

The one approach that keeps fucking me up

September 22, 2015 | 3 upvotes | by [growingstronk](#)

Greetings Redpillers.

I've begun to see noticeable changes in QoL ever since I began practicing with the sidebar info, but I still find it hard to do instant street approaches. I'm talking just walking down the city streets and spotting one. If she's hot I suddenly get adrenaline shooting through me. I don't seem to have this problems at parties or with cute friends of friends, and I just want to know how to get through this hump. I pretty much know the responses will range from "read the sidebar again pleb" to "give less fucks" but I don't even have time to think before it hits me. The shock is instantaneous, and I usually need time to breathe before approaching. Did anyone else get this in the beginning or still gets it to this day? How do I keep from flinching when it happens?

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Comments

MiguelForte • 4 points • 22 September, 2015 09:25 PM

What worked for me was to just keep doing it, until it became natural. Two other tips that have helped me: The first is to imagine you've known them for a long time. The other, and it's my favorite, is to imagine yourself fucking them. This also helps you naturally smile, so it's really good.

BPtoRP • 5 points • 22 September, 2015 10:15 PM

That last tip = FRAME FOR DAYS. Literally my go-to image when I'm facing many shit-tests or in any intense sexual situation. Imagine the helpless face she makes when you're causing her too much pleasure, teasing her at your mercy. Imagine that and may the bitchiest girl merely attempt to break your frame.

[deleted] • 1 point • 23 September, 2015 04:04 PM

That's fuckin awesome bro

growingstronk[S] • 2 points • 22 September, 2015 09:58 PM

Oh my god I love it! Takes assuming the yes to a whole new level. Much appreciated man.

MiguelForte • 1 point • 22 September, 2015 11:47 PM

No problem man.

RedPillJax • 2 points • 22 September, 2015 09:11 PM

I always get a little nervous cold street approaching, but then again I don't do it a whole lot.

Best advice I've heard is to start a 3 breath ritual. You take three deep breaths, and then you do the hard thing - whether it's a massive weight on the bench press, take a jump off a cliff, going to ask your boss for a raise, or an approach.

Eventually, the anxiety you get from breaking your ritual will outweigh that of walking up to a stranger and introducing yourself.

Hope it helps!

growingstronk[S] • 1 point • 22 September, 2015 09:55 PM

Thank you so much! :) I kinda have to tbh. Im in an NYC school with no campus so I have little opportunities to meet females that aren't walking in the opposite direction, unless I just want to find an easy nut at nightclubs.

Kalepsis • 1 point • 22 September, 2015 11:35 PM

Practice, practice, practice. Make it a game for yourself, like you get ice cream for every 10 street approaches or something. The more often you do it, the more natural it'll be.