How To Attract With Class

Dating With Dignity Special Report

By: Marni Battista
I am Dating With Dignity’s certified professional life and dating expert, Marni Battista MA.ED. I founded Dating With Dignity because I want to share my knowledge and expertise—information that took me years of heartache to acquire—to help men and women care and love themselves so, ultimately, they can attract someone amazing to love. My universally acclaimed and proven-effective coaching techniques have helped to empower hundreds of men and women to create love in their lives.

In this Special Report, I am going to teach you my best material to help you get the love you deserve. Here’s what I will cover:

- Proven-effective approach techniques
- How to start a conversation and keep it flowing
- How to flirt in a natural and effective way.
- How to build tools that are unsurpassed to help you attract and approach, ultimately putting you in the perfect position to find someone truly remarkable to love.

This book is divided into three separate categories:
* Approach Techniques
* Conversation
* Flirting.

Within each category are a number of subcategories, designed to offer you specific tips and techniques to be successful. Each category builds on the next, so take your time, absorb, and get ready—because I am about to give you the tools you need to go from dating disaster to improved confidence and mastery in the laws of self love and dating!
This first topic is terrifying for almost everyone. There is no doubt that it can be extremely scary to approach a complete stranger and start a conversation. What I have found is that many people feel that there is something wrong with them because they get nervous about this aspect of dating, which is actually, an extremely common and normal reaction. In order to help to alleviate some of the pressure associated with approaching, I have listed some of my most innovative and effective techniques to help you to overcome this fear, and begin approaching and conversing naturally.

**The Three Second Rule**

One, Two, Two and a Half....

**Do not wait more than three seconds before approaching someone you may be interested in.**

There are two reasons why you do not want to wait any longer than three seconds to start a conversation:
1. If you stare at someone for longer than three seconds without approaching you will most likely come across as weird and creepy.

2. The Three Second Rule forces you to take action.

If you wait longer than three seconds, you allow too much time to anticipate how you could potentially mess it up, and you begin to recall less than ideal past experiences that you felt were “failed attempts.” These negative thoughts give you reason and an excuse not to put yourself out there and attempt to connect.

**Don’t make the excuse: “I can talk to her tomorrow,” or “While I’m out later I’ll approach.” Get your feet in motion, and put the “Three Second Rule” into action!**

Another benefit of the “Three Second Rule” is that it allows you to practice building your social muscle. Taking action itself, without any expectations, is important when building your social muscle. When you approach someone you may be interested in without any expectations for a positive or negative outcome, you allow yourself to enjoy the conversation. You consequently make the next time you approach someone much easier.

**PRACTICE BUILDS MUSCLE**

The only way to build your social muscle is to use it! Go out during the day and talk to people! Start a conversation with the older woman down the street, or talk to another shopper in the produce aisle at the supermarket. Be friendly! This small shift is going to help you immensely when attempting to start a conversation with someone you are interested in, because the first time you approach is the hardest. After that it becomes progressively less scary. After awhile it becomes so natural that you will no longer think about it and you will be able to naturally drift into a conversation.

By being friendly, smiling and interacting with others you start to vibrate at a positive, higher energy level. You will then be able to take that progress with you on a date, or into the night, where you will maintain that positive vibration. The person you’re with is going to pick up on your vibrations and your interaction will be a positive one because they will match your positive energy. Remember, like energy attracts like energy.

**If you still find yourself getting nervous, remember that the adrenalin rush, or what some people call “approach anxiety,” is not going to hurt you.**

It’s really your ego you’re worried about. You can’t die or become physically hurt by starting a conversation with someone. It’s your ego. Once you allow yourself
to be in a position of vulnerability it’s natural to start thinking of ways the other person can reject you. It rarely happens, but the thought of it is scary.

You must become vulnerable in order to relate to others in a more natural way. Once you allow yourself to enter into a state of vulnerability, you will realize it’s natural, and not scary at all. You will then be able to resonate on a much more positive level.

