



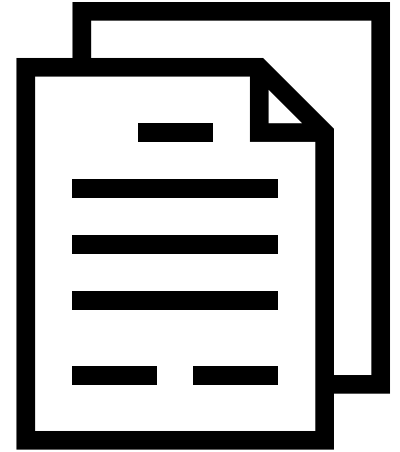
OVERCOME APPROACH ANXIETY

YOUR ULTIMATE GUIDE TO DESTROY ANXIETY

By Coach Sebastian

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Disclaimer

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Introduction



Coach Seb

It's coach Sebastian here , welcome to the Leading Man Attraction community ! I'm very excited to have you here in a community filled with dozens of guys from all over the world !

By accessing this free guide, you've taken the most important first step towards improving your dating and sex life. Approach anxiety is a universal problem that is plaguing men all over the world.

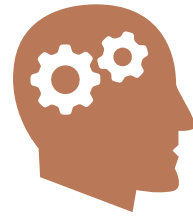
This guide will give you all of the fundamental knowledge that is necessary to overcome approach anxiety. All of the information contained in this guide has been tried and tested rigorously to provide you with the best strategies for the rapid destruction of approach anxiety. All you have to do is apply it !

Of course if you really want to transform your dating life and take your results to the next level, there is no faster way than to purchase the FULL L.M.A DAYGAME BLUEPRINT which combines all of our courses into one complete blueprint for ultimate dating success.

You will get access to everything that a man needs to know in order to score with new girls every single week. That includes: how to start playful interactions, the full first approach step by step guide, how to flirt with women using multiple different techniques, how to pass shit tests, a full text game strategy for setting up dates, a complete Date Structure (essential for converting dates into lays) and much, much more that will skyrocket your confidence and dating success.

Part 1

Mind Mastery



In order to open with confidence and enjoy your approach the first thing that you need to do is become relaxed and self amused. The key is to stop anticipating any outcome and become completely present in the moment. The habit of predicting or anticipating a rejection may be the root of your anxiety.

You must stop attempting to “get her number” or “pick her up” and FOCUS on getting to know her and building a connection.

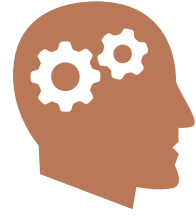
This process of becoming relaxed is something that certain people achieve very quickly, whereas for others the process may take longer. In either case, anxiety can be managed and more importantly, with discipline and resilience, overcome !

On the next page you have 3 practical exercises that you can implement in order to become more talkative and relaxed during a conversation with a woman you find attractive.

