



Dharam's
**FOLLOW
UP
GAME**

niceguygame.com

PUATRaining

Being a Pick-Up Artist (PUA) is something that a lot of guys read about, learn and even claim to be, yet when asked what this actually means, it is often difficult to pinpoint an exact definition to the term PUA. As such when I very first started learning how to get good with women, I wanted to know exactly what it means to be PUA, so I started researching the technical definition all over the web from Google to Wikipedia. Nowhere did it say a PUA was a man highly skilled at collecting phone numbers, racking-up facebook details or building up a base of e-mail addresses, what I quickly realised from common definitions was that a PUA is clearly a man who is highly skilled at seducing women. As such I have wrote down some of my own personal methodologies in converting these number, facebook and email closes in to dates so that you have the chance to follow-up and become a PUA.

Pre-Follow Up:

The follow up game is vital although before you even close, there are some techniques you can use whilst in-set to ensure your follow-up is successful:

‘TIME-BRIDGE’: Time-bridging is a concept where by you arrange a date whilst in-set and this assists on three separate levels –

1. It provides a justified reason to close.
2. It saves a lot of time in following-up, re-establishing comfort and then arranging a date, now your follow-up can be much shorter and sweeter and sometimes it is as simple as following-up to confirm time or location of the date.
3. For personal confidence it is a real boost if you know you have already one date arranged, and this core confidence will naturally ooze out of you in all further interactions (be it another set or just a friendly conversation in a supermarket)

Three basic examples of Time Bridging:

PUA: Do you like Chinese food?

HB: Yes.

PUA: Me too, there is this great restaurant not far from here in China Town, we totally have to check it out.

HB: Haha sure.

PUA: Kool. Whats your phone number.

PUA: Do you like Chinese food?

HB: No.

PUA: I bet that is because you have tried all the

commercial places, there is this great restaurant not far from here in China Town, we totally have to check it out.

HB: Okay sure.

PUA: Kool. Whats your phone number.

THE EXIT: Just as important as the approach is the exit; as such a lot of guys tend to get very excited at getting a close and eject quickly after they receive it. What this effectively does is leave the girl feeling very cheap as the last thing she remembers is you running off with your phone in your hand like a trophy. After you have closed I strongly advise that you put your phone away, transition and stay in-set a little longer, leave the conversation on a high and with the girl remembering the interaction ending on a strong, positive note.

BUILD A CONNECTION: A lot of guys go in-set and play the entertainer role where by they continuously talk, make jokes and in some worst-case scenarios even perform magic tricks. You may close off the back of the entertainer role, although it will not be solid and is likely to flake, as there is not a solid base for her to think back to the interaction and say ‘Yeah that guy was very confident in him self and we had a deep connection’ instead you will come off more like sugar, sweet but you begin melting the moment you leave set. Building connections is a very large topic, and I could write a whole book on it, in fact that is exactly what I did, check out the following link :-P

<http://www.puatraining.com/files/brochures/nice-guy-game.pdf>

INSTANT DATE: I know there are a lot of PUA ‘Gurus’ who would disapprove the idea of instant dates, although in my experience this is by far the

most effective method to ensure your follow-up game is successful. What I have found is that by going on an instant date you are building so much comfort and rapport the close becomes nothing more than a simple formality (Also, I have found instant dates to be the starting point of same day lays – Why would you walk away with a number, then do follow-up game, then arrange a day 2, then sexually escalate and f-close, when it can all be done on the same day??).

MY ALL TIME FAVOURITE SET....THUS FAR:

I have done so many approaches and closed in so many different fashions trying out stuff that I've read on forums, things I've seen on Youtube and even the many various '100% rejection-proof closing techniques' so many gurus have been publishing since before I even heard of pick-up. However, the set in-which I take the biggest learning experience away from was actually the first girl I ever 'gamed'.

I talk about her in my book 'Nice Guy Game' but looking back I subconsciously did many of the techniques above – The girl spent her lunch break with me shopping (Instant Date), She was in to art so I suggested going to the National Art Gallery (Time-Bridge) and I even closed early on in the interaction whilst we were shopping; thus the last thing she remembered was not me closing, but me walking her to work (The Exit).

The first thing I would say with any of the methods of follow-up game is that you always want to be end-result focused, know what you want to achieve not only in the long-term but also in the short with every little step of the follow-up.

Text Game vs Phone Game:

I am going to talk about text game first, as it is my preferred method over phone game simply for the time efficiency, as you don't have to call and chat, spending far more time than writing a message and hitting the send button.

THE FIRST MESSAGE:

The first message is by far the most important, it is where she will decide whether she will flake on you or not so this one has to be on point. First thing I am going to ask you to do is to think about the kind of first message you would send to a girl that you closed, think of the exact words you'd write.....

Most guys tend to do something such as the following:

'Hey babe, it was great meeting you last night. How about a drink this Friday? Bob (Guy you met in Ye Old Bar last night).'

