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**CHARMING-AF**

# **Friend Zone to End Zone**

**"Reset" Your Relationship  
and Get The Girl**



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## **How to Get Out of the “Friend Zone” (in just 3 steps)**

If you're reading this, then you're probably thinking of one particular girl that you really like... and you want to sleep with her and/or make her your girlfriend... BUT she only sees you as a friend and nothing more...

If so, then you're gonna need to follow three specific steps to change the way she sees you... and to give you the best possible chance of winning her over and forming a sexual relationship.

Follow the three steps in this bonus guide and she will start to change her opinion of you within 1-2 weeks... finally coming to see you as “the one” who has been there all along...

You won't lose your friendship with her... it will just deepen and become the perfect romantic or sexual relationship you've always known it could be...

### **Disclaimer:**

This isn't 100% guaranteed to work, it really just depends how deep in the “friend zone” you are. But following the proven steps in this short guide will give you the absolute BEST chance of success.

However, before you go any further, please do yourself a HUGE favor and understand one thing:

You can't actually MAKE a girl like you. All you can do is put yourself out there in the most attractive way possible, and give her the best possible chance to see you as a sexually attractive guy who can fulfill her needs as a woman...

But if you do all of that and she's STILL not into you... then she's never gonna be. Just move on to the next one.

You can't force a girl to change her opinion of you, or to be attracted to you. And you shouldn't try... not when there are SO many other girls out there who will like you right away and give you exactly what you want. There's no reason to waste your time on a lost cause.

Plus... I didn't actually write this book to help you get “that one girl”... I wrote it to help you become a more valuable, attractive man who is 100% satisfied with his dating and

sex life. It's not about any one particular girl, it's about YOU being happy - always remember that.

But... since you're here reading this, it's safe to assume that you've already made up your mind. You really like one particular girl, she's treating you as "just a friend"... and you're willing to take a risk and try to change the situation before you give up and move on to the next girl.

If that's the case, then you're in the right place. Read on...

### **Your #1 Mistake**

If you like a girl sexually, and she only sees you as a friend, then your #1 mistake is that you haven't shown any sexual interest... Or, if you have... she hasn't felt it in return.

But that's okay, it's not necessarily too late to change that...

Here's what you need to know:

According to psychologist Robert Sternberg, there are 3 aspects to every relationship, whether it's friendly or romantic.

This is called the "Triangular theory of love" and there are three sides to the triangle:

- 1 - Emotional - you both have a close bond.
- 2 - Logical - it makes sense for you to hang out together. Same goals, same lifestyle, same friends, same direction in life, etc.
- 3 - Sexual - you both want to bang each other silly.

Different relationships are formed when you have different combinations of these three things.

For example, if you only have 2 and 3, logical and sexual... you have a "fuck buddy" or "friend with benefits" - you don't really know each other too well, you just like to have sex, with a minimum of emotions invested.

If you only have 1 and 3, emotional and sexual... you have a “hopeless romantic” relationship - you are connected emotionally and physically, but your lives are too different and so things can never really work out...

***And most importantly for YOU...***

When you only have 1 and 2, emotional and logical, you have a FRIENDSHIP. Two people with an emotional bond who have similar lives and hang out together.

You have this same kind of relationship with your guy friends, or your brother or sister.

Unfortunately for you, you also have this relationship with “that girl” you’ve been thinking about... and that’s not what you truly wanted.

But the good news is, you ALREADY have 2 out of 3 things that are needed for a healthy romantic relationship. So believe it or not, you’re two thirds of the way there!

What you are missing is #3 - the sexual side. So that’s what we need to bring out, in order to get you out of the “friend zone” and into the “end zone” ;-)

How? Follow these three steps below:

**Step 1 - Hit the “Reset” Button**

The first thing you need to do is to set aside a period of time - ideally a week or more - where you will ignore “that girl” and start sleeping with other girls.

Here’s why - you need to change the “role” that you occupy in her mind.

I’ll explain:

Once you form a relationship with someone, even for only 10 minutes... you are locked into a certain “role” in their mind... and in this case, your role in her mind is “just a friend.”

The problem is, once a person has accepted your role in the relationship, it’s really hard to change to a different role.

Human beings like consistency - we expect our friends to behave a certain way, and our family to behave a certain way, and our lovers to behave another way... and if those

people suddenly start acting differently than what we expect, we get confused, afraid and turned off.

So, if you want to change your role from “friend” to “lover”... you can't do it overnight.

It's gonna take a period of time where she doesn't see you, hear from you or talk to you...