RELAX

Part 1

Mind Mastery

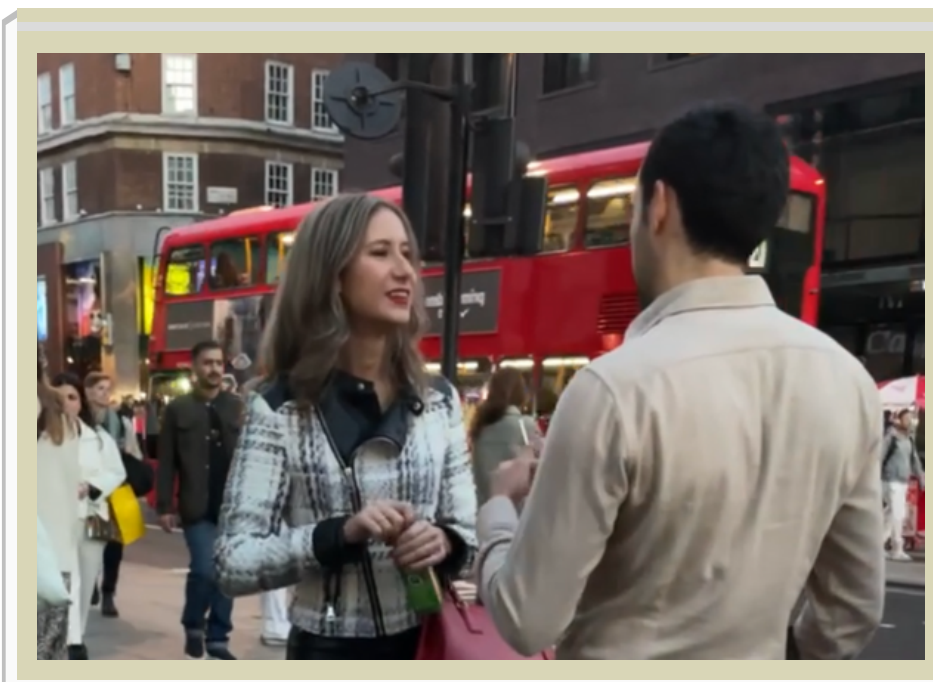


You have a number of repetitions for each exercise; however if you are not relaxed by the time you finish the repetitions, keep going until the nerves don't stifle you as much.

If you do not feel nervous at all, do the exercises to warm up your social muscles and to simply get into a natural and talkative state of mind.

Follow the below exercises in order to warm up for your approaches and to reduce your approach anxiety.

After committing to these exercises, my clients **(one example below)** manage to rapidly reduce their anxiety and gain confidence.



Part 2

Relaxation Warm up exercises



EXERCISE 1

ASKING FOR DIRECTIONS + CASUAL CONVERSATION

In this exercise you will be warming up your social muscles in order to become more talkative with strangers. The indirect nature of asking for directions will allow you to approach any girl without pressure. Therefore try to ask attractive girls for directions but if you feel a little nervous anyone is fine.

Once you ask for directions, the other person will either advise you or tell you they don't know the directions to the place you asked about.

Whatever their response, say thank you, and ask her what she's up to. Keep it brief (2 minutes). Then wish them a good day and leave.

Focus on

- Having good eye contact
- Smiling
- Getting relaxed while talking to a stranger
- Opening with an indirect opener and leading a brief conversation

Objectives of the exercise

- Face the initial anxiety
- Warm up your social muscles
- Begin approaching girls without an agenda
- Initial step to get out of your own head and be more present in the moment when meeting someone new during the day

REPEAT 2/3 TIMES

Part 2

Relaxation Warm up exercises



EXERCISE 2

COMPLEMENT AND BAIL

In this exercise you will go up to a woman and give her a compliment. Once you are done with the compliment, wish the woman you approach a good day and be on your way.

Make sure the compliment is genuine, what it is doesn't matter as long as you approach a woman that does in fact peak your interest.

OPEN WITH "Excuse me (THE EXCUSE ME IS TO GET HER ATTENTION) this is random but i liked your vibe..." - continue with an observation / question

Your compliment can be about her outfit, her hair, her shoes, her style (colour coordination of her outfit), a unique piece of clothing or a direct compliment by telling her she looks gorgeous. Anything goes. Focus on using your imagination and making a genuine observation

Focus on

- Getting the woman's attention before you give her the compliment (once you have her eye contact you have her attention)
- Maintain eye contact throughout
- Smile to show you are not a threat especially if you surprise her
- Voice - speak with a controlled tone, speak slowly and with confidence - practice is key to find the right tonality level

Objectives of the exercise

- Face approach anxiety and begin talking to attractive women during the day
- Developing creative thinking by trying to come up with unique compliments
- This will help you to develop a relaxed vibe when you approach girls later on

Repeat with 3 women, if still feeling nervous. Proceed to exercise 3.

