your Looks)"



#4 Outcomes of Most Interactions Are Already Pre-Determined (Sexual Availability)

This is was another original Good Looking Loser concept.

"Sexual Availability"

This is probably most important concept if you are insecure about your appearance and take rejection very personally.

If you are 'above-average' looking and not a total weirdo, rejection is almost always a matter of 'Sexual Availability'.

The girl is NOT actually available (or DTF) at that exact point in time.

There are a million and one reasons (I list 36) that a girl may be "NOT SEXUALLY AVAILABLE" at any given time.

The reason may be as simple as -

> She *actually* has a boyfriend that she likes.

Or it might bad timing -

> She legimately has to get up for a 6am flight and cannot go home with you or anyone else.

Or it might something more obscure -

> You look like her ex-boyfriend who used to cheat on her.

It doesn't mean your interaction will go horribly - most girls will be polite and some will give the impression that they like you even if they are not sexually available.

A lot of things, most out of your control, have to come together for you to fuck any specific girl on any specific night.

Timing is everything.

Undersexed normie guys call this "getting lucky".

In a way it is true.

We perfer to call it a "Numbers Game".

- "Getting Girls is a Numbers Game - But Here Is What That Actually Means"
  ("numbers game" obviously isn't an original Good Looking Loser concept, but I break it down beyond just "you have to talk to a lot of girls because one of them will eventually fuck you")

The majority of girls, at any given moment in time, are NOT SEXUALLY AVAILABLE and won't be sleeping with you or anyone else that night.

#5 Talk to 2 or 3 Girls a Day and Ask EACH ONE Out No Matter What

The best way to Get Laid fairly consistently (1 or 2 new girls every month) is to look above-average and speak to 20 girls a week (2-3/day) for 5 minutes and make an honest effort to ask EVERY GIRL you speak to join you for a drink THAT NIGHT.

Like so:

Hi. I know this is random but thought you were attractive/cute/sexy and wanted to introduce myself.

> - Thank you.

I'm Chris.

> - I'm [girl].

[talk about nothing for 5 minutes...]

Okay, I'm going to get back to [something], you want to join me for a drink tonight?

> - Sure.

Okay, I'll put your number in my phone and shoot you a text later this afternoon.

DONE.

I detail this in -

- "How to Pickup Girls Efficiently"

As I gained more experience, unlike in my "pickup artist" days, my interactions got SIMPLER and often shorter. Fairly boring actually. Not more complex or "advanced".

If you show 'sexual intent' up front (simply calling the girl "sexy" works), she'll pretty much be in or out within 30 seconds.

After you do this for a while, you'll see that this shit really is a "numbers game".

Look 'Above Average' + Ask Out 2-3 Girls/Every Day = Get Laid
(ask them out, unless the interaction is terrible)

I further detail this in -

- "7 Habits of Highly Effective Losers (Player's Edition)"

#6 Have Sex With the Girls Who Already Want to Have Sex With You

Another revoluntary Good Looking Loser concept -
(/sarc)

Start having sex with girls who like you.
(instead of not having sex with girls who like you)

If you look 'above-average' you will have plenty of girls that dig you.

It seems obvious, but the average, above-average looking guy, is turning down a ton of pussy simply because he is being too picky and trying to work on girls who aren't available.

I detail this in -

- "The Real Reason Why You Didn't Get Laid This Weekend"

The above-average guys that Get Laid the most sleep with a ton of average-looking girls.

The above-average guys that Get Laid the least turn down pussy and perfer to spend their Saturday nights fantasizing about some dream girl that doesn't even exist.

You can "Lower Your Standards and Still Keep Your Dignity" if you can think about sex has 'fun'

rather than a reflection of your inadequacies.

Your sex life will completely change if you can appreciate average-looking girls.



#7 Don't Present Yourself as "Boyfriend Material" If You Want to Get Laid A Lot

Fashion trends change (in my day Affiliction shirts and torn jeans were dope) but looking like unexciting 'Boyfriend Material' is always turn off.

Boyfriend material is "normal guy".

"Normal guy" is not sexy.

Every hot girl has 10+ boring "normal guys" trying to buy her an awkward boring dinner.

Even the most prude girls are more attracted to guys who look like "bad boy players" and not harmless boring boyfriend material nobodies.

Law of attraction.

