

Get 5 dates in a week with internet dating – For men

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-

For men



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Index

The best sites _____	3
Start emailing _____	4
Here is what works best _____	5
Emails – What to say? _____	6
Practice! _____	7
Stay away from inactive profiles _____	8
What stops her from replying? _____	9
How much attention do women get? _____	10
Profile picture _____	11
What if you get no response at first? _____	12
If you can't afford to screw it, don't contact her _____	13
Should you pursue or give up? _____	14
Why not just one date? _____	15
When is the right time to meet face to face? _____	17
What to say when you meet? _____	18
What if you are not into her? _____	19
What happens after the initial contact? _____	20
Summary – Your essential keys to get 5 dates in a week ;) _____	23
Conclusion _____	25

The best sites

Free is a great place to start!

Here are my favourites

- www.myspace.com
- www.plentyoffish.com
- www.friendster.com
- www.hi5.com

The good thing is that you can experiment a lot and it won't cost you a thing.

All of these sites are super active with millions of users and plenty of choice.

Selecting the site that works for you takes a week of experimenting.

The best is to sign up for all of them and after one week, select the one that gives you the best results.

The best option is even to stay active in 3 of them.

Some paying dating sites are very good as well.

The best is to try them out with a free profile.

If you like them, sign up for a membership.

A dating site is like a café or club.

Some have great atmosphere, some don't.

If you have to go for just one, I would select myspace.com.

It is the one that offers the greatest range of possibilities.

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Start emailing

In the beginning, you might make mistakes and get rejected or no response.

That's ok!

It is part of your learning curve.

You don't want to email just any girl.

You want to email girls and women who are active in these sites.

Many girls will create a profile and never use it.

They will get tons of attention from guys and never reply to the messages they get.

So, the key is to email only girls who are active.

This will save you lots of time, believe me!

If you use myspace.com and browse profiles, you see straight away who is online and who is not.

Email women who are online right now.

There is no delay.

The response is instant if she interested.

Here is what works best

When you email, here are the styles that work best:

- **Tease her** – Check her profile and identify an aspect of her life she is proud of – Exaggerate or distort something she says.
- **Opinion openers** – I need your opinion – These are open ended questions to start an interesting conversation.

Other styles that get much less responses:

- **Compliments** – I know! This one does not make sense at first! – Teasing or challenging her scores much higher! – Why? Because it shows that you are confident – It tells her about your level of power which makes you instantly attractive to her.

There is a very big difference between challenging her and being too aggressive.

Don't cross the line.

If she is scared of you, she won't respond.

Challenging her is very attractive as long as she knows you are respectful.

By the way, a girl who looks very insecure might respond much better to a flirty compliment than a girl who gets lots of male attention.

Emails – What to say?

Start a conversation, not just a one line “Hi, what’s up?” type of message.

This usually requires too much work on her side and could show lack of imagination on your side.

Go to her profile and quickly scan through what she says about her.

Find a flaw or something she seems proud of and tease her on that.

That’s one way to go.

Another way is to use an opinion opener.

That’s one of the most essential internet dating skills.

It is the ability to come with interesting and attractive opening messages that give the greatest chances of response.

Here are some examples:

- **Whaou! You are a DJ!** – I am impressed! – Look, I am throwing this birthday party for my cat on Saturday – She invited the whole neighborhood, can you play for them? – Do you actually play for cats?
- **I am a fan of the Dalai Lama too!** – Can we go for a drink now?
- **Pic 5 on your profile** – The hand on your shoulder? Is this your body guard or what’s left of your ex?
- **Etc.**

Now, what you do is simple.

Check her profile.

Get an idea! - Write it down! - Send it! - That’s it!

Practice!

This is a skill that can be learned!

You need to practice though!

It is like playing piano.

You don't just learn one chord or play one note, right?

The reason why you become good at it is because you dive in it.

Honestly, developing your internet dating skills goes probably 10 times faster than learning a music instrument.

I am sure that any guy can develop this skill within a month.

You can be good at it if you try, accept to experiment and even make a few mistakes.

That's all right!

Stay away from inactive profiles

Most sites allow you to see a member's last login.

If the last login is more than a few days ago, it means the user is close to inactive.

Don't waste your time emailing these women, especially if they are a 8 to 10 in looks.

Most of them get loads of messages but simply don't want or have time to keep up with the requests.

It is that simple.

Instead focus on women who have been active at least in the last couple of days.

This by itself multiplies your chances of success by 10!

What stops her from replying?

You sent a few messages and only got one or no response!

What going on?

The answer is usually very simple.

Here are some of the key reasons why women might not respond to your messages:

- They are not really active on the site.
- Their profile is still online but they are already dating someone.
- They have already their views on a couple of very specific guys.
- They don't have time to invest in emailing and staying in touch.
- They have too much choice.
- They get too many requests - can't keep up with it.
- They don't dare to respond or don't know what to say – This one is more for insecure girls.
- Etc.