Part 2

Relaxation Warm up exercises



EXERCISE 3

STAND OUT FROM THE CROWD

This exercise involves doing something that will draw people's attention. This will also help you to relax your body before you get serious and begin approaching girls in order to pick them up.

Here are activities that will draw eyes to you

- Push ups in the middle of the road (squats also work)
- Sing your favourite song out loud with people walking by
- Sit in the middle of the road and pretend to meditate for 30 seconds
- Clap your hands in the middle of the road

Focus on

- Do something that will get other people's attention
- Stop thinking about what other people think
- Have fun with the absurd thing that you are doing

Objectives of the exercise

- Become self amused before you begin to pick up girls
- Minimise any lingering anxiety
- Realise you can do anything (as long as it's legal) and nothing bad will happen

You can do all of the above activities once or just choose one and do it repeatedly in order to help you get out of your own head and get a little more relaxed. These will also help you to be more socially warmed up so that once you see a girl you really like, you're not going in cold.

Each one of these exercises is unique, try each one and see which works best for you.

Part 3

Methods to minimise, control & overcome anxiety

Approach Anxiety Exercises

In this section you have several more exercises that aim to help relieve anxiety and minimise its symptoms.

Try each one of these exercises multiple times. Just trying something once is most likely not going to help. Approach anxiety builds over years and sometimes stems from early childhood experiences.

Therefore it is not going to be overcome overnight. Test out each one of the exercises below and use the ones that help you to relax repeatedly before approaching girls.



Part 3

Methods to minimise, control & overcome anxiety



The Imaginary Approach Exercise

This exercise will help you to get more familiar with the idea of picking up girls and approaching women in the day. This is a meditation based exercise that requires you to sit down, close your eyes and imagine what it would be like to approach a woman.

Follow the steps below to perform the exercise correctly:

- Sit down in a comfortable position.
- Close your eyes, take a deep breath and in your mind replay one of your approaches from the day.
- Step 2 is to go back to the beginning of the approach and lead the interaction as if it was the first time you were doing it. Ask yourself, 'What could I have done differently?'
- Imagine yourself opening, making playful assumptions, bantering and teasing the girl.
- The key is to let your creative mind run freely, don't judge yourself and go with the interaction wherever your mind takes you.
- This is a great method to internalise game and to relax your mind for when you actually approach girls in real life.
- Attempt this at least once a week, again it's a process. Repetition is going to help you improve at this exercise.
- Your mind may run wild and you may lose focus, if this happens, simply catch yourself and go back to the approach, continue the exercise until you get her number.

At that point the exercise is complete, you can repeat it with a different girl from the approaches you have done in the day.

Part 3

Methods to minimise, control & overcome anxiety



MORE EXERCISES BELOW !

Talk to everyone - At the start of your approaching session, talk to multiple different people in order to relax and get into a social/talkative mindset. Give people compliments, ask for directions, make observations. Do this with an outcome free mindset (this is a simple exercise to help you relax when you approach new people).

Meditate - Deep breathing meditation with relaxing meditation music (you tube/spotify) will help you get out of your mind and stay present in the moment. I recommend 15 minutes in the morning after a shower. Sit in a comfortable position, close your eyes and take deep steady breaths.

Deep Breaths - If you begin feeling anxious after you see a woman that you are attracted to, take a deep breath and count backwards to take your mind off of the anxiety. Repeat this until you are back in a composed physical and mental state.

The 3 second rule - In order to avoid anxiety stopping you from approaching in the first place, consciously commit to deciding you will approach a beautiful girl within the first 3 seconds of seeing her. Do not give yourself time to hesitate.

Affirmations - Every single time you feel anxious before approaching a woman tell yourself in your head that YOU ARE THE MOST CONFIDENT MAN IN THE WORLD. This aims to help people remove self doubt that may be causing their anxiety.

The Money Challenge - If you're facing severe anxiety, you may need to remove your ability to choose whether you will approach a woman or not. Give your friend 100 euros and every time you approach a woman tell him to give you 20 euros back. This will mean that before you get all your money back, you must approach at least 5 women.

