

## Setting and Dating ABC

Dating apps like Tinder, Hinge, and other social platforms serve one primary purpose: to connect with someone, establish basic comfort, and set a date. Nothing more, nothing less.

With a structured and intentional approach, success rates can reach 90% or higher—not because of manipulation or clever lines, but because of proper selection.

The role of a man (or any person dating) is not to convince or chase, but to select the best possible match.

*A best match is someone who:*

- is easygoing
- is in the right mental and emotional
- Is emotionally available
- And most importantly, is genuinely interested in meeting you

Time and energy should not be invested in people who are unwilling to put effort on the table or who are not ready to meet in real life. Dating is not about waiting, persuading, or proving worth—it's about mutual willingness and alignment.

This approach is not about manipulation, tactics, or “magic lines” designed to force attraction. However, when clarity, direction, and proper screening are applied, attraction and compliance tend to occur naturally—and consistently.

The formula is simple:

- Connect
- Assess interest and availability
- Establish comfort
- Set the date
- Move on quickly if alignment is not present

Efficiency, self-respect, and selection are what create results.



## How to Set Dates on Tinder & Hinge (The Right Way)

Dating apps like Tinder and Hinge are tools—not destinations. Once attraction and comfort are established, your responsibility is to move things forward. Comfort is the foundation. Just as a baby must crawl before it can stand or walk, dating requires the correct sequence. You cannot skip steps.

For women, comfort is the gateway to connection. It opens the door to trust, openness, and willingness to meet. Comfort is built by being calm, non-needy, grounded, and confident and humorous—never rushed, never forceful.

Once comfort is established, the next steps are non-negotiable:

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### Step 1: Get Her Phone Number

Forget Instagram, Facebook and other social media platforms. You are not looking for pen pals, validation, or follower exchanges. Social media delays momentum and weakens the frame.

You are setting the tone.

If she insists on Instagram, you can calmly say:

“I don’t collect followers as trophies. Let’s just exchange numbers.”

This communicates clarity, confidence, and intent—without aggression or pressure.

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### Step 2: Call Her (Don’t Hide Behind Texting)

Once you have her number, the most efficient way to move forward is to call her. Ideally, place the call within 2–3 days.

Why calling matters:

- She hears your voice, which deepens comfort instantly
- Voice communication builds emotional familiarity faster than texting
- Psychologically, hearing your voice increases the likelihood of a real-life meeting
- Calling separates you from the majority who hide behind messages

Most men text endlessly. Very few have the confidence to pick up the phone. Calling sets you apart and positions you as decisive and self-assured.

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### Step 3: Use the Call to Set the Date

The purpose of the call is not to entertain or interview—it’s to set the date.



Keep it simple:

- Be relaxed
- Be direct
- Propose a clear time, place, and activity
- Confirm and end the call

Confidence is shown through decisiveness, not over-explaining.

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## The Core Principle

This process is not about manipulation, tricks, or scripted lines. It's about leading with clarity and intent. When comfort is present and the structure is correct, women naturally follow.

The formula:

- Establish comfort
- Maintain a strong, non-needy frame
- Move off the app
- Call
- Set the date

That's it. Anything beyond this is distraction.



## After the Date Is Set: What to Do (and What Not to Do)

Once the date is set, your job is done—until the date itself.

Your role as a man is not to entertain her, chase her attention, or provide ongoing information about yourself. Attraction and comfort have already been established in the chat and reinforced during the call. The frame is set.

There is no need to text her every day or spend the week “keeping her comfortable.” That phase is already complete. Over-communication only weakens polarity and signals insecurity.

At this point:

- The date is scheduled

- The intent is clear
- The structure is in place

Anything beyond that is unnecessary.

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## Why Less Is More

Texting excessively after the date is set:

- Lowers perceived value
- Shifts you into an entertainer or approval-seeking role
- Removes anticipation and mystery
- Creates emotional dependency before real connection exists

Silence, when intentional, communicates confidence and emotional stability.

