

# **Friends to Lovers:** **How to Turn a Friend Into** **Your Lover or Girlfriend**

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## **Friends to Lovers:** **How to Turn a Friend Into Your Lover or Girlfriend**

### **Can It Really Be Done...**

Ah, the dreaded "friend zone"... it's a situation where someone you're attracted to - and want to have a romantic and/or sexual relationship with - is only interested in you as a "friend."

You don't know how you got there, you don't know *why* you got there, but you're there... and you want out!

Almost every guy, and even many women, have been in a situation where they've wanted to be *more* than "just friends" with another person.

And yet, for some reason, nothing they've tried has worked. Moreover, they always have to tip-toe around the situation because they don't want to lose the friendship by making the wrong move.

It truly is a horrible place to be stuck in...to be around someone, to be so close to them in proximity, and even share so much of your lives with each other... and yet, what you really want from them is off limits.

Since you're reading this report, there is a very good chance that...

- a. you have a current friend that you'd like to turn into your lover and/or girlfriend,
- b. you used to date and/or sleep with someone who now wants to be "just friends,"
- c. you have been in one of the above situations in the past, maybe more than once, and you'd like to learn how to avoid it from happening during your future interactions with others, or...
- d. you've seen this happen to other people, where they end up in the "friend zone"...and you want to be pre-emptive about it, so you can be prepared if it ever happens to you.

Whatever your situation may be, this report will arm you with some powerful knowledge, as well as some cutting-edge seduction and persuasion strategies, which will easily help you to get out of the "friend zone" and/or ensure that you never end up being "just friends" with someone you are attracted to.

And, if you have ever wondered why or how it happens in the first place, this report will also help you to finally understand **why** so many guys seem to always end up in the "friend zone" by

*accident*, even when you really don't want to. (That giant mystery will be solved in this report, once and for all.)

Just as I do in most of my reports, I will start this one out by sharing some of the "quick and easy" techniques with you. These will include tips you can put to use right away, and see results almost overnight.

Then, I will cover some of the more advanced stuff, including powerful persuasion techniques, which may require a bit more work on your part to execute. But they will be well worth your time and energy investment, because the results they produce will be quite amazing.

But, before we start getting into the techniques and strategies of how to turn a friend into a lover or girlfriend, there's something very important that we need to discuss first.

Please do not skip over the next section - or any of the sections in this report, for that matter. If you do, you will only be hurting your own chances of making this process work effectively.

## **Is It Worth The Investment?**

Before you start using the techniques and strategies shared in this report, there are a few important questions you need to answer...

### 1. What exactly do you want to have happen, and **why**?

Get crystal clear on exactly what it is that you want, and what your *reasons* are for wanting that. This is more important than anything else you will do here.

Do you want an actual full-on relationship with your friend, or do you want a long-term "friends with benefits" type arrangement where you enjoy a sexual relationship with her?

Or, are you only interested in a temporary sexual exchange, lasting a few weeks...or maybe even just *one* night of passion?

Are you just *curious*....do you just want to see what it would be like to see her naked and/or have sex with her?

In other words, ask yourself... what is your current friendship worth to you? And are you willing to risk losing that friendship for a short-term relationship of any kind (especially a temporary sexual encounter?)

Ask yourself... are you interested in doing any of the above out of jealousy, insecurity, ego, peer pressure, or to satisfy your family, friends, or other people?

And be brutally honest with yourself here. Don't delude yourself because it will come back to hurt *you* in the near future. I've seen it happen more than once.

My personal advice to you would be, don't do it for a one-night stand or even for a temporary relationship.

If you value your friendship with this person, then go forward with the plan *only* if you're absolutely certain that you would like a long-term relationship with her.

Otherwise, it's just not worth it. Instead, you can use the techniques in this report on someone you've just met - or will meet in the near future.... a new friend... and turn *her* into something more.

Of course, the final decision is yours. I'm only here to *help* you in making a choice that will benefit you the most. Not just temporarily but for the long-term.

Once you have thought about the above, there is something else - just as important - to consider...

## 2. Are you wasting your time?

Okay, after you've figured out what it is that *you* want - and why... it's time to take a closer look at your *friend*.

Is she even the type that wants the same things that you want...whether it's a real relationship, a "friends with benefits" arrangement, or even a temporary relationship?

Look at her past relationships with men... consider at what you already know about her, as a person...and let all of that knowledge help you figure out what type of relationships she is open to... not just with you but with men in general.

If, for example, she's not the type that would ever go for a "friends with benefits" arrangement, then it would be a waste of time for you to even try to bring that about.

Even if you were successful in convincing her into that arrangement, there's a very big chance that things would end badly in the near future.

The same applies for any other type of relationship that you don't think she would ever go for, or even enjoy being in.

Next, look at her history...especially how she treats, and interacts with, the men that she is dating or has dated in the past.

She may be a great *friend* to you - or even to other people - and she may be a good person too.

But that doesn't always mean that she would be great to be in a relationship with. (If you've been around the block at least once or twice, you may already know that to be true about some women.)

Is she high maintenance? Is she a drama queen ...or... a drama magnet, i.e. does drama and negative events seem to always be drawn to her and her life?

Is she generally a *happy* person? Or is she usually a downer?

Does she generally get along with others? Does she treat others with respect?

Does she walk all over the men she dates? Does she respect them?

Does she cheat on them? Does she let *them* cheat on her... or ... does she always *end up* with guys who cheat on her? (That is one of the worst signs, by the way. It reveals a lot about *her*, not about the men she's dated.)

If any of the above applies to her, ask yourself... is she really the type of person that you would want to be "more than friends" with?

And please be honest with yourself about the answers to these questions.

You see, with the help of this report, you now have the *choice* to turn that friendship into more. So choose very wisely.

Finally, look at her beliefs, 'absolute' rules, and anything else that is important to her in picking the kind of person she would date, sleep with, and/or have a long-term relationship with?

Does she only date men who are part of the same ethnicity as her, have the same religious background and beliefs as her, or are fans of the same sports teams as her?

If so, do *you* fit into that category? (And...does she fit into *yours*?)

If not, you will be working too hard to try and get her to date you (or sleep with you.)

In fact, you may just be wasting your time even with trying to convince her to see you as more than friends.

Sure, you could still persuade her into being more than friends with you - despite any of the above incompatibilities. But, let me tell you right now... if you try to force-fit the match, your "more than friends" relationship with her will be short-lived. It may even blow up in your face, if

you are not compatible with her in any of the ways that's really important to her, as discussed in this section of the report.

