

The Steps Men Use To Pick Up Women - Male Body Language In Flirting & Dating

Pg 1

How to Use Body Language to Get What You Want

Here are the secrets for using your masculine flirting body language to capture the attention of the woman YOU want. In these 5 webpages we will give you the 5 steps to gain the advantage over all your competition for getting the best woman available. So study this Step 1 carefully for what you should do first. Then proceed to Step 2 to learn your next important step. (Click button at bottom of this page.)

How to Make Your Entrance and Claim Your Space

You enter walking slow and tall, with good posture and no extra movements. **The more extra movements you make when entering, the more your body language signals you are nervous, unsure of yourself, and not in control.** So walk in slowly, confidently, and with no extraneous arm and head movements. Don't strut or bounce your body like you are some kind of hot stud doing a mating dance!

Find somewhere to comfortably sit or stand. **If standing, don't cross your arms across your chest.** Instead, hook your thumbs in your front pockets with your shoulders back, head held erect and feet a little less than shoulder width apart. If seated, place some personal objects near you to claim and mark your territory with keys, drink, food, coins, cigarettes, lighter, or whatever you have to put on the table. **These personal possessions say, "I am here and this is my territory." The main thing you have to do first is to find your space, look cool and send the message, "I am here. I am a man. This is my space. I am comfortable here."** [Background Learn More ...](#)

How to Let Your Body Language Make a Statement

You can display a lot of your Alpha Maleness by body language. Stand or sit erect with chest out, head up, gut sucked in and arms relaxed and not flailing about. Take up extra space with your body language and territory. Don't look scared or like you are trying to be small and hide. Show with a relaxed face and body that you are comfortable and confident. Move only when necessary and move slowly and deliberately.

From your territory, check-out all the women. Do it casually by looking around slowly. Don't be picky as you hunt for a woman. That only narrows down your choices for meeting someone surprisingly special. (Being picky gives you an excuse to not approach her because you fear being rejected.)

How to Check-out the Women's Body Language

Slowly, confidently and casually scan across all the women's faces and watch for a return eye contact a little longer than usual. DO NOT break eye contact before she does. Make sure she is the one to break eye contact before you. And don't worry about the women seeing you look at them. The women are there to be seen and they enjoy you looking at them, even if they are unavailable. Collectively, women spend \$26 billion USD on makeup every year to make sure men do look at them! Don't waste their money. Look with pleasure! They love it!

In most cases the women may only very briefly make eye contact, then disconnect by looking off to the RIGHT or LEFT. They may even shift in their chair so their body is facing more away from you. That indicates "no interest" right now. Don't take their disinterest personally. They may not need a man, so forget them. **Keep searching for a woman who looks back at you slightly longer than usual, then disconnects by looking DOWN.** A lingering look sends a powerful message of more than casual interest. Looking down is a natural flirting body language sign of submissiveness. She will also probably do one or all of these preening moves

while looking down:

- Fluff her hair, to call attention to her femaleness.
- Touch her lips or face, to make sure you see how pretty she is.
- Straighten her clothing, to make sure you see that she has a great body.
- Straighten up in her chair and point her breasts directly at you, to show that she is a healthy woman ready to feed all your babies! (Very deep unconscious DNA programmed message!)

In her DNA is a strong unconscious need for a man to help her complete her biological destiny: that is, to pass-on her DNA to offspring. Her looking down is DNA programming asking for your help! However, consciously she may think all she is looking for is a new friend to spend some time with.

And those women who just give you a blank stare most likely are not wearing their glasses and don't even see you, so forget them. Most guys who feel the pain of countless rejections are usually going after women who have clearly signaled that they are not interested by their quick eye disconnect left or right. **Don't be stupid and go charging after the good-looking woman who doesn't look you in the eye! You will only be setting yourself up for rejection and a big disappointment.** Man, that stings!

How to Take Action When You See Her Body Language Cue!

When you get a lingering eye contact, give a little smile and a very slight head nod and maintain the eye contact. Your strong and pleasant eye contact held on her shows her three things instantly:

You are definitely interested in her. She will like that!

You are confident in yourself and you are not afraid of her. This will show your alpha-maleness! She will like that too!

Your gentle smile shows that you are not threatening and you won't hurt her. She will be grateful for that!

OK, it is time for you to take action if you have found a woman who ...

has responded to your eye contact with a lingering return eye contact,

did the ancient looking-down signal,

made some preening moves.

Forget the rest of the people there and get ready to approach her. **She is waiting for you!** Now it is time to move on to Step 2 in meeting the perfect mate for a long term relationship, or maybe a new friend for a one-night adventure.

