

:

Dud To Stud: How To Change Other People's Image Of You

Marius Panzarella

© 2006, All Rights Reserved

It is illegal to copy, steal, or distribute all or any part of this book or web page without the author's permission. By purchasing this book, you agree to the following: You understand that the information presented contained on this book is for personal entertainment purpose only. It is not to be considered legal or personal advice. The author is not responsible for any actions or results from the use of this book.

Dud To Stud: How To Change Other People's Image Of You.

As a dating coach, one of the biggest complaints I hear everyday from my readers and students is that they don't think they are being treated fairly by women. They are all really great people "deep inside", but women never seem to recognize them as potential lovers. So today I am going to show you how to change other people's image of you.

This free report is the third report in a new series of reports I am writing as a small "thank you" for my loyal newsletter readers. You can read my two previous free reports, *The Frog Syndrome* and *How To Cure Your Fear Of Women* at the following sites.

The Frog Syndrome:

<http://www.datebeautifulwomen.com/frog.pdf>

How To Cure Your Fear Of Women

<http://www.datebeautifulwomen.com/fear.pdf>

I highly recommend you read these previous reports before you read this one.

Let's Start With A Little Exercise...

Now...let's cut to the chase and do an exercise.

I want you to imagine yourself pretending to be a crazy person.

Imagine yourself dressed in a bright colored shirt with mismatched buttons. You're limping on the street with your

socks rolled over your trousers. You haven't showered for days.

Now imagine yourself getting onto a bus. You talk to yourself as you pay your fares. You spit onto the ground and give the bus driver a high 5. Then you walk to the back of the bus while swinging your arms around like a monkey and pounding your chest like a gorilla. You spot a pretty girl in a miniskirt sitting by an empty seat. You smile a perverted smile at her and sit down. You start a conversation and tell her she's the prettiest Asian girl you've ever met – when she's actually black.

What is the poor passenger going to do in your imaginary scenario? I bet she's going to move away. In fact, I bet ALL the passengers are going to either move away or "look the other way".

But are you really a wacko?

No.

Do you really have any serious mental problems?

No.

So why do these people think you're crazy? Because your behavior and appearance tell them so!

Now...I realize this example is a little bit extreme, so I want you to do a second exercise. I want you to "judge" the following people based on their behavior:

- 1) A guy who avoids conversations with other people in the office. You walk up to him and try to be friendly...and all he does is look at the ground and brush you off. He never comes to any parties or company events either.

- 2) A guy who always appears confident. He's reasonably attractive, well-dressed, and he's always flirting with the girls and joking around with other guys.

- 3) A guy who seems to have given up on life. Everything that comes out of his mouth is negative. When you try to cheer him up, he just gives you long speeches on how much the world sucks.
- 4) A man who's always talking about money. If he's not talking about the stock market, he's talking about how much money he is making with his job. But he never likes paying for his own meals or drinks.
- 5) A guy who's been to every part of the world – including the most remote parts of Africa. He invites you to come with him on his next trip to Tibet.
- 6) A man who talks casually about everything from politics and economics to music and the arts.
- 7) A man who's been chasing after the latest multi-level-marketing scheme every month for the past 10 years...and is still broke.
- 8) A man who always clings onto the first woman who pays him *any* attention. He has a history of stalking women.
- 9) A man who twitches weirdly every time he talks to a woman.
- 10) A man who has a lots of girlfriends – at the same time.

Do you find it easy to “categorize” these people based on their few lines of description? If you’re like most people, the answer should be “yes”.

Here’s the lesson I am trying to show you:

Rule #1: People Judge You By Your *Behavior* And Appearance

It’s true. Just like how YOU judge other people based on what you see, other people also judge YOU by what THEY see or hear.

For example...

- 1) If you don’t look at women in the eyes, they are going to think you have low self-esteem.

- 2) If you seem unsure of what you want to do in life, people may think you’re immature.

- 3) If you always appear happy, people are going to think you’re a warm and happy person.