And if that's the case, it's just not worth it to get her to be more than friends with you. Instead, as mentioned earlier, you can use the techniques in this report on someone new...or on another friend... who is more compatible with you in the 'relationship' area.

Don't limit yourself by being obsessed over one single person. That is always a bad idea. Life is more abundant than that, no matter what you may believe it to be right now.

So... be brutally honest with yourself - about her as well as about *you*.

And, if after doing so, you still believe that being more than friends with this person is a wise idea, then let's continue...

## **Choosing the Right Plan of Attack**

In order to use the strategies shared in this report in the most effective way, you must first establish where you currently stand, and what your current relationship is, with your friend.

How does she see you, and how does she view the current relationship between you and her?

There is usually *one* of three common dynamics that exist in these types of situations...

1. She sees you strictly as a friend, and your relationship with each other is purely platonic, i.e. no sex or romance is involved.
2. She sees you as a good friend...and she is slightly attracted to you (or was attracted to you at some point in the past)
3. She sees you almost like a brother...or maybe even as one of her *girl* friends.

Figuring out which one of the above three dynamics describes you and your current relationship with your friend will help you decide how to plan your "friends into more" strategy.

If you aren't 100% sure about which of the above 3 situations you're currently in, that's okay. As you read through the rest of this report, that picture will become more and more clear to you.

Next, you have to look at *your* behavior and interaction with her thus far, to further help you in figuring out your plan of attack.

In other words, *what have you shown her* so far? Here again, are the three most common situations...

1. You have always been "just friends" with her. You have never told her - nor done anything to make her believe - that you're attracted to her or that you'd like to be more than friends with her.
2. You have flirted with her playfully (or even seriously) to test the waters and to see how she would react, what she would say, etc. In other words, she may have some idea of the fact that you are attracted to her.
3. You have made it clear to her (either by telling her point blank or by doing something obvious) that you are attracted to her and/or that you'd like to be more than friends with her.

Once again, figuring out which one of the above three dynamics describes you and your current relationship with your friend will help you decide how to proceed with your plan of turning her into "more than just friends."

Since I'm not there, in person, to discuss which of the above situations apply to you, I am going to share *all* of the techniques with you that would apply to all of the cases above.

And you can simply pick and choose the techniques that best apply to you, based on what you've figured out from the above situations/dynamics (or what you will figure out, after you've read this entire report at least once.)

## **Benefits of Being "Friends First"**

Ideally, you would never want to end up in the "friend zone" with someone you are attracted to (unless you decided, for some reason, that it wasn't worth pursuing anything more than friendship with that person.)

There are ways to ensure that you stay *out* of the "friend zone" from the very first interaction you have with a female. (I will share that information with you in later sections of this report.)

But... as much as it sucks to be "just friends" with someone you want more from, there are actually a few benefits to being in the "friend zone." And, if you're already in the "friend zone," you might as well use that situation - and those benefits - to your advantage.

First of all, being good friends with a woman usually means that she already *trusts* you. Trust is very important in relationships, especially to women. In that aspect, you are way ahead of most guys that she has dated or will ever date.

Being friends with her also makes it less likely for you to get rejected by her, compared to other guys (strangers) who would have to walk up to her and ask her out.

And lastly, being good friends with her means that you already *know* her better than most guys could ever dream of!

You know more about who she is, what kind of person she is, her likes and *dislikes*, and you may even know what kind of things she wants, and looks for, in a guy. This is something that no other guy would ever know *before* he asked her out and started dating her.

All of the above facts give you an unfair advantage over almost every guy out there. I will show you how to use all of the above benefits in the right way, as you read through the appropriate sections of the report.

## **Getting Into the "Friend Zone"**

In order to get *out* of the friend zone, it's important that you understand what puts a guy *into* the friend zone, to begin with.

And, as I've touched on earlier, most guys have only themselves to blame for being put into the friend zone. But, it's not entirely their fault.

Unfortunately, society has conditioned men into believing that women *want* to be friends first. This is a lie, plain and simple.

The average guy believes that if he can (at least) become friends with a woman first, he will be able to talk to her, hang out with her, and eventually get her to see what a great guy he is. That is the worst strategy ever. It rarely works for anyone. So it's time to stop using it.

Men need to understand, once and for all, that it's not about *how much* time you get to spend with a woman that matters.

Getting to spend *more* hours, days and 'get togethers' with your female friend (than other guys are getting) will not help you in convincing her to start seeing you as "more than a friend."

It's not about 'how much time' you get to spend with her, it's how you make her feel during those times. That means, a guy who gets to hang out with her much less than you will be able to start dating and/or sleeping with her IF he knows what to do with that time. (That's what you will learn to do in this report.)

To make matters worse, women continue to tell men, and everybody else, that they want to be friends with a guy before they can get into a relationship with him.

This is another lie. It's a lie that most women tell others. And, it's also a lie that a woman tells **herself**, in order to feel good about herself and about her interactions with men.

The fact is, the most satisfying, passionate and *memorable* relationships most women have are with men who started dating and/or having sex with them almost *immediately*.

Many women want to believe that they aren't the type that will sleep with a man so quickly, and especially not on the first date. Yet, it continues to happen out there.

The truth is, when the average *modern* woman feels a strong connection and attraction with a guy, and if the guy is confident and bold enough to take charge of the situation, many women have no problem sleeping with that guy on the first date, or very soon after.

Additionally, guys who try to play it safe, and hide behind the "friends first" game, aren't fooling anybody. Most women already know what guys are trying to do in those instances.

The sad part is, by playing it safe, by going the "friends first" route, men instantly put themselves at a disadvantage because women tend to view such men as weak, insecure, lacking self confidence, being inexperienced with women, and yes, even **manipulative**.

Like I said, women know the "friends first" game that most guys try to play. And they know that the only reason the average guy takes the "friends first" route is because he wants to get into the woman's pants... but he's usually just too nervous or spineless to simply be a man and do it with confidence.

I'm not saying that you are one of these weak, spineless, manipulative guys. But you must understand that *that's* how most women are going to view you, if you go the "friends first" route. (Even if they tell you that "being friends first" is what they really want.)

Okay... but what if a guy doesn't deliberately choose the "friends first" route? How does he still end up in the friend zone?

It's simple really...

Whether he does it on purpose or not, and whether he realizes it or not, he is doing something (or several things) wrong that keeps pushing him into the friend zone.

I will go over some of these mistakes below. They may seem like simple, unimportant things, but they're not. They are deadly if ignored.

