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CONFIDENCE MASTERY

*How to increase your confidence
with women in 4 simple steps*

Introduction

This guide is designed to serve as an incredibly easy way to learn how to build and become aware of a woman's attraction. The goal is to get you results fast, so you become aware that interacting with women doesn't have to be intimidating.

I have spent years dedicated to the study of relationships & dating. Unlike me, I've had plenty of time to experiment and discover what works. I want you to get your first success moments quickly so that you can take your relationships to the next level. All the ideas are designed to reduce the potential for rejection because that's what most men are afraid of. The truth about attraction is that not every woman will be attracted to you. Rejection is unavoidable in dating. However, most men never get to a point where they embrace dating altogether and accept that rejections are part of the game. That's why many of the ideas in this guide are about how you can practice using a woman's attraction **for you** to have good interactions with her **without** rejections happening. The truth is, for every woman who rejects you, there's another woman who's into you, but most men don't realize it. I want you to discover that there are far more women who are into you than you may have made yourself believe over the years.

This guide is **not** a definitive guide on how to master attraction or relationships. Instead, it's designed to get your foot in the door. Once you've had some first successes, you probably want to dive deeper. I highly recommend reading my book [Attraction Through Purpose](#), once you've had your early successes with women.

Please don't make the mistake of assuming that just because you've had initial success with women, that it's going to last unless you put in hard work to become the kind of man a woman wants to stick around with for the long-term. Success is the result of continuous practice. Independent of whether you choose to read my book or only practice attraction with these exercises, never become complacent.

I've mastered dating, but there are still women who seem like a challenge even for me. It's normal, no matter how good you become at reading a woman's attraction. Even though I've come a long way, I still have moments where I screw occasionally. It's because sometimes I become complacent and forget essential principles. This is why it's so important to have someone to talk to and gain feedback on how you can improve. If you want to learn more about attraction and discuss your experiences with other like-minded men, join our Facebook group [Purposeful Attraction](#) or [book a session](#) with me to talk about your insecurities and let's work on them together.

Attraction hack #1:

Eye-contact flirt-o-rama

Attraction is not a choice. Studies on body language have unraveled long ago how we express our attraction for another person non-verbally. Eye contact is one of the most common ways to express sexual interest. It takes a split-second for a woman to know whether she's into you or not. If a person is interested in you, they'll gaze at you. Likewise, if you stare at them, it signals to them that you're interested in them.

Many men, in fact, most people, are afraid of making eye contact with another person. Most attracted to someone gaze at the person unconsciously, then immediately look away as soon as the other person looks back at them out of insecurity. This is a huge problem for men who need to prove their confidence to women. Highly-attractive women use eye contact as a subconscious test to see whether you have the guts to show her that you're attracted to her. If you look away, she's going to lose interest.

“Ah, another boy who's not able to sweep me off my feet.”

Because eye contact is heavily used for flirting and requires **no direct interaction** with a woman, it's the perfect tool to build up confidence. The easiest way to gain confidence and become aware of all the women attracted to you is merely walking around in public and consciously looking into a woman's eyes. Sounds crazy, but it really, really works to help you build up your confidence. And best of all, it's so easy to do.

You are going to achieve two main things with this hack:

1. You build up the confidence to keep looking into a woman's eyes. This is crucial! The first seconds with a woman is what counts. She's going to judge whether you've got what it takes to be with her in an instant.
2. You will begin paying attention to a woman's non-verbal signs of attraction for you. The most significant insight you'll gain from this exercise is that you will notice how many women out there are sexually attracted to you.

I used to do this exercise myself when I was still incredibly shy and insecure around women. The first few minutes of it will feel incredibly awkward, and that's normal. Because we're not used to flirting with women, we have to get ourselves used to it. Over time, as you practice this more and more often, you'll start to **enjoy** looking into a woman's eyes and see her reciprocate.