- 4) If you’re always depressed, people are going to think you have issues.

- 5) If you never workout or do sports, people are going to see you as inactive or “weak”.

And so on...

As so can see, if other people have an “image” of you that you do not like, then you should take partial responsibility for the image, since you’re the one who have *created* that image for those people with your own actions, behavior, and appearance.

So...if people see you as a quiet guy and you don't like that, then you know what? You should have worked on your social skills in the past. (Yes, it IS learnable. I used to be very shy too.)

If you're seen as not so smart, then you should have read more instead of watching television as a kid.

Of course, some of you are probably thinking, “But it's hard for me to act the way I 'want' to act when people are always treating me <insert excuse here>.”

Well...here's the second rule:

Rule #2: You Teach People How To Treat You

If you've ever wondered why people treat you the way they do, it's because it works!

If women always treat you like crap, it's because you *let* them.

If they always come to you when they need you and ignore you when they don't, it's because you *let* them.

If women always “screw you over”, it's because they know they *can*.

If other guys or women always make fun of you, it's because you *let* them...and also because you've given them a *reason* to. (Such as by giving them a reaction that they want to see again.)

Here's a good analogy. If you have a cat, you should know how sometimes it likes to meow in the middle of the night to wake you up for a night snack.

So what do you do? Give it to him? Or hit it with a broomstick to shut him up?

Neither.

You just ignore it. Why? Because if you feed him once, then he'll know he can get whatever he wants by waking you up in the middle of the night.

And if you start chasing him around the room with a broomstick, it'll probably think you're playing with him - and come back for more the next evening.

Although human relationships are a bit more complicated than cat-training, the concept of *reinforcement* is still very important when it comes to teaching people how to treat *you*.

If people constantly disrespect you or don't give you the attention you deserve, it's not because you're born that way. It's because you have trained the people around you to act that way towards you in the past.

If people see you as a weak individual, they will always be exploiting you and disrespecting you because they "can".

Rule #3: Your Image Wasn't Built Overnight

One of the biggest complaints I've heard from my readers is that "But I am born that way...I've been a shy guy for as long as I can remember..."

No you weren't. While genetics do play an important role in a person's personality, the environment plays an even more important part.

Remember the Math Wizard example I've given in *The Frog Syndrome*?

(<http://www.datebeautifulwomen.com/frog.pdf>)

The same principle also applies here. A BIG chunk of our personality is based on the "responses" we've received from our environments as children.

With me...I think my shyness started after a kindergarden teacher told my parents that I talked too much in class. After that, I thought it was wrong to speak to people

and stopped. Then other people started seeing me as a shy kid and I had to reinforce their image of me by always acting shy.

A newsletter reader once told me how he never went into sports because his mother had thought that studying was more important than playing sports. He also believed that he was going to be a skinny guy for life because both of his parents were very skinny. He performed poorly in gym class and remained a “skinny bastard” throughout college – until he sent me an email complaining about how women weren’t attracted to him because he was feminine-looking and weak. I got him to start hitting the gym.

That was five years ago.

He sent me a picture of himself last year...and let’s just say he’s anything but skinny. In fact, I am sure most guys would love to have his body!

How To Change Your Image For Good

Now...after that protracted introduction on the three rules of defining a person’s image, I’ll teach you how to change your image permanently with a technique I invented a few years ago to help my clients.

I want you to think about what image other people have of you right now – you know, things that you would like to change.

Now, I want you to think about your past behavior and the actions that may have created those assumptions about you.

Write them down on a piece of paper.

Look at the following diagram on the next page as an example:

But if you start taking action now, then in a few months people are going to start seeing you differently – because one day your present will become your past and your future will become your present.