### Not Flirting With Her

Okay, let's say that you wanted to ask a girl out, but you didn't want to get rejected. So, instead of asking her out on a date, you decided to just hang out as friends instead...whether it was just with her or with a group of friends.

Or, let's say that you *did* ask the girl out, on an actual date. But, when you got to go out with her, you played it safe. You were a true gentleman. (After all, that's what our mothers, sisters, and society tell us to do, right?)

So, you behaved yourself. You didn't make any comments about her looks or what she was wearing. You didn't flirt with her at all. You didn't try to touch her in any way. You just hung out with her and kept the conversation neutral - without any flirting, innuendos or even jokes that could be misinterpreted.

Well...

Guess who else does all of the above things with her? How about... a **friend**?

That's right. You see, by behaving yourself completely, by not complimenting her on her looks or her great outfit or her hair, by not trying to touch her in any way whatsoever, and by not flirting with her at all, *you were sending her a message!*

What was that message, you ask?

Simple. The message was that you were *not* attracted to her. The message was that you were interested in just "hanging out" with her. As friends.

And...even if *she* was attracted to you in the beginning, she would eventually dismiss the attraction because of the messages *you* kept sending her... the message stating that you "just want to be friends."

She may also just see you as being too nervous, insecure, unsure of yourself, or even weak. And, most women are just not attracted to that kind of a man. So, she would decide *herself* to put you into the "just friends" category.

It's annoying, isn't it? Because everyone - including *women* - tell you to be a gentleman, and to treat a woman with respect. And yet, when you do that, you come across as uninterested and boring. Or even weak and insecure.

### Getting Too Comfortable

So, let's say that you somehow convince her to go out with you *again* - on a second date. And, guess what...the same thing happens during the second date...

You keep being a gentleman because you don't know what else you could do. You keep believing that spending more time with her will get her to feel attraction for you.

And... without realizing, you continue to send her the message that *you* want to be "just friends." After all, you're not doing anything that a guy who's attracted to her would do, right?

She keeps wondering why you're not hitting on her, why you're not making any attempts of touching her, and why you don't say or do anything that would show her that you find her attractive.

So...she decides that you just aren't attracted to her, that you just want to be friends. And, she decides to do the same.

Soon enough, you end up being friends - especially if she likes who you are as a person.

But, it doesn't end there. Because the two of you continue to hang out together "as friends"...even if your secret agenda is to eventually sleep with her.

Now, you're so comfortable with her, and (more importantly,) *she* is so comfortable with *you*, that you don't even have to go out on "dates" anymore. (Remember, she doesn't think you're attracted to her.)

You're perfectly okay with just hanging out. (You still get to be around her, right?) And, you're just fine with going to each other's homes and watching a movie - in your sweat pants or pajamas.

Listen carefully...

If a woman who hasn't slept with you yet is already *so* comfortable with you that she doesn't care how she looks around you, you can bet that she has already decided she's **not** going to sleep with you at all.

She is already comfortable with you. She enjoys your company, as a friend. She can talk to you about all of her problems, including the problems she has with other guys (the ones she is actually dating.)

And, she gets to be *herself* around you...she doesn't have to put on makeup, or dress up, or shave her legs to be able to hang out with you. (After all, she has decided neither of you are going to be dating each other.) And she gets to always have you *be there for her*, to listen to her and support her!

*Now, why would any sane woman ever want to change that!*

Voila... you have just established permanent residence at the "friend zone."

## Not Giving Her "Emotionally-Charged" Experiences

This is a biggie, and it kind of builds on the "getting too comfortable" aspect.

Women are emotional creatures. (Much more so than men are.) And most women want to feel emotional highs, even emotional *peaks*, in their life - especially in the dating/relationship area of life.

They want the spark, the excitement, the passion, and sometimes, even a hint of danger.

In other words, they want to **feel**. If they're not feeling, they assume that their life (or relationship) is empty...or dead.

The problem is, most guys think and act in the exact opposite way.

Most guys are boring at best. They are not spontaneous, they don't like taking risks or making mistakes (especially when women are concerned)...and as a result, they come off as boring and unimaginative.

The good news is, getting a woman to feel emotional highs isn't that difficult. And it doesn't require you to have an amazing imagination either.

I'll show you how you can easily get her to feel some strong emotions, in the next section.

## **Getting *Out* of the "Friend Zone"**

Okay... so despite his best efforts, the average guy can't help but get pushed into the friend zone. And, once he's in there, it's almost impossible to get out.

That's unless you have a copy of this report in your possession, of course. ;-)

So, it's time to get *out* of the friend zone. And, stay out. There are actually several ways to get out, and I will share them with you.

Which method you use is entirely up to you, and it will depend on what you already know about her, about her relationship with you, and visa versa.

You see, whether you'd like to believe it or not, **you** and you alone are mostly responsible for getting yourself into the friend zone.

And, you're the only one that can get you out of it. You're the only one that ever *will* take action towards getting you out of it.

Women will rarely do anything to get the two of you out of the "friend zone" because most women can find guys to date very easily. They don't even have to do much, really. The guys are always the ones walking up to the women anyway.

But, a good friend? A good friend is hard to find. And any woman - even one who rarely gets hit on - will think twice about doing anything that would put a good friendship at risk. (Read: she is *never* going to take the first step toward becoming "more than friends" with you.)

So, it's all up to you, my friend. You're it. No one else will do this for you.

And that's why I've written this report - so that you won't have to do it alone. So that you won't have to *guess* at what to do, and what will or won't work. So that I can help you achieve your goal of getting out of the dreaded friend zone...even if all of your previous try's have failed.

As mentioned earlier, I will first go over the quick-and-easy methods, which you can put to use right away. (And later, I will cover the more advanced 'persuasion and seduction' techniques)...

### Stop Being Her Brother Or "Girl" Friend

It may hurt guys to hear this, but, if you're in the "friend zone" with an attractive female, she probably views you as a brother, a gay friend, or even one of her girl friends...as touched on earlier.

And, if you want to get out of the friend zone, you have to...

- 1) stop the behaviors that got you into the "friend zone" to begin with, and...
- 2) stop the behaviors that continue to reinforce the "friend zone"

That means, no more pajama parties, no more watching movies in your t-shirts and sweats.

It means, no more conversations that seem like two girls gossiping. She's got plenty of girl friends for that. You can't be one of them if you ever want her to see you as "more than a friend."

It means no going shopping with her, no helping her choose a sexy outfit for her date with some other guy, and definitely no going to the gym with her.

