



**Connection  
Through  
Conversation**

**By Matt Adams**

# ConnectionThroughConversation

## FROM HELLO TO FIRST DATE

Most guys think they need the perfect or most unique line when they first say hello to a woman, but that's where they go wrong. Women aren't looking to hear something they've never heard before; they're looking for **confidence**! If you can show her that you *are* confident right off the bat, that'll go so much farther than the perfect line.

Simply introducing yourself in a confident way can be enough to make a strong positive impression. First, you need to be mindful of the situation you're in. Are you walking past her on the street, are you approaching her in a bar, cafeteria, or book store?

If she's moving, you need to **stop her**. This is simple. Just say: *"Excuse me. Do you know what time it is?"* This is enough to get her to stop, but it's **not** enough to get her to stick around. To do that, you need to quickly transition to making a Statement of Intent.

A Statement of Intent is to express your interest in her on a romantic level. Most guys are afraid to communicate this because they think they will lose the girl. If you think this, you need to change your mind about it. You're never going to create a successful interaction with every woman



# Connection Through Conversation

you meet. In fact, even if you were to do everything you possibly could do right, the best you can hope to achieve is about 15%.

This is due to a variety of factors like the amount of available women at any time, her interest in a relationship at the time you meet her, how much time she has when you meet her, the level to which she finds you attractive, and your ability to move the interaction forward (and *keep* doing things right). I digress...

To make a Statement of Intent, say something like: *“Thanks, I didn’t actually need to know what time it was, I just really like (something about her that you noticed and is true, i.e.) your fashion sense and I wanted to introduce myself. Hi, my name is...”*

So let’s break that down. You first admit that asking for the time was a ruse. This is being honest, but it allows you the opportunity to give her a quick compliment and reveal why you are **really** talking to her. At this point, she needs to make a mental decision that she knows this.

She will make one of a few decisions; If she’s not interested for any reason, she’ll walk away. 70% of women are in a relationship at any given time, which is not your fault, but it means you *will* face a lot of rejection, at least 85%, which means that 85 out of 100 interactions are going to end like this. That’s ok. Accept that that’s how it is and move on to the next.



# Connection Through Conversation

Another choice she has is to be polite and stand there because she doesn't know how to get out of this situation yet. This is truer of younger and/or less socialized women, but not always. This is why you will need to test her to see if she is really interested or if she is just giving you attention right now until she figures a way out. We'll talk about how to do this later.

Her last choice is continue standing there with you to see where it goes. This is where it's up to you to keep the conversation going and if it goes well, bring the interaction to some kind of conclusion, namely getting her phone number or going on an instant date.

The last part of that is the compliment. It shows that there was some reason you noticed her, other than that you find her physically attractive. Women get compliments on their looks all the time, so stay away from that at the very beginning because it will lump you with literally every other guy.

Your compliment should be genuine and true, and actually, if you *imply* the compliment, it works even better. *"I really appreciate a woman with a unique sense of style."* This forces her to think that she *is* the woman you're talking about, and she can't so easily dismiss the direct compliment like she does with the many other compliments she receives.

So now you've introduced yourself but then you need



# Connection Through Conversation

to transition again into more conversation. This is where you really need to shine! Now this is where you really need to shine! This is where you tell your Personal Story and reveal who you are to her.

The reason for this is simple; When you are willing to talk about yourself first, this not only shows more confidence but it shows her you are willing to lead and also to be vulnerable by going first. Being vulnerable in this way is key to creating authentic connections.

You want to share your best attributes here; you want to lead with your best. You want to be honest as well, you don't want to get inventive here and say things that aren't true. Women are very socially intelligent and if they can't immediately detect the BS (they usually do) it's only a matter of time until they do. So just be honest.

You may need to work on what you say and how to frame it here. For instance, you may really like video games. If you're talking to a woman who also likes video games, it's cool to talk about that, but if you're talking to a woman who doesn't care about that, you may want to mention it but casually and don't go into depth. You are trying to create connection here, so you need to focus on what you have in common.

To do that, watch her reactions while you're talking to see if anything you say causes her to light up. If she wants to interrupt because she's into something too, let her.



# Connection Through Conversation

If she likes you, she may unconsciously pick out keywords that she identifies with. Say you're talking to a woman who likes to travel. You may be talking about visiting Ireland, and while she has never been there, she may want to tell you about the time she went to Spain. The common denominator here is travel, so connect on that.

And when it's her turn to share stuff about her, listen for the keywords she says that you can riff off of too. The first time I used this one technique of riffing off of keywords I had non-stop conversation with a woman for an hour and a half. I was so ecstatic that the technique was working, that I completely missed her signs that she was ready to be kissed, and when she grabbed my face to kiss me and waited for me to go the rest of the way, I lost her when I stalled because in that moment, she knew that I didn't know how to play the game all the way through.

So yeah, that stuff happens, you will make blunders, but they are GREAT learning experiences because that's how we embody these learnings. It's not enough to know this mentally, *it has to be done in real life*. You need to practice this skill, and trust me, it is a skill that you can learn and master.

All you have to do to keep conversation going is to keep listening for keywords, and just talk about whatever you know about that particular topic. It helps to have experiences and interests that you can talk about too, so make sure



# Connection Through Conversation

you have experiences, interests and hobbies that you can talk about. If you don't have many of those, think of the things you'd *like* to do, and talk about doing them together with her.

