Speed Seduction Mastery Project
Module 1 Week 3

Okay, let's get to Week Three of Month One. I like to call this one **"Tame the Shame with Silly Fun."** Here's the principle that comes out of two things I've learned. First and foremost, oftentimes the opposite of fear is not confidence—it's humor. It's laughter. Never underestimate the power of eliminating an absurd fear with the power of an equally absurd perspective or exercise.

This is also what we call *prescribing the symptom*. Even though I'm not doing therapy with you guys, what you're going to do are some ridiculous exercises.

I'm going to give you two choices. Again, note how you feel before, how you feel during, how you feel after, and note the other person's responses. These exercises are designed to show you that even when you do the most absurd things, a little laughter—even from the other person—actually turns out to be fun. People, generally speaking, are not mean. They're oftentimes puzzled, and when you throw them off their game, they don't know what to do. That's an important lesson for later on in the coming months.

So you have two possible exercises. There's the more daring one, and then there's the less daring one. Here's the really daring one. It's going to cost you maybe fifteen or twenty bucks. Go to your local pet store and get yourself a dog leash and a harness. I'm not joking about this.

This week, I want you to walk up to five women and say, *"Excuse me, would you watch my dog for a couple of minutes? I've got to go do an errand."* Then hand her the leash. Notice what she does. Walk away for a couple of minutes, then come back and say, *"Thank you,"* take the leash from her, and walk away.

The whole thing—you're probably laughing already. Do that five times. I guarantee your fear of approaching women—well, we're not really approaching—but your fear that women are going to reject you or give you dirty looks will be gone forever.

Even if they do give you dirty looks, you'll be too busy laughing at how puzzled they are. They'll probably just look at you like, *"What?"* They may not even take the leash, and that's fine. But if you do it congruently enough, they'll take it. Just hand it to them, give a little nod, and let them hold it.

People are basically robots and sheep. They walk around sleepwalking.

Now, here's the less extreme option. It doesn't involve women. If you're really, really hesitant about the first one, I still urge you with everything I can to do it. You will overcome your fear of women if you do.

You'll never be afraid again.

Copyright © Ghita Services, Inc. All Rights Reserved.
May not be copied or reproduced without written permission from the creator.

You'll have more than confidence. You'll have joy and humor. What's even better than confidence is joy and humor. I don't mean becoming a party clown. I mean having a genuine sense of humor about yourself, about the other person, and about the world.

Here's the less intense option. Go into a Starbucks and order a Big Mac. Insist that you want a Big Mac until they start getting a little upset. Just notice what happens.

The whole point is to notice how funny it feels for you—how you laugh to yourself when you ask someone for something they're not expecting. Do you get it?

They won't know what to do. They'll say, *"What? We don't serve Big Macs."* You say, *"Listen, I want a Big Mac. Give me double cheese."*

If this sounds absurd, good. It's designed to be absurd.

Again, do it five times this week and write your results in your physical journal, but also in the community area. I will jump in there every day and comment and give feedback.

Okay, let's do this.

Copyright © Ghita Services, Inc. All Rights Reserved.
May not be copied or reproduced without written permission from the creator.