

**THE
APPROACH
ANXIETY
CURE™**

EXERCISE

Welcome to the Approach Anxiety Cure™ exercise!

This exercise is a result of 7 years of constant research, and it is designed to get you FAST results. It is meant to completely SHIFT how you see women, going from seeing them as scary, to seeing them as normal human beings who have their share of insecurities as well.

In it, you will step into the shoes of a woman for a second, learn how to read her mind, and completely ELIMINATE your anxiety about approaching her.

This exercise has 2 parts.

Part I is where you will answer 4 specifically designed sentence completion questions.

These questions will lay out your REAL reasons as WHY you can't approach women. It will help you understand WHY exactly you can't get yourself to approach a woman.

They will clarify WHAT exactly are you afraid of when it comes to approaching women - all of your real thoughts and fears about what you think will happen if you walk up to her and start a conversation.

In the Part II of this exercise, you will “mind read” a woman by stepping into her shoes.

For a moment, you will become the woman you would like to approach, and in that moment you will feel every insecurity she has – and how she feels about them.

After you go through the Part II of the Approach Anxiety Cure™, you will know EXACTLY what does a hot woman want YOU to say to her, when you approach her for the first time.

So, you ready?

PART I

Step 1: Describing The Woman You Would Like To Approach

If you're doing this exercise at home, and there aren't any women around you, it is VERY IMPORTANT that you think of a time when you wanted to approach a woman, but you couldn't do it.

Can you remember how she looked like?

If you can't, then take couple of seconds and remember the last time you couldn't approach a woman.

Can you remember her now?

Great, as you're thinking about her, describe how she looked like below. And by the way, avoid describing her like: "She looked very attractive", but use specific words like: "She had awesome legs" or "Her smile was amazing"

Focus on the thing that ATTRACTED you most about her. Maybe it was her face, maybe her eyes, maybe her breast. Whatever it is, describe it because you will need this when you're doing the visualization exercise.

Use specific words to describe how she looked like.

The way she looked like was...

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Step 2: The 4 Questions

Ok, so now you're ready for the 4 questions. When you are answering them, just answer them from the top of your mind. Don't think about it too much.

Also, when you are answering, answer the way you REALLY feel, NOT the way you think you SHOULD feel.

I was working with a client and when I asked him to answer me the questions, he was answering like he was a confidence machine! But in reality, he was not confident at all, he was scared of approaching any woman, but his EGO wouldn't let him be HONEST with me.

So do not do that, be completely HONEST about how you really feel.

Begin.

Question 1

We begin this exercise by asking the question, **what do you think SHE would do if you approached her?** At each question, come up with multiple answers.

If I approached her, then "she" would probably... (list what you fear might happen)

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Example:

- Reject me
- Keep walking
- Give me a weird look
- Laugh at me for trying to approach her
- Wouldn't like me.

Question 2

Next, I want you to do the same, but this time for yourself. **What do you think you would do if you approached her?**

If I approached her, then "I" would probably...

Example:

- Get laughed at
- Feel humiliated
- Get embarrassed
- Wouldn't know what to say
- Get stuck
- Get laughed at
- Feel humiliated

Question 3

Now I want you to find out how do you see her compared to you. To do that, you'll answer the question of **who do you believe SHE is compared to you?**

Compared to me, I believe SHE is...

Example:

- More attractive than me
- Beautiful
- More popular
- Has more choices
- Higher status than me

Question 4

And now the same for this sentence completion when looking at her, **who do you believe YOU are compared to her?**

Compared to her, I believe I am..

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Example:

- Less attractive
- Less popular
- Not fit for her
- Don't deserve her or any beautiful women
- Less than "them"
- Less than her

Great! You've completed the first part!

PART II

Alright, you made it! Great job!

Now it's time for part II.

In this part, we're going to play a game.

We're going to pretend **we can read minds.**

That's right.

And more specifically, that we can read women's minds.

I want you to re-write all of your thoughts, only this time, as if they are HER thoughts.

Like this:

"I am a <Write what you wrote about how she looked like>

(example. Hot blonde girl with a beautiful smile.)

and I'm afraid that if I approach you, YOU would <Rewrite all your answers from question 1 here> _____

and I'm afraid that I would <Rewrite all your answers from question 2 here> _____

The reason I am thinking these thoughts is because I believe that compared to me you are <Rewrite all your answers from question 3 here> _____

and I believe that compared to you I am <Rewrite all your answers from question 4 here>

That is why, if you approached me, I would want you to say _____ to me

and make me feel like _____ ."

The end.

So the finished version should look like something like this:

*"I am a hot, attractive blonde woman, with a gorgeous smile, and I am afraid that if I approached you, YOU would **(question 1)** keep on walking, wouldn't like me, laugh at me, give me a weird look and reject me in front of people.*

*And I'm afraid that if I approached you, I would **(question 2)** look like an idiot, get embarrassed, laughed at and feel humiliated...*

*The reason I am thinking these thoughts is because I believe that compared to me you are **(question 3)** more popular, more attractive and have more choices, are higher status than me and beautiful, and I am **(question 4)** less than you and less than them.*

*That is why if you would approach me, I would want you to say **"Hey girl, what's going on?"** to me and make me feel like **you wouldn't do all those things and that I am safe around you.** "*

Does it make sense?

So you are SIMPLY COPYING your answers as if they are HER answers. You're not coming up with anything new.

***NOTE More Personal, More Universal**

Your fears are not personal. They are more general than you might think. I have the privilege to work with both men AND women, and when they tell me about their fears, it is like I am listening the SAME person.

Both MEN and WOMEN feel fear from getting rejected, embarrassed, laughed at, humiliated and they BOTH feel inferior to the opposite sex, have their insecurities and challenges.

Look, it's human nature to feel fear of embarrassment and humiliation.

I never met a person in my life who would say to me: "I can't wait to get rejected by somebody today!"

We human beings, men and woman are wired to avoid these things like rejection, humiliation and embarrassment.

So you can be sure, that the exact same fear as YOU have, SHE has the same.

The only difference is that now you know what those fears are, and you can turn them into your advantage, by communicating to her the right way.

Congratulations, you've done it! You've completed the exercise!

Do you now feel more clear? Like you finally understand what specific fears and thoughts were keeping you from approaching a woman?

Now you can move forward to the final part, the visualization, and say goodbye to your approach anxiety.