A PRACTICAL GUIDE

HOW TO GET GIRLS

Confidence, attraction, conversation and dating: the strongest advice from two video guides, combined into one plan you can actually use.

Consolidated from **Video 1**: Jessica OS, “How to get what you want from women 99% of the time” and **Video 2**: a Machiavelli-inspired breakdown of “chasing vs. hunting” and the psychology of desire.

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About this guide

Both videos make the same central argument: **attraction collapses when a man chases from need, and grows when he leads calmly from a full life.** Video 1 supplies direct tactics and exact phrasing. Video 2 supplies the mindset and the timing behind them. Their advice has been merged wherever it overlaps. Where the two disagree, both views are shown side by side.

Small tags such as V1 and V2 show which video a point comes from. Three kinds of box appear throughout:

Key point
The advice that matters most in that chapter.

Two approaches
Where the videos differ, with the most useful way to apply them.

Practical additions
Short, standard tips added where the videos were thin (approaching, humour, body language, consent).

A few tactics in the source material drift into game-playing, such as rationing attention on purpose or nudging her into sending photos. These have been reframed or dropped. Respect is assumed throughout, and it is also what works over the long term.

CHAPTER 01

Mindset: Stop Chasing

Both videos start from the same paradox. The harder a man chases, the faster she moves away. The more he texts, the shorter her replies get. The more available he is, the less she wants to be. The more he shows he cares, the less she seems to care back.

Why chasing backfires V1 + V2

- **It signals need.** Constant texting, instant availability and emotional flooding tell her that managing your feelings might become her job. She reads it as pressure, not devotion, and creates distance. Her replies slow down and her warmth drops.
- **It hands her all the power.** Every time you negotiate for attention, by reminding her why she should give you a chance or texting more as she pulls away, you cast yourself as the one waiting for approval. A woman doesn't respect a man who negotiates for her attention, and without respect, attraction dies.
- **Good intentions don't cancel it out.** Being a genuinely good guy doesn't help if your behaviour says desperation. She responds to the pattern, not your intentions.

Chasing vs. pursuing V2

From the outside both look like effort. The difference is what's driving you.

CHASING: DRIVEN BY FEAR	PURSUING: DRIVEN BY DESIRE
Fear of losing her or missing the window	Wants her, and is fine either way
Urgent, frantic, constant contact	Unhurried, consistent rhythm
Fills every silence; over-explains	Lets pauses exist; reveals himself gradually
Commits everything on day one	Commits when she has invested too
Mood rises and falls with her replies	The same man whether she replies in 30 seconds or 30 hours

Abundance and standards V1 + V2

- **She doesn't want to be your only option. She wants to be your best option.** "Only" communicates scarcity. "Best" communicates standards, and standards are attractive in a way scarcity never is.
- **Keep an abundance mindset.** There are other women and other opportunities. No single interaction decides your worth.
- **Drop "pick-me" energy.** Practically begging for a chance is a one-way ticket to the friend zone. She wants to feel she has won something valuable, not that she is doing you a favour. Carry yourself like a man who already knows his worth.

KEY POINT

Never move from need.

Before you text, ask or escalate, check your internal state. Need feels tight and clenched. Desire feels open and relaxed. If you can't tell which one is driving you, wait until you can. V2

CHAPTER 02

Build a Life Worth Joining

Chasing means living in her world: on her schedule, around her preferences, reshaping yourself to fit whatever space she offers. The alternative is to build a life full enough that she moves towards it.

Build your "kingdom" V2

- **Physical health:** training, sleep, how you carry yourself.
- **Mental sharpness:** reading, learning, opinions of your own.
- **Social circle:** friends and plans that don't depend on her.
- **Financial direction:** a trajectory, not necessarily a fortune.
- **Creative output:** projects and goals you care about.
- **Emotional maturity:** staying steady when things don't go your way.

- **Keep it running whatever happens.** Whether she says yes, no or nothing at all, your work, training, friends and goals carry on. A man who pauses his life for a woman shows her his life wasn't worth much without her.
- **Invite her in rather than asking to be let in.** "Come into my world" is far more attractive than "please let me into yours". Your plans happen with or without her, and you are offering her a seat at the table (see Chapter 6).