So...let's say you:

- Start acting more sociable
- Start teasing women
- Start being a challenge
- Start working out
- Start a few night classes
- Start reading more
- Start traveling

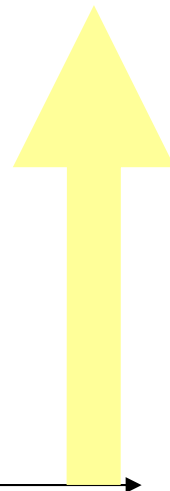
Then in 6-12 months your timeline will look like this:

Actions You're Taking Now

- Acting more sociable
- Teasing women
- Being a challenge
- Working out
- Taking night classes
- Reading more
- Traveling
- Improving body language
- Working on speech/voice
- Dressing better

6-12 Months From Now

- "Wow he's popular!"
- "He melts me"
- "I want him."
- "He's hot."
- "He's ambitious"
- "An adventurer!"
- "He's hot!"
- "I love his voice"
- He's sexy!



Your past actions

Your present situation

The Most Common “Excuse” And How To Overcome It...

Of course...every time I suggest people to change, they often give me excuses about why they “can’t”.

I’ve often heard men say how they can’t change because if they suddenly change for the better now because people are going to think they are not being themselves.

If you’re one of these guys, I am going to smack you with a 2x4.

Listen...most people actually won’t *really* care if you do change for the better.

As I’ve suggested earlier, people perceive you by your behavior and appearance. So if you take the time to do “good actions” that will bring positive changes into your life, then in a couple of months people will start seeing you as **THAT PERSON**.

They are not going to think you’re not being yourself...they are going to think that person is **YOU**. And he is!

Here’s another quick exercise.

Imagine yourself running into a woman who went to the same high school as you. She used to be severely overweight and ugly.

But now she looks like a model.

Are you going to think, “WOW! She’s hot...” or are you going to think, “Oh no! She has changed and become more attractive! I am not going to be her friend anymore...”?

The answer is obvious.

You're not going to care why she has changed.
You're just going to think "WOW! She's amazing now!"

The First Step To Changing Your Image

The first step to changing is to think about what kind of person you would like to become. Ask yourself questions such as:

"What do I really want?"

"What kind of man do I want other people to see me as in three years?"

Write it all down on a piece of paper. This is a very important step!

I've yet to meet *any* successful person in any field who is not a "list maker". The clearer your goals are, the more control of your mind you will have. After all, how are you going to change if you don't even know what kind of person you want to become?

If you need inspiration, then think about your favorite movie characters – characters that make you think, "Wow. I wish I were as cool as him."

The Very Important Second Step (That Other Coaches Often Miss)

The second step is to translate these steps into actions.

This is where I differ from other dating coaches. Many other dating coaches like to give you NLP exercises that make you "feel" better – such as getting you to step inside the head of your role-model.

Unlike most coaches, I believe in taking action instead of just “feeling good”. I could make a series of tapes that make you “feel good” and make a lot of money off you – as many coaches who are just after money do - but that’s just not me. I would rather help you *actually* become the person you would like to become and live a successful life.

So I am going to give away very simple (but highly effective) way to reach your goals.

From the list that you’ve written for the last step, I want you to pick out three things that you would like to change the most, such as your social life, your flirting skills, and your body presence.

And for each of those three things, I want you to write down 3 actions that you can take daily from now on to help you achieve them.

For example...

Improve social life

- 1) Take a speech class and improve communication skills.
- 2) Invite coworkers to hang out for drinks every Friday night.
- 3) Find a new hobby and join a club.

Improve flirting skills

- 1) Flirt with everyone you see.
- 2) Practice the techniques in the “Smart Dating Course”.
- 3) Field-test one new “flirting technique” every week.

Improve body presence

- 1) Workout at the gym.
- 2) Practice mimicking a famous actor's body language every morning.
- 3) Take Yoga or dance classes.

And so on...

Your list of actions will be your blueprint to become the real you!

Here are some tips to help you along:

Tip #1: Keep a Journal

I want you to make daily journal entries in a notebook or binder. Not only will it keep you from slacking off from doing your daily or weekly actions, it will also allow you to track your progress. For example, if you're practicing your voice, then make a recording of you speaking every week. In a few months, as you listen to your earliest records, you'll be amazed at the progress you've made. Every week, you will see yourself one-step closer to becoming your ideal image.