**HOW TO APPROACH**

**Do not forget to smile!**

If you aren’t looking up and smiling, people are going to be uncertain about whether they should approach you or not. Your eyes should be open, welcoming and convey interest.

**For Ladies:** If you want to be approached, make your body language represent your intention by being open. If you are with a group of women do not, under any circumstances, close your circle. Pretend you are on a sitcom set. Keep the circle open. Men are not going to approach if there are a bunch of women sitting or standing in a closed circle. You cannot imagine how intimidating it is for a man to approach a group of seven closed-off girls. If you are smiling, open, and if you have receptive body language, you make it so much easier for a man to approach and start a conversation.

**For Men:** Women want you to talk to them! So many men have a limiting belief that women don’t want to be bothered, especially when they’re in a bookstore, coffee shop, or on a hike. Yet women ask me all the time where they can meet a man. And I encourage them to get out into the world and do the things they love, and they will find a man. So when you see a woman enjoying her life, and she gives you the vibe and positive energy and she’s looking at you, go out there because she most likely wants you to talk to her.

**DWD INSIDER SECRET:**

Talk to everyone everywhere you go, and go everywhere you want to go. You will find people you can relate to. Of course you can relate to people at a loud bar, and that can be fun. But for some people that is not where they are going to meet their husband or wife, boyfriend or girlfriend. Some people are better off going to a bookstore, a cooking class, or wine tasting. Go places where there are people like you, and immerse yourself in the things you love, and you will find someone.
ARE THEY INTERESTED? HOW TO TELL...

The biggest indicator that a woman is interested is eye contact. Even men who are oblivious to the other signals will pick up on eye contact because it is direct. Make eye contact with a guy, smile, and hold that contact for just a split second longer than you normally would. That will let him know that there is chemistry there.

It’s also important to become aware of your surroundings. Many of my clients have complained that no one looks at them while they are out. But when I go out with them, I notice countless men checking them out. It comes down to being aware of your surroundings. Become conscious and present in your environment—wherever you happen to be. Start to notice people and become aware of who is noticing you. Because trust me, they’re there.

DWD INSIDER SECRET:

Get over yourself! If you’re concentrating on making a good impression or why people aren’t looking at you, then you’re taking your focus away from your environment. You can’t truly look around and observe because you’re too focused on yourself. Once you get over yourself you can begin honestly observing your environment. There are countless aspects of your environment that you can use to start a conversation—from the weather, to the décor, to the crowd—but if your thoughts are elsewhere you won’t even take them into consideration.

LOSE THE EXPECTATIONS

Don’t go out hoping to get a number, or to be asked for your number. If you go out with the intention of meeting someone, you must recognize your motivation is coming from a place of need. Once you have an expectation locked in place, you will start to filter your behavior. The best conversations or interactions with the opposite sex are the ones where you lose yourself in the moment. If you don’t have an expectation and aren’t trying to get anywhere, you’re able to drive off of one another, and lose yourself in the moment.

So look around. Be present. Have fun and talk and be your authentic self so that when you’re meeting people and talking to them, you’re focusing on the conversation instead of sizing them up. Losing the expectations will keep you focused on listening to what they are saying, learning who they are, and asking questions and discovering.
Even with all these tools, it is completely natural to still feel some apprehension. When you find yourself getting nervous about approaching someone, and stressing about how difficult it is, remember this: Approaching is easy because it consists of putting your feet in motion and opening your mouth. These are two things that we were born to do! They are so natural. The only thing holding you back when you are meeting, attracting and dating, is your own thinking. When you allow your thoughts to take control, you stop walking and talking. Don’t let your mind overpower what you were born to do. Put your feet in motion, get out there and take action. And I promise you that the first time you do it, no matter what the response is from the other person, you’ll feel good because you will have finally recognized how easy it is.