TWO APPROACHES **Being less available**

DELIBERATE SCARCITY V1	NATURAL SCARCITY V2
• Make your attention feel like a privilege, not a guarantee. • Don't always reply instantly; take your time. • Don't always say yes to her plans; sometimes she fits around yours. • Keep a little mystery instead of constant validation.	• Don't text the moment you get her number. That's not a game. You genuinely have other things going on. • Your response time should reflect a full life, not an empty phone. • Her number is welcome, but it doesn't rearrange your priorities.

Most useful interpretation: aim for natural scarcity. A busy, purposeful life produces the same effect honestly and is sustainable. Manufactured delays are easy to spot and become an exhausting game. Don't overcorrect into coldness: when you are free and interested, show it.

CHAPTER 03

Approaching and First Impressions

Observe before you engage V2

Most men see someone attractive and move instantly, without noticing anything about who she is. Take a moment first. Be perceptive, not creepy. Notice:

- **Her energy with different people.** She's animated with some and politely closed with others. That shows who she's comfortable with and what energy she gravitates to.
- **What actually makes her laugh.** Look for the real laugh she covers with her hand because it came out louder than she meant, not the polite one she gives everyone.

- **Her body language.** Notice whether she leans in or keeps her distance, where her eyes go during silences, and how relaxed she looks.

Then open with something **relevant** to what you noticed. It doesn't need to be brilliant. It just needs to tell her within ten seconds that you're paying real attention, which a generic opener never does.

Approach with "controlled intensity" V2

- **Be warm but restrained, present but unhurried, interested but unattached.** Think of a good diplomat: interested but never eager, engaged but not dependent on the outcome, respectful of her without shrinking.
- **Avoid the chaser's entrance.** His energy arrives before his words. He leans in before he has spoken, and his eyes are hungry before they are curious. Everything about him says "I want something from you." Your approach should say "I have something to offer."

> PRACTICAL ADDITIONS
>
> - **Don't over-wait.** Observing means a minute, not an evening of hovering. The longer you wait, the more nervous you get and the stranger it looks.
> - **Check she's available.** If she has headphones in, is deep in conversation, is in a rush or is turned away, now isn't the moment.
> - **Pair observation with a playful assumption** (see Chapter 4). *"You look like the one who decided where this group was going tonight. Am I right?"*
> - **Approach from the front or side, never from behind.** Keep your posture relaxed and speak a little slower than feels natural.
> - **Exit well.** If she isn't engaging after a minute or two, leave warmly: *"Good to meet you. Enjoy your night."* Leaving gracefully is confidence too.

CHAPTER 04

Conversation, Flirting and Humour

Speak to emotion, not logic V1

- Most men try to win a woman over with logic: *"I've got a great job," "We have a lot in common," "I'm not like other guys."* It doesn't work. She cares less about your CV than about how you make her feel.
- This explains why a woman can turn down a stable, successful man and chase someone who barely texts back. She doesn't want drama. He simply makes her *feel* something. Your job is to create that feeling (intrigue, fun, playful tension) without the toxicity.

Kill the interview V1 + V2

Both videos agree that interview questions such as *"What do you do?", "Where are you from?"* and *"What do you do for fun?"* are where attraction goes to die. They differ on what should replace them.

TWO APPROACHES **What to say instead**

INTRIGUING STATEMENTS V1

Make a playful assumption she has to react to:

- *"You seem like the kind of woman who secretly has a wild side nobody knows about."*
- *"I bet you were the troublemaker at school. Don't even try to deny it."*
- *"I can already tell you're either an amazing cook or a complete disaster in the kitchen. No in between."*

She has to play along, and you're leading the conversation.

GENUINE CURIOSITY V2

- Ask real questions that come from wanting to know who she is beneath the surface.
- Your questions should show you're thinking about what she said, not waiting for your turn to impress her.
- Listen properly. When something she says connects to a thought of your own, bring that connection in naturally. It makes her feel understood, not just heard.

How to combine them: use statements to spark the conversation and genuine questions to deepen it. A playful assumption gets a reaction, and a real follow-up turns that reaction into a conversation. *"I bet you were the troublemaker at school."* → she laughs and denies it → *"So what's the worst thing you actually got away with?"*

Playful challenge beats compliments V1

- Women expect men to arrive with compliments and approval. A subtle, playful challenge stands out instead.
- Turn requests into challenges. Instead of *"Cook for me sometime,"* try *"You look like you can cook up a storm. I need to see this for myself."* She now wants to prove it rather than feeling asked for something.

