

Sinn was very helpful to me on Saturday and Sunday. He pushed me into very many sets. He also stood behind me in the sets and gave me pointers while in set. For example, telling me when to stack, when to neg, when to "throw and go", etc. He was constantly looking for sets for me. He definitely helped uncover my sticking points (which I've been working on actively since the bootcamp).

- R.G., Las Vegas, NV

Sinn was amazing, he helped me through over 30 sets during the weekend and he managed to have one of the hottest girls there chasing him around the bar trying to kiss him. He really knows his stuff. When i was watching him do sets he used textbook Mystery Method material and the girls loved it.

- C.D., Las Vegas

I also watched Sinn work. This guy is amazing. He had an hbg on his arm and was gaming her in isolation. He would do take-aways and go back to her and he was kinoing her. Amazing guy to watch. He is not peacocked over the top but still you could see how the method works for different style of guys. Sinn told me he wanted to see me in set. He said he was going to fix my game and he did actually Sinn is by far the coolest instructor and helped me tremendously. He is a very intelligent guy, that can spot your sticking points and help you on the spot.

- OX, Spain

Sinn, Masters and the other instructors have the program wired and give you the "tough love" approach that you really need to get your ass in gear and out in the field... If you are thinking about signing up or are on the fence, get your head out of your ass, pony up and take your licks like a man at the MMBC. It may just change your life...

- TripleCrown

How to Be Your Own Pick Up Guru

Lesson 16 – Commitment

Hey guys,

Welcome back to the Inner Game Lessons. Today we're going to be talking about two of the most important factors in actually becoming successful with women and in life. These two factors are commitment and intent.

Commitment is one of the most powerful psychological principles known to man. The reason commitment is so powerful has to do with the little known psychological principle of consistency.

The idea here being that once we make a commitment, we are forced psychologically to become consistent with that commitment.

In 1968 a pair of Canadian Psychologists named Knox and Inkster performed an interesting experiment involving gamblers at a racetrack. What they discovered was that bettors felt markedly more confident about their horse's chances immediately **AFTER** placing their bets. Humans have an almost obsessive desire to be (and appear) consistent with what we have already done.

So how does this relate to getting better with women?

I often say that you can't really get good at this stuff until you've hit rock bottom. The reason I say this is that getting good at cold approaching women is really hard!



I respect anyone who has become successful at cold approach because I know the amount of work that goes into it.

So if you haven't already gotten to a place where you've decided that you will do **WHATEVER** it takes to get better with women, you probably won't survive the trials and tribulations of learning the game.

You have to be able to gain enough psychological leverage on yourself to make a firm commitment.

Here's where many of you who are already in The Secret Underground Internet Seduction Community will scream "We are committed, we're just not getting results!!!"

To this I reply yes but committed to what? A big mistake I see guys make is that they commit to way too broad of a goal like "Getting better with women." The problem with a goal like this is that it's not specific enough.

If you go out and speak to 3 new women over the next year, when last year you spoke to none, you are "getting better with women" however at that rate of improvement you'll be dead and buried before you ever have the skillset you actually want.

On the other hand, I see other students who commit to goals that are too difficult. For example, the student who wants to sleep with a new 9 or 10 every night of the week.

Now if he goes out and manages to sleep with a new 7 or 8 every night of the week he still considers himself a failure because he is forced to be consistent to his initial commitment!

The other factor in staying committed is intent. Intent is a fancy self-help sounding word to describe the process of focus. Your focus is where the majority of your attention is going to be directed.



Most guys when they first find The Secret Underground Internet Seduction Community focus all of their attention on learning. They spend hour after hour reading, listening to interviews, and accumulating knowledge. Their focus is on finding the answers they think they've been missing their entire life.

Other guys tend to focus on why they are not successful. Both of these are ineffective points of focus. Instead you want to keep your focus on the next step.

What is the very next thing you can do to move forward?

It's also important to maintain a focus that is positive and specific. You don't want to focus on what you don't want to happen. This can be applied anywhere from approaching a girl you're attracted to ("I don't want her to reject me!") to setting up dates ("I hope she doesn't flake!").

Your focus should instead be on the positives that you can control. For example, being focused on getting at least one approach in everyday is a great intent. Another great intent is to give everyone who interacts with you positive emotions, or to learn something from every social interaction you have. What you pick as your focus is going to determine where the majority of your mental energy is spent.

This brings us to today's exercise:

The Game Commitment Contract

For this exercise you're going to need to print out the following contract and then fill it out. Alternatively you can place it in a place where it will be highly visible to you throughout the day (most guys pick the bathroom mirror or their workspace).

www.sinnsOfAttraction.com

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This contract is a commitment within yourself. The goal is to keep yourself consistently improving until you reach your ultimate goal. Actually writing it out forces you to remain accountable for your commitment.

After you sign this contract, and make a real tangible commitment to improving your game, you'll find yourself eventually getting into the habit of focusing on positive outcomes. Your mind is designed to look for evidence to support your focus and beliefs. As Robert Anton Wilson wrote in "Prometheus Rising" What the thinker thinks, the prover, proves.

This contract will help you start programming what to prove. This will also start to program your Reticular Activation System but we'll leave that until Lesson # 24.

The Game Commitment Contract

Name _____

Date _____

I am committed to working on improving my skills with women on a daily basis. My ultimate goal is:

Each and every day I will work on my goals by:

My focus everyday will be on:

Signature: _____