Tip #2: Link Your Actions To Your Goals

To stop yourself from getting burnt out or getting bored with your actions, link them to your goals and think about how they will help you get the things you really want in life and the reactions you really want to see from women.

Tip #3: Don't Worry About Results For Now

I also want you to focus on the PROCESS of taking these actions rather than getting “instant results”. Rome wasn't built in a day – so prepare to spend some time and effort before you grow muscles or speak like Romeo in front of a woman. But I do promise you that the results will be worth your efforts.

Tip #4: Ignore Criticism

There're going to be some people who fear you making progress because they don't want you to become better than them. Ignore their criticism and negativity. And don't forget that you'll always have me on your side - guiding you towards the life you would like to live.

Tip #5: Don't Use Your Environment As An Excuse

While it is true that most of us are the way we are now because of the way we were brought up (I don't think anyone could argue against that), it is also true that by the time we're in our late teens or early twenty's, *we should be mature enough to make our own decisions.*

By the time we move out of the house, we should be in control of our own lives. We should choose what to believe, how to act, and how to adapt to our environments.

I share absolutely no sympathy for people that use their “environment” as an excuse. For example, last week a college kid emailed me to whine about how he couldn't study at home because the television is always on. I just emailed back with a single question, “What. There are no libraries on your campus?”

There are kids in third world countries that walk 3 hours a day – barefoot - to go to a little brick dwelling with a leaky rooftop that they call “school”, just so they can learn the alphabets and hopefully become literate one day.

This reader lives 20 minutes (as he later told me) from the library and he whines because he doesn't have a place to study? Give me a break.

This is exactly why I sometimes feel military training should be mandatory for young guys. These young men have been spoiled their whole lives and they don't even know it.

Back to dating. I don't care about your childhood problems. I don't care about your dominant or overprotective mother. I don't care about your racial background. All I care about is the *future*. Let the past be. Don't let it haunt you for the rest of your life, because if you do, you will never become successful as you'll always be living in the shadows of the past. Heck, if I had let my own childhood haunt me, I wouldn't be here helping you.

I'd be hiding in a corner...and I'd still be afraid of girls!

I speak from my heart when I tell you to let go of the past and focus on the future. You can't change the past, but it's never too late to change your future!

Tip #6: Have Fun

And most important of all...have fun! Don't treat your action-steps as "chores" that you have to complete. See the fun in them...learn to LOVE doing them...and you'll make MUCH faster and greater progress!

Tip #7: Let Me Guide You

As always, I must stress the *importance* of following my *Smart Dating Course*.

In fact, I strongly recommend that you put down "practicing the *Smart Dating Course*" as one of your action-steps!

Why? Because I think it will accelerate your process and turn you into a successful dater that women love in a few *months* instead of in a few *years*.

It took me years to “get the hang of it” and to clear up all the emotional baggage inside me because I did not have proper guidance. But you don’t have to spend all that time and energy – not when I’ve already *systemized* everything and laid out *every step* for you.

I mean...

Why would you want to bump into the same wall over and over when I could give you the key to unlock the door?

Here’s the bottom line: In the past five years I have helped tens of thousands of readers across the world to date the women they really want to date, and I am certain I can help you.

From approaching a woman, getting her number, and asking her out on a first date to increasing her attraction for you, driving up the chemistry and making her crazy for you, let me show you how to date the girl that you want to date – step-by-step.

If you’ve been reading my newsletter for awhile, you should know by now that I am the real deal. (Or I wouldn’t still be helping guys after so many years!) You should also know by now that you enjoy what I teach you because you know everything *works*. (Or you wouldn’t still be reading this.)

So go ahead and let me help you transform your love life and become *outrageously* successful with women!

You can download my course at:

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

As always, I'll be waiting for your successful story at:
mariuspanzarella@datebeautifulwomen.com

- Marius Panzarella