Reveal yourself slowly V1 + V2

- **Don't over-share early.** It's one of the fastest ways to lose her interest. Once she feels she has you figured out, the excitement goes. Curiosity keeps her invested.
- **Let pauses exist.** A lull in conversation isn't rejection. It's space she will fill with thoughts about you, as long as you don't fill it with nervous chatter.

> PRACTICAL ADDITIONS: HUMOUR
>
> - **Use callbacks.** Referring back to something funny from earlier creates an in-joke and a sense of shared history fast.
> - **Tease what she chooses, never what she can't change.** Her music taste and coffee order are fair game. Her looks and insecurities are not.
> - **Laugh at yourself.** Small doses of self-deprecation show security. Constant self-deprecation shows the opposite.
> - **Move on from a flat joke.** Smile and keep going. Explaining it is what makes it awkward.

CHAPTER 05

Reading Her Interest and Body Language

Signs she's interested V1 + V2

Video 2 describes interest as a change in the *texture* of the interaction. Video 1 adds practical tests around plans.

- **Her replies go from warm to eager.**
- **She creates openings for you to invite her** rather than just accepting your invitations.
- **She brings her own humour** instead of only laughing at yours.
- **She leans in,** physically and emotionally. Her laugh is real, her eyes keep coming back to you, and she touches her hair, neck or collarbone while you talk.
- **She offers an alternative** when she can't make your plan: *"I can't do Friday, but I'm free Saturday."*
- **She finds a way to show you.** A woman who is genuinely interested doesn't leave you guessing for long.

Signs she isn't (or not yet) V1 + V2

- **"Maybe, I'll let you know"** with no follow-up. That isn't a maybe; it's a polite no.
- **She declines without offering an alternative.**
- **Her replies are consistently slow and short,** and you are always the one starting conversations.
- **She's polite but closed with you,** in the same way she is with people she isn't drawn to.

KEY POINT

Read patterns, not single cues.

One touch of her hair means nothing on its own. Several signals pointing the same way over time mean a great deal. When in doubt, look at the clearest signal of all: **is she putting in effort too?**

Your own body language

- **Curiosity first, eagerness never.** Don't lean in before you've spoken or let hunger show before interest. Keep it relaxed and unhurried. V2

PRACTICAL ADDITIONS

- **Eye contact:** hold it a beat longer than usual when you smile, then look away calmly. Don't stare, and don't dart your eyes around.
- **Open posture:** keep your arms uncrossed, your phone away and your shoulders relaxed. Take up comfortable space without sprawling.
- **Pace:** speak and move slightly slower than feels natural. Nerves speed everything up, and slowing down reads as confidence.
- **Mirror her energy:** match her volume and closeness rather than overwhelming her.

CHAPTER 06

Asking Her Out and Planning Dates

This is where the two videos agree most strongly: **lead with a plan, not a question.**

Invite, don't ask permission V1 + V2

"Can I take you out?" makes her decide on *you* and leaves you waiting for approval. Stating your plan and inviting her shows you're a man who makes decisions, and it gives her something easy to say yes to. Video 1 calls this responding to **expectations, not requests**. Video 2 calls it **invitation, not negotiation**.

INSTEAD OF...	SAY...
"Hey, do you want to go out sometime?"	**"I'm checking out this new spot on Friday. Come with me."** V1
"Would you like to hang out?"	**"I'm free Thursday. Let's grab a drink."** V1
"What are you in the mood for?" / "I'm flexible, whatever you want."	**"I'm going to [place] on Saturday. You should come."** V2
"Maybe we could hang out sometime if you're free?"	**"I'd like to see you again."** V2

Read her response V1

1. **She says yes.** Confirm the details and leave it there. There's no need to keep selling.
2. **She counters with another time.** She's interested, so take it.
3. **She declines with no alternative.** Accept it gracefully. You've saved yourself time and kept her respect.

If she doesn't reply at all, **don't double-text, chase or beg.** Move on.