And, it means, you have to *stop* letting her talk to you about other guys that she's dating or is thinking about dating. If she brings up that subject, quickly but politely change the subject after a

minute or two. Make her think that you don't have anything of value to offer her in that department. (She will soon catch on and stop asking you about other guys.)

The only time it's okay to let her talk about other guys is if she's comparing the guys to you. (That implies that she's interested in you and maybe even trying to get you jealous.)

It also means that you can't have her call you on the phone and talk for hours about useless, chatty, girly stuff... while she's driving, doing her laundry or painting her nails. And...if you're the one that tends to call and/or text her a lot, it's time to stop that.

Remember, what I mentioned earlier... being so close and comfortable to her, and being her best friend who she can pour her heart out to (and complain about all of her problems) may seem like a great place for you to be in.

But, it's the *worst* place to be in IF you want to be more than friends with her. (If being like one of her girl friends hasn't helped you get anywhere with her so far, then you already know that I'm right.)

A guy who is always there for a woman, who is always agreeable and always ready to do favors for her or listen to her go on about her problems and frustrations, etc. isn't the kind of guy that women are attracted to.

In fact, that kind of guy is the opposite of being attractive, for most women. (She may enjoy having you around, and available to talk every time she calls, but she will not respect you much for it. And she definitely won't see you as the kind of guy she would ever want to date or even sleep with.)

Being too available implies that you have nothing else going on in your life. That your whole world revolves around her. And, while that may brush her ego, it's not going to create attraction for you.

In fact, it's going to do the opposite because most women prefer a bit of a challenge when trying to get a man.

If he's too available, she doesn't place much value on you.

If he isn't always available, that means he's got something going for him...and it means that he's in demand. *That* is attractive.

Look... if you really want to shower her with favors and time out of the goodness of her heart (not because you want to sleep with her,) that's great. It means you're a good friend, and a good person.

But... *put the brakes on all of that for now.*

If you want, you can continue to do all of those things for her **after** she becomes your lover and/or girlfriend.

Fair enough? (Remember, I'm on your side here.)

### Let Her "Miss" You

Taking a break from being her 'brother' or 'girl friend' is also important because it will give her a chance to "miss" you a little. And, that's always a good thing.

In fact, you may want to remove yourself from her life for a little while, so she can properly miss you. Go away for a week or two.

If you're *always* there, every time she calls, texts, or wants to hang out...or whenever she needs your help with moving furniture, fixing the garage door, or whatever... then she's going to take you for granted (if she hasn't already)...even if she is a nice person. (Taking people for granted happens to the best of us.)

And... if you've been hanging around this female friend a bit too much, especially in the "I'm always here for you day or night" way, it's time to disappear for a while.

It is especially important that you let her miss you if you have been putting her on a pedestal, always giving her compliments or boosting her ego every chance you get, and generally displaying any resemblance of "**worship**" behavior.

It's time to minimize or even eliminate all of that stuff.

This does not mean that you have to *cut off all ties* with her completely. And, you don't have to be a jerk to her either. Just tone things down by a giant notch or two.

Don't ignore her completely. But...if she calls, don't always drop *everything* to answer her call right away, either. Let her leave you a voice message, and call her back a little later. (Unless it's a real emergency like an accident, health or life threat, getting fired from her job, etc. Not a broken fingernail. I'm sure you're smart enough to figure out what a real emergency is and what's not.)

The same goes for her text messages. Don't reply to her text messages immediately after she sends them (unless, again, it's a real, *authentic* emergency.)

If needed, tell her that you're busy with something (work stuff, a new class you're taking, a new girl you're dating (don't over-do this one,) or a new hobby and/or friends you've acquired.)

It will also show her that you actually *have a life outside of her*. And that she isn't your whole world.

Warning: Some of the above may get her to act out a little bit, and she may even give you the frowny face or guilt trip about "abandoning her" or something similar.

If that happens, empathize with her a little, preferably in a humorous way, tell her that you still love her, etc. etc... and then get back to the task of "letting her miss you."

Whether she pretends to like any of the above or not, the end result is that she will miss you. And, it may even create a little bit of attraction towards you.

I realize that the above advice seems counter-intuitive. But, trust me... if you want to get out of the "friend zone," you must start using these techniques now.

### Get A Life

Yes, instead of just pretending - for her sake - that you've got other things going on, why not actually start doing other things!

So...while you're letting her "miss" you, by being less present in her life, it's a great opportunity for you to start doing new things, to start improving yourself, start living a fuller life, start becoming more "attractive" as a person.

That way, when you do come back into her life - after giving her a break, you'll be somewhat different, better, and maybe even more attractive.

I'll discuss more specific ways in which you can improve yourself, overall. But, for now...

Take up a new class or new hobby. Learn a new language. Travel to someplace new. Heck, join a book club if you have to. Get out there, meet new people, make new friends!

Women are attracted to a guy who's got stuff going on in his life. It shows that you have purpose, that you actually care about yourself and your life.

(If you've got all the time in the world to spend on her, she may love the attention but she will wonder about you and your life. That's never a good thing. If you're not always available, you will appear to be "in demand." And women are attracted to that.)

Start dating some women too. If nothing else, this will get you back in the game and give you practice. So, you'll be nice and ready when you do get to the point of turning that friend into a lover or girlfriend.

You see, turning a friend into a lover or girlfriend is just one part of the equation. The other part is to be able to *keep* her. And if your experience with women in general isn't all that much, you'd

better start working on that now! *Before* you get your friend to go out with you. (More on this stuff later.)

### Dress The Part

Remember... one of your primary goals here is to break the "friend" frame of mind that has been set inside her head.

Dressing better, being better groomed, and having good hygiene is not just about "looks."

If you keep appearing too comfortable around her, by being in sweat pants or pajamas, she will continue to see you as "just a friend." She will continue to believe that you only want to be friends with her. So, you must stop doing that.

Also, dressing and looking better around her will work for you in a few more ways:

- She will start to feel under-dressed (or even a slob) in comparison, and she will want to fix that,
- She will start to see you differently (even if it's just on a subconscious level at first),
- She will wonder about your "new look" and why you've changed. "Is it because you have started focusing your attention else where? Have you started seeing somebody new?" These types of questions will very likely run through her mind (which is what you want.)

Lastly, most women prefer to date a guy that her friends and family will approve of. (That's usually not a slob or a guy in sweat pants.)

By dressing well, you would have already taken care of that step, before it ever came up. Also, if she has ever thought of you as being more than friends, or even if she is starting to think of you in that way now, being presentable and well-groomed will only work in your favor.