Let me share with you one memorable moment when I practiced this. Back then, I was working in the business district of BGC, the posh city of Metro Manila. BGC is the home of the rich and famous, and therefore there are beautiful women everywhere. During lunch break, I went for a stroll and started walking in circles around town and looked at any woman I found remotely attractive. The more I did it, the more confident I became to flirt with my eyes because often I'd see women love it when I'd confidently look at them.

By the way, you're also going to encounter women who will feel repelled and disgusted. That's normal as well because not everyone is into you. The great thing is, it doesn't fucking matter!

*"You're beautiful. You're beautiful. You're beautiful, it's true.
I saw your face in a crowded place.
.And I don't know what to do, 'cause I'll never be with you"*

This is from the song "You're beautiful" from James Blunt. James was onto something here without realizing it. There's absolutely **nothing** at stake when you flirt with a woman in public in an innocent moment that'll only last for 10 seconds. If you eye-flirt with an annoyed woman, you won't see her again in a minute, and nobody will have noticed your little interaction. And you can practice your confidence with the next woman who passes by.

Back to my story: I was walking quite far away from the office across the street. There was an incredibly beautiful woman walking towards me. Her face and hips were just not from this planet. She was dressed up to impress, with long curly hair and gorgeous makeup that highlighted her beauty. Wow, she was a stunner! We shared a short moment as I looked into her eyes, and I could tell she was into me. There was a slight smirk on her face. After she walked past me, I just continued practicing eye contact with more women.

After walking a few more blocks, I made a u-turn to head back to the office, and then something truly unexpected happened. There she was again! It so happened that I crossed the street and arrived on the other side right next to her; when we both saw each other, she was visibly enjoying the irony of the moment. We continued to walk next to each other, and I could see her smile. We both silently smirked and looked towards each other while walking. We continued to walk until the traffic corner and had to stop at a red light. She was smiling again. I knew this was my only shot, so I took the courage and said, "You seem to be having a great day!", to make a joke out of the situation — The truth is that, of course, I had no idea what the fuck to say, so I just winged it! She giggled and laughed, then answered, clearly delighted, "Yes I am. I'm just about to head back to the office." and we carried on with the conversation from there. We didn't have much time to talk since the next traffic light was just 2 minutes away, so I told her that we should talk again over dinner after work. You may not have that confidence to go that far yet, but that's not the key takeaway from the story. My eye-fuckery is what made her feel desired, and she loved it.

She loved that I was confident of keeping looking into her eyes. She was stunning, so most men will do the opposite; they'll instinctively look away. Any man who looks away when a woman shows her interest is essentially saying, "I am really sorry for looking at you." Never apologize for wanting a woman. Your fearless expression of desire is what draws her closer to you.

This is your first attraction hack. Walk around the city and practice maintaining eye contact with women that you're attracted to. Pay attention! How does she respond? Is she shy? Delighted? Annoyed? Undressing you with her eyes? Gaining a feeling for how a woman perceives you is worth gold. It's one of the most crucial dating skills to have. If you know which women find you attractive, all you have to do is walk over and start a conversation with something as simple as "Looks like you're having a great day."

Attraction hack #2:

Hang-out instead of hook-up

What do most men do when they go out to a club? They plan on hitting on women. Their goal is to “get the girl” and prove that they got what it takes to get her to give you her number. Because most men go out partying with this intent, they ironically fail miserably at it. What you focus on to not happen is going to happen. By going out to get a woman to like you, you also automatically want her not to **dislike you**. Your expectations and fear of her disliking you is always going to get in the way. Women can smell this fear and quickly lose interest once they see how insecure you are.

What you need is some good ol’ paradoxical intent! Paradoxical intent is the act of doing the opposite of what you want to prevent from happening. If you want to make women like you, what’s the best alternative? Stop making her like you! Once you stop focusing on making her like you, she’s going to start liking you. It sounds like an oxymoron, but it is true.