Talking that way is what is called a Future Projection, and this causes her to think about being with you and doing something in the future. This is a powerful and positive way to get her thinking about what it's going to be like when she's with you.

When she says something that you think is really awesome, reward her for saying that with something like, *"Wow, that's really awesome, I find that very admirable about you."* Next, you can either relate to what she said if you have a comparable example, or you can ask her to tell you more about that.

Rewarding her is giving her value, and as a high value man, you have endless amounts of value to give her. This will cause her to feel good in your presence and she'll want to keep putting herself there next to you so she can feel good with you.

Let's say the conversation is going good, or maybe you don't know if it is... Maybe it's going well, but she's being polite, as I said earlier. This is where you need to test her to see if she's really interested in you or not. Do this by asking *"Hey, we seem to be hitting it off pretty well, would you like to get ice cream with me some time/right now (if you know she has no plans)?"*



# Connection Through Conversation

This forces her to assess whether or not she really wants to see you again. Sometimes she will and sometimes she won't, and other times the girl still will be polite and give you her number (or a fake number) even if she has no intention of seeing you again.

If she's up for an instant date, by all means take that route, go for coffee or ice cream. Insist on paying saying you asked her out so it's only fair. But if that's not possible just get her number. Ask her for her phone so you can text yourself. *"Cool. Give me your phone so I can text myself and add my number."*

Text her your name and then program yourself into her phone with a funny name like "Cute Guy Who Took Me For Ice Cream", or some other callback humor to your conversation, just make it fun.

Once you have her number, you need to follow up. One thing that works really well is to pretend you are texting a friend to tell them that you met some really nice woman today. *"Hey, you'll never believe what happened today! I met this awesome girl and we went for ice cream and talk for an hour. She is TOTALLY into me! What do you suggest my next move should be?"*

This is fun and playful, reminds her that she likes you, and asking her what you should do next is letting her set the pace. Which reminds me... It is the man's role to try to move the relationship forward when he is ready to do so,



# Connection Through Conversation

and it is the woman's role to agree to the pace or set the pace if she thinks he's moving too fast. So let's recap by looking at a model of the conversation:

## EXAMPLE CONVERSATION MODEL

Information Request Opener	Excuse me. Do you know what time it is?
Transition	Actually, I didn't actually need to know what time it is,
Implied Compliment	I really appreciate a woman with a unique sense of style, and wanted to meet you...
Statement of Intent	Hi, my name is _____. What's your name? Hi, Sara...
Self-Introduction	So, a bit about me...
Transition	I (share your best qualities)
Personal Story	play softball, travel, went to school at____, (your personal story)
Transition	That's enough about me.
Open-Ended Command	Tell me more about you...
Active Listening	(listen for keywords that you can riff off of later)
Future Projection	You like rock climbing? We're totally doing that sometime.
Reward & Relate	That's <i>awesome!</i> I (relate).
Statement of Intent	I like that about you, that's sexy.
Qualifying Question	Are you adventurous?
Date Screening Question	Hey, we seem to be hitting it off. Want to (do something) now/later/this week?
Number Close	Cool. Let's swap numbers.
Small Talk	(Small talk)
End Conversation	(End on high note)



# Connection Through Conversation

## SUPER IMPORTANT TIPS

- You don't need a perfect line; you just need to start talking!
- You don't need to copy the model or lines exactly, say what you feel is authentic to you. Authenticity goes a long, long way.
- Show confidence, even if you have to fake it!
- Stop her if she's moving.
- Handle rejection with grace! I've been rejected 1000's of times and I didn't die. Remember, it's about her, not you.
- Practice makes perfect! You *will* need to practice starting conversations with women.
- Be cool! Being cool is about not reacting too much one way or the other. Keep an even demeanor throughout your interaction.
- Tell the truth! Women smell a rat a mile away.
- Frame things positively. No one likes a Negative Norman.
- Move interactions with women forward, let her set the pace.
- Focus on finding commonalities, not what makes you different.
- Implied compliments land better, use them!
- Give everyone VALUE! It makes you *and* them feel good.
- Let women react however they do to you. Do not let it affect you. Use it as feedback. If she reacts negatively, figure out why.
- Be dominant. This means having a strong frame of mind, don't let her shake you up easily.
- Be safe, use these techniques anywhere except at work.
- Have fun while practicing, your vibe will be contagious!



# Connection Through Conversation

## ACTION STEPS

As I said before, DOING these things in real life is so much more important than knowing it up in your head. The practice you put in now will be worth so much more in the future.

- 1. Make it a point to ask 3 women what time it is today.** If doing that causes you to feel anxiety, ask as many women as you need to until you are comfortable. When you are comfortable, move on to Step 2.
- 2. Transition into conversations at least 3 times.** Again, if you feel anxious, keep trying until you feel comfortable. When you complete this, move on to Step 3.
- 3. Go on 3 instant or follow up dates** within a week. Why 3 in a week? If you are coming from a place where women feel scarce, this will help you experience that women are abundant, and once you embody that, your perspective will forever be one of abundance.

**BONUS!** Hey, just in case you missed your bonus, you can apply for a FREE Coaching Session with me. I usually charge \$397 for this powerful session, but for a limited time, you can sign up [HERE for FREE!](#)