Dressing well also means taking regular showers and *smelling* good. (Most women love a guy that smells good. So, you should engage all her 5 senses during your 'attraction' process.)

Combined with all the other things you are doing, you can bet that she will surely start seeing you in a new, positive (even attractive) light.

### "More Than Friends"

A great way to get her to start thinking of - and seeing - you as being more than "just friends" is to "plant the seed" into her mind.

You could start talking to her about "a friend" of yours who just started dating her best friend. (This can be a real friend or a made-up friend. Your choice.)

You could then start talking about how "the best relationships seem to be between couples who are also *best friends*"...or couples who happened to be good friends *before* they ever started dating.

Then, you could subtly joke about why *the two of you* never went that route. Or why it's "too bad" that you two never thought of that.

Don't push the subject too hard. Remember, you're only trying to "plant the seed" of the idea into her mind... so that her mind will start to think about the possibility of being "more than friends" with you.

It's always better to let her think that it was *her* idea...instead of something that got pushed on her.

Combined with all the other strategies shared in this report, the above "seed" will start to grow on it's own and have a positive effect on her mind.

### Start Doing "Date Stuff"

If you've noticed, many of the above techniques are designed to get you to stop doing "friend" stuff with her.

The reason is simple... you are trying to break the "just friends" frame that has been set in her mind.

To take that a step further, you should stop doing "friend" stuff with her and *start* doing "date stuff" with her.

So, stop hanging out with her in your pajamas and sweat pants, stop walking the dog with her, or grabbing a quick bite to eat during lunch or week-nights. (If you tend to do any of the above a lot, start to cut back on it gently.)

Start going out with her on formal events, preferably during the *weekends* (instead of weekdays or weeknights,) where she has to dress up. (On some level, in her mind, she will see it as having to dress up for you.)

That means, invite her to be your date for a company party, or some other formal event, like a wedding, charity event, etc. (If you have to convince her, tell her that you couldn't find a date on

such short notice or that your date had to cancel due to an emergency... and that she'll be doing you a huge favor by being your "date.")

When you're at these events, don't introduce her as your "friend." Just use her name instead. And let everyone wonder about who she really is to you. Let them make their own conclusions. (You obviously don't want to let on to her or to anyone else that you're doing all of this so you can get to sleep with her.)

Also, do other things that would resemble the "date" feel... like opening the door for her, leading her in by gently touching her upper back with your palm, ordering the meal for her, etc.

And... when you're out with her at these formal events, seed her mind some more by playing the "pretend" game with her where you both are either "secret spies" working for the government, or a newly-wed couple, or something similar where there's excitement and a touch of romance involved.

Call each other "honey" or "darling" as part of this pretend game (or "husband" and "wife", etc.)

All of the above (including the part where she has to dress up for you) will continue to subconsciously break the "just friends" frame and start to create the "date" or "more than friends" frame, in her mind. (Think of all of this as "planting the seed" in her mind...or "priming the pump.")

Things will start to shift in her mind, without her realizing...and without your having to force anything.

### Giving Her "Emotional Highs"

We touched on this subject in an earlier section... that women are emotional creatures and that most women need to feel emotional highs, in order to feel like they're living fully, or that life (and a relationship) has purpose, and means something, etc.

It's also why so many women love, crave and even seek out "drama"...whether its through a book, movie or even through events in their own lives.

We've also established earlier that most guys can be boring at best.

But, it doesn't have to be that way. And...you don't even need to create the emotional highs yourself. You can 'borrow' it.

The easiest way to get a woman to feel emotional highs is to get her to **do activities** that generate emotional highs. You don't have to provide the emotional highs yourself if you don't want to or don't know how.

So... instead of going out with her to grab a bite to eat, or to walk the dog, or to hang out at the park, or whatever, take her to places and events that will get her emotions going.

A carnival, or even a circus, is great for this. It's not too expensive but it can still take her through a range of emotions...from running around and playing games like a kid, to riding the ferris wheel or going into a haunted house, tunnel, etc.

A roller coaster ride works too (unless she hates it.) And, skiing, scuba diving, or even sky diving can obviously give her (and you) some major emotional highs.

Important: Shared experiences are the best. So, whenever possible, you want to be right there with her, enjoying the emotional highs *together*. (That way, she will also start to associate all those emotional highs to the act of "being around you." More on that later.)

### Fix, Improve, Eliminate

In the earlier section of the report, titled "*Is it Worth the Investment*," I advised you to look at all the things that she considers *important* or "must-haves" in a man, if she were to consider dating and/or sleeping with him.

And, since your main goal here is to *attract* her to you instead of *repel* her in any way, it would also be very helpful for you to look at your habits, behaviors, etc. that she views as "negatives."

I'm obviously talking about major negatives...anything that seriously annoys, upsets, angers or even disgusts her.

It's easy to figure out what those things are by simply going back in your mind and recalling past incidents where she displayed annoyance, disgust, anger, etc. over some specific things.

For example, if she cringes every time you pick your nose in public, spit on the sidewalk, or openly litter (even if it's something as tiny as a chewing gum wrapper,) it would be wise of you to stop those behaviors...at least temporarily.

The same goes for your emotional responses, perspectives, etc. that she may not be too crazy about.

For example, if you have the tendency to criticize others a lot, or talk behind their back, or get angry, upset or jealous over little things, to be petty, or always put a negative slant on things, or just be generally negative about life... you may want to tone those behaviors down or completely eliminate them, for now...*especially* if any of those things happen to rub her the wrong way.

Let me be clear here, by the way...

Changing *who you are* for another person, is rarely a good idea. However, *improving* yourself - and becoming a better person is generally a good thing. Even if you're doing it (initially) for somebody else.

Your overall goal here is for both of you to be **happy!**

The reason you're trying to turn your friend into a lover or girlfriend should also be to make both of your lives *better* - and happier. Without having to make major changes or sacrifices to your lives.

So, remember... don't change who you are (unless *you* want to.) But, do *improve* yourself.

Look better, dress better, smell better, and feel better! (And always practice good hygiene. Having bad hygiene is one of the most common complaints women have about men.)

Love, value and respect who *you* are. (If you need to change and fix things about yourself in order to do that, then do it!)

And, love *life*. Focus on the positives, be grateful for what you already have. That kind of energy will automatically draw the right people to you, and keep the wrong people out.

### Make Her Your Buddy, Pal, "Bro"...

Okay, this technique is not applicable to all "just friends" situations. And, it isn't my first choice, either. So be careful with it.

In fact, this technique should probably be used *only* if most of the other techniques, discussed *earlier* in this section, don't seem to work too well.