Timing: build a little, then ask cleanly V2

- Don't propose the moment you meet or match. Have a few exchanges first that show your energy, humour and depth. Then propose directly, without eagerness or hesitation, as a man offering something rather than requesting it.
- **Make your interest clear, then step back.** Don't push for an immediate answer, and don't fill the silence with qualifiers or backup plans. Being comfortable not knowing for a moment is itself attractive.

Choose the date yourself V2

- Pick somewhere that means something to you and shows who you are, a place where you feel comfortable and in your element, rather than defaulting to wherever she suggests.
- Decide with quiet authority, not aggressively and not dismissively. You've thought about it and reached a conclusion.

> PRACTICAL ADDITIONS
>
> - **Keep first dates short and easy to extend:** drinks, coffee, a walk, a market. Have a second spot in mind in case it's going well.
> - **Choose somewhere you can actually talk.** A loud club or a cinema gets in the way of the connection you're trying to build.

CHAPTER 07

Texting and Messaging

Set your own rhythm V2

- **Text when you have something to say:** a thought, an observation or an invitation. Don't text on a schedule to "maintain contact" or to fill a silence that makes you nervous.
- **Reply at a pace that reflects a full life.** She'll adjust to your rhythm because it signals stability, not because you're playing games.
- **Don't flood.** Avoid long emotional messages and paragraphs of explanation. Intensity on a screen reads as need.

Match her investment V1

- **Reward effort.** When she invests time, effort or attention, respond with warmth and energy.
- **Don't reward nothing.** If she barely replies, don't double-text and don't send "good morning" the next day anyway. Attention given without any effort on her side quickly loses its value.
- **When she slacks, pull back calmly.** No emotional reaction and no chasing, just less of you. If she values you, she'll notice and step up.

TWO APPROACHES **When she goes quiet**

THE ONE-STRIKE RULE V1

- If she pulls away once, mirror her energy. Pull back and let her come to you, without explanations.
- If she pulls away twice, she's gone. A woman who is truly interested will show you, and you've saved yourself months of wasted time and money.

TOLERATE UNCERTAINTY V2

- Her silence isn't rejection, and distance isn't dismissal. Uncertainty is normal while anything is still unresolved.
- Let the space exist without rushing to fill it. Stay the same man whether she replies in 30 seconds or 30 hours.

How they fit together: both say *don't chase*. Video 2 governs your emotions *in the moment*: don't panic or treat a slow reply as a verdict. Video 1 governs your investment *over time*: if low effort becomes a pattern, stop pouring energy in. Stay calm in the moment and clear-eyed about the pattern.

PRACTICAL ADDITIONS

- **Keep messages short and light.** Answer her questions, ask one back and leave room for her to lead sometimes.
- **Use texts to set up meetings, not replace them.** After a few days of good back-and-forth, suggest a plan rather than texting for weeks.
- **A quick call or voice note** often builds more connection than an hour of messages.

CHAPTER 08

Building Tension and Escalating Respectfully

Keep the tension alive V1 + V2

- **Don't overinvest too soon.** Gifts, non-stop attention and constant compliments early on tend to be taken for granted. People value what they feel they've earned, so let investment build on both sides at a similar pace.
- **Keep some mystery.** Reveal yourself gradually and leave her curious about the next layer.
- **Leave room.** Space between meetings and pauses within them give her time to think about you.

Escalate when it's natural, not on a timeline V2

- Don't follow a rule in your head such as "kiss by date three" or "touch her within the first hour".
- When the energy between you has built to where the next step feels natural, take it **calmly and confidently**, without the trembling urgency of a man who has rehearsed the moment for three days.
- **Accept her response, whatever it is.** If she's warm, enjoy it without clutching at it. If she's cool, note it without panicking. If she pulls back, give her space without rushing to fill it.

> PRACTICAL ADDITIONS: RESPECT AND CONSENT
>
> - **Escalate in small steps:** sitting closer, a light touch on the arm, holding hands, then a kiss. Watch her response at each step.
> - **If she reciprocates, continue.** If she goes still, pulls away or hesitates, ease off. "Not now" is a complete answer.
> - **If you're unsure, ask.** "Can I kiss you?" said with a smile is confident, not weak.
> - **Never push past a no or try to talk her round,** and don't let alcohol do the deciding for either of you.

The moment to be bold V2

- **Recognise the shift.** At some point she moves from curiosity to investment. She's no longer evaluating you; she actively wants you (see the signs in Chapter 5).
- **Avoid the most common mistake here: hesitating.** After weeks of patience and restraint, many men freeze at exactly the point where boldness is needed. Patience is a virtue until it becomes cowardice.
- **Say it clearly.** Avoid hedges such as *"I think I might be developing feelings... I'm not sure where this is going."* Make a statement that leaves no room for doubt, such as *"I really like you, and I want this to be something real."*
- **Choose your timing.** A commitment offered on day one feels unearned. The same commitment offered after she has invested lands with real force.

> KEY POINT
>
> **Your value doesn't rise or fall with her response.**
>
> That steadiness makes escalation feel safe and attractive to her, and it keeps you sane whatever the outcome. Make your move, then breathe. Your job was the execution, not controlling the result.

CHAPTER 09

Common Mistakes and How to Fix Them

MISTAKE	WHY IT HURTS	FIX
Chasing: more texts as she pulls away	Signals need, so she pulls further away	Mirror her energy and step back V1 + V2
Asking permission: “Would you maybe like to...?”	Puts you in the approval-seeking role	State a plan and invite her V1 + V2
Selling yourself with logic	Attraction is emotional, not a CV	Create intrigue, fun and playful tension V1
Interview questions	Predictable and flat	Playful statements plus genuine follow-ups V1 + V2
Approaching blind with a generic line	You sound like every other man that night	Observe first and open with something relevant V2
Over-sharing early	Removes mystery and curiosity	Reveal yourself gradually V1
Overinvesting early: gifts, constant compliments	Gets taken for granted	Match her level of investment V1
Negotiating for attention, or settling for friendship and hoping for more	Kills respect and leads to the friend zone	Be clear about your interest and move on if it isn’t mutual V1
“Pick-me” energy	Makes her feel she’s doing you a favour	Carry yourself as someone of value V1
Filling every silence; emotional flooding	Reads as anxiety	Let pauses exist and keep messages light V2
Panicking at a slow reply	Desperation leaks into everything	Tolerate uncertainty and stay steady V2
Pausing your life for her	Shows your life wasn’t full to begin with	Keep your world running V2
Escalating on a timeline	Feels forced rather than natural	Escalate when the moment is there and read her response V2
Hesitating at the key moment	Patience turns into cowardice	Declare yourself clearly once she’s invested V2

USE WITH CARE: TACTICS THAT BACKFIRE WHEN OVERDONE

Scarcity as a game. Deliberately delaying replies or turning down plans you actually want reads as cold or fake once she notices. Let your real life set your availability.

“Reward and withdraw.” Matching her investment is healthy. Using withdrawal as punishment is not. Pull back to protect your time, not to train her.

“Make her prove herself.” Standards are attractive, but making someone audition for you isn’t. The goal is mutual investment, not a power struggle.

CHAPTER 10

The Code: Quick Reference

The core of both videos, condensed into rules to carry into every interaction.

01 **Never move from need.**
Act from desire, not desperation. If you can't tell which is driving you, wait.

02 **Build a life worth joining.**
Health, mind, friends, money, projects and emotional maturity. Make her want to come into your world.

03 **Study before you engage.**
Notice her energy, her real laugh and her body language, then open with something relevant.

04 **Lead with a plan.**
"I'm going here Saturday. Come with me." Make invitations, not requests.

05 **Speak to emotion.**
Use playful statements to spark, genuine questions to deepen and real listening to connect. No interviews, no CV.

06 **Reveal yourself slowly.**
Mystery keeps her curious, and curiosity keeps her invested.

07 **Match her investment.**
Reward effort with warmth. Never reward silence with more effort.

08 **Tolerate uncertainty.**
Silence isn't a verdict. Stay the same man whether she replies in 30 seconds or 30 hours.

09 **Escalate naturally and respectfully.**
Move when the moment is there, read her response at every step and accept her answer.

10 **Be bold when it counts.**
Once she's invested, say clearly what you want. Patience that turns into hesitation is just fear.

11 **Keep your world moving.**
Whether she says yes, no or nothing, your life carries on at full speed.

Build a life so full that chasing becomes unnecessary.

The single idea both videos agree on