So how do you go about doing so? It’s **so simple!** Stop going out to hook up or meet girls. Just have some fun with your boys! How many girls go out to hook up? Most don’t! They go out to have fun and dance with their girl-friends. That’s why every man wants her. They’re not there to get a man’s approval – most of the time. Of course, some go out and dress up with the direct intent to make a man lust after them to boost their ego or have fun. But most women are just partying to enjoy themselves and forget their daily routine. Speaking of daily routine, what’s the most common routine a woman has? Getting hit on by a man! So stop going out trying to hit on women.

Just go out, have fun, drink, dance, and have great conversations. Don’t treat women like a bucket list of nice things you need to say to keep the conversation going so you can seduce her. Instead, treat the women you meet like friends or party buddies. Just get to know them platonically. You’ll be surprised how many women will feel attracted to you once they see that you’re not trying to impress them.

When you go out and are in a club, don’t do what most guys do. Walk around the club, scan for the right group of girls to talk to, and then approach. Just party, hang out, and have a good time. Once girls see you having a good time, they’ll want to talk to you all of their own volition because they want to know what’s up with you guys!

“Why are these guys over there having so much fun?”

Most other guys don't have fun! They just stand around and strategize how to talk to the girl they like. Yuck! Not sexy! Anyone can tell that you're in your head rather than in the moment.

Get out of your head and enjoy the moment. Jump, dance, sing, chant, shout, drink. Good vibes are all you need to get the girl to like you. Trust me; many girls will approach you instead of you needing to come to them.

Attraction hack #3:

Call me, baby

*“Hey, I just met you and this is crazy
But here’s my number, so call me maybe”*

I love this trick because it’s one of the easiest ones to build up meaningful confidence. **Start calling girls after you’ve matched!** How many men do you think call up girls once they’ve matched with them on a dating app? Almost none! Most men believe calling girls is just as difficult as walking up to her in person, but it’s not like that at all. Frankly, most men never even consider calling her on the phone.

Interacting with girls in person is very intimidating for most guys. For many, it’s about the fear of looking like a fool. It’s rarely about the rejection itself. Everyone is afraid of the “walk of shame” when we need to leave after being unsuccessful. When you walk up to a girl, you don’t know how she will react, so it’s a terrifying thing to step up to her.

Wouldn’t it be great if we could lower that barrier? Well, it’s quite simple! Once you’ve talked for a short while on your dating app, tell her that you’re tired to type and say that you want to call her instead.

If you don’t have her number, of course, you should first ask her to move to a messaging app. I’ve learned that simply saying “Typing on [datingapp] really sucks. What’s your number? Let’s talk on Whatsapp” works best.

So once you’ve told her that you want to call instead of typing and she says yes, you’re almost past the initial rejection stage already! If she agrees to have a call, it’s a **clear sign** that she’s into you. She’s giving you the approval to try and seduce her.

Girls get turned on when you take charge and have the courage to do things other men wouldn’t do – such as calling her.

You’re probably thinking, *“But dude, I don’t know what I should talk about with the girl.”*

No problem! You’re not on the phone with her to become her best friend. Your phone call doesn’t need to last long. You can just have a short conversation about what you’re up to, what’s her plans for today, just random quick chit-chat.

After a short while, you already hang up again! I know you’re dying to hang up because you have no idea what to say, right? Well, I give you permission! In fact, I want you to hang up

sooner rather than later. Tell her, “Hey, *it was nice talking. I gotta go to do [something]. I’ll talk to you soon.*”

If you want to take it even further, you’ll say, “*It was really nice talking to you, I gotta go to do [something], but why don’t we hang out next Saturday? I wanna go to [activity to do].*” At first, you probably want only to do the first one since you’re still too afraid to ask her out to do something with you.

After your call, she’s going to respect you more than any other guy because none of them dared to call her. Not just that, you’ve been able to build 10x more rapport in a 5-minute phone call than any other guy has done in two weeks of chatting.