Part 4

Golden Rules of body language signals

Non-verbal Communication

This is an essential element of pick up. Once you feel relaxed, your mind & body will also relax. That will enable your body language and voice to be more positive when you approach.

If you send off nervous body language signals the girl will notice them and inadvertently the girl will also become nervous. This is a big reason why guys often get rejected within the first 30 seconds to a minute of an approach. This is why a positive, outcome independent mindset and self amusement are essential elements to achieve when warming up.

Below you have a list of correct body language signals that ooze confidence & incorrect signals that show nervousness. Try to stick to the latter.



Part 4

Golden Rules of body language signals

Positive Body Language Signals + Voice

- **Strong eye contact throughout** - Can demonstrate attraction and interest, a lot of seduction comes from deep eye contact (when implemented correctly)
- **Wide open shoulders when talking** - Shows that you are assured & confident
- **Stand tall without slouching** - demonstrates a commanding presence
- **Stand / sit comfortably** e.g. leaning on something nearby, relax your arms on the side of a chair
- **Use your hands when you speak** - this will help you command attention & be more expressive, you will also improve the quality of your story telling
- **Level & controlled tone when speaking** - Show confidence and calmness
- Talking at your own pace - confident people do not rush when they speak, remember to breath and speak slowly

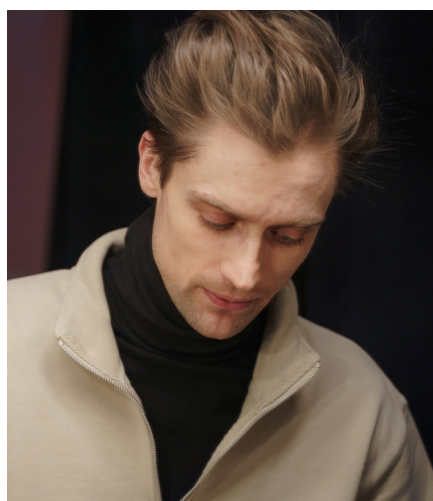


Part 4

Golden Rules of body language signals

Negative Body Language Signals + Voice

- **Poor eye contact** - looking down or away too often can demonstrate a lack of self confidence
- **Slouching** - can make a person seem closed off and distant
- **Stiff shoulders** - can indicate a person is not comfortable in his surroundings
- **Stuttering** - can show a lack of self confidence (practice reading out loud & tongue twisters at home to fix any stuttering). Remember to breathe and speak slowly
- **High Pitched tonality** - gives off a 'Customer service' like voice. This does not command respect.
- **Talking Too quickly** - girls may not understand you or hear you, especially if you try to start a conversation like this
- **Fidgeting** - this is a common problem, meditate and warm up properly to reduce this from happening



AVOID THESE MISTAKES

Part 5

Homework



Below I have listed homework exercises that you should do that aim to help with reducing your approach anxiety.

Session 1 - IMPACT APPROACHES

Here you have 20 minutes to say hi to as many women as possible. Your only objective is to say hello, give them a quick compliment or make an observation, then keep moving.

OBJECTIVES

- Expose you to communication with women on the street
- Train to stick to the 3 second rule which will help you increase the volume of women that you approach
- Improve your body language communication (practice positive signals)

STRUCTURE

- Go to a populated area with high traffic (a city centre / shopping mall)
- Have a timer/stopwatch/alarm ready - it will inform you when the exercise is done
- Have an outcome independent mind - tell yourself "I'M HAVING FUN"
- Take 3 deep breaths & start the timer
- The moment you see an attractive woman approach her - remember to smile, get her eye contact and say "Hello"
- After you say 'Hello', give her a genuine compliment, wish her a good day and as quickly as possible, repeat the process

RULES

- **Stick to 1 woman per 2 minutes** - (this is a realistic target to hit in a busy area). It's ok if you can't find a really attractive one, just apply the exercise with any decent looking women in your vicinity (go near shops where attractive women are - make up shops, lingerie shops etc)
- **Stick to the 3 SECOND RULE** - avoid doubting yourself. If she's attractive, don't overthink, simply just approach
- Remember to always **Open with good eye contact and a smile**

REPEAT this exercise until you no longer hesitate to approach any woman you want to talk to.