**ACTION STEP:**
1. Smile.
2. Take Action.

Don’t rationalize why you should or shouldn’t. Don’t let your inner critic (the voice that’s keeping you safe) have the opportunity to start a committee convincing you that you shouldn’t approach. Take action and smile.

**TOP HOT Dating With Dignity QUESTION**

It’s normal to be nervous when approaching someone new, but there are a lot of people who suggest that women have an acute sense for a guy who is nervous and will automatically lose attraction if they spot it. Is this true, and what level of nervousness is acceptable?

- Jared.

Well Jared, if you’re uncomfortable with yourself others are going to be uncomfortable as well. Acknowledge that you are nervous, embrace it, and accept it and make fear your friend! It’s okay to feel nervous--make it fun! Don’t try to shut it down or hide it. There are times when you are going to be nervous but it’s okay. Women will get uncomfortable when you show that you are uncomfortable with yourself by attempting to hide the fact that you are nervous.

Some people find it helpful to be completely obvious about their nervousness. I’ve heard women stumble with their words a little and then actually make a joke about it. One woman, after stumbling a bit, said, “You’re really cute, I’m a little nervous.” She allowed herself to be vulnerable and talked about what she was feeling on a human level. Obviously, if you’re so nervous that you’re shaking and can’t speak a woman is going to be concerned. But, if
you’re a little nervous it’s a great opportunity for a woman, if she’s interested, to do some light touching to reassure the man that she is interested.

The bottom line, Jared, is this: If you accept your nervousness as a natural human behavior, you can allow yourself to become more vulnerable. You can make fun of it. We’re all human and we are all imperfect. When we see someone who is too poised, it makes us uncomfortable. Everyone gets nervous at some point, and the same woman that is making you nervous cannot honestly say that she herself never gets nervous. Everyone does. The key is to accept it, make fun of it, and go with it.
“So did it hurt when you fell from heaven?”

When a guy uses a pick-up line, I just laugh. It doesn’t necessarily matter how you start a conversation as long as it gets going. But the best pick-up line is something that is truly authentic and natural. They say the best pick-up line in the world is “Hi.”

In terms of specific recommendations, we love throwing out statements. When you throw out a statement the other person is able to join in on the conversation. Your statement can be about anything. Two great topics are something in your environment and something the other person is wearing. In that respect there is an infinite amount of lines you can generate yourself. When you are immersed in a moment and observing your environment, it’s hard not to find something to talk about. When there are people around you, and you throw out a statement, they will respond to you. That is how you get a conversation going.

When I’m at a restaurant or bar where there is a crowd or a line of people, I like to say, “I think I feel invisible,” or “Oh my gosh, I’m so thirsty!” Someone next to you will absolutely join in because everyone wants to make a conversation, and you can both relate to what you are saying. The key is to remember that everyone wants to be social. 

Throwing out a statement also requires a lot less pressure than a direct approach.

I’m not a huge fan of approaching a complete stranger and saying, “Who are you,” or “What do you do?” Asking questions like that insinuates that you are looking for value, something we will talk more about later. When you throw out a statement, and say how you feel and what you see, people will respond.

REAL LIFE EXAMPLE

It Happened To Marni--

I was out one night, and someone asked me, “Do you think the shoes you’re wearing represent your personality?” I wouldn’t necessarily recommend using that line, but it made me laugh and got the conversation flowing.

Why did his statement work so well, even though it was a little “out there?” It worked because you can pretty much say anything to start a conversation. So many people want pick-up lines or a magic bullet. But if you come from a place of confidence and fun, you can say pretty much anything. So take advantage of your environment. Notice your surroundings.
ASD QUESTIONS TO KEEP THE CONVERSATION FLOWING

Once the conversation is flowing, open-ended questions are key to keeping it alive. What you talk about is what you create. When you are in a conversation with someone, you should be engaging and open. By asking open-ended questions, you can have a “curious conversation.” This type of conversation gives you insight into exactly who the other person is, and what they are all about.