Right after the call, you’ll feel so confident and good about yourself that you were on the phone with a gorgeous girl. Short phone calls with girls without much pressure are perfect for practicing how to walk up to a girl. It’s a controlled environment. If you start to feel anxious, you’re easily able to hang up, and it won’t even make you seem nervous because she has no idea that you’re not really busy with something else.

If you want to level your dating game ten-fold, commit to call up at least ten girls and see how they respond. You’ll know that it’s much easier than you thought. Once she says yes to the phone call, you’re already a winner.

Attraction hack #4:

Seize the nope-ortunity

This one's going to sound weird, but stay a while and listen!

I want you to start saying “No” to women.

“Dafuq dude?!” – Must be what you're thinking right now.

Well, why did you download this guide? Because women aren't attracted to you, right? You lack confidence, and something isn't working out for you. So let's go with the assumption that right now if you'd change nothing, you'd likely be failing with women – like you probably did in the past.

Which means you don't have anything to lose right now. You're already not getting what you want, so why keep doing the same thing over and over again?

“One mistake will never kill you. The same mistake over and over again will.” – Harvey Mackay

Let's stop repeating the same things that do not work. Always giving women validation and seeking their approval is a sure-fire recipe to turn a woman off. If you regularly give a woman what she wants, it's a clear sign that you lack the confidence to **deny** her what she wants.

For example, let's say you are in a club together with some friends and you're hanging out with some girls. They say, “Hey, let's go to Tiple & Slaw!” Well, what if you don't want to go to T&S? Would you dare say, “Nah, we're good, we still want to stay here for a bit! Maybe we'll see you girls later!” I can assure you that most men would not be able to say “Nope.”

Saying nope is an opportunity to mark your territory and signal that you aren't afraid to stand up for what you want. What's going to happen in the situation above? Yes, chances are the girls will leave, and they've gone for the night. But who cares? In your past life, you wouldn't have seduced any of them anyway. So saying “no” has no adverse consequences. What it does, however, is two-fold:

1. They will remember that you dared to say “No *thank you*” to them. It takes a confident man to say no. Most men do not even pay attention to this. They will always say whatever they believe will have the most favorable outcome for a woman to like them.
2. It trains you to build up confidence over-time. Most men never learn to say no, and so they’re stuck in an endless cycle of people & women-pleasing. If you want to build up confidence, you need to break the pattern.

You need to learn that “*losing out on a woman*” isn’t a big deal. That’s what real confidence is. Confidence is not just about being confident enough to approach a woman. Confidence is about feeling good in your own skin and treating yourself better than treating anyone else – including women. This includes being able to say “No” to things you don’t like.

Another random example could be, let’s say you are texting with a girl you’ve been talking to and asking you for a favor that puts you at a disadvantage. Just say “No *I cannot do that.*” I once dated a girl who didn’t show me as much appreciation as I liked. Once, she reached out to me and asked if I could bring her something because I was about to visit where she was living, and getting stuff delivered there wasn’t very easy. I refused and told her that I had no time for it. Did I lose out on something here? Maybe. Perhaps she was displeased with me, but instead of going out of my way to take care of something for her, I used that valuable time to take time off for myself. Despite my rejection of her request, she’d continuously reach out to me now and then to see how I was doing. Saying no to a woman does not lower her respect for you, quite the opposite, it increases it most of the time.

I highly suggest **journaling** to note when a woman asks you for something, and you gave in to her request. Did you have to say yes? Or could you have declined? Make yourself aware of how you try to please women and make an effort to say no. This isn’t an invitation to be a dick and always reject every request of a woman. It’s an invitation to build up confidence, so you stop pleasing other women. Once you stop pleasing women, approaching women will become much more comfortable because instead of gaining her approval, you’re more likely to have a normal conversation with her that will feel very natural to her.

This hack is also insanely helpful to get women to stop flaking on you when you have dates planned. Many girls will flake and then suggest, “*Let’s do it some other time*”, especially if you’ve been coming off as weak & needy. If a girl flakes on you and gives you a vague “*I really want to see you some other time*”, tell her that you don’t want to see her some other time and decline. Often, girls will realize that they can’t flake on you as they can do with other men. It’s significantly going to increase their respect and attraction for you. Often they might even take back their flake and make time for you after all.