Now there are few points of improvement in here (I'm going to take you through them, but a special thanks has to be mentioned to AFCAdam here as it is based on a structure he showed me), firstly 'Hey babe' this is a very generic nickname to give to a girl, she will have heard it a million times before and it is not specific to her or the two of you. However, the concept of a nickname is very powerful, it can generate both comfort and humour, but the nickname should be specific to the two of you e.g. if you meet a girl in Starbucks, it could be as simple as 'Hey Starbucks' – Ideally if you teased her about something in set use this, I met a girl who was wearing a very sexy outfit with high heels

and a stunning dress, but also wore glasses, whilst in-set I said to her ‘She can’t fool innocent little me I know your a freeky geek and will take advantage of me’ at which point she laughed’ and when I text her I opened the text with ‘Hey Freeky Geek’

‘t was great meeting you’ isn’t bad, although I find less commonly used adjectives to describe meeting the girl go down much better as they reflect more emotion and never be afraid to express this emotion with real passion. I often like saying to girls ‘It was randomly quirky meeting you’ especially if we meet in daygame. A student of mine recently sent a text to a girl saying ‘It was very surreal meeting you’ as he met a girl on the train, that got off on the same stop as him and they had a quick instant coffee date before parting ways.

At this point I would also be aiming to add a little bit more substance here in order to build comfort. The reason being that when a girl gives you her number,

she genuinely intended to respond (especially if you use the pre-follow up game techniques mentioned above), although as she gets on with her life, meets her friends, has work deadlines to meet, social circle functions, her buying temperature to respond decreases slightly, as such it is important to get that temperature backup so she responds.

A good way to build this comfort is to share a little bit about your day or evening and then ask her about hers e.g. 'I went to an after party with my friends, how was the rest of your night'

Here I would just put my name with a full stop, there is no need to clarify where or when you met, you must assume that she fully remembers given the nickname and the earlier parts of the message.

However, this is not the end of the message, just as with pre-follow-up game The Exit is very important and the last thing you say in the text message is

very important in her responding. As such I like to put a 'PS' and this 'PS' is always a set of options with a question mark e.g. 'Hagan Dazs or Krispy Kremes?' The reason for this set of options is simply that it will entice curiosity, a basic human emotion that is stronger in females than males and leads to a natural inquisitiveness; thus simply to know why you're asking a random set of options she'll respond, as she'll want to know why your asking, is it to ask her out, is it because you can't decide where to go or is it that you just can't decide which one is better. Also, this can easily lead on to a date, whichever option she picks you can arrange to go there off the back of it in the second text message. Remember I mentioned earlier to be end result focused at every step of the follow-up game, the first message is not to arrange a date but rather to get a reply, as if she replies once, obviously she will do so again.

So the final text message would look something like the following:

'Hey Freeky Geek. It was randomly quirky meeting you. I went to an afterparty with my friends, how was the rest of your night? Dharam. Ps – Hagan Dazs or Krispy Kremes?'

BASIC PRINCIPLES OF TEXT GAME:

- After sending the first message it is important to hold out for a response and not text again. A lot of women will take their time to respond for the first message almost like a mini-test to see how needy you are, so be patient and just wait it out.
- In terms of when to send the first message, generally I would say if you have built a strong enough connection in-set, as mentioned in pre-follow up game it shouldn't really matter too much when you send the first text, although you

don't want to leave it too long. My personal rule is if I close in the daytime I will send the first text later that evening and if I close in the evening I will send the first text the next evening. Unless the evening I am going to text is either Friday or Saturday night, in which case I will wait until Sunday.

- Keep end result focused making sure you are arranging a date as soon as possible from text game, although do not hesitate to keep texting post arrangement of a date as it will build more comfort for when you meet up.
- E-mail message game is exactly the same process as text messages, although it is done over the internet.

BASIC PRINCIPLES OF PHONE GAME:

Calling a girl is much simpler than text game, although takes a little longer as you have to spend time on the phone talking.

- Always call when in a good state; perhaps even listen to some music that gets you in a good state prior to ringing.
- I have found that as opposed to arranging a date on the first phone call, make a few short calls, and then arrange a date.
- Avoid notoriously long calls such as the cliché ones that end-up with the ‘You hang-up, no you hang-up’ finish.
- At the end of each phone conversation hang up on a high like leaving the girl wanting to talk more like any good story teller.
- Aim to build connections on the phone, just think of it like a normal set without any kino.

Facebook Game:

Facebook is a social networking site that has arguably become the most effective means of following-up as you have the opportunity to get to know more about each other than any other means.

The first message is sent whilst sending a friend request, and it is in the exact same format as the text message format. However, the key difference is with the Facebook profile you have, so the basic principles stated below are all related to your profile and maximising interest.

BASIC PRINCIPLES OF FACEBOOK GAME:

- **PICTURES:** This is key, women look through your photos with a fine toothcomb and they have to be attractive. Ideally you'd want pictures that fall in to one of the following three categories:

- o Pictures of you with girls!!!
- o Pictures of you doing kool stuff (Be it travelling the world such as one picture of you in Mexico wearing a sombrero and then one of you in Rome with the coliseum architecture behind you or a hobby such as rock climbing or karate).
- o Pictures of you with children (I have a friend who is a single dad always uploading pictures of him and his daughter and women absolutely luv it, think it's the most sweetest thing in the world).

- **THE WALL:** It is important that your wall shows you have an active life, ideally women commenting on your wall. I have a group of three or four girls that I facebook closed and despite never meeting up with them we have wall conversations often, which gives my facebook profile a lot of preselection.

- **STATUS UPDATES:** There are a few friends on my facebook whos facebook status I always just ignore and brush past. The reason being that they go something like this: I just wokeup, I am struggling to get out of bed, I am late for work, I am on a train, etc etc etc I really don't care, so the one time they might put something interesting as there facebook status I overlook it. As such facebook status changes shouldn't happen often and when they do, make them important announcements, a very quirky remark or poking fun at a particular girl (Not one your trying to game, too much investment, it should be a female friend).