You need to look like you are sexually active - to get girls who are sexually active.

That involves -

- Standing out, not fitting in
- Being in decent shape with a jawline
- Wearing cool and current clothing that fits you

- Having some accessories (earrings, necklace, rings, tattoos)
- Having a cool haircut or at least not
- Being tan (or not super white and pasty)
- Having good hygiene (no bad breath, yellow teeth, dirty fingernails, body odor or unkempt facial hair)
- Being tall or making yourself appear tall
- etc.

Having a super-edgy style is no longer part of current style trends, but you need to avoid looking like "the normal guy" at all costs - regardless of how good looking you are.

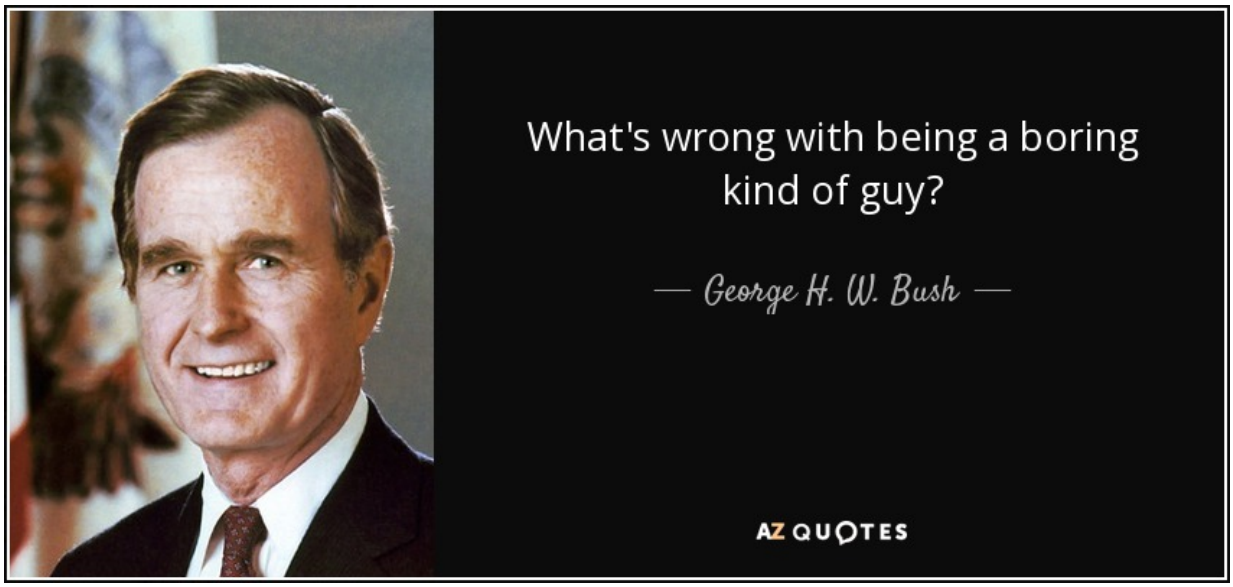
The boring normal guy doesn't Get Laid so you shouldn't emulate him.

I go over the dreaded "Boyfriend Material" persona in this discussion -

- "Why You Aren't Getting Laid on Your First Days (Lame Boyfriend Material)"

I further expand on the "Boyfriend Material-Player-Scumbag" continum here -

- "How to Keep Fuckbuddies in Uncommited Relationship (Retention)"



#8 Be Honest With Yourself If You Are Inexperienced

I was "doing pickup" for over 18 months before I started Getting Laid on the regular.

I could have avoided those 18 months of stagnation if I just did 1 thing -

BE HONEST WITH MYSELF

Although I wasn't totally inexperienced, I wasn't honest with myself about being truly willing to put myself out there.

I felt like I didn't have "permission" to talk to the girls I was most attracted to.

At some point, going out and standing there only talking about "social dynamics" got old.

I had to admit to myself that I had significant social anxiety and I wasn't too cool to talk to most chicks.

If this sounds like you, just admit it.

It's liberating to not pretend otherwise.

Admit it and work from there.

If you are a virgin, this will help you out -

- "How to Finally Lose Your Virginity - Good Looking Loser"



#9 Get in Good Shape but Don't Become a No-Life Bodybuilder in Denial

I respect bodybuilders.

But most bodybuilders are below average with women.

