



Module 1
Bonus Tool:
The Rubber Band
Technique

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Module 1 Bonus Tool: The Rubber Band Technique

So I used to have a habit: whenever I would get really interested in what people were saying to me, I would furrow my brow. I didn't realize that I did this, and I didn't realize that my furrowed brow sent a message to people that I was judging them or communicated to them that I didn't like them. So, I worked on it and made a conscious effort to not furrow my brow.

Now I couldn't remember, right off the bat, not to furrow my brow – frowning had been a habit of mine for years.

So I used a little trick to remind me to soften my brow and keep smiling!

Here's what I want you to do:

Back when I wanted to get over my approach anxiety, I would wear a rubber band around my wrist that I would snap to remind me to not be afraid and to get back into my body. Sometimes we can get so caught up in our heads that we forget about where we are and what we're doing.

Now that my approach anxiety is gone, I use the rubber band on my wrist as a reminder to ease up my frown and get BACK into the moment. It took a few weeks of me snapping my wristband to remember what to do, but soon my frown pretty much vanished.

I soon noticed that people seemed more relaxed around me, and responded more warmly to me. This is because I was giving out signals that I was approachable, present in the moment, and that I was appreciating what they were saying.

So I want you to do the same thing with a rubber band.

For the rest of this week, wear a rubber band around your wrist, and any time you catch yourself thinking (or speaking) negatively about yourself, if you catch yourself frowning, wanting something without speaking up, or even sitting slumped over with your arms crossed and a furrow on YOUR brow. . .

MODULE 1 BONUS TOOL: THE RUBBER BAND TECHNIQUE

I want you to SNAP the rubber band on your wrist and snap back into the present moment.

If you have trouble remembering to smirk, speak positively about yourself, stand and sit tall with your shoulders back, or wishing someone KNEW what you wanted, or if you find yourself sitting at home bored and watching re-runs of Seinfeld... SNAP yourself for a second and remember your exercises.

You can even work out your own technique that involves the same means of getting back into the present moment (one of my wing girls actually keeps a note in her back pocket that says, "RIGHT NOW!" to remind herself to get out of her head and back into her body).

Once you can naturally "snap" yourself back into your own body instead of your head, you'll start getting a lot more smiles from women, being approached more in general by people, and (hopefully) getting a lot more great interactions, numbers, and dates with the women you want.

WHEW! Okay, so by this point you should be walking, talking, and strutting about like the confident, charming guy that I already know you are.

Or at least once you REALLY start to practice these exercises daily.

There's a lot to cover with these exercises because THIS VARIABLE is the most important piece of the *Get the Girl Code*... because these exercises are all about YOU.

Once you start spending more time on yourself, taking time for yourself to bring out your best assets and fine-tune who you really want to be and who you really want for yourself... THAT'S when women will want to take the time to get to know and be with you as well.

Which is why I don't want you to take these exercises lightly! Once you start disregarding yourself, women will start disregarding you, too.

So keep at it and keep at yourself... you're worth it.