

Destroying Sexual Anxiety

And Installing The Beliefs of Naturals

What is Sexual Anxiety

- Sexual Anxiety- Nervousness related to any and all sexual interactions.
 - Symptoms: Approach Anxiety, Escalation Anxiety, Sexual Performance Anxiety, Size Anxiety, Nervousness with sexual conversation, Touching and Situations.
 - Problems It Creates: Problems approaching, attracting, and escalating your interactions with women. It cripples your ability to Meet and Seduce Women.
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Where Does SA Come From?

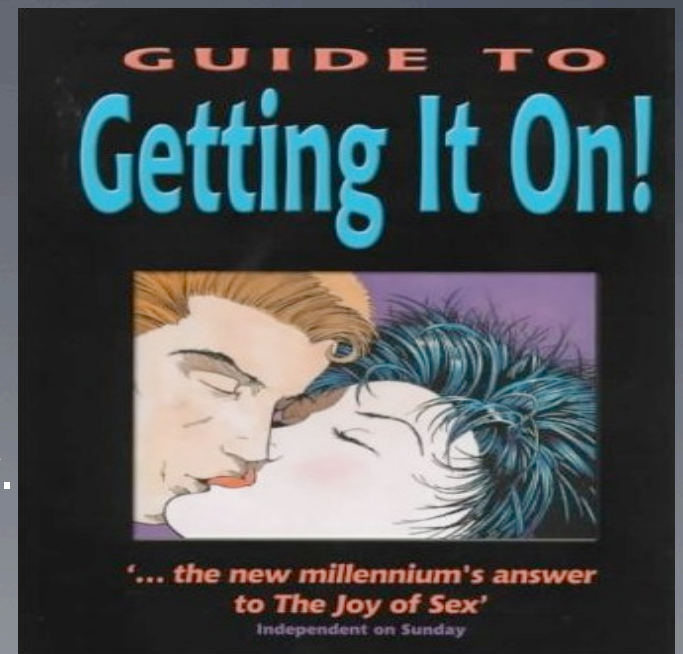


How Do You Know You Have It?

- You have SA if:
 - You worry about your sexual inexperience with women.
 - You feel like you're not sure you can satisfy a woman
 - You feel uncomfortable with sexual conversation
 - You feel nervous and have trouble escalating with women
 - You feel nervous expressing sexual interest in a woman
 - You feel sexually unconfident
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How to Work On it

- Education: Knowledge and Experience:
- Book Recommendations: The Guide to Getting it On, David Shade's Manual, My Secret Garden, Sperm Wars.
- Build up your sexual experience.
- Get comfortable discussing sex
- Fetishes
- Understanding what you like sexually.

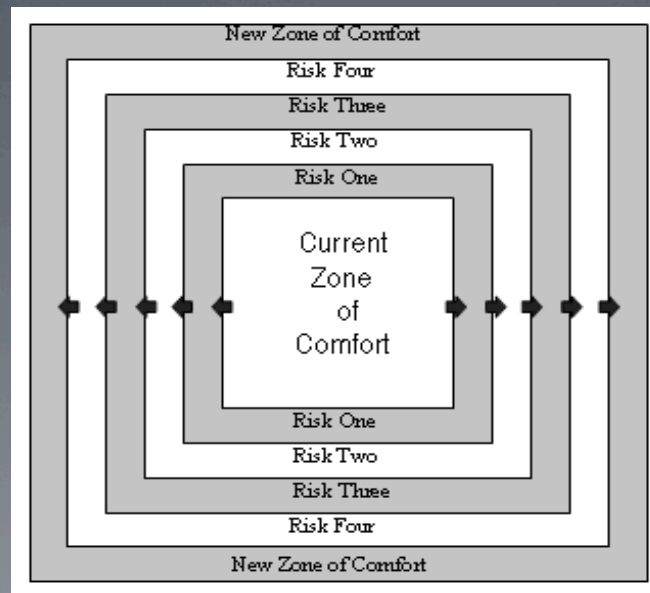


Understanding Your Sexual Comfort Zone

The Risk of Being Sexual

Figuring Out Where Your Sexual Comfort Zone is

Babystepping



Beliefs and Sexuality

- How Are Beliefs Related To Sexuality?
 - Beliefs>Actions>Results>Beliefs
 - What Are Your Beliefs About Sex?
 - What Are Your Beliefs About Relationships?
 - What Are Your Beliefs About Women?
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Common Bad Beliefs

- Women Don't like Sex as Much As Men
 - Women Don't like to be hit on
 - Women want Commitment If They Have Sex With You.
 - Women Only Want (Rich, Good Looking, Connected) Guys.
 - Women don't like talking about sex.
 - Sex has to mean something
 - Relationships have to be Monogamous
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Beliefs Of Naturals

- Women Love Meeting New Guys and Go Out To Hook Up.
 - There is No Such Thing As Failure, Only Feedback.
 - It's Always On!
 - Approaches Are Either Fun Or Boring and I decide
 - You Never Know What A Woman Is Like Until You Approach Her.
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Implementing Beliefs In 3 Steps

- Step 1- Affirmations Repeat Your Beliefs in a Mirror 3x a day.
 - Step 2- Tune Your RAS- Look for and write down supporting evidence daily.
 - Step 3- Use a Belief Performance Statement as THOUGHT REPLACEMENT.
 - "I Always Instantly, Easily and Confidently Approach and At Least try to # Close EVERY hot girl I see."
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Assignment

- Before The Next Call:
 - Write out Your NEGATIVE beliefs about Women, Sex and Relationships
 - Write out the Opposite of these beliefs- Use Thought Replacement.
 - Write down 3 beliefs you want to adopt.
 - Carry a Pad for 2 weeks and record all supporting evidence for the new beliefs.
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Exercise # 1

- Write down all symptoms of Sexual Anxiety you have.
 - Now try to trace these symptoms back to the beliefs that cause them.
 - Once you have these beliefs write down the opposite of these beliefs.
 - Take these opposite beliefs and write out what a day would be like in your life, if you had the exact opposite beliefs. How would you approach women, go on dates, etc...
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Exercise # 2

- Go to A Strip Club, sit in the front row of the stage and see how long you can keep eye contact with the stripper without looking at her body.
 - If you can do that try to talk to a stripper as long as you can without checking out her body or looking at her in a sexual way...
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