Part 5

Homework



Session 2 - Indirect Opener Practice

*Here you will approach women for 20 minutes using indirect openers (to learn all about openers and truly master starting conversations with women get your copy of *The Opener*).*

OBJECTIVES

- Approach beautiful women
- Practice your tonality, eye contact & opening skills
- Practice slightly longer interactions

STRUCTURE

- Once again set your timer for 20 minutes
- Walk up to a woman from the side or from the front
- Approach her with an **indirect opener** that applies to your setting e.g. if in a supermarket, you can ask her if she knows where the coffee is located, a busy street, you can ask her if she knows where a certain place is (**more examples in *The Opener course***)
- Repeat the process until the anxiety becomes smaller e.g. you will feel more relaxed

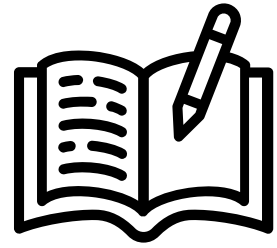


RULES

- **Aim to approach 1 woman every 2/3 minutes** (If you stay in the interaction longer don't worry, keep going with the flow, remember outcome independency)
- Stick to the 3 second rule if you still get nervous at this point
- **Do not compliment women on certain parts of their body** (breasts, legs, ass). You can compliment her smile, eyes, hair or other things such as her style, shoes, tattoos (if she has any).
- **If you are still feeling anxious**, repeat the process after the exercise is done. Remember to **NEVER put any pressure on yourself** or do this for **VALIDATION**.

Part 5

Homework



Session 3 - FULL APPROACH TIME

Time to approach women with the intent to pick them up !

STRUCTURE

- Warm up with the exercises in the 'warm up exercises' section or the homework
- Aim to feel good by the time you finish your warm ups
- Use The Opener for some opening inspiration
- Stick to the 3 second rule and APPROACH

RULES

- Do at least 1 approaches a day
- Stick to the 3 second rule and APPROACH
- When you have time (Friday night, Saturday/Sunday) do longer session
- Do minimum 1 longer session per week - Minimum 1 hour, with 20 minutes for warm up exercises

TAKE ACTION
DO THE WORK

Part 6

Conclusion

REMEMBER that feeling some level of anxiety is inevitable. The exercises and the homework tasks that you've learned here have already helped dozens of men all over the world reduce their anxiety.

But you'll need to take action and approach, that is the real first step that any man who wants to have success with women needs to take !

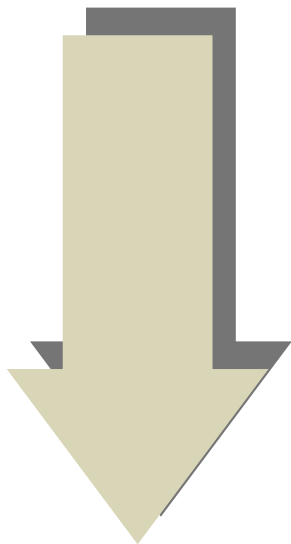
This may take some time and consistent commitment. You must stick with the exercises and enjoy the process of learning.

Make approaching women a part of your everyday life.

Approaching women is can be really fun, make sure to apply these techniques and your anxiety will over time become manageable.

Now if you want to **TRULY TRANSFORM YOUR DATING & SEX LIFE RAPIDLY**, make sure to [email leadingmanattraction@gmail.com](mailto:leadingmanattraction@gmail.com) for 1 To 1 Coaching and enquire about the complete L.M.A DAYGAME BLUEPRINT.