This way, when you come back to talk to her again in step 2, your “role” in her mind will be weaker and much easier to change. That's how you're gonna “reset” her feelings for you.

So this is what you're gonna do first - break off all contact with her, for at least a week. That means no hanging out in person, no saying hello in passing, no texting, no “liking” her posts on social media... just do your best to disappear for at least a week.

During this time, you do NOT want to be sitting around doing nothing... missing her... thinking about her... that's just going to make you feel weird and needy and insecure.

Instead, you want to be sleeping with other girls, or at the very least, talking to girls who see you as a sexual option.

This is for 2 reasons...

1, because you need to know you're a sexually attractive guy who has OPTIONS. This is gonna make you feel calm, powerful, and confident.

In fact, it might make you feel so satisfied and confident that you stop right at step 1 and never go any further, because you are already meeting tons of better girls!

But even if you know for SURE that you need to be with “that one girl”... you still need to sleep with other girls first.

If you don't do this... if you skip this step... then when you go back to talk to the girl again, you're gonna feel nervous and weird, and your success rate will be much lower.

Trust me - just use the material in any of my other products and you'll be able to sleep with a new girl as soon as you want...

Ideally, you should sleep with at least one girl who is equally as attractive as the girl who “friend zoned” you... or even more attractive (physically speaking).

Now here's the second reason you need to sleep with other girls...

2, because you're going to talk about them with the girl who friend-zoned you...

See, she has already anchored certain feelings to you, and put you in the “friend” role... and in the past, her brain practically forced her to stay consistent with that...

You need to break those associations and reset them with new ones - like wiping a hard drive clean.

And the new associations need to be SEXUAL in nature... she needs to see you as a sexual option... a guy who is sexually desired by a lot of women... a guy who is sexually confident and comfortable and alluring to her...

Make sense?

So, that's step 1 - break off contact for a while. Give it at least a week, or until you have been with at least 3 other girls.

And make sure you have an idea of when you're going to see “that girl” again, so it's not like a full-on, never-see-you-again disappearance... it's only temporary.

\*FYI - if you can't go for at least a week without totally losing the girl, then you're not even in the friend-zone... you're just “nothing” to her. Sorry pal :(

## **Step 2 - Reconnect in a New “Role”**

Now you're finally going to see her again. Do something casual. Hang out with her however you normally hang out. If she asks where you've been, just tell her you've been busy, you had some fun adventures and got into a little girl trouble... ;-)

Everything between you and her will probably feel exactly the same... except this time, you are going to talk about being sexual with other girls. And you're gonna do it in a very “matter of fact” way... because that's what FRIENDS do... so don't worry about being creepy or sounding weird.

She sees you as a friend... so use that as a reason to talk about other girls you're sleeping with. And invite her to tell you about guys she might be sleeping with, too.

Sex is something that friends normally talk about all the time!

For example...

"I feel like I haven't seen you in forever... how's the single life treating you? Meet any cool guys?"

"I feel like I can't stop meeting 'bad girls' lately... I don't know what's going on, but hey at least it's fun. Been on any fun dates recently?"

"You would not believe what this girl said to me on our date the other night..."

"What's the craziest thing someone's ever said to you after sex? Because you're not gonna believe what this girl said to me in bed... would you ever tell a guy that?"

You want her to think about you having sex... and to accept that you are a sexual person... but without hitting on her or suggesting that you and her have sex.

You just need her to see your sexual side and start to imagine you in that way...

FYI - the reason you fell into the "friend" role in the first place is because she didn't see your sexual side. You probably never hit on her, or made a move to show you were interested, right?

So now you need to bring that element into play.

However... you can't show interest in HER because it's too direct and she hasn't decided she wants to sleep with you yet. She needs time to imagine you in a sexual way...

She needs to realize that she is sexually attracted to you FIRST...

Plant that seed in her mind and give it time to grow...

So here's how you're gonna make that happen - talk about sex, dating, being single... honestly and openly... as FRIENDS.



And you might even want to tell her things that reinforce the friend dynamic... but from a position of power, where YOU are the one putting HER in the friend role.

You want her to start thinking of you sexually... and wondering why you are NOT interested in her that way. It's a total 180-degree role reversal.

How? Frame everything in the "negative" - as in, I totally do NOT want XYZ to happen.

Her brain will filter out the "do not" part... and start to imagine whatever comes afterward.

So you might say things like...

"I'm so glad you and I are just friends and we don't have sex... it's WAY less complicated and we can just be ourselves."

"Can you even imagine if we were dating or sleeping together? That would make things so weird."

"I don't know how some people wind up sleeping with their friends... wouldn't that be so awkward?"