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## The Correct Approach

After setting the date:

- Go live your life
- Stay focused on your purpose
- Let anticipation build naturally

• Optionally send a brief confirmation message the day before or the day of the date

• Set dates or seduce other possible women

## Texts to Send 1 Day Before the Date

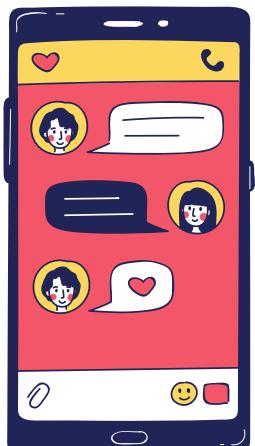
Use these when you already set the date and just want confirmation.

Direct & Masculine

- “Tomorrow at 7 PM still works?”
- “We’re on for tomorrow at 7.”
- “Confirming tomorrow, 7 PM.”

If You’re Picking Her Up

- “I’ll pick you up tomorrow at 7 PM.”
- “Tomorrow at 7 PM, I’ll be outside.”



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## Texts to Send Day Of the Date

These should be short, grounded, and logistical.

“Hey — work’s a bit hectic today. I’ll be there around 7:30 PM.” This is by far the best line you can use

- “See you at 7.”

If You’re Picking Her Up

- “I’ll be there at 7 PM.”
- “Heading your way at 6:55. See you shortly.”

If Meeting at a Location

- “See you at [place] at 7.”
- “I’ll be at [place] at 7.”

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## What You’re Communicating (Without Saying It)

- You’re decisive
- You’re calm
- You’re not seeking validation
- You expect follow-through

No emojis.

No paragraphs.

No small talk.

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## Core Rule

The confirmation text is not a conversation starter. It’s a logistical checkpoint.

Set → Confirm → Show up.

### When She’s Hesitant About the Location: Hold the Frame

If a woman hesitates about going to place X or Y, this is not a signal to surrender control or renegotiate your leadership. This is a moment to stay centered and grounded in your frame.

Leadership in dating means direction, decisiveness, and emotional stability. You are not there to debate endlessly or hand over control of the dynamic. You lead calmly—and she chooses whether to follow.

That doesn't mean being rigid or dismissive. It means you listen, acknowledge, and then reassert direction.

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## The Correct Mindset

Masculine polarity is built on purpose and direction.

Feminine attraction responds to clarity and certainty.

Women don't want to manage the date or carry the burden of decision-making. They want to feel safe following someone who knows where he's going and is comfortable leading the way.

Indecision kills attraction. Leadership strengthens it.

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## How to Respond (Examples)

### Acknowledge + Lead

- “I hear you. This place works best—let's go with that.”

- “That's fair. We'll do this spot—it'll be easy and relaxed.”

### Calm, Grounded Direction

- “Let's keep it simple. We'll go to [place].”

- “I've got this covered. Meet me at [place] at 7.”

### If She Continues to Resist

- “No worries—if this doesn't work for you, we can do it another time.

- You're not attached
- You respect yourself
- You're not negotiating attraction



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## Core Principle

You don't force leadership.

You embody it.

A confident, purposeful man sets direction naturally. A woman either feels comfortable stepping into that direction—or she doesn't. Both outcomes are acceptable.

The formula:

- Stay calm
- Acknowledge briefly
- Reassert direction
- Be willing to walk away

Leadership isn't loud.

It's steady.



### When She Cancels Last Minute: How to Handle It Correctly

Last-minute cancellations happen—and often for reasons that have nothing to do with you. She may have received bad news, felt emotionally overwhelmed, had an ex resurface, or simply felt uncertain in the moment. When emotions fluctuate, people sometimes retreat.

The key rule: never take it personally.

How you respond in this moment says far more about your confidence and emotional stability than the cancellation itself.

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### The Only Correct Initial Response

When she cancels, respond calmly and without emotional charge:

“Sure, no problem. Just let me know when you’re free and we can reschedule.”

This response communicates:

- Emotional control
- Maturity

- No resentment or neediness
- Openness without attachment

You acknowledge her situation without chasing or withdrawing.