For example, mixing this technique with the "Start Doing 'Date Stuff'" technique will only confuse her, and will work against you. It is not advisable to do this technique simultaneously with other "date" type techniques or activities.

Keeping the above 'caution' in mind... here's a great way to turn the tables on her...

If she wants to continue treating you like a brother or "girl" friend, well guess what... two can play that game.

Start treating *her* like one of your *male* buddies. This will send a strong message that you don't find her attractive and/or that you aren't attracted to her anymore. (Remember, this is not

something you'd want to do in the "dating" phase. Do it only once you're clearly in the "friend zone" and want to get out of it.)

This strategy works especially well if you've already been showering her with your love, attention, compliments, *flirting*, and ever-present support. (Which is something guys should not do to a woman they aren't already sleeping with, unless you *want* to land in the friend zone.)

That means, you can start calling her "dude" occasionally (women hate that because it makes it appear as if you don't find them attractive *at all*)... and you can have her watch the game with you over a couple of beers, and totally treat her like your 'guy' friend.

It means, you can start talking to her about *other* women! Just like she talks to you about other guys. (But, don't over-do this or she will start to suspect that you're doing it just to make her jealous. That will have the opposite effect of what you're after.)

A good way to do this is to start asking her for "advice" about other women that you're either interested in or are going out with.

You can also start noticing and commenting about other women, when you're out in public with her (in a "non-date" setting.)

And... it also means that you can start flirting with, and hitting on, *her friends*. (This is a biggie, so be careful with it. If you don't have any flirting and seduction skills, learn them first so you don't annoy or creep out her friends.)

All of the above will get her to start seeing you in a new light. It will also give her a taste of what she's been putting you through.)

She will start to wonder why you're not putting all your attention and affection toward her anymore.

Most importantly, she will get a little jealous... and she may even subconsciously start to compete with all the other women you're giving your attention to. Even if she may not (yet) be attracted to you!

That means, she may start looking, talking, and being more sexy and feminine around you. That's a good start, and a nice change of pace, wouldn't you agree? ;-)

But remember...use this particular strategy only if you're **not** using the other ones.

Using a "Ringer"

This is another technique that may not fit into every situation, but I promised to cover all the major areas, so I'm sharing this one too.

This technique is designed primarily to create jealousy and/or competition in the mind of your friend.

And it involves introducing a third person, typically an attractive female, into the equation.

Basically, you would need to start including this "third person" when you hang out with your friend - whether it's watching a movie at your place, going out to grab a bite somewhere, etc.

You don't even have to tell your friend that this third person is your girl friend or date. Just introduce her as another friend of yours. And, let nature do the rest.

When two attractive women share the same space, jealousy and competition usually starts to develop on some level. And that's all you're interested in bringing about.

You see, even if your friend is not attracted to you *right now*, the subconscious feelings of jealousy and competitiveness that she experiences around the two of you will start to create some level of attraction for you, in her mind - at least on a subconscious level.

Use the above technique wisely, don't over do it, and don't let it get out of hand.

## **Pulling Out The Big Guns: Advanced Seduction and Persuasion**

So far, we've talked about "planting the seed" inside a woman's mind. We've talked about ways to create attraction in her, towards you.

We've also talked about the power of "shared experiences" and how they can get her to associate/attach certain emotional highs to *you* or to being with you.

Now, I'm going to show you how to do all of the above three things, in an incredibly powerful way, just by *talking* to her...just by having a normal-sounding conversation with her.

*You can start having this style of conversation with her while you're just sitting around chatting...or you can make it a part of one of your "date" outings. The latter would be fitting since the event would already have a "date" feel about it.*

The tool we're going to use here is called "process language." It is also known as "hypnotic language." And, in the NLP and the pick-up/seduction community, it is also known "language patterns."

Basically, we are going to use highly-descriptive and sensory-rich language, as well as carefully-designed questions to get her to feel strong emotions.

Then, we are going to link/associate those emotions to **you**.

Of course, the emotions we are going to invoke in her will be: attraction, excitement, arousal, the sense of romance, and maybe even love...i.e. any emotion that will get her to see you as *more* than a friend.

In order to use these language patterns on her, and get her to feel strong emotions, you have to first understand something about how the human mind works...

The first lesson is: if you can get a person to imagine or visualize something clearly and strongly enough, that particular event will seem **real** in her mind. And, as such, her mind will cause her to feel all the emotions that go along with those events, images and visualizations.

Example: If a person sees a scary movie, she feel scared...even when she knows that there is no real danger. The fact that the movie tells the story so vividly is enough to fool a person's mind into causing the emotion of fear to overcome her mind *and* body.

The second lesson is: If you can get a person to think about moments/events from her *past* clearly and strongly enough, she will once again be able to experience all the emotions that are associated with those past moments/events.

Example: When you start to think about and/or discuss a negative event from your past, you can become sad, teary-eyed, or even depressed.

And, when you start reminiscing about a fun, happy moment from your past, you can once again start to smile or even laugh, and experience happy emotions, as if you were transported back into the past again.

The third lesson is: If a person experiences an emotional moment while she's around you, her mind will begin to associate that emotion to you, or to being with you. (We've discussed a little about the power of 'shared experiences' in earlier sections of this report.)

Example: If you share an extremely funny moment with another person (a joke, a funny movie, or event,) the two of you will often start to smile or laugh as soon as you see each other, during your future run-ins or interactions with each other.

So... keeping the above three lessons in mind... if you wanted a person to feel a certain emotion, all you'd have to do is "remind" her of a time in the past when she felt that same emotion.

That means, if you want her to feel attraction towards you, all you would have to do is get her to revisit the feelings of "attraction" while you're with her. And, the way to do that would be to get her to think of a time in the past when she felt the feelings of attraction in a strong way.

The easiest way to do this is to ask her questions about her past...and **pay very close attention** to the answers she gives you.

Here's an example of how such a conversation would occur...

**You:** Hey, I've got an interesting question for you... can you remember the last time you felt incredibly attracted to someone?

**Her:** Hmm...that would have to be my college sweetheart.

Now, get her to feel the same emotions (as strongly as possible) that went along with that feeling of attraction she felt for her college boyfriend.

**You:** Oh yeah? What was that like? Do you still remember how you felt when you first started to become attracted to this person?

If you've never talked to her about emotions or feelings before, there is a good chance that she'll be a little confused about why you're suddenly asking her these types of questions. So be prepared. I show you how below...