Bonus hack:

Yes, you Kan-zomba

On a scale of 1-10, how likely are you to freeze in a club and be too afraid to dance? Is it very fucking high?

Welcome to the club of men with two left feet :)

I couldn't dance freestyle in a club if my life depended on it! I am now confident enough to dance in a club, **but** my friends still joke about my glued hips. So how did I gain the confidence to dance despite having hips as rigid as an 80-year-old grandpa?

I learned how to dance Kizomba. What's Kizomba? It's the sexiest, most straightforward dance on the planet! It has only three basic steps! Yes, no kidding! Kizomba is one of the "big three" dances that are typically danced at Latin dance nights – next to salsa and bachata.

Salsa and bachata are a bit more intimidating at first, but even those **really** teach you the confidence to move your hips and become more social. But the real golden opportunity to gain confidence is Kizomba.

It is such a simple, yet incredibly intimate dance. Anyone can have his first successful dance with incredibly beautiful women on the first night he ever goes to a Latin dance night. You can learn it in real-time. Any man who goes to Latin dance nights feels like a king after a few nights!

Best of all. Women **dig** a man who dances, and they will even walk up to you to dance with you :).

I can still clearly remember back in the day when I was clueless to women's attraction. I'd go to Latin dance nights in Metro Manila. I really wasn't the best dancer, but apparently, without realizing it, I had so-called "pogi points," aka the girls thought I was super cute and a lot of girls had a crush on me – I just didn't pay attention to these kinds of things back then. So many missed opportunities! Please don't make the same mistakes I made and pay attention!

Back in those days, I would dance with incredibly sexy women. These interactions with women, which weren't about dating but rather about fun and socializing, really helped me open up around beautiful women. It works because there's no social pressure. There's zero

pressure to seduce her. Sometimes, you do end up dating one of the girls you meet there, but you don't have to.

One great confidence-exercise you get out of Latin dance: The big “*would you like to dance with me?*” moment. It's typically the man who asks for the dance. Here's the thing: They all would love to dance with you, especially if you dance regularly. It's hard to find male-dance partners for women. A friend of mine is a professional salsa teacher, she is dying to get more men into the clubs, and she told me this little secret of how desperate women are to find more male dance partners.

You're already a catch by merely showing up — I kid you not!

Now, don't go to Latin dance nights expecting to hook up, ok? Dancing Kizomba with a woman is not a way into her pants. It may happen — yes — but it's not the end goal. The end goal is to be around women who dress up to impress — women you'd typically be afraid to be around — and feel that it's not a bad thing being close to them. Kizomba is a dance that brings you close to your dance partner due to its intimate nature. It is **perfect** for learning how to become naturally confident around breathtaking women.

It also teaches you that you don't need alcohol to have fun and gain the confidence to find the right words to say. Way too many men drink as much alcohol as necessary for themselves to find the courage to open their mouths. Not sexy! Women will feel turned off by your high alcohol-level. You can't hide your mind wandering around because of too much alcohol in your system. Women want a man who's in the moment with them. Dancing with a woman is the ultimate definition of being in the moment.

And yes, you do not only dance. Sometimes you talk a bit during the dance, and especially before or after the dance. It is an excellent opportunity to practice your social skills and learn how to keep conversations going. Many men aren't even just bad at talking to women; they're bad at talking with strangers in general.

Bonus hack:

Golden opportunities with Tinder Gold

Let's talk some truth: If you want to go on dates with the most attractive women on Tinder, stop **wasting your time** with normal swipes. Why? 78.1% of all Tinder users are men! This means for every woman, there are five men to choose from. This is why highly attractive women will see only the very best profiles on Tinder. Unless you hire a Tinder dating coach who helps you bullet-proof your Tinder profile, and you start with a brand new Tinder account, **and** you were born with genes better than Adam Levine (sugar, bitch please), and...