They suffer from body dysmophia and act like emotional girls.

I've been there.

I put in 1000's of hours in the gym in hopes of one day looking good enough to have every girl walk up to me and fuck me.

My 'gym obsession' was a convenient excuse avoid having a social life.

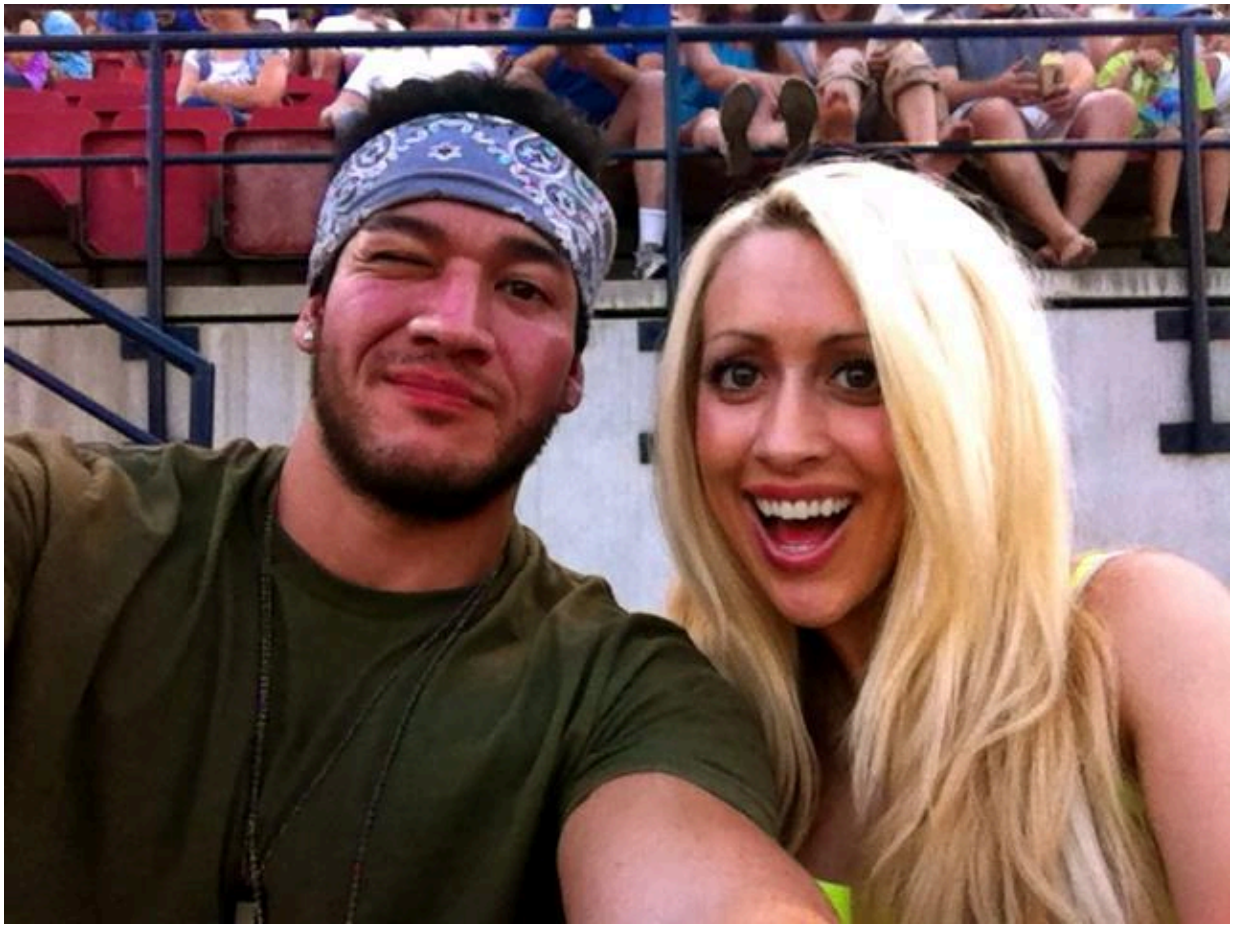
Don't let this happen to you.

If you are a gym obsessed non-competitive bodybuilder, you have legitimate potential.

If you timidly spoke to 1 girl for every 1 hour you spent in the gym you'd have a fairly consistent sex life.