Step 2

How to Start Your Approach

Your next move is to leave your safe space and go to her with good body language and your "opening line" so you can talk with her. Verbal communication will greatly close the physical and emotional space between you both. **She wants you to approach her and she is waiting, so get moving!**

But be aware that as you walk toward her, she will learn a lot about you from your body language. Women are wired with this ability to read approaching men's body language. By the time you reach her, she will have decided to either receive you as a possible friend or reject you as a problem guy.

So use your best body language and walk slowly and straight, with as little extraneous body movements as possible. Walk confidently and casually directly to her. Your body language should say, "I am a live, healthy and strong man. I am confident of myself. I am interested in you. I won't hurt you." **Think these words as you approach her and they will help produce the right body language.** She knows it takes courage to approach her because at any moment she could reject and embarrass you. She will admire, appreciate and reward your courage and confidence to be brave and take a risk! You will be demonstrating your Alpha Maleness and she will like that!

As you walk toward her, don't look around the room! Look continuously at her eyes. (And don't check out her breasts. You may do that later.) Imagine that there are only you two in the room and imagine that you are saying and meaning: "I like you and I am eager to talk with you. Thank you for inviting me to meet you." As you approach her, give her a soft friendly smile that says, "I am happy to meet you." (That should be easy because you really are happy to meet her!) **Keep in mind that she came there to meet someone and here you are! She probably is really pleased that you have selected her above all the other women there.** You are her hero! Walk up to her confidently and proudly!

How to Approach With Strong Body Language

As you approach her, don't blast into her personal space like you are attacking. Go slowly and gently. Stand tall and move slowly and confidently. She is watching you like a hawk to see if you are going to try to go where you are not invited. That is what men are frequently trying to do with women, so women are very alert to it and defensive on the subject. Let her see that you only go as far as she invites you. **Stand or sit erect with your gut sucked in, shoulders back, chest out and head held erect. You are the Alpha Male here, so look like it!** She will really like that. When she feels she can trust you, she will send body language cues for you to come closer.

How to Use Your "Opening Line"

Don't worry about creating a clever opening line. She knows that you want to talk to her so just say, "Hi! My name is (real name). May I talk with you?" (Notice it is "with you" not "to you", like she must only listen.) Most likely her answer will be, "Yes" because you made it easy for her to respond in a positive way. Your opening line is also very direct and honest so that early-on it tells her you are mature and well socialized. You have no games going on. That greatly reduces the stress at this moment for both of you. Besides, she is too busy reading your nonverbal body language to deal with any opening-line complex statements or questions from you. Just be honest and say that you would like to get to know her and for her to get to know you. She may extend her hand to shake your hand.

How to Settle Into Her Space Confidently

When standing or sitting in front of her, be sure to face her squarely. This means your face, chest and hips are facing her directly. This facilitates a feeling of trust and friendliness. And one more precaution: Never ever touch her unless she invites you, such as her extending her hand for a handshake. Be very respectful of her space and time. Keep in mind that she has the power here to reject you publicly and make you look like a predatory sleaze-ball, scumbag, scourge-of-the-earth. Be grateful if she doesn't!

How to Start a Friendly Conversation

Your next step is to talk with her to gather data and determine if you both have some

common ground that you can share. Stay away from discussions of weather, news, politics and **impersonal stuff**. What you are really interested in, is if you two have a good chance for long term compatibility -- or at least some fun together for a short time. Finding and sharing common **personal interests** will bring you both closer together fast. But this verbal communication process is more difficult than it appears. This is the point at which the connection between you both can abruptly break off. **This may not be news to you: Women don't think like men!** Therefore, to make the best impression on her, you need to talk differently to her than you do to your men friends.

As you search for common interests, keep your attention focused on her, keep the conversation lively and humorous. Humor is important and will establish your intention to have a meaningful, fun, on-going relationship with her.

OK, if she has been friendly and shares some common interests with you -- and not turned out to be a "bimbo air-head", or worse -- you are ready to move on to Step 3.

Step 3

Now Start Gathering Data

Now you can talk with her and determine if there are areas of common interests you two share. Don't try to impress her with lies! Women can tell 85% of the time when men are lying. Men can tell only 25% of the time when women are lying. Those are bad odds to play by, so be honest to yourself and to her. Skip the meaningless brags. Anyway, all your words are pretty meaningless at this point. She is mostly reading your body language and nonverbal cues about how you feel about yourself and about her.

Your main goal now is to forget about how she looks naked, do data gathering, and to form a "relationship". Women are strongly driven to always form a good relationship with people. That is in their DNA and is related to survival needs. That is deep stuff guys don't have or understand.