These are some possible reasons that have nothing to do with you.

Here are some more possible reasons that are linked with what she knows from you:

- You don't match her ideal man.
- She disqualifies you because you live too far away, you are not in her age range, etc.
- The message you sent was too aggressive or direct.
- The message you sent was boring.
- Your pic on your profile is poor.
- Etc.

The main mistake guys make is contacting girls who are not active or contacting only super top models when you are average looking.

Yes! You can date top models if you want to but when learning these skills, try to focus on less challenging targets first.

How much attention do women get?

That's the part guys usually underestimate!

Very attractive girls will get dozens of messages a day.

In fact, they get so many requests, that even if they wanted to, they would not be able to keep up with answering them.

Their reaction to that?

They usually respond in two ways:

- They either give up on trying answering any of the messages they get.
- They focus on just a couple of guys they are really attracted to.

So, what are the odds of you reaching such girl?

Well, they are small! Very small!

Conclusion?

Focus on girls who are online and who are a 7 or 8 rather than a 10.

Do that for as month!

Once you are very good at this game, you can always head for higher and more challenging targets.

Profile picture

Use a casual good shot of yourself only.

Then add pictures of you and your friends to your online album.

Girls get turned off by guys who look lonely.

Expand your social network and show her that you do have an interesting social life.

If you have female friends, take shots with them as well.

A guy who appears surrounded by women is attractive to other women.

It triggers their competitive gene!

It increases your social value!

Girls love to have fun! They like focusing on fun things!

A man who looks lonely or desperate is a turn off!

What if you don't have many pics of you and friends?

Take some new!

Next time you are out, use your cell phone and make a few shots with you coming out of a party.

You can even ask some girls to pose with you.

Make it fun!

What if you get no response at first?

Ok, this can happen!

You sent 5 emails.

None of these girls responds!

Here is what to do:

First, realize that some sites simply don't work!

The way things are set up looks cold, rigid or too committing.

It is very common to experience that in the early stages.

The answer?

- Try using other sites
- Shift the energy on your profile
- Change your communication style

If you get stacked with this, don't give up!

It is totally common to miss the point in your original messages.

Get in touch with me!

Sign up for a coaching session.

We'll go through your messages and profile.

I'll give you some honest feed back.

Usually, it takes me just a minute to pin point a turn off or something you can easily improve.

Making a simple change can frequently triple your response rate!

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If you can't afford to screw it, don't contact her

I get this message all the time!

“There is this girl I like and it must work with her!”

Wrong mind set!

Rejection or no response is not something to be afraid of.

If you are afraid of rejection, you will freeze and stop taking action.

If you believe that this one girl is your only option, it shows that you still need to mature with your dating approach.

You have dozens of options! Always!

If you feel that the stakes are too high with a specific girl, focus on other women who are less challenging to you.

Do that for a month until your confidence level is multiplied!

Yes! Having many successes does boost your self esteem and makes you realize that many women out there are ready to date you!

One rejection is nothing!

Don't ever let rejection or non response stop you!

That's the mind set you want to embody!

Should you pursue or give up?

If a girl does not answer or turns you down, as long as she replies, you can keep on teasing or challenging her.

You need to respect a “no, thank you” sign when it is meant, though!

Some rejections are not real closed doors.

They are an invitation to test your power level.

A girl might be slightly aggressive, insult you or say that you are mean.

It is often an opportunity to shift your communication style or tease her deeper.

If it's hard work, complicate or no longer fun, simply give up on that one.

Put it this way, you could invest the same type of energy and get great results with someone else, right?

Why waste your time?

Why not just one date?

Because it is better to have a few options.

Don't focus on just one girl!

Have a few options!

Right now, you are practicing your skills.

You are activating your social and networking power!

It is too early to be exclusive!

So, don't commit yourself to just one girl.

Stay open!

Exchange and interact with as many women as you can.

In the first week, you want to send at least 20 to 50 messages a day.

That's what will give you a confidence edge and real choice.

Most guys make the mistake of seeing one profile, starting obsessing with that one girl and stop linking with other women.

Big mistake!

Why?

Because if she rejects you or does not respond to your message, you end up with nothing.

There is no guarantee that she will respond to your expectations.

She might have an ex who is still very present, already have her eyes on someone else or simply have no energy to invest in her dating life right now!

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You need more options, always!

Ideally, have at least a dozen women you actively connect with.

That's in the early stages.

Keep doing that for a month until you narrow your choice to a few more selected women you feel greater connection with.

How do you know you are right for each other?

You met a few times.

It seems to work.

She has no hang ups.

You are a good match.

You have potential together.

That's when you can start being exclusive with each other if you want to.

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When is the right time to meet face to face?

The sooner, the better!

If you sent each other a couple messages and you know her profile is genuine, you can meet for a drink in a public place.

That's the best!

Keep it short, 1 hour max and leave on a high note.

If you like her and she likes you, meet again a few days later.

What if you live far away from each other?