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## When She Offers a Reschedule (This Is Important)

If she cancels and immediately suggests another day, for example:

“Can we do next Tuesday instead?”

This is actually a positive sign. It usually means:

- Her interest is still there
- Something genuinely came up
- She wants to keep the connection alive

Now is where many men make a mistake—by instantly agreeing.



## The Correct Response to a Reschedule Suggestion

Instead, reply with:

“I’m not sure if Tuesday works yet, I’ll check my schedule and get back to you.”

Why this works:

- You’re not jumping at availability
- You’re not subordinating your time
- You remain centered in your life and priorities
- The dynamic subtly shifts—she now waits on you

This isn’t about playing games. It’s about not over-investing and maintaining self-respect.

You can reply back to her next day or day after by following: Was going to

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## Core Principle

Attraction isn’t built by accommodating everything.  
It’s built through calm leadership and emotional steadiness.

You:

- Stay respectful
- Stay relaxed
- Stay unattached to outcomes

People are naturally drawn to those who are grounded and not reactive.

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## The Formula

- Don't take cancellations personally
- Respond calmly
- Accept reschedules without urgency
- Protect your time and frame

Confidence shows most clearly when things don't go perfectly.



## Following Up After a Reschedule (Next Day or Day After)

You don't need to reply immediately. Responding a day or two later reinforces that you have a full life and real priorities.

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## Scenario 1: You Decide to Accept Tuesday (After Initially Being Unsure)

Calm, Grounded Acceptance

- "I was going to pass on Tuesday, but one of my meetings just got canceled. I'll be free Tuesday at 7 PM."

Slightly Shorter

- "Looks like I can make Tuesday after all. 7 PM works."

What this communicates:

- You didn't rearrange your life for her
- Your availability changed naturally
- You're choosing the date—not chasing it

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## Scenario 2: You're Genuinely Busy That Day

### Polite but Leading

- “Tuesday is tight for me. Let’s do Thursday or Saturday instead.”

### More Structured

- “I’m booked on Tuesday, but I’m free Thursday or Sunday evening. Pick one.”

### If You Want to Keep It Softer

- “Tuesday won’t work on my end, but we can do X or Y.”

### This keeps:

- Direction
- Boundaries
- Momentum



## Core Rule

You never apologize for having a life.

You never over-explain your schedule.

You offer options, not availability.

## What You’re Doing Psychologically (Without Saying It)

- You value your time
- You’re selective
- You’re calm under uncertainty
- You lead, she responds

Attraction grows when your time feels earned, not given away freely.

## The Formula

- Delay response slightly
- Decide calmly
- State availability confidently
- Lead with options

## Why Evening Dates Matter (Non-Negotiable)

Dates should be set for the evening. This is not random—it is deliberate.

The purpose of a date is to create a romantic frame, not a friendly, interview-style interaction. Morning or mid-day dates dilute polarity and reduce emotional depth. They feel transactional, rushed, and disconnected from romance.

Evenings naturally create:

- A relaxed pace
- Emotional openness
- Intimacy and warmth
- A sense of occasion

This is the environment where attraction grows.



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## The Frame You Are Setting

When you set an evening date, you are silently communicating:

- This is a romantic interaction
- There are clear intentions
- You are comfortable leading into intimacy
- You don't operate on convenience—you operate on purpose

There are no expectations, no pressure, and no forced outcomes.

But the context is clear.

Romance requires the right setting. You don't build it accidentally.

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## What to Avoid

- Coffee dates at 10 AM
- Random mid-day meetups “between errands”
- Casual, no-frame hangouts

These place you in a friendship or low-investment category and weaken attraction from the start.

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## The Principle

You don't hope romance happens.

You create the conditions for it.