The way you work at exploring her, and her interests, determines how physically and emotionally close she is going to let you get to her. **As you explore her, strive to build a supportive relationship where she feels safe, respected, valued, and protected.** Don't be judgmental or critical of anything. How accepting and open you are will affect, to a large extent, how much she shares about herself. So be honest and open. But don't be stupid and reveal your weaknesses, like the fact that you haven't slept with anyone for 2 years and hope she does charity sex!

Women Communicate Differently Than Men

Women use an average of 20,000 communication words, sounds and gestures a day. Men only use about 7,000. It may seem like she is a "chatterbox" but that is normal, especially if she is having a good time. Be aware that women talk about their problems as a way of relieving stress. She wants to be heard, not fixed by being offered advice and solutions. Men like to fix things, but don't you try to fix her if she expresses her problems. Women like to express feelings. When she says she feels depressed (or whatever), listen and let her talk about it. **DON'T try to fix her!** That implies that there is something wrong with her but not with you. Just listen, show sincere concern and respect for what she has gone through. (Could you have done as well?)

As she speaks, look into her eyes but don't stare without blinking. Blink normally and never ever let your eyes go looking around the area at other women while talking with her. As she speaks, casually look at her individual features: hair, eye brows, eyelashes, cheeks, nose, lips, etc. That will keep you from going "glassy eyed". Stay with her face and forget her cleavage. She will notice that you really see her and are interested in exploring her. Women want to be seen. Her hormones will start flowing faster as she feels your eyes penetrating deep into her!

She is Watching You More Than Listening

Also be aware that women can read what is going on with you by your eye pupils (the center dark clear area that changes size). Women are wired unconsciously to use this cue to evaluate a man's response to them. Research proves that women's bodies respond to men's eye pupil tiny cues with blood flow decreasing or increasing in their sensitive feminine body areas. Everyone's eye pupils dilate (open larger) when they are talking to someone they really like. When looking at someone uninteresting or disliked makes the pupils get smaller.

Much enlarged pupils can signal sexual interest! Watch her eye pupils. If they are large, you are doing great! Keep up the good work.

What is Most Important to Women

In general, men define themselves and their personal worth in the world mostly by their jobs or careers. On the other hand, women are more interested in establishing and understanding relationships. She wants to know three main things about you in order to form a good relationship with you:

Do you have enough common interests with her to have an engaging and rewarding relationship?

What are your bad habits and are you dangerous? (This question comes from past bad relationship experiences. She is not going to make the same mistakes twice with men.)

Are you anything close to the Alpha Male type she needs unconsciously to produce healthy offspring and protect her and the kids later?

This is all old brain DNA programming and may not have anything to do with the reality of her life right now! But don't neglect these needs of hers for a minute. If you can appeal to her unconscious instinctual needs, her hormones will drive her to you, and she may not even know why.

How to Check If She is "In Tune" With You

When two people are disinterested or not well-attuned to each other, their bodies sit or stand at angles to each other. With the man is facing her directly, slightly leaning toward her and he has uncrossed his legs, the woman is turned slightly away and legs are crossed. Also, she is sitting back as far as her chair allows. They are not comfortably engaged in a close connection at this time.

When two people are feeling comfortable with each other, interested and well-attuned they will unconsciously re-organize how they are sitting in order to more directly face and mirror each other. When there is strong mirroring between two people, as one person changes position the other almost immediately unconsciously follows to the same position. This is done unconsciously and indicates a strong emotional connection has formed.

This flirting and dating game has been around for millions of generations and is well perfected. Try to change the game and you will be alone a lot! One way to look at this flirting game is to understand that both of you are here only to keep the human species from becoming extinct! Maybe our only purpose is to keep our DNA alive and pass it on to a new generation! Anyway, enjoy it but don't take yourself too seriously. You are not her only choice as a mate on the planet.

OK, you are ready to move to Step 4 for getting closer.

Step 4

She Is Going to Surprise You Soon

So far you have given her all the right nonverbal body language cues to show that you are interested in her and you are safe to be with. You also proved you are socialized and can carry on a decent conversation and you share some common interests with her. Hopefully also you have displayed enough alpha maleness body language to trigger off her old brain limbic system needs for protection and survival. She probably sees you as a really nice guy, who also fits her deep DNA programming needs.

You have also showed interest in what she had to say and valued her opinions. That appeals to her new brain cerebral cortex and makes you appealing as a daily friend to have around. So now she wants to expand on that, share more personal interests with you, and to let you get closer emotionally and physically.

Don't Miss Her Body Language Signal For You to Come Closer!

At this point in the connection she wants you to emotionally and physically come closer, so she is going to do a very important thing. Don't miss it because it is very subtle body language:

She is going to touch you.