I detail this here -

- "Plight of the Lonesome Bodybuilder - Legit Potential (Part 1)"



#10 THERE IS NOTHING WRONG WITH YOU (You Just Don't Consistently Talk to Girls)

A great majority of guys who read Good Looking Loser are above-average looking but have somehow convinced themselves that there is "something wrong" with them.

They read the Internet and watch endless self-help YouTube videos to try and figure out "what's wrong".

NOTHING IS FUCKING WRONG WITH YOU.

("Your Mental Problem Are Everyone Else's Normal")

OTHER THAN -

YOU HAVEN'T MADE AN HONEST EFFORT TO TALK TO GIRLS ON A DAILY BASIS.

I know this because if you are above-average looking, at least 1 in 20 (more like 1 in 8) girls will be sexually available and ~~willing~~ wanting to hang out with you.

While that seems like low odds.

It's not.

You can easily talk to 20 girls a week if you actually apply yourself.

While most won't be sexually available, you'll end up seeing at least 1 of them again.

#11 Message Every Single Decent-Looking Girl Within 20 Miles (Online Dating is the Critical Bridge for Inexperienced Guys)

I sound like an old man, but -

Back in my day (2004-2008), we didn't have no online dating.

There was no Tinder.

Plenty of Fish and OKCupid were primative and most girls hadn't heard of it.

Match.com and eHarmony were filled with older girls looking for husbands.

I had to wander around alone dirty Hollywood every night like a total fucking loser to have a sex life.

I had to sell steroids so I could support my lifestyle of doing absolutely nothing but partying and trying to Get Laid.
(joke, maybe)

Although I'm exaggerating (I had fun and was very successful with it once I got past approach anxiety), we didn't have online dating as you know it.

Online Dating is truly the 'low risk' bridge for inexperienced guys to slowly start having a sex life.

While the majority of girls online are mainly looking for a relationship because they are over the bars/clubs, the experience these girls offer inexperienced guys is critical.

Just going out on a date is a big thing if you are inexperienced.

An awkward "good night kiss" is amazing if you are inexperienced.

Online dating let's you go at your own pace and build much-needed experience with "nice girls" who are going to take things slowly.

Here is our collection of articles on 'Online Dating' -

- https://www.goodlookingloser.com/more/blog-topics/tags/online-dating

#12 Keep It Simple
(Look Good + Talk to Girls = Get Laid)

The entire point of this website is to convince you to get off your ass and put in a DAILY EFFORT to LOOK GOOD and TALK TO GIRLS.

If you can do both at the same time -

You will be ahead of 90% of guys.

Most guys either -

1. Don't look good (goal: Look above-average)
2. Don't talk to girls (goal: talk to 10-20/week)

Or both.

I detail what "Look Good" and "Talk to Girls" actually means here -

- "How to Get Laid (Common Sense Revisted)"

Speaking of "most guys"...

Even if you are very inexperienced, you aren't that far behind "most guys".

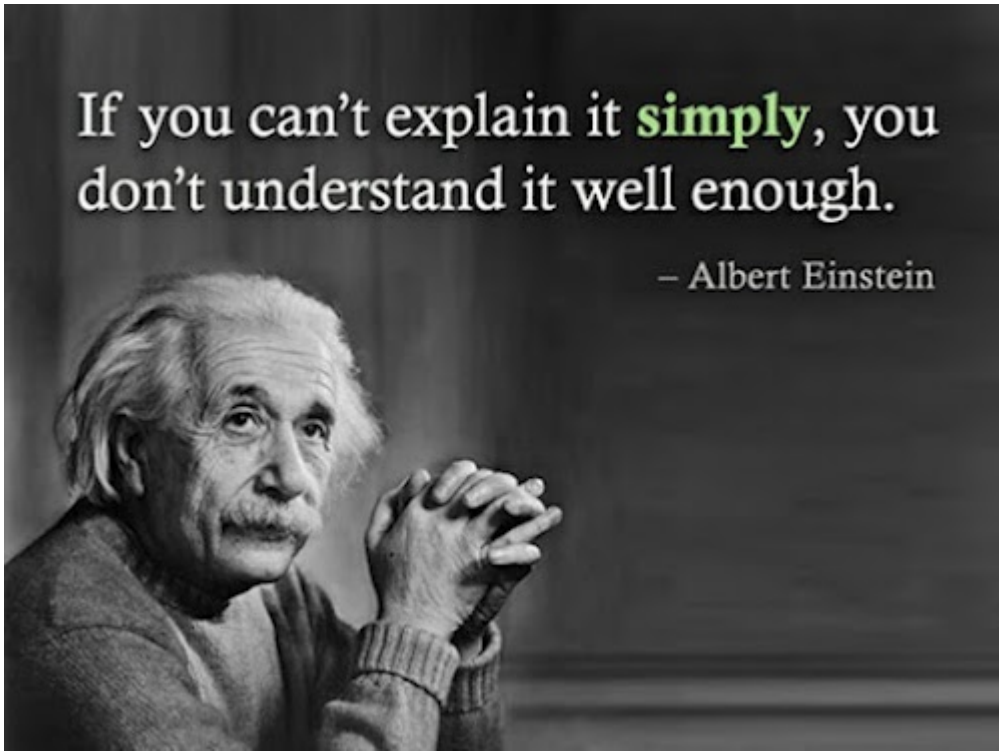
Most guys will only sleep with a handful of girls (or less) in their entire life.