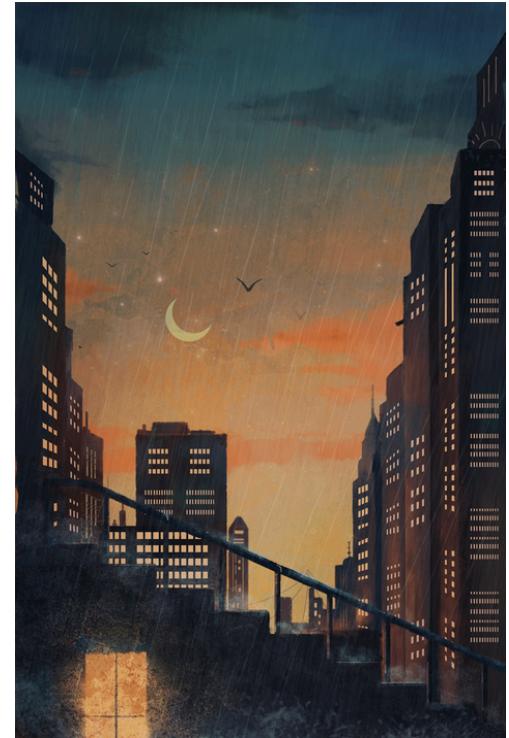
Evening dates provide the correct emotional and psychological container—without words, without explanation.

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## The Formula

- Evening time only
- Calm, confident invitation
- Clear intent
- No expectations

Romance thrives in the right frame.



## First Interaction: The Meet-Up

When you meet her at the location (X or Y):

- Smile
- Make eye contact
- Go in confidently for a brief, relaxed hug
- While hugging, say:  
“Nice to see you, Jessica.”

This does a few important things:

- Breaks the physical barrier immediately (naturally, not awkwardly)
- Establishes warmth and familiarity
- Sets a relaxed, confident tone from the first second

No hesitation. No awkward stand-off. Just calm, socially grounded behavior.

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## What to Say Right After the Hug

At this point, the exact words matter far less than your presence. The frame is already set. She agreed to the date, showed up, and stepped into your lead.

Still, here are simple, natural follow-ups that keep things light and fun:

### Easy & Playful

- “You made it.”

- “Good timing.”
- “So—how was getting here?”

### **Observational (Very Natural)**

- “This place is busier than I expected.”
- “I’m glad we chose this spot.”
- “You look comfortable here.”



### **Light Tease (Only If It Feels Natural)**

- “Alright, first impression confirmed.”
- “You survived the trip—points for that.”

### **Calm & Direct**

- “Let’s grab a drink.”
- “Come, I’ll show you the place.”

#### **Notice:**

- No interviews
- No deep questions
- No validation seeking

**You’re moving, not standing there talking.**

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## **Core Principle**

**You don’t need to “perform” on a first date.**

**You don’t need perfect lines.**

**Presence, comfort, and direction do the work.**

**When you’re relaxed and enjoying yourself:**

- Conversation flows naturally
- Attraction builds without effort
- Physical escalation feels normal—not forced

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# The First Date Formula

- Show up grounded
- Greet warmly (hug + eye contact)
- Lead the movement
- Stay playful and present
- Have fun

That's it.



## First Date Conversation: Topics & Handling “Shit Tests”

On a first date, you're essentially two strangers exploring chemistry. Your objective is not to impress, qualify yourself, or overshare. Your objective is to create a fun, relaxed emotional experience and observe how she shows up.

The simplest way to do that is this:

👉 Let her do most of the talking.

The person asking questions controls the flow of the interaction. You're guiding the date—not interrogating, but curiously leading.

If she starts asking you questions back, that's usually a sign of high interest. At that point, you can answer briefly, confidently, and then redirect the focus back to her.

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## What Kind of Topics to Cover

Avoid interviews, resumes, or heavy “lifestory” conversations. You want light, playful, and emotionally engaging topics.

### Categories That Work Best

- Fun & playful
- Story-based
- Emotion-focused
- Slightly teasing (never disrespectful)

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## Fun & Bantering Questions (Examples)

These keep things light and spark personality.