It will appear casual, unpremeditated and "accidental" rather than "serious". It may be a touch on the arm as she laughs at something you said, or it may be a pat on the back as a symbolic gesture of "good job" as you tell a story. **In any case, it is not accidental!** Her strong DNA programming is saying in body language, "I feel safe with you. You may come closer." **And she will be looking and waiting for a reply to her daring flirting feminine body language message, so be prepared to give the right response!**

How to Do Your Part Correctly Now

Your body language response should be to accept the touch and not move away as if you are afraid of her. Moving away or not replying with a touch (ignoring it) would indicate to her that she had gone too far into your space and you don't want her that close. You don't want to send her that message!

Your positive body language response should be to return the touch with an EQUAL touch. Your response must be precise and appear ever so casual. To increase the emotional connection with her you must reply in a very short time (never more than a few minutes) with an **equally casual touch, never stronger than hers.** This nonverbal flirting body language implies an equality of interest and safety feeling. Your return touch, as gentle as hers, assures her that you are not going to attack now that she has let down her defenses.

Remember: Don't get more physical than her. When you both do this casual touching right, your bodies will be carrying on a powerful conversation that says, "I like and trust you. I am willing to come closer. I am willing to let you come closer." This touching is often done all unconsciously because it is instinctual behavior carried in our DNA.

She knows exactly what you are after. If she is not ready, she will be displaying body language like moving back, crossing her arms and changing the subject. So as you explore her more, keep the conversation light with as much humor as you can muster up. **In one research study, women said a sense of humor was the trait they appreciated and enjoyed the most in a man on a first date.**

So if she has touched you, is laughing with you, facing you directly -- while mirroring your

motions and positions -- then you are ready to move on to Step 5.

Step 5

Now the Real Fun Begins

Now it is time to connect more emotionally and physically. You are both growing emotionally and physically closer. You are constantly watching her body language to give you clues on how close you may approach. You have learned in the past that whenever you advance too fast into a woman's personal space, this results in making her more closed and resistive to your advances. Above all, you don't want to do that here and make her think that you are needy.

At this point it is appropriate for the man to establish an intent to further the budding relationship. He does this normally by inviting the woman to an activity in the future and at another place. The type of activities you two might engage in is endless, so the choices are what has to be sorted out in the data gathering process.

When Does Kissing Start?

There is a time when you should kiss as a way of establishing a very close relationship and personal bond. (A kiss is just another way of touching. **A really nice way!**) Some people have screwed up the flirting game with guidance and rules that are all useless, impractical and mostly unworkable concerning the right time and place for the first kiss - or not to kiss.

When you (the man) see that she is open to you coming completely into her personal space and you want to send her a signal that you desire her - then take the risk and kiss her. If your timing, her mood and the environment are all right (they are all very important to a woman's brain at this point), then your kiss will make her feel fantastic!

That first kiss is truly a thrill because both of you will have a surge of hormones blasting out of the brain to all parts of your body. Both of your bodies will speed-up the limbic system that controls bodily functions like breathing, pulse, perspiration and mating. She will even look, taste, smell and feel better to you because some of the brain chemicals will change your perception of reality. That is called "love" by most people - and "lust" by others. (Isn't it interesting how bad a past lover sometimes looks after a breakup and you return to normal reality!)

[Background Learn More . . .](#)

Where You Go From Here

Humans (primarily men) in leadership positions throughout history have complicated the final mating process with numerous different rules about how two people may form a pair bond and raise a family, which is really the purpose of all this flirting and dating. Different cultures and religions have tried to control how the mating is done for the maximum benefit to the whole tribe, community, or culture. Often, the cultural "rules" violate all natural inclinations and destroy the ultimate beauty of the natural mating process.

Therefore the actual mating experience from this point on is highly influenced by each person's background, family training, education, religion and street lessons. Generally, in most western cultures, at this early point in this beginning relationship the two people just agree that they want to explore each other more.

The process that humans have evolved for further exploration is called "dating" or "courting". That means more outings together and further exchange of talk and general enjoyment of being close and compatible. Whether or not the two participate in sex is the woman's choice. That is her right to decide to let you in. **Men must court and women will select a mate based on their personal criteria.**

When Reality Becomes Evident

Usually the real-life decision for continuing the relationship is based on the "bottom line": costs versus rewards. Are both partners contributing equally to the relationship and life together? Are the rewards equal and fair for both? If the costs versus rewards ratio is unfair, over the long run the stress and resentment will destroy the relationship. In a marriage it can cause daily emotional discomfort and possibly eventual disease and an early death.

If both partners get what they want from each other, life can be fantastic together! That extraordinary appreciation and satisfaction with each other in making life work is generally called "love". Most people are seeking a mate to make that happen and it can start with Step 1 of the 5 steps in flirting, dating, and mating.

[PICTURES of body language in flirting steps.](#)

http://learnbodylanguage.org/male_flirting_5.html