While mastering the art of the open-ended question is important, it may be even more important to know which questions to stay away from. Questions like, “What do you do?” can be a huge turn-off. A lot of my male clients (this IS Los Angeles) are extremely worried that women are looking only for materialistic things. When they are met with “What do you do?” it reinforces that fear. A woman might be asking this question because she is curious, or because she doesn’t know what else to say, but a man may interpret it as she is looking for a nice car and a man with a lot of money, or else she’s not going to be interested.

Of course, you want an opportunity to get to know more about this stranger and that does include what he or she does for a living. Believe it or not there is a tactful way to go about obtaining your information. Simply rephrase your question into a statement. “What do you do?” can be re-phrased as “Oh my gosh, I had the craziest day at work today.” You can then tell a little story about what you do, and in time the conversation will naturally reveal what he does.

DWD INSIDER SECRET:
The best open-ended questions are the ones that dig deep such as, “How did that make you feel?” A question like this really allows a person to open up and share.

When asking open-ended questions it is also important to take on the role of active listener. Instead of being focused on what you’re going to say, practice simply listening. Come from a place of human interaction and let go of your EXPECTATIONS. Just engage in curious conversation. If you are truly listening to what the other person is saying, and trying to understand the place from which they are coming, you will have an abundance of follow-up questions at your disposal.

In short, be open, be positive, and ask questions.

“SORRY, MY HEAD IS ON FIRE,” AND OTHER DISCREET WAYS TO END A CONVERSATION
It’s bound to happen. The signals will get mixed up or the wires will inevitably cross, and you will find yourself engaged in a conversation with someone you are not romantically interested in. I teach my clients to always come from a place of giving credit. If a man approaches you, even if you are not attracted to him, practice making a human connection. Be polite, make eye contact, and remain open and receptive. Why? Because it’s good karma. What you put out is what you get back.

You obviously don’t want to spend your entire evening conversing with someone that isn’t a match however, and there are polite ways to get out of the conversation. One option is to say, “It was really nice talking to you, I’ve got to meet my friends,” or “My friends are waiting for me. It was nice to meet you.” Always treat the other person with respect and acknowledge to yourself that he or she took the time to connect with you. Even though it isn’t a match, another person is interested in you, was attracted to your energy, and saw value in connecting.

**DWD INSIDER SECRET:**
Anyone who is rude to you usually has some issues, so it’s important that you don’t take it as a rejection based on your value, looks or smarts. Continue being friendly and cordial to the people who come and talk to you. It takes a lot of confidence and courage to approach someone.

**TOP HOT Dating With Dignity QUESTION**

I was wondering if we could talk about the phone game, and what your advice is for tackling that effectively?

-Marko

First of all Marco, I’m not don’t consider myself a pickup artist. In terms of talking on the phone, remember to keep it light. You could do the same things on the phone that you do in person. Generally, when you first call a woman you should keep the conversation short. Don’t talk for too long on the phone because communicating face to face is better. When you’re on the phone you should be completely natural.

A lot of men feel that when they call a woman, the woman expects them to talk for hours. In reality, you don’t have to talk that long at all! Women want you to call and say hello, and they like it when you check in. We are grateful that you didn’t text us and are impressed that you called to ask us out, or to see how we are doing.
**DWD INSIDER SECRET:**
When calling a woman before having developed a rapport, talk about something that happened to you during the day. It will give her a chance to relate and help get the conversation going.

I always tell my clients that if you find yourself having a limiting belief, ask yourself how true it is. Given the fact that I just told all of the men reading this book that women WANT you to come and talk to them, that should pretty much blow your limiting beliefs out of the water. Take the baby steps, smile, and put your feet in motion. It’s simple, but it works.

---

**FLIRTING**

**I WANT YOU...TO PURSUE ME.**

It’s important to learn how to attract while still holding on to your dignity and self-respect. Often, women are often confused, and wonder how to pursue while
honoring that a man has a biological need to be the hunter. The art of attraction involves eye contact and flirting.