Far too many guys (especially here) compare themselves to Top .00001% guys and make themselves

feel inadquate.

I detail these unrealistic expections and comparisons in -

- "Don't Confuse the Top 10% for the Top .00001%" (What is Elite?)



#13 If You Are Living Life Correctly - You Will Do A Lot of Shit (Prioritize Getting Laid For a Couple Years - Then Stop)

I'm turning 36 in September.

I currently own 4 businesses.

More recently -

I've sold 1 business (Red Supplements to Victor Pride).

I bought a "media company" in Boston, but the primary shareholder took the money and blew it on a European vacation. I sued him and got all the money back.
(Lesson learned - Don't enter a business relationship if you don't have a history with the person)

I got a scholarship and went to Law School in San Diego for a couple weeks.

I was briefly a personal trainer in Beverly Hills.

I played in-line hockey at the national level.

I have a very successful blog.

I've done a bunch of stuff over the years.

It's been nearly a decade since I was dedicating my time to sleeping with as many pretty girls as I could find.

Still, to this day, I get comments on my posts and videos, that say something like -

> *"This guy is pathetic, he'll end up 50 years old and miserable. There is more to life than girls! You will never be able to get married!"*

> *"You are an awful piece of shit. You dedicate your entire life to chasing women and that is why your a poor and empty inside. Kill yourself."*

What normal guys don't understand is that -

YOU WILL GO THROUGH MANY STAGES IN YOUR LIFE.

SUCCESSFUL PEOPLE WHO LIVE INTERESTING AND FULFILLING LIVES - DO MORE THAN 1 THING IN THEIR LIVES.

Nobody with a working brain thinks our goal is become 50 years old, broke and wandering around some dirty city trying to touch girls.

There is a time and a place to prioritize women.

Your 20's is that time and place.
(your 20's is actually for several things - not just Getting Laid)

Give yourself 2 or 3 years and really go after it.

The first year is largely about beating the normal 'social fears' and getting comfortable. Get in shape too.

The next couple years are about reaping the benefits.

You'll probably leave the game after you meet a super loyal, super supportive girl who you vibe with.

Don't feel guilty about fully dedicating yourself to getting action, it will be a highly temporary, highly rewarding few years.

It will be over before you know it.

But don't half-ass it like I did for the first year.

THAT IS A WASTE.

I continue this discussion in -

- "Getting Laid (How it Should Really Fit Into Your 20's)"

"But I Want to Get Rich in My 20's Instead"

Forget about trying to make a ton of money in your 20's.

Especially early 20's.

Even if you make a ton of money in your 20's (you won't - 99.99% don't have enough real world experience to do anything big), you'll be drowning in work, stress and you still won't be able to sleep with the girls you want.

Build your financial life as a confident man in your 30's.

Worked for me.



Pour Conclure

The average Good Looking Loser reader is already above-average looking (or committed to get there) but sadly scared to really put himself out there.

Hence the "Good Looking Loser".

If this is you -

Use online dating to build your confidence up.

Then -

Look Good + Talk Girls.

You can very slowly start getting more aggressive as you shed your anxiety.

It's all doable if you really try.

And You know it.

Don't let your 20's go by without trying.