Client Success Stories



Join The Group !

Client Success Stories

TESTIMONIALS BELOW

X  RF
7 reviews

★★★★★ ⓘ 2 days ago


Seb has really helped me achieve a great skill set which can transition into my everyday life. I've always thought how cool it would be to just go up and speak to women who you find attractive. Now I can do it and have an absolute blast while doing it!

The process with Seb is what I'd call efficient yet unique. He starts you off with material that you can easily start with and gives you a detailed breakdown on improvements and things you did well.

Constant encouragement and help through out and always available to help you even out of hours. Seb actually cares.

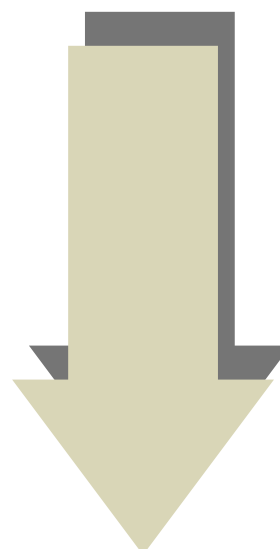
If you want a magnificent coach and an even better person to help you through your endeavours, then please look no further.

Take the leap. You won't regret it.

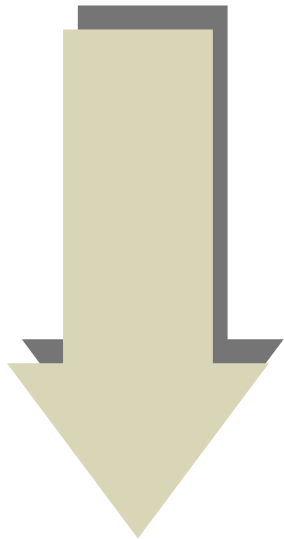
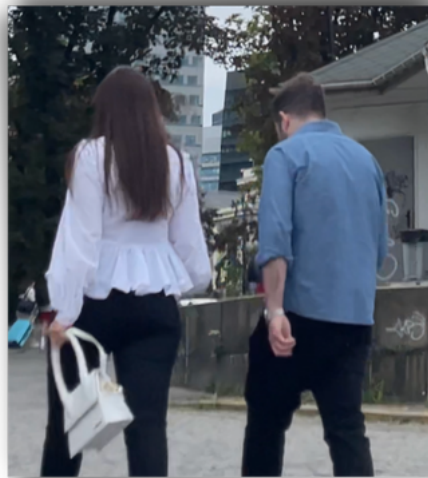
X  GameChanger66
73 reviews

★★★★★ ⓘ 4 months ago

Top dating coach for men in England and Europe. I've taken advantage of learning from Leading Man Attraction. He is an awesome coach who's very knowledged in helping men like me get better with women and to become an attractive confident man in general. I recommend him to men of all ages who want to improve themselves and get the right guidance. Investment in yourself is the best investment after all. Take advantage of his online coaching programs and bootcamps while they are still ridiculously low priced. He is worth way way more than he is priced at right now. I myself improved tremeduosly with his help and guidance. He has great patience and will work with all kinds of men. I'm way more confident than I was before after completing his coaching and I'm able to meet women on command now. I couldn't be more satisfied as a client.







Client Success Stories



IT GETS BETTER !

Client Success Stories



PM CF
 4 reviews


 3 months ago

I did two in-person coaching sessions with Sebastian, and it has been a very adventurous experience. Besides giving you tailored feedback, he pushes you just enough to step out of your comfort zone. Most importantly, when I implemented his feedbacks results came my way!

Another strong point is that he is professional, which is not a prerogative of all coaches in the industry.

I will probably have periodic online sessions with him as checkpoints for my progress, and I will leave a another review about the online coaching.