**WHAT TO WEAR... OR NOT**

How you dress also plays a major part when men are determining whether or not they want to approach you. Unfortunately, many women feel the need to appear super-sexy while they are out attracting men. They believe that if they’re not sexy enough, men aren’t going to notice them or want to talk to them. They think if they want to attract men, they have to show a lot of cleavage or leg.

While it’s important to look good, you also want to feel natural. If you’re using your female vices to manipulate men you’re going to get a lot more than you bargained for. Also, if you’re dressed in a way that doesn’t feel completely natural, men are going to pick up on that. They’ll get that message and act in a way you may not have intended. You need to be aware of the signals you are putting out there, and how men may interpret them.

**DWD INSIDER SECRET:**
The most attractive quality a woman can bring to the table is positive emotional energy. Men want someone who emanates happiness and joy. Men notice confidence. If you’re dressed to the nines, but you’re not truly comfortable, men WILL pick up on it. You will have cut yourself off from that authentic feeling. In order to flirt successfully, you must come from a natural place of confidence.

**Most important, you don’t want your clothes to show up before you do. You don’t want someone to make an assumption about who you are or what you want based on your clothes.**

Since it’s all about the subconscious messages that we broadcast, we want to make sure that the person you’re talking to really has the chance to get to know you, and isn’t distracted by your clothes. When getting dressed, strive for a mixture of classy, sexy and comfortable.

It’s also important to remember to dress to your environment. If you’re going to a dive bar, don’t wear something extremely fashionable that you might wear to a nightclub. Opt for an outfit that is going to make you feel comfortable and natural. You want to convey how you feel. Allow your clothes to support who you are.

**HOW TO MASTER THE ART OF NON-CREEPY TOUCHING**
By now you should be well on your way to flirting with dignity. You have acknowledged the power of non-verbal communication and eye contact, and practiced being open and receptive. Now it’s time to move into trickier territory: Non-creepy touching.

This is incredibly easy to mess up, so read carefully. If you are coming from a place of fun and confidence, touching is your biggest ally. It can create sexual intention and comfort. Someone who is comfortable touching other people naturally is a lot more comfortable to be around. However, if you linger or touch someone in a way that they feel uncomfortable with you are going to come across as creepy.

When you are talking to a man, brush his shoulder while you make a point, or put your head on his arm. If you put your hand on someone’s arm you need to take it off within a few seconds. Don’t leave it there for five minutes, or it’s going to come across as creepy. Do not linger.

**IF IT’S NOT FUN IT’S NOT Memorable**

Flirting is supposed to be playful and fun. Even in high school flirting consisted of teasing one another, pulling pigtails, so to speak. Don’t try to use flirting to pick someone up. Flirt to have fun. Listen to what the other person is saying, and find something to poke fun of in a playful way.

Be careful though, because a lot of men and women go too far. In a pick-up situation, a man feels that he needs to pick up on something from a woman that makes her insecure. It’s terrible, because many people lack social intuition and can’t understand when someone is uncomfortable in a situation, or not enjoying the flirtation. This is definitely something you can develop with time, simply by being around others more. The more you’re around people and interacting, the more you’ll be able to understand them. You will develop an ability to have empathy to understand how they feel. If you see that someone doesn’t like what you are saying, or how you are saying it, then you can back off a little. Or you could give them a compliment to let them know that you’re just teasing. The best social intuition takes time. It is definitely something that takes experience, but the more you practice, the easier it will be.

While you are approaching and attracting you want to be certain you are being perceived as attractive, positive and engaging. This is very easy to do. The bottom line is to be polite. Don’t allow your conversation to focus on how hard your day was, how tired you are or how annoying your friend is. Do not allow the conversation to form a negative point of view.