**Her:** Uhh... why are you asking me this?

**You:** Oh...it's just this article I was reading the other day. And, it was talking about how some people's memories are so powerful that it can remember every single detail from the past.

And that some people can even remember exactly how they felt...both in their body and in their mind...especially when it involves a loved one or an exciting relationship, etc.

So, I just wanted to see if you remembered anything *at all* about your last significant attraction.

Notice how you said that "some people's memories are so powerful" implying that if she's able to remember what you're asking, it would mean that she's one of those "powerful memory" people. (It's a sneaky way to give her an ego brush for going along with the process.)

And, after you finish explaining, you remind her the question again...so that she can answer you.

**Her:** [Laughs] Well, yeah. I felt like a little girl almost.

**You:** Really? Do you remember how you felt in your body? I mean, like, did you get butterflies in your stomach or did your heart start beating faster when you saw him?

**Her:** Oh yeah! Both actually. I'd get like this knot in my stomach. But the good kind, you know?  
And this heavy feeling in my chest. And yeah, butterflies in my stomach for sure.

**You:** Wow...pretty cool. Can you remember how strongly you felt all of that? Like, on a scale of 1 to 10... 10 being the strongest... how strongly would you say you felt that sense of attraction?

**Her:** Hmmm... probably like a 7.

Using phrases like "Wow, pretty cool", etc. will just encourage her to continue telling you more about her process. If you simply keep asking her question after question, without showing any interest, she may stop answering.

Also, preferably, you want her to experience the emotions as strongly as possible. So, if she isn't near a 9 or 10, try to get her to feel it more strongly (see below.)

**You:** Oh, 7... that's pretty good, huh? Do you ever remember it going to like a 9 or a 10?

**Her:** Oh yeah...like during our first few dates, it was pretty intense. Haha

Now, try to go back to finding out what she felt in her body.

**You:** Oh yeah? So, what were you feeling in your body during the 9 or 10?

**Her:** [Laughs] Umm... just tingly all over I guess. And nervous but also excited. Like every little touch would be electric, ya know?

**You:** Oh yeah, totally. First dates are the best, huh?

**Her:** For sure. It's so exciting and all your emotions are just on the edge.

**You:** Exactly! And I bet you kept wondering about that first kiss, huh? ;-)

**Her:** [Laughs] Yep! That's always like the highlight. You keep wondering when and how it would happen...

Okay... there are a lot of things that happened above. And, gently getting her to the "first kiss" is a great start.

You can actually keep the above conversation (and process) going, and take her through how that first kiss felt, what she felt in her body, etc.

And...you can also ask her what was going on in her mind. What she saw, what she heard, what she was thinking, etc. All of that is powerful information.

Basically, try to get all of her senses involved into the experience.

I want you to understand something: as you take her through the above process of remembering her "attraction *process*" she is going to start feeling the feelings of attraction all over again...in her body and mind.

And, since you're right there with her, some of those emotions will start to become associated to **you** - in her mind.

Warning: There is also a chance that she may get uncomfortable and/or self-conscious as you take her through this process...especially if she is not used to experiencing the feelings of "attraction" and "arousal" around you.

So be aware of that. Pay attention to her reaction and don't push it too hard if she needs to stop or take a breather.

In other words, pay attention to her comfort level, and don't take it to a point where she starts to become too uncomfortable. If she does, switch the subject to something else, temporarily, and come back to the original subject at a later time.

You can use a similar process, as illustrated above (in blue) to get her to experience the feelings of romance, arousal, and yes, even the feelings of "love." (In fact, if you were to continue the above process and take her through the process of that "first kiss," you would start to get her aroused as she describes the kiss to you.

Important: Remember all of the answers that she gives you. You can use those responses, in exactly the way she described them, i.e. her words and languaging, to turn her on again - any time in the future. :-)

Other ways to start the above process would be to talk to her about **your** experiences and emotions. Or you can talk about other people's experiences, say one of your other friends, or someone from work, for example. (These other people can be real or imaginary. No one has to know, except you.)

And, then switch to her, and ask her how *her* 'process' was different. Guide her along the way, with the right questions - just as I illustrated earlier, in blue.

It may take a little practice at first, to get used to this type of languaging as well as conversing in this way...especially if this is your first time being exposed to process language / language patterns.

If needed, you may even want to practice on strangers or your other female friends first - before you use them on the friend that you'd like to turn into your lover or girlfriend.

Tip: If you're not comfortable doing this with your main friend in person, you could do it over the phone.

Just be sure that she has time to talk to you for a bit, before you start taking her through the process.

Or heck, you could wait for the next time she calls you to talk about some guy...and then you can start to lead the conversation to the subject of "past boyfriends" and "past attractions"...and "past loves," etc.

Before you know it, you'll be leading her through the emotions that you *want* her to feel, i.e. you're going to make her feel attracted to you, turned on by you, and ready to move things to the next level.

As I touched on earlier, a great way to *help* her move things along to the next level, is to use what you've just learned (about 'process language' and 'language patterns') to start talking about the "first kiss."

Everybody remembers their first kiss...whether it's their very first kiss or their most significant first kiss from a past relationship.

As you take her through that visual sensory-rich journey, she will start to become more and more ready for...you guessed it...*the first kiss*...

## **Importance of the First Kiss**

The *first kiss* is very important for most women...even more so if that first kiss happens to be with a friend (i.e. **you**.)

In most cases, a kiss is a prelude to sex, i.e. it's a clear signal for the woman that she will probably be having sex with you very soon in the future... maybe even that same night.

As such, the first kiss is a *big deal* for women.

On the one hand, the first kiss is a green light for you that you have broken the "just friends" mental frame in her mind. After you kiss her for the very first time, she clearly will not see you as "just a friend" any longer.

On the other hand, a woman will usually tend to become a bit more cautious about what happens after the first kiss has taken place.

So, to keep things flowing smoothly, do not try to rush into having sex with her immediately after the first kiss. (This is a mistake most guys make, and it ruins any chances of having sex later.)

Give her a little time to get used to that first kiss. Like I said, it is a big deal for her. So, after it has happened, build some comfort...touch her lovingly, hold her hand, hug her, hold her, gently rub her back or arm while you're hugging or holding her, etc.

Just make her feel comfortable, *safe*, and warm. Show her that you're not just interested in sex...show her that you enjoy being with her, and being close to her.

Also, be careful of *when* - and *how* - you go in for that first kiss...

For starters, don't *ever* surprise her with the first kiss. That will only make her feel uncomfortable, startled or even weird.

Do it while she's already looking at you, or get her to look at you first, if she's looking elsewhere.