- “Alright, be honest—are you more trouble or more calm?”
- “What’s something you’re irrationally good at?”
- “What’s your go-to way of procrastinating?”
- “If I asked your friends to describe you in one sentence, what would they say?”
- “What kind of situations do you usually get yourself into?”
- “Are you more spontaneous or secretly very structured?”
- “What’s the most random thing you’ve done this year?”

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## Playful, Teasing Questions

Use these only if the vibe is relaxed and positive.

- “You seem innocent... but I’m guessing that’s misleading.”
- “Let me guess—you were the troublemaker growing up.”
- “You look like someone who has strong opinions about dating in general.”
- “So, are you usually this well-behaved?”

The tone matters more than the words. Smile. Stay relaxed.

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## Story-Driven Prompts (Very Effective)

These get her emotionally engaged.

- “Tell me about a time you laughed way too hard.”
- “What’s a memory that still makes you smile for no reason?”
- “What’s something you’ve always wanted to try but haven’t yet?”
- “What’s your favorite way to unwind after a long day?”

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## How to Handle “Shit Tests” (Calmly)

Shit tests are usually not insults. They’re often subconscious checks for emotional stability, confidence and playfulness.

**The golden rule: Never get defensive. Never explain yourself.**

**You respond with:**

- Humor
- Calm agreement
  - Playful indifference

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## Common Examples & How to Respond

**Her: "You seem pretty confident."**

**You: "I know. It's a flaw."**

**Her: "Are you always like this?"**

**You: "Only on days that end in 'y'."**

**Her: "You're probably talking to lots of girls."**

**You: "I have a very active social life, yes."**

**Her: "You don't seem nervous at all."**

**You: "Should I be?"**

Her: Seems like a place where old people hang out

You: Absolutely. We were just about to start bingo.

You: Yeah, I'm here scouting retirement plans early.

Delivered with a smile, these responses show emotional control, not arrogance.

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## What NOT to Do During Tests

- Don't justify yourself
- Don't seek approval
- Don't over-explain
- Don't change your behavior

Confidence is shown by non-reactivity, not dominance.

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## Core Principle

**Attraction grows when she feels:**

- Safe
- Relaxed
- Free to express herself

**You create that by staying present, playful, and grounded.**

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## First Date Conversation Formula

- Ask open, funquestions
- Let her speak
- Listen genuinely
- Respond lightly
- Lead the flow
- Stay emotionally steady

## First Date Logistics & Strategy: Step-by-Step Guide

### 1. Multi-Spot Dates Build Experience

First dates should feel memorable and dynamic. Moving through multiple spots creates the impression of multiple dates in one, which naturally increases comfort, connection, and attraction.

Example flow:

1. Start: Restaurant or pub — grab a drink, chat, and set a relaxed vibe.
2. Second stop: Walk to a nearby bar for a casual drink or small snack.
3. Ending: Take her to a romantic spot (rooftop view, riverside, or quiet scenic place).

This creates an emotional journey, builds shared experiences, and subtly escalates intimacy.

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### 2. Always Plan Logistics Ahead

Dates should be thoughtful, efficient, and convenient—for both you and her. Consider:

- Proximity to your place (or hers, if needed)
- Ease of travel between spots
- Time required for each stop

Having logistics in mind makes physical escalation easier and shows you're organized and in control.

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### 3. Ending the Date: Suggesting Continuation

If the date is going well and you feel signs of attraction, you can escalate subtly:

Confident suggestion example:

“How about we grab a few glasses and a bottle of wine and head to my place for a little chat?”

- Both understand the implication.
- If she says yes, proceed naturally.
- If she's hesitant or says no, respond calmly:

“Sure, no problem.”

**Key:** Always stay composed. Rejection at this stage is clarity, not failure.

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### 4. Setting Follow-Up Dates

- Do not schedule next dates immediately on first, second, or third dates.
- Wait 3 days after the original date to reach out:

“Hey Jessica, had a nice time with you. How about we get together this weekend?”

- If she agrees:

“Saturday at 8 PM works for you?”

