

# I need help getting rid of AA

July 10, 2014 | 11 upvotes | by [binglebongledingle](#)

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Any girl 7 or less I can usually approach. When I se an 8-10 I always end up betaing out and hamstering a million reasons why I can't approach. I also have a lot of approach anxiety, how do I get rid of aa? Its cost me a lot of oportunities

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## Comments

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OneRadicalDude • 11 points • 10 July, 2014 05:59 PM

Stop putting them on a pedestal. Easy as that. Just because you think they look better, doesn't make the woman any more special than what you consider a 7 or below. Hammer it in your mind that they are all the same.

Also, stop being scared of succeeding.

[deleted] • 5 points • 10 July, 2014 09:21 PM

That's the real issue, it seems you are scared of success. Scared to win this chick cuz you won't be able to handle it. Go take a boxing class or something that scares you. Get hit in the face a few times, then see how scared you are to approach women then. The issue is you haven't realize true fear.

[deleted] • 7 points • 10 July, 2014 07:22 PM

3 second rule. You see her, and you go. Just training to instantly go for it doesn't leave you the time to overthink shit.

Also: start with easy shit and keep making it harder. I started out with asking girls for the time, and finished by walking straight up to them and asking them if they'd like to fuck.

Just keep at it. I went from being a kissless virgin at 21 to having had sex with more than 10 chicks in a 3 month timespan.

robesta • 2 points • 10 July, 2014 06:59 PM

Roosh says in day bang to picture her blowing you out of the water. The worst possible situation. A drink in the face, her and all her friends laughing at you, the bouncer coming over and laughing at you and talking shit to you. Then go in for the kill and give zero fucks. Repeat until AA goes away.

redpillschool • 1 point • 11 July, 2014 02:26 PM

Indeed Op, get day bang if you haven't already.

[deleted] • 2 points • 10 July, 2014 08:47 PM

Err, I've never heard anyone else say this before, but beta blockers work. I'm slightly embarrassed to admit I've used them a few times, but not enough to stop me from writing this.

[deleted] • 1 point • 10 July, 2014 11:23 PM

Untested in pickup, but phenibut might work as well.

iKill\_eu • 1 point • 13 July, 2014 11:17 AM

Eh. I dropped a few of them once, didn't really do anything for me...

Talkshitgethit • 2 points • 13 July, 2014 03:24 PM

Fail, and fail hard. If you're not cringing and laughing at your approaches at the end of the week when you're starting out, you didn't do it hard or long enough. You can't be outcome oriented, simply talking to a stranger is better than what 75% of men do, so don't worry about it.