Finally, you want to start to make her jealous of the other girls you're sleeping with (or that she imagines you sleeping with).

And the best way to really dig into that jealousy is to do it with girls she already knows...

How? Ask her to hook you up with her single girlfriends! This keeps the "role reversal" thing going, where you are putting her in your friend zone... and it makes her start to feel jealousy... which is a powerful aphrodisiac.

For example...

"Hey, so when are you gonna hook me up with one of your single girl friends? Tell them I'm fun, handsome, disease-free... I have a car and a job... I'm halfway decent in bed... I'm a giver ;-)"

"Hey BFF, so your friend Katie is pretty hot... is she single? Think you could hook us up?"

“I’m so glad we’re friends... wanna be my cute wing girl and help me meet chicks?”

\*Pro tip - anytime you like a girl, never call her “hot” or “gorgeous” or “beautiful” until after you’ve slept with her - it shows that you value her way too high and lumps you in with other guys trying to chase her. Instead, only call her “cute” or “pretty” or “nice looking.”

### **Step 3 - Make Her Chase You**

At this point, you should have spent some time apart, sleeping with other girls. So you’re feeling confident, sexual and non-needy... and there’s been enough time for your “role” in her mind to weaken and be open to change.

You also should have re-connected with the girl and openly talked about sex...

So now, she should be thinking of you in a sexual way... wondering why you are not interested in her... and feeling jealous of other girls who want you.

If you’ve done all that, then you’ve laid the groundwork for her to now start chasing you.

Caution - you do NOT want to show sexual interest in her FIRST... she has to be the one to make that decision on her own, in her own time.

She has to feel like it was her idea... that this wonderful “movie moment” just happened and she fell into bed with her best guy friend.

Remember the “triangular theory of love?” You already have two thirds of a healthy relationship, so bringing in the sexual side is the final piece of the puzzle.

In fact, most women would agree with me here - the best relationships are also friendships at their core.

Listen to a woman who’s in love, gushing about her man being her “rock” and always having her back and supporting her.

Even better, listen to a girl who just got engaged or is about to be married... pretty much every girl says the same thing:

“I can’t WAIT to get married to my best friend.”

Even more:

Check out the best-selling romance novels and romantic comedies marketed to women.

One of the most common storylines involves a guy and a girl who started out as just friends... and then through trials and tribulations they wound up together, realizing that they loved each other, and “the one” for them had been there all along.

Trust me, women WANT this to happen...

But they don't want to feel awkward, put-upon or weirded-out... so it's always gonna be best to let her do the chasing and make the moves on you.

How?

Use any of the material in my products to start flirting with her... pushing her emotional buttons... and inviting her to chase you into a sexual relationship.

(most likely, the product you bought that included this bonus guide!)

And here's some added advice to help you along the way:

### **CRUCIAL Advice Before You Begin**

First, don't make the cringe-worthy mistake of confessing your feelings for her... it's just going to ruin all the work you did and make her feel sorry for you...

Remember, it's all about power and roles... you can't be perceived to be “beneath” her or she won't value you or want you. If you give away all your power and put her on a pedestal like that, you're not a “catch”... you're a lame guy who isn't good enough for her.

She has to feel like either... A, she was wrong about you from the start and just never saw how cool you are until now...

Or B, you've transformed into a hot guy and now you're worthy, you've gone from zero to hero.

And you do this by following the steps I just taught you!

Look at it like this... you wouldn't be excited to date a really fat girl, right? Even if she was totally obsessed with you and would do anything to be with you... you'd still say "no thanks."

BUT... I bet you'd be stoked if she lost a ton of weight and became hot, but she still liked you in the same way...

She'd be the perfect "catch"... all the physical attributes of a super hot girl, but also super kind and down to earth, without any bad attitude or "hot chick" arrogance that you don't want...

So if you want "that girl" to see you as a total catch too, then...

***BE the fat girl who lost weight!***

But in this case, for women, you're being the "nice guy" who grew some balls and became a sexually confident man.

In the same way, she'll see you as the ultimate "catch."

You've got all the great qualities of a nice guy she enjoys being friends with... plus all the great qualities of a confident guy who's good in bed...

BUT without the undesirable qualities that usually come with guys like that (arrogance, "bad boy" attitude, cheating, playing her, not giving a shit about her feelings, etc.)

Finally, one final piece of advice - you can't MAKE her fall for you... all you can do is set the stage for it to happen and give it your best shot.

If it doesn't work, then move on with class, hold your head high and feel confident that you were a man and you went for what you wanted...

Then get the hell out there and meet some more women!

Rooting for you, as always.

*Andrew Ryan*