Give her at least a 5-second signal. You can do that simply by the way you look at her, by touching the side of her hair and face, by slowly moving your face close to hers. She'll know what you're about to do.

And, after you bring your face closer to yours, stop there. Don't kiss her yet.

Notice how she reacts. Let her responses tell you whether she's open to the kiss or not.

Example: If she looks away or tries to change the subject, she's not ready yet. But, if she looks right back into your eyes, parts her lips slightly, and/or smiles a little, she wants you to kiss her.

(And, don't be surprised if she happens to move in to kiss you before you do, due to the anticipation and buildup you've created. That's always a good sign.)

When you do go in for the kiss, do it slowly but *confidently* and deliberately. Don't half ass it, don't dilly-dally. Show her that you're a man. Show her that you are attracted to her and that you *want* to kiss her.

The first kiss also has to be gentle, soft, sensual...romantic. This is not the time to try to suck her entire face into your mouth.

And watch the saliva level as well. You shouldn't be drooling all over her face. The kiss has to be slightly wet, i.e. no dry/chapped lips. But, not too wet.

Also, go easy with your tongue. Don't try to jab your tongue down her throat. Instead, tease her with your tongue. Play with her tongue.

A great rule of thumb is to let *her* guide how much tongue should be involved. Let her lead that part of the kiss.

And, take turns kissing each other. Don't always be the aggressor or leader while kissing a woman.

Finally, remember...

The first kiss is a green light which signals that you have broken the "just friends" frame.

But, you still want to give her a little time to get adjusted to the fact that the two of you just kissed for the very first time.

Don't rush her into having sex with you right after the first kiss either. Help her to build some comfort at this point. Hugs, hand-holding, kissing her cheek lovingly are all good ways to do that.

And don't ever make any comments - even jokingly - that would make her feel bad or weird about having just shared that first kiss with you.

Make it seem like it was a natural thing to have happened. Like a "happy accident"... maybe even something that was 'meant to happen' or 'meant to be.'

If you feel uncomfortable, awkward or weird about having just kissed her, she will start to feel the same way.

And, if you feel *natural*, comfortable, even happy about the first kiss, she will tend to feel that way too.

Important: If she decides to slow things down after the first kiss, or suggest that you discuss where you're taking the relationship first, don't worry. Go along with it, and don't rush her into having sex. Never rush her if she's not ready.

Over the next few hours, days, or weeks...whatever the case may be...continue to use all of the techniques and strategies I've shared earlier in this report, as you continue to talk to her and hang out with her.

In other words, continue to build attraction, arousal, and romance in her mind (and body) - for you.

Do that and the rest of it will work out just fine.

## "Stick" Strategies

Depending on what your long-term goals are with your friend (who you've turned into a lover or girlfriend,) it would be very helpful for you to take some additional steps, in order to make the relationship "stick," i.e. last beyond the first sexual encounter.

Just because you have slept with her once does not automatically mean that she will want to sleep with you again or continue to build on the relationship.

Obviously, the first important step to making this new relationship "stick" would be to impress her wildly, basically blow her mind, in bed.

This will depend on how well you know her...and...it will greatly depend on how good you are in bed, i.e. how good your sexual skills are, how experienced you are, etc.

It doesn't matter how good *you* may think you are. It only matters how good the women think you are. If you have received positive feedback from women you've slept with in the past, that's a good start.

If you're not 100% confident about your sexual skills, and about your ability to blow her mind in the bedroom, you may want to fix that *before* you sleep with your friend for the very first time.

I have several special reports on the subject if you'd like to learn some powerfully-effective techniques and get the unfair advantage over most other men...including her past lovers.

(Women are always comparing their current lovers to the past lovers. They can't help it.)

Next, be very careful of how you handle the moments (and hours) immediately after you have had sex with her.

The best strategy seems to be to act as if your sleeping with her was an *accident*...but an accident that you are very **happy** to have had happen. That means, you want to make it seem like you did *not* plan things to happen this way...but, that you are glad it *did* happen.

And, definitely don't make her feel bad, funny, or *negative* in any way, about what just happened. Be very careful about making any jokes about the incident as well. *The minutes and hours immediately following her first sexual encounter with you can be very sensitive.*

If alcohol or any other mood-altering substances were involved prior to your having sex with her, make it seem like the sex was going to happen *even* if the alcohol/drugs *weren't* involved.

Basically, you want it to seem like having sex with each other was *not* a mistake - *especially* if she seems to wonder about it, question it, or feel weird about it afterwards.

Reassure her that it was a good thing. In fact, you want it to make it seem like it was something really great - maybe even something 'special.'

It also helps (in general, after sleeping with a woman for the first time,) to reassure her that you weren't just interested in sex or a one-night stand. And it especially applies in this case, where you're sleeping with a woman who you've been friends with *first*.

A great way to put her mind to ease is to simply *make plans for the future* while you're laying in bed with her, or even shortly afterwards. It doesn't have to be anything major like asking her to move in with you. (That would actually be an example of what *not* to do.)

Something as simple as talking about a restaurant that you've been wanting to try out. And, let her know that maybe the two of you could check it out sometime soon. Like, maybe next week or sometime within the next few days, etc.

Doing so will let her know that you still want to hang out with her, that you still want to spend time with her. It may seem like a little thing to you, but it will mean a lot to her.

Finally, be sure to call her the next day! (This is actually another very common complaint that women have about men - they just don't call the next day. By calling her, you will stand apart from all the other guys from her past, or even present.)

Since most people have regular day jobs, I personally prefer to send the woman a text message first - between 9:00am and 11:00am. I tell her what a great time I had with her last night...and I mention that I am going to call her later in the evening (of that same day.)

The reason I want to call her in the evening is simple. I want to be able to talk to her for at least a few minutes. *And* I also want *her* to be able to talk to me *freely*, without any interruptions or intrusions.

Trying to do the above while she's at work can often be near impossible. So, I tend to wait till she's done with work and is at home, where she has more time *and* more privacy. Anytime after 6:30pm or 7:00pm is usually good. (You could even ask her - via text - what the best time to call would be.)

When you do get on the phone with her, that may also be a good time to talk about setting up the next date.

Remember, to make her feel comfortable and natural about all of it. Remember...if *you* feel that way, she will follow.

And, if you really want to take this to the next level, and really make the relationship "stick," I highly suggest that you get my report titled, "***How to Get Her "Addicted" to You.***"

In that report, I share some powerful ways to make her start craving you...emotionally, mentally, as well as *physically*.

Enjoy your "more than friends" adventure!