Use webcam instead to go live.

If she is very secretive and hides behind very evasive answers, don't put too much energy into her.

It usually means she will be complicate to date.

What to say when you meet?

Keep it light and fun, always!

The key is to tease her!

Don't turn this first date into some form of job interview!

This first contact won't secure a long term relationship.

It is simply an occasion to connect and have a good time together.

Be super confident when you meet!

Stay away from problem topics like work, politics, religion or exes!

I mean it!

She must remember only one thing from you:

How much fun it is to spend time with you.

Be a male!

Behave like one!

This is the key that creates magnetic attraction and drives her to see you again.

What if you are not into her?

When you meet the first time, you realize you are not attracted to her.

What do you do?

Still have a first respectful and fun date.

Keep it open.

Don't make promises.

Call her or not?

Well, you can wait a couple of days and thank her for the nice drink you had.

That's it!

Stay kind, teasing and respectful.

Your lack of action or request for a second date is a sign she can listen to.

No action is a way of hinting her that you are not really interested.

Is it wrong to meet again if you don't want a relationship with her?

Absolutely not!

She can be a female friend or invite you to a social event where you might meet more people.

There is no need to close doors at this stage as long as it stays casual and non committed.

What happens after the initial contact?

Suppose a girl responds to you.

What do you do next?

Suppose you went on a date or had a couple of casual light hearted emails, how do you handle the next step?

First, keep it casual and fun a bit longer.

The reason why she responds is because you must have done something right.

Check what you said earlier and how she responds to you.

Usually, you will discover that teasing, humor and playfulness are key.

You are not building a committed relationship yet!

Keep this casual, teasing mood for at least a month and stay in contact with other women as well!

Why? Because the moment you focus on her only, your level of expectations rises very quickly.

Before you notice it, you start appearing needy or even demanding to her.

That's not good!

How do you stay in touch with other women?

You email, connect, initiate new contacts and go on light dates.

Yes, if after 1 month of dating you don't see any major pitfalls with her, you can start thinking longer term if you are both open for it.

This is not something you force.

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It simply happens when you are a good match.

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Warning signs

Here are some signs that she might be trouble:

- Her ex is still very present in her life.
- She is materially unstable and needs your money.
- She is systematically canceling or rescheduling dates.
- She is already demanding and criticizes some of your behaviors.
- She has serious unsolved issues or feels very emotionally unstable.
- She obviously gets loads of male attention and can't live without it.
- Etc.

If she is fun, these warning signs don't have to stop you from casually relating to her.

For instance I am sure that a girl who has dozens of male friends or pursuers will be fun to know.

Now, if you think long term or marriage, these might be key deal breakers.

Yes, she can change of course.

However, in most cases, if something really bothers you when you are still casual, this flaw will seem much bigger once you get even closer.

Yes!

You have many girls out there who are relatively problem free zone.

Focus on them rather than trying to fix a girl who appears unfit for a relationship with you.

Summary – Your essential keys to get 5 dates in a week ;)

Ok, I agree!

You don't have to get 5 dates in a week!

But!

Focusing on such target forces you to get good at it fast.

The key is to not let rejection stop you.

Sure, give up on a girl but don't give up on dating!

That's the first key!

The second key is to have a solid connecting strategy.

You might get 10% - 20% response rate to your messages.

Yes!

In the early stages, that's the type of response you can expect.

If you send one message, statistics say that you have 90% chances of getting no response.

If you email 100 girls, you get 10 to 20 potential dates.

So, the key is not to succeed with one specific girl.

The key is to succeed with girls in general!

It is a bit like fishing.

You don't say "I want to catch that fish" when you see a school of fishes, right?

You want to catch a fish.

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That's the spirit you are in with online dating.

What I just said is essential!

That's the winning mind set you are in when you log on to your dating site!

90% of guys will be excited when they see a dating site but fail miserably when trying to succeed.

Why? Because they make mistakes:

- **They focus on that one girl rather girls in general** - It's called a social networking site precisely because you network – When you network, you are non exclusive!
- **They email girls who are inactive** – That's a waste of time – Would you send a text message to a girl who checks her cell phone once a week?
- **They send boring messages** – "Hi, wazzup?" is usually not enough to trigger a girl's interest.

Solutions?

- **Network date!** – Be in touch with many women! – Interact! – Email! – Initiate contact! – Don't be exclusive!
- **Email girls who are online** – That's the single most effective strategy you can apply right now! – This strategy only will multiply your success rate.
- **Practice your game** – First, because it is fun – Second, because like with any art, it takes focus and practice to be good at it – If a strategy does not work, shift your style until you find what works for you.

Conclusion

I hope you enjoyed this material!

Feed back? Questions? Success stories?

Email me at francisco@vitalcoaching.com

For one on one coaching power kicks by phone with me:

<http://vitalcoaching.com/coaching.htm>

For more topics on dating and personal power go to:

<http://vitalcoaching.com>

To your power

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