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Hello there! David here with another episode of Attraction pebbles.

This is episode number 11. So welcome back! Can you believe this is episode number 11?

You and I have been on this journey for a while, hey? This journey of learning about attraction, and to be honest, there is so much to learn and I'm learning everyday. There's new things to learn every single day.

But the great thing is, there are underlying principles of attraction that are universal. They work today, they worked hundreds of thousands of years ago, and they probably will work thousands of years into the future.

Now let me ask you a question, it's a little quiz. Are you ready? I promise it's not too difficult. What is the biggest thing you have to focus on and show up to be when it comes to attraction?

What is that one global concept that I've been emