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# Fight Or Flight: How To Overcome Your Fear Of Approaching Women

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# How To Cure Your Fear Of Approaching Women

*Normal fear protects us; abnormal fear paralyzes us.*

*Normal fear motivates us to improve our individual and collective welfare;*

*Abnormal fear constantly poisons and distorts our inner lives.*

*Our problem is not to be rid of fear but, rather to harness and master it.*

*- Martin Luther King, Jr.*

In this latest report, I am going to show you some ways to cure your fear of approaching women.

Before we go any further, I would first like to point out that there is NOTHING wrong with feeling fear. One of the biggest misconceptions some of my readers have is that they are “not normal” because they feel nervous all the time – as if there’s anything wrong with feeling afraid! Remember: To feel fear is to simply be human. It does *not* make you any less of a man or any less of a Smart Dater! In fact, fear can save your butt in certain situations – such as stopping you from jumping off a cliff like an idiot.

Therefore, the purpose of this report is not to help you eliminate fear, but to help you *confront* and *control* it.

A boxing champion has once said that he always wakes up afraid in the morning of a tournament. But as he states brilliantly, the difference between a champion and a loser is that the champion gets into the ring **IN SPITE OF HIS FEAR.**

The loser just quits.

So today...rather than just teaching you how to repress you fear like a Vulcan when approaching women, I am going to show you how to *understand* and *confront* it.

Let's begin by looking at what causes fear in our brains.

## What Is Fear?

Fear is an emotion, just like anger, greed, lust, and jealousy. In fact, it even comes from the same part of the brain – an almond shaped structure in the temporal lobe called the “limbic brain”.

The **limbic system** is primarily responsible for our emotions as well as the formation of memories. (You'll see how the two relates in a few minutes.) It includes the **hypothalamus**, the **hippocampus**, the **amygdale**, and the **pituitary gland**.

The hypothalamus regulates the functioning of your autonomic nervous system, which in turn controls your body, including your blood pressure, heartbeat, sweating, and breathing. It also affects your hormonal level by controlling your pituitary gland. Think of it as an automatic thermostat that guards your body twenty-four hours a day.

The hippocampus converts your short term memory into long-term memory for storage.

The amygdale deals with emotions such as fear, anger, and lust.

## What Happens When You Fear?

Whenever you see or experience something that is potentially dangerous (from a beautiful woman to a gun pointed at you), your limbic system will kick into high gear. It will weigh the potential outcomes of the situation and prepare you for action by activating your “fight or flight” response.

This is achieved by activating your autonomic nervous system, which will prepare your body for “fight or flight” by doing things such as:

- Stimulating your sweat glands.
- Increasing your heart rate.
- Opening your eyelids.
- Releasing adrenalin.
- Dilating and constricting various muscles.
- Making you breathe faster.

(And all the other things that you do when you feel fear in front of a woman!)

## **The Problem With Your Limbic System (And Why It Makes You Fear Women...)**

The problem with the human brain’s limbic system is that it is very primitive and not very discriminatory. Unlike other areas of your brain, **your limbic system cannot distinguish between something that is imagined and something that is real.** This is why you may fear hot women, even though there is no apparent physical danger.

**Everything that you fear about approaching women is based on your imagination and past memories!**

Hence, when it comes to dating, most of your fear is either **anticipatory** or **reflective**. This means that when fear is present (such as when you’re about to walk up to a beautiful woman), you’re either thinking *back* to past events or thinking *ahead* to potential outcomes of some future event. Either way, you’re using your own imagination to create fear.

## So Why Do We Fear Women?

So why do we fear women if they are not dangerous? To answer this question, we must break down the concept of fear into three philosophical kinds of instinctual fears: *fear of loss*, *fear of pain*, and *fear of the unknown*.

Any other fear experiences will ALWAYS fall under one of these instinctual fears, including the greatest fear of all – death.

For example, let's say you're an innocent inmate on the death row awaiting execution by a firing squad. As your execution date creeps nearer and nearer, you're going to be:

- 1) Afraid of the pain you will feel when the bullets hit your body. (Fear of pain.)
- 2) Afraid of losing your identity and dignity when you die. Not only will you lose your identity when you die, you're also going to lose your dignity because you'll never get another chance to prove your innocence! (Fear of loss.)
- 3) Afraid of the unknown. Is this really the end? What if there's no heaven or afterlife? Does this mean you're just going to be...gone? (Fear of the unknown.)

Similarly, your fear of approaching women is based on the same three instinctual fears.

When you approach a hot woman, you're going to be:

- 1) Afraid of the **pain** you will feel when you are **rejected** or **humiliated** by the woman. (Even worse...**in front of a crowd!**)
- 2) Afraid of **losing your only chance** with this woman. If you blow it, it's over!
- 3) Afraid of not **knowing what will happen** when you walk up to her. Will she laugh at you? Will she brush you off rudely? Will she tell all her friends about your silly feelings?

But here's the good news. Once you know how to break down your fear of approaching women into these three instinctive fears, you can find ways to keep them under control.

## How To Deal With Your Fear Of Pain When Approaching Women

### Technique #1: Understand That Your Pain Is Internal...and Irrelevant!

You know how whenever you get rejected by a woman, you feel like the whole world is going to know she doesn't think you're good enough for her?

Humans are natural approval-seekers. We seek approval from friends, family, and just about everybody in this world. And this is why it hurts so much when a woman rejects us.

But here's the hard truth about rejection: nobody really cares.

Think about it...the last time your best friend crashed and burned with a woman, did you *really* care?

Heck...the last time your worst *enemy* got rejected or dumped by a woman, did you *really* care, other than giving him a quick "haha"?

Here's a golden rule to remember: Most people don't care about your success or failure ...because they are too busy worrying about their *own* failure!

### Technique #2: Outframe Your Rejections

Remember that most women are NOT going to turn you down in a bitchy way. And if they do...you should be HAPPY, because they are really giving YOU a chance to put THEM down.

For example, if a woman is cold to you, don't whimper. Act like you were NEVER interested in them. Act like you just wanted to be nice because they're the lonely ones. Shoot them a disappointed look and say something like, "You know...where I came from, proper social manners and etiquette is a must. Too bad your mother never taught you how to behave socially."

### **Technique #3: Get Used To It**

As they say in the military, "Pain is a sign of weakness leaving the body". We all get hurt one way or another...but we eventually grow accustomed to it.

The first time you go to a gym, your whole body is going to be in a lot of pain. But once you've worked out for a couple of weeks, it's not going to hurt as much anymore.

Your mind works the same. The less you approach women, the more of a deal it will be if you get a rejection.

## **How To Deal With Your Fear Of Loss When Approaching Women**

### **Technique #4: Compare Risk With Reward**

Something good to do when you're uncertain about approaching a woman is to compare the risk with the possible reward.

Here's a little bit of "Panzarella Probability". It's not as fancy or complicated as Non-Euclidian Physics, but it does serve its purpose in the dating game.

Whenever you approach a woman, she either goes for you or she doesn't. In other words, you have an at least 50 percent chance of success. (This is a nice way of looking at things, isn't it?)

But if you do NOTHING, then your chances of success will be 0 percent for sure.

Listen: You are not dating her now. There's NOTHING for you to risk losing at all. So just go up to her and work your charm. There is NOTHING to lose and EVERYTHING to gain.

### **Technique #5: Focus On The Learning Process**

Many guys fear getting rejected or losing a girl because they worry way too much about their results.

Instead of worrying about getting the girl, I want you to worry about IMPROVING YOUR DATING SKILLS.

No matter how badly you crash and burn, as long as you learn something from your mistakes every time, you can only improve.

When a journalist made fun of Edison for failing to make the light bulb after 5000 tries, Edison merely said, "I've found 5000 ways of how to not make a light bulb."

This is the attitude you should have towards dating. Every time something doesn't work out, LEARN FROM IT.

Every mistake you make will only bring you a bit closer to your eventual success.

The only way to lose is to not learn from experiences and make the same mistakes every time.

### **Technique #6: Look At The Big Picture**

A good way to be a challenge and not fear losing a particular woman is to see the world beyond dating and getting laid.

Most guys who act like needy losers are only this way because they FEAR losing a woman. They put such an emphasis on their love lives that they become obsessed whenever a woman goes near them

The more you're obsessed with something, the more you'll fear losing it. And the more you fear losing a woman, the more you will push her away.

Here are a few tips on how to balance your life:

- Always make YOUR life come first.
- Have clear goals...and work hard to achieve them.
- Have an active social life.
- Excel in school, business, or work.
- Have hobbies.
- Don't spend all your time on a woman.

### **Technique #7: Develop a Non-Scarcity Mentality**

A common trait that most successful people have is that they believe there is an abundance of resources in this world.

In business, the most successful entrepreneurs know there's more money to be made than anyone could possibly make in a lifetime. On the contrary, the stingy merchant-class businessmen believe there's a limited supply of wealth on this planet...and that to become richer, they must "screw over" other people. These guys are the guys who worry so much about scouring pennies off the streets that they miss the hundred dollar bills floating in the air.

In dating, guys who believe there is a “limited” supply of women in their town will never become truly successful with women.

The truth is...there are enough women to go around for EVERYONE. Just because you’ve crashed and burned with one girl does not mean you’re never going to meet the love of your life. There are over 3,200,000,000 women on this earth as we speak. Let’s say only 1 in a *million* is compatible with you, there’ll still be 3200 women for you to choose from.

I guarantee you that if you open your heart, you will find an abundance of women who are compatible with you in a long-term relationship. And if you’re just after sex, I also promise you there’ll be an endless supply of women who want to sleep with you.

### **Technique #8: Develop a Playful Attitude**

Personally, I think developing a playful attitude is the key to overcoming your fear with women.

Readers of my [Smart Dating Course](#) will know that I encourage them to flirt with women without caring about the results.

I want you to do the same.

From now on, flirt with women and tease women to make them feel good. Don’t do it because you want anything in return. Do it because you like giving positive energy to other people.

Become a playful flirt, and you’ll soon see that there’s NOTHING to lose by flirting with women casually. They can’t say “no” to you because you’re not asking for anything from them. Yet if you flirt correctly, you are going to become very attractive in their eyes.!

## **How To Deal With Your Fear Of the Unknown When Approaching Women**

### **Technique #9: Focus On Taking Small Actions**

As I've stated on my newsletter in the past, your present is determined by your past. Your attitude and beliefs are based on your past memories, while your current situation and state are based on your past actions.

So no matter how horrible you're feeling about your love life right now, understand that the best way to change your future is to focus on your present actions. Why?

**Because one day your present will become your past and your future will become your present, meaning whatever actions you take NOW will have a profound impact on your future.**

Instead of worrying about what will happen when you approach a woman or ask a woman out, focus your energy on what actions you should be taking RIGHT NOW – such as actually walking up to her and starting a conversation.

Remember my cumulative effect theory. It's not one big thing you do that changes your life, but rather, a series of steps that you do on a daily basis! So focus on taking small action steps and don't worry about the outcome!

### **Technique #10: Get Rid Of Unrealistic Worries**

Take out a piece of paper and write down your top 10 fears of approaching a woman. Then actually approach a woman and compare the results with your list. You'll see that most of your worries are just objects of your imagination.

### **Technique #11: See Fear as Excitement**

You should also understand that physiologically, fear and excitement comes from the "same place" near your chest. It has been proven that fear and excitement share the

same sensations. It's how you *view* them that make them different than each other. (So next time you're anxious, ask yourself, "is this fear, or is this excitement?")

Something I like to do personally is to send myself on little quests to seek out new sensations and knowledge. (Traveling, new hobbies, new flirting techniques, etc...) Knowledge can give you courage and adventure can give you motivation. For example, going sky-diving may sound scary, but if you read enough about it you'll know it's safe. And if you think of it as an adventure of the lifetime it'll give you motivation to seek it out. In short, you're turning your fear into excitement.

See dating as exciting rather than scary. Learn everything you can learn from my newsletter and [Smart Dating Course](#)...and begin your personal quest into exploring the world of the female mind. Try little things on women and see which things turn them on the most. Find out what buttons make a woman's legs feel weak. Find out where you should touch a woman to make her drool in anticipation. Find out how to change her mood or to make her happy.

Dating women should be fun, not scary!

### **Technique #12: Expand Your Self-Imposed Limitations**

Men that have trouble exploring the unknown are usually the ones with strong self-imposed limitations. For more information on this subject, read my free report, "The Frog Syndrome", at:

**[Free Ebook: The Frog Syndrome](#)**

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

It's one of my most popular reports! (It may just change your life...)

## **The Difference Between A Man With Courage And a Man Without Courage To Confront Fear...**

And now...I'm going to bring up my most important point regarding fear:

**Knowledge can give you the courage you need to confront fear.**

Here's an example...

If I were to put you alone on an aircraft and ask you to land the plane on your own, would you freak out?

I would...because I know I'd crash and burn for certain. (And experience pain, loss, and the unknown!!!)

But what if I were to put you in a cockpit *after* giving you 300 hours of personal flying instruction with the world's best flying teacher? Would you feel any more confident?

Of course you would...because then you would know how to land the plane properly!

Dating is the same. The more you understand women and dating, the more comfortable you will be when you finally meet the woman you really like.

And that is the whole point of my [Smart Dating Course](#) – to help you understand what women REALLY want so that you can give them the RIGHT things!

Just read a couple of the selected success stories on the next page. They are just a sample of the success stories I get on a daily basis. See how these “average Joes” have managed to go from “dud to stud”...

## True Stories:

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From: xxxxxxxxxxxx <xxxxxxxxxxxxxx>  
Subject: thank you marius  
To: Marius Panzarella <datingtips@datebeautifulwomen.com>

Hey what's up Marius,

Listen, I just have to tell you, your tips really have changed my life. I used to be socially awkward and would act stupid around anyone ESPECIALLY around women. But my taking advice from your course such as taking risks and putting myself out there, it's a real success. I have more friends than I can handle, I have a good self-esteem aka I know I have something to offer in a relationship, and girls generally like me. I have developed an attitude "If she doesn't like me, I'll just move on."

Thanks for everything Marius, you're awesome :)

R.H. from Philadelphia, Pennsylvania

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From: "Anthony xxxxxxxx" <xxxxxxxxxxxxxxxxxxxx>  
To: "Marius Panzarella" <datingtips@datebeautifulwomen.com>  
Subject: longer term results

Dear Marius

I would like to stress that your techniques have helped me attract a woman into my life and most importantly keep one particular lady attracted for longer than a few weeks. I've had my current girl for three months which is pretty long by my standards. In the past all the sexual tension and fun would have subsided by now but not this time. I tease her and act unpredictably, flirt for the skirt, go the extra mile in bed and it has created a wonderful vibe with this relationship. I've never had much sex in my life now I'm getting loads and it's good too, fantastic actually! I'm happy now as I went for a new job and got it because I was confident that I was the best person for the job. The slight expense of the ebook has paid back big time. I have a slight problem I keep attracting other women's attention which is getting really difficult to ignore I can't cheat. How do you deal with having such power yourself? Today I met a girl I fancied madly some 7 years ago at my graduation ceremony very random. We chatted for a while and hugged loads and with my new skills and awareness I could tell she really really liked me so I got her number effortlessly. I think I should just flirt loads with this new girl to see where it could go that's not cheating. Then I can decide who to date because I can't see a long term future with current girl as we have many conflicting interests and beliefs / attitudes sort of obscured by sexual tension and a very active sex life.

Thanks for listening, thanks for giving me my power back

Anthony P.

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From: "Daniel xxxxxxxx " <xxxxxxxxxxxxxxxxxxxx>  
Subject: Re: Dating Tip: Your Latest Interview Gift Is Here  
To: datingtips@datebeautifulwomen.com

You asked in one of the last emails of any personal success stories from your dating course and I have plenty for you.

My name is Dan and I'm a 20 year old College student outside the City of Philadelphia. I work in a excellent restaurant and I'm a Firefighter in my town. So far since I've been putting your knowledge into play my confidence and skill has grown with the ladies. I noticed that with eye contact and flirtatious body language that I will get a positive reaction.

I used to go for girls that are only a B on the grading scale but I always wanted a perfect 10. So I went for one a beautiful, sexy, Brunette with a stunning body and incredible eyes. I relaxed approached her with ease and gave some distance between us and slowly moved in as we talked to see how she reacted to me penetrating her personal space. I made the conversation about her gave her eye contact and smiled. Only after 15 minutes of talking I was able to take her out to lunch! Lunch was amazing, our conversation was stimulating and exciting, I didn't have to make up bullshit or come off to being someone else-I was just Dan.

- Daniel

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From: xxxxxxxxxxxxxxxx <xxxxxxxxxxxxxxxxxxxx>  
Subject: holy shit, it works!!!!  
To: mariuspanzarella@datebeautifulwomen.com

Feel free to use this as a testimonial on your website. Just change the names please. I swear it's absolutely true.

I have never been good at attracting women, I was one of those guys that would chase a woman around like a puppy dog, then get dropped, and assume that nice guys always finish last anyway. I purchased your course on Monday, read everything on it, and practiced all night. By Wednesday the most beautiful girl I work with was begging me to have coffee with her, so at 7:pm I was having coffee with the girl everyone at work wants, then when things started getting really good, I left her wanting more. I went to the bar with my buddy, and had the waitress cuddling with me in our booth within 30 minutes, and again, got her phone number, and left her wanting more. From there I

proceeded to my ex girlfriends house about 1 in the morning, and was having the best sex SHE ever had by 1:45. That's 3 women wanting me more in one night!!!! And I have only been doing this for 2 days!!!!!! I know from here things will only get better, but for now, its Thursday and I'm still glowing from my victory!

Your course is amazing, and I would recommend it to anyone.  
Thank you for changing my love life forever.

-James

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From: xxxxxxxxxxxxxxxx <xxxxxxxxxxxxxxxxxxxx>  
Subject: Just a follow up thank you  
To: mariuspanzarella@datebeautifulwomen.com

Dear Marius,

I must say that I was very skeptical about paying for an online dating guide that I randomly found on the internet. I was having trouble with a girlfriend, currently an ex, at the time, and I stumbled upon your site. I subscribed to the news letter and read them from time to time. A month or so later, I was dumped by the ex-girlfriend. You have probably heard this a thousand times from your readers. Anyway, I was pretty upset because I really liked this girl. I could not figure out what I was doing wrong?? So I decided what the hell, let's see what he has to say. I downloaded the e-book and printed it out.

I read through the book, and it was pretty obvious what I was doing wrong. I started practicing what the book said, and it definitely took some time to practically apply some of the ideas. Anyhow, wow! My game with girls drastically improved this summer. I could easily talk to any girl, and see the difference. I was getting from applying what I learned.

I was always inclined to go out with the girls that went after me; because I never really knew how to talk to a girl that I was actually interested in. This summer I pursued every girl that I was interested in. Your three month statement in the beginning of the e-book was right on mark. Three months after downloading the e-book, I started dating a girl from work that is amazing! I have never felt so confident about myself and my decision about the current girlfriend.

I envy the people that pick up on some of this stuff naturally, but I think everyone could benefit something from reading the book. This material was worth more than \$50 and if I would have known how valuable this e-book was before, I would have downloaded it earlier. Well I just wanted to say thanks.

-Patrick

These are just a few of the *true* stories I get every day...from people who are *just like you!*

If you're tired of being lonely...if you're tired of being shy...if you're tired of not knowing what to do around attractive women...then you owe it to yourself to download my [Smart Dating Course](#).

From changing your "inner-game" to approaching a woman the correct way...from flirting with a woman to advancing through her boundaries and making her feel GREAT, I'm going to show you everything that you need to know on how to create and build ATTRACTION with women.

The sooner you download, the sooner you'll know how to do this. You owe it to yourself (and your love life) to order today.

I'll be waiting for YOUR success story!

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

**- Marius Panzarella**  
(mariuspanzarella@datebeautifulwomen.com)