The reason is simple: When you are with someone who is incredibly negative, it tells you something about his personality. If you were to enter into a relationship with him, how would that negativity affect the relationship? Many people are not
inherently negative, but when they run out of things to say they fall back on “This club sucks,” because they are trying to relate to the other person. The flaw in this plan, however, is that if you come from a negative place it is going to be counterproductive. When you allow the conversation to revolve around negative things, you condition your mind to only focus on those negatives, rather than looking for the positive. The conversation will inevitably be empty.

**PUT YOUR CELL PHONE AWAY**

*If you truly want to be perceived as attractive, positive and engaging—put the cell phone away.*

If you have your cell phone out on the table while you are talking with someone, and the text message alert lights up, do you honestly think you will be able to avoid even looking at who it might be from? You won’t. You’re eyes will dart to the phone to check the sender’s name, and the other person will feel like what they are saying isn’t important.

The same can be said for social events. If you are at a venue and aren’t talking to anyone, it’s extremely common for people to pull out their cell phone and pretend that they are talking to someone and being social.

Once again this is counter-productive. If you pull your cell phone out at a social event, you’re actually discouraging people from approaching you. Someone is more likely to talk to you if you are standing alone, than if you are standing alone and pretending to be on your cell phone. By having your cell phone out you are essentially eliminating the possibility of someone coming over to you.

**CAN A WOMAN PURSUE? SHOULD SHE?**

What does it look like to pursue a man? At Dating With Dignity we absolutely encourage women to use these dignified techniques to approach men. And men, we ask you to be the ones to seal the deal and ask women for their phone numbers. We want to let you know that we’re interested and would love for you to ask us out.

**DWD INSIDER SECRET:**

Women open the doors, and hope that men will walk through them. When women smile, approach. When we appear engaged, men ask us out.

**TOP HOT Dating With Dignity QUESTION**
I often meet women that seem interested in me. They give me their number, and we might even go out on a date. I give them a call, and they’re not home so I leave a message, but they don’t call me back. I leave another for the second time and still don’t get called back. So I don’t know if they are not interested, or if they don’t respond to messages, or if it’s up to me to keep calling. I don’t understand what is going on.

--Ronald

Generally Ronald, not returning phone calls is a sign of disinterest. If a woman is interested in you, she is going to call you back. Leaving more messages is not going to help the situation because she probably already heard your first message, and has a legitimate reason in her mind why she shouldn’t call you back. Maybe something happened on your date or during your first interaction that led to her not wanting to connect again.

I always teach women that, even if they’re not interested, they have to return the phone calls and say, “Thank you, I had a fun time, but it’s not a match.” If you want to be a dignity dater, you must give the other person the respect they deserve and call them back.

That said, I want you to reframe your thinking on this situation. Instead of wondering why she never called back, understand that it is her loss. It is not a match, and you are now free to put your energy into meeting someone new. So many singles spend too much time wondering what went on, why it didn’t work out, and why they didn’t call back. It’s an opportunity to create space for someone new to come into your life. If you clutter your space energetically with emotionally negative thoughts, doubt, and fear, then that is what is going to come back to you. Let it go and create space, Ronald. Go out and practice all of these great new tools with someone new.

**HOW TO STAND OUT FROM THE CROWD**

There are two kinds of people: People of value, and people who are looking for value. The people of value are easy to spot. Everyone is looking at them because they are having fun. The ones who are value-scanning are just as easy to spot. They aren’t really trying to have fun. They aren’t paying attention to you. They are looking for value and validation from others.
The first step to becoming a person of value is to be the value of fun wherever you are. Think to yourself, how can I have fun in this moment? Then do it. Wherever you are is your playground.

The social proof is that women are attracted to the guy who is talking to everyone. He seems to be the source of emotional influence. Everyone is talking to him, and he is all over the place talking to everyone. He is incredibly valuable.

All of this begins with intention. Have fun and be social. Go out with the intention to communicate with others, rather than to pick someone up or to get phone numbers. Your intention will shine through no matter what it is. This is going to make you stand out because most people are looking for value, rather than simply being present.

*Remember, don’t only give to get, give to give.*