**Goal:** One date per week per girl. This builds anticipation and keeps your frame strong.

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### 5. Communication Guidelines

- Use your phone only to set dates, not for long chats.
- Avoid texting excessively; the value is in face-to-face interactions, not text approval.

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### 6. Kissing on the First Date

Timing & Signs:

- Look for subtle attraction signals: leaning in, prolonged eye contact, playful touch.
- If signs are present, go for the kiss at the end of the date.

If she accepts: Proceed naturally.

If she refuses: No problem. You now have clarity about her interest, and rejection does not reduce your masculinity.

**Key Principle:** Attempting the kiss shows confidence and masculine energy.

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## 7. Core Principles for First-Date Success

1. Build an emotional journey with multiple spots.
2. Plan logistics and flow for convenience and control.
3. End the date with a confident, low-pressure suggestion.
4. Delay follow-ups 3+ days, set one date per week.
5. Text only to coordinate logistics, not to over-communicate.
6. Look for and act on subtle attraction cues (kiss, touch, escalation).
7. Stay calm, confident, and grounded regardless of outcome.

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This structure keeps control, confidence, and masculine frame while maximizing comfort, attraction, and clarity throughout the date process.

# First-Date & Dating Strategy Summary

## 1. Mindset & Frame

- Your role: The prize. She follows your lead.
- Purpose: Have fun, not chase a girlfriend or validation.
- Comfort is key: Build it before the date via chat, then move to phone calls to set the date.

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## 2. Setting the Date

- Use Tinder/Hinge to connect → move to phone numbers → call to set the date.
- Dates should be evening only (romantic frame).

- Keep it simple, confident, and decisive.
- Don't negotiate on minor hesitations; you lead.

#### Example Confirmation Texts:

- "Tomorrow at 7 PM still works?"
- "I'll pick you up at 7 PM."

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### 3. Handling Hesitation & Cancellations

- If she hesitates on location: calmly reassert your plan.  
    "I hear you, but let's go to X—it'll be easy and fun."
- Last-minute cancellations: don't take personally.  
    "Sure, no problem. Let me know when you're free to reschedule."
- If she suggests a new day: respond without neediness.  
    "I'm not sure if Tuesday works yet, I'll check my schedule and get back to you."

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### 4. Multi-Spot Date Logistics

- Start: Restaurant/pub — drinks, casual chat.
- Next: Walk or nearby bar — more conversation, relaxed vibe.
- End: Romantic spot — rooftop, riverside, or scenic area.
- Plan logistics for convenience and possible physical escalation.

#### Follow-up:

- Use phone to set next date only, 3+ days later.  
    "Hey Jessica, had a nice time. How's your schedule upcoming week?"
- One date per week per girl is optimal.

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### 5. First-Date Behavior

- Greet with eye contact + quick hug:  
    "Nice to see you, Jessica."

- Let her do most of the talking. Ask light, playful questions:
  - “What’s something you’re irrationally good at?”
  - “Tell me about a time you laughed way too hard.”
  - Playful teasing: “You seem innocent... but I bet that’s misleading.”

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## 6. Handling Shit Tests

- Respond calmly, humorously, and without defensiveness.
  - “You’re probably talking to lots of girls.” → “I have a very active social life, yes.”
  - “Are you always like this?” → “Only on days that end in ‘y.’”

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## 7. Escalation&Kissing

- Look for subtle attraction cues: eye contact, touch, leaning in.
- Go for the kiss if signals are present.
- If she refuses: no problem. You now have clarity on interest.

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## 8. Core Principles

- 1.Lead with confidence and purpose.
- 2.Build comfort before the date.
- 3.Evening dates only — frame romance.
- 4.Keep texts minimal — focus on logistics, not conversation.
- 5.Multi-spot dates create an emotional journey.
- 6.Follow-up dates scheduled after 3+ days.
- 7.Attempt physical escalation when signs are present.

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### Summary Mindset:

You are calm, confident, and in control. She follows your lead. The goal is fun, comfort, and attraction, not validation or constant approval.

Yours truly,  
Dimension

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