

THE SHY MAN'S GUIDE TO DATING BEAUTIFUL WOMEN

# Shyness and Dating

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BETA VERSION

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## Introduction

Are you shy? Do you have trouble getting dates because you're not comfortable meeting girls? Are you afraid of beautiful women that you're attracted to? When you see a girl, do you freeze up, get nervous, and don't know what to say? Actually, do you know *precisely* what you *should have* said to a girl – an hour *after* meeting her...when you're sitting *alone* and *frustrated* on your bed?

I know how you feel. I've been there.

I know precisely how it feels to be shy in a world where the outgoing guys get all the girls. I know how much it sucks to not have the guts to ask anyone out. I know how much it stinks to finally gather enough courage to walk up to a girl and ask for a date, only to be rejected.

I also know the kind of things shy guys do to protect their fragile egos...because I've done them all:

### 1) Pretend to be asexual

Yup. That's what I did back in highschool. I wanted women, but since I was too shy to ask anybody out, I never got any. Of course, friends would always ask me questions. To protect myself from all the teasing, I would just pretend I wasn't interested in women at all.

### 2) Indulge myself with other things

To try to fill that big empty hole in my life, I studied hard, worked hard, and hid behind my protective family. Basically, I just pretended to be a good boy. But even though I had good grades, a car, and a good job, deep inside I knew there was something missing. What good is a car when you don't have a girl to take out?

### 3) Have fantasies

I used to fantasize about wild events that would cause the girl of my dreams to fall in love with me. Perhaps there would be an earthquake and I would somehow save her life. Perhaps I could save her from her abusive boyfriend. I had just about hundreds of such scenarios in my head. I also fantasized about how I would ask all the hottest girls out and how they would always say yes. I was always in control of *any* situation with women – as long as they were inside my head! In my dream world, I saw myself as a brave, good-hearted gentleman that women adored deep inside. Guess what? The real world didn't work out as well – and I never got any!

#### 4) Befriend my hand

I'll spare you the details, but when you're not getting any there isn't much else you can do!

#### 5) Beat myself up

I silently whined and whined to myself, but I never did anything to improve my situation. Every time I missed a good opportunity, I would go home and lie awake in bed, thinking about all the things I *should* or *could* have done - over and over. But whenever I got another chance, I would just miss it and then beat myself up after again.

It wasn't until I got into college when I finally got fed up and decided to do something about my frustration. I started learning psychology and did a lot of research on love and romance in my spare time. I also started hitting the campus bar a couple of nights a week to flirt with the college girls.

Basically, I had to teach myself on how to meet girls and ouch - I bumped into some many walls that it wasn't funny. You got it easy! You can just learn from me! I wish I could have learned from someone too! I bet I could have avoided a lot of trouble and gotten laid sooner if I did.

Since this is only a short report, I can't guarantee it will turn you into the sexual superman you've always wanted to be - but I do hope that it will open you up to a whole new world. And maybe the next time you see that cute librarian,

new waitress or pretty girl sitting alone on the next bar stool, you will know what to do!

### What Shyness Is and Desensitization

Shyness can best be described as a feeling of fear of embarrassment. The shy guy prefers making choices that involve no chance at all. For example, a shy guy would rather not say anything in front of a woman to not risk embarrassment. Shy guys are always afraid of getting rejected or put down – so they try not to do ANYTHING at all. This is a bad cycle, as the less you interact with girls the more shy you get...and the more shy you are the less you want to interact with girls. Do you see where the problem is?

To cure shyness, most psychologists suggest using something called *systematic desensitization*. Basically, what you do is force yourself to do what you're afraid of (interacting with women in this case), and gradually increasing the amount of exposure to your fear. For example, you may start out by conversing with a cousin and then move on to conversing with a neighbor – before you finally strike up a conversation with a cashier. As your mind gets desensitized to such interactions, you become less shy.

This is all good, but I think I have a simpler exercise that can help you approach women immediately. Here is what I want you to do:

### Approaching Women

I want you to smile. Go to a mirror. I want you to smile the biggest, warmest smile you've smiled in your life. Can you do it?

Sounds too simple eh? Okay. Here's the catch: I want you to smile warmly at the women you see no matter where you go. Notice how they react towards you. Are they giving you negative reactions because you're smiling at them? I bet not. Perhaps some of them are actually smiling back? Good. Maybe they are not so scary after all, eh? Smile at that attractive coffee girl. See if she smiles back.

The important lesson here is: you don't even have to say anything to interact with women. Even the simple act of smiling at a person can help to breakdown that icy barrier!

Next, I want you to try holding longer eye contact with the women you're smiling at. Simply hold for 3-4 seconds you would normally hold. If you're shy and the girl you're locking eye contact with is very pretty, you'll probably receive a nice little shock of nervousness. I don't care. Just smile, hold several seconds of eye contact and then move on.

Eventually, this will become a great skill you can use to pickup women. Every time I see a young, attractive lady I would like to meet at a bar or club, I always stand or sit down in her direct view. The next thing I do is to make direct eye contact with her and smile slightly. If she smiles back, I know she is onto me. And if she looks down or blushes lightly, I wait for about a minute and see if she steals another glance at me. If she does, I know she wants me to approach her.

This simple eye contact test works fabulously because unlike using a pick-up line, it does not put anyone on the spot. By being respectful to the girl and subtle about my pick up attempt, I can approach any woman without the fear of getting rejected.