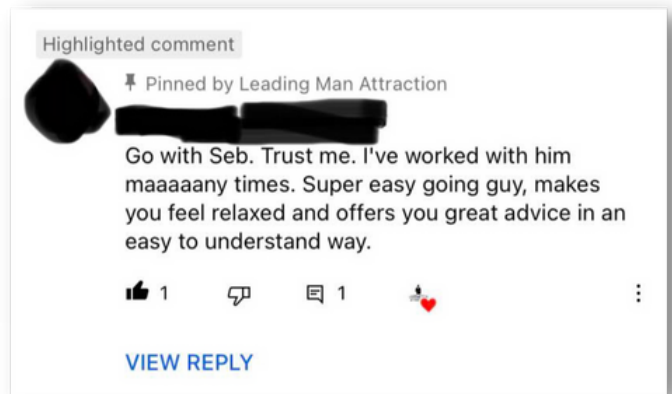
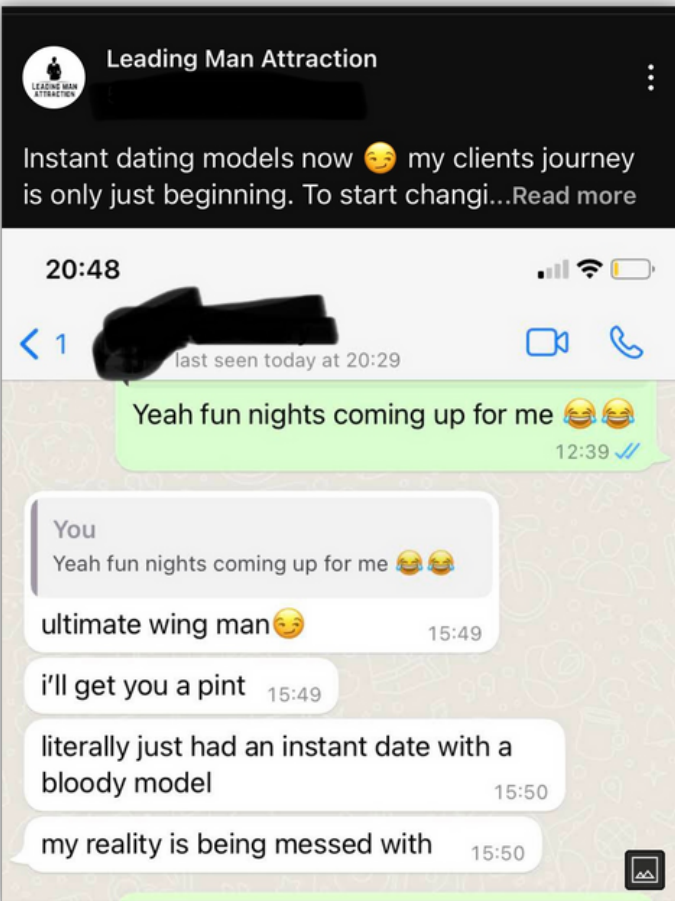
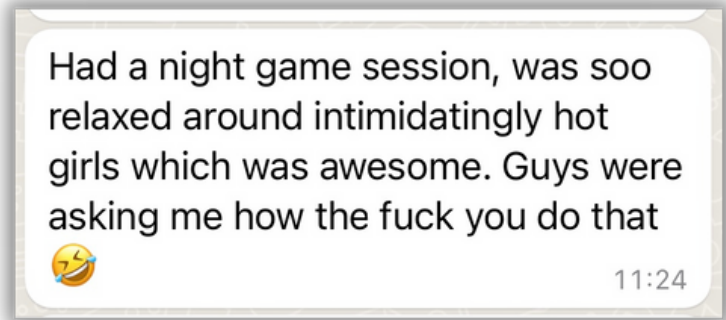
Sonny Mall
 [Redacted] reviews


 a month ago

Seb is a great coach. He gave me great feedback, loads of encouragement and priceless constructive criticism. You can't go wrong with being coached by Seb.



Client Success Stories





APPLY FOR COACHING NOW

**CONTACT
COACH SEBASTIAN**

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