You get the idea. You simply won't be shown to enough incredible women – it's how their algorithm works. And even then, it's hard to make it to the top of the Tinder ranking.

Start using super-likes! By using super-likes, you can work around the Tinder algorithm. Super-liking gives you exposure. Many people believe that using super-likes makes you look pathetic, but that's not really how women view it. Nobody gives a shit about it. When you super-like a woman, she **will** see your profile. It's exactly what you want to happen. If she likes what she sees, she couldn't care less about the fact that you super-liked her. Super-liking will multiply your matches with beautiful women by ten times, trust me.

Statistically, with Tinder Gold, you're able to super-like **every** gorgeous woman you'd like. That means you have a massive advantage over all other men. Why? Because attractive women are no different from other women. They want a great partner who's fun to talk to. The only thing holding you back from them being interested in you is just the fact that they don't see your profile.

You may be thinking, *"I am not sure if Tinder Plus is worth the money."*

What is the woman of your dreams worth to you?

She's invaluable!

Some of my clients pay me 5000 USD to have a VIP day with me, where I help them find the woman of their dreams. I have yet to find a man who has met the woman of his dreams with my help, who believes his investment wasn't worth it.

A Tinder Plus subscription will be worth it to you in the long-run. You won't need to keep it forever.

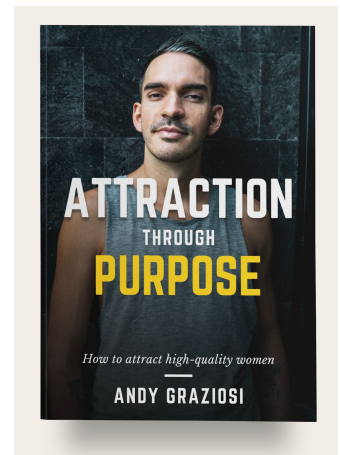
On top of the obvious benefit of gaining as much exposure to beautiful women as possible, it's also going to significantly boost your confidence once you start going out with some of the most amazing women you could ever meet. The biggest reason men don't succeed with highly-attractive & successful women is that they **believe** they are out of their league. By talking to more beautiful women, you'll begin to realize that they're not that different from a woman that you believe to be in your league.

So whether you will find your match-made-in-heaven for the long-term on Tinder or not, this will help you level up your dating game by increasing your confidence with women whom you meet in person. Talking to breathtaking women on Tinder will show you that it's not so hard to flirt with them, which will make it much easier to flirt with a stunning woman you meet face-to-face.

Keep on growing

If this short guide has helped you, you will surely benefit from reading my book [Attraction Through Purpose](#). A lot of the ideas in this guide are on the surface level, in my book I go in-depth into how to gain confidence and explain why confidence with women is mostly a state-of-mind.

We often tell ourselves that we're not good enough and don't have what it takes to seduce beautiful women when in reality we've already got all the skills to make the perfect woman fall in love with us.



Andy Gr Admin · July 1 · 🌐

I've never read a book on nofap. The closest one to it that I read is "no more Mr. Nice guy" but that's more about mindful masturbation.

[Karlo Abapo](#) do you know any good books?

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Andy Gr Author
Karlo Abapo great read with many good ideas. I especially like the reactive part. I'm often too reactive. I also speak too fast. I'm consciously paying more attention to how I speak. Insecure filler words, too fast speech, etc

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Press Enter to post.

Whenever you try something new and want to improve your approach, it's best to ask for feedback and get useful insights from me or other men.

If you need to want to discuss with other growth-oriented men how you can become better at dating and get advice on whether you're on the right track, join our men's dating Facebook group [Purposeful Attraction](#)

It's a great place for you to talk about masculinity, attraction, sex and other topics most men do not talk about. All men need a support system to discover how they express their masculinity. It is important to me to create an environment for men in which they can grow without judgement.