I also use it to flirt a lot with cashiers and coffee shop girls. Believe me, it works. There's a girl at the deli down the street that look at me dreamily every time I go there. I bet she has a major crush on me. And guess what? I've never used a single line on her. I just smile at her every time I see her!

Finally, I want you to lock eyes with a woman, smile warmly, compliment her on something, and then go/leave. Why go? So you don't have to hang around and piss your pants, shy guy! Just get her attention and pull out!

Of course, this "hit and run" technique can also serve as a great opener for a later pick up attempt. If you do this right, she will be flattered and try to find out who the heck has just brightened her day as you're walking away!

## Conversation Skills

I know what you're thinking: what if she starts talking back? As a shy guy, you wouldn't know what to say! After all, you stutter every time you come into contact with a beautiful girl!

This is where conversation skills come in handy.

Since the art of conversing with women is a huge area, I'm not going to have time to go into it deeply. However, here's one big, big piece of advice: Focus the conversation on her!

Trust me. It works like gold. Why? Well, there are four major reasons:

- 1) You can find more information about her. Like see if she's actually worth your time.
- 2) You can remain as the mysterious charmer. Trust me, women will go a long way to find out more about you if you remain mysterious.
- 3) Women love to talk about themselves and men seldom listen to them.
- 4) You can agree with her on whatever she says to create a sense of similarity.

Remember: Conversing with women can be broken down to a) asking the right questions and b) giving the right comments!

If you do these two things correctly...trust me, you will never run out of things to talk about.

## Asking Her Out

Ah. Here comes the big part. How do you ask her out? Here's the simple advice I have: pick a date, pick a time, pick a location, and go for it!

Always, always, always pick the time and location before you ask a woman out. I can't emphasize this enough. Actually, pick two different times. For example, ask "Let's have dinner Friday night or Saturday night at eight. What day is better for you?" This way it will be less likely for her to run into time conflicts.

If she turns you down, really listen to what she says. If she makes a counter-offer, like "Sorry I am busy on both days. How about we go out on Saturday instead?" then everything is still all right. But if she says something like "I'm busy, but how about some other time", that's a rejection. You can forget about her and toss her number away.

### During The Date

Try to have a great time on your first date. Do something that is fun for both of you. Talk to her. Get to know her. TEASE her and FLIRT with her. Remember teasing and flirting is the key to getting into a woman's heart. (And pants...) Teasing and flirting are important art forms themselves, so I am afraid I won't have the space to go into them either. However, if you wish to learn more, you may consult my E-book or wait for my E-zine articles on flirting to come out!

### Making Out

Here's a common scenario among shy guys. A shy guy gets lucky and goes on a date with a girl. The girl finds him cute and takes him home to "watch TV". They sit on the couch for hours. Girl puts hand on guy's thigh. Girl puts second hand on guy's thigh. Guy keeps watching TV to be a gentleman. Girl finally gets fed up and asks, "Are you gay?"

Believe me. This has actually happened to me on my first date – when I was still pretty shy. (And boy, is it embarrassing to talk about now.)

The only piece of advice I have for shy guys like you is: KEEP MOVING. I mean it. When you're holding her hand, go for a kiss. As soon as you're past second base, go for the third, get it?

Here is a list of what you should do to a woman...in chronological order:

- 1) Pick Her Up
- 2) Ask For Her Number
- 3) Phone Her/Ask For Date
- 4) Go Out on Date
- 5) Hold Her Hand
- 6) Kiss Her
- 7) Go To Her Place (Or Yours)
- 8) Get Your Hands Under Her Bra/Shirt Off
- 9) Pants Off / Fingers In Her Panties
- 10) Sex

Special Tip For Shy Guys: Girls love to cuddle. So cuddle with her and cuddle with her. Learn how to cuddle well with her, and before you know it you will get raped!

### It All About Your Skills, Bro

My final piece of advice of the shy guy is that DATING IS ALL ABOUT YOUR SKILLS.

Asking a girl out is a skill. Kissing is a skill. Making a girl feel good is a skill.

Contrary to popular beliefs, seducing beautiful women is a skill you can learn. Most "players" out there get laid not because they are rich and handsome, but because they are skilled in what they do in their past time - picking up women. They are the people who have been rejected over and over since a young age before they finally learned the skills they need to be good with women.

The good news for you, my friend, is that these skills can be learned by anyone. This means anyone, regardless of his looks, wealth, and status, can become a master at picking up women once they have learned the right skills.

Every skill needs to be learned. You had to learn how to walk, how to talk, how to read, how to use a computer and so on. These are all skills you had to learn because you needed them. And meeting woman is just another skill you should learn - the sooner the better.

Think about it: Are you shy around women because you're...hmm...just shy, or are you shy around women because you never know what to do around them? I bet you're shy around women only because you don't know what to do when you're around them.

I've organized my years of knowledge into the ultimate Ebook package: The Pick Up Handbook: Your Complete Guide To Meeting, Attracting and Dating Beautiful Women". So if you want to learn a complete system you can use to attract the girl you've always wanted, check out my materials at:

<http://www.datebeautifulwomen.com/ebook.html>

I hope this free report has been a good read for you. If you still have any questions at all, please, please, please feel free to email me at [mariuspanzarella@datebeautifulwomen.com](mailto:mariuspanzarella@datebeautifulwomen.com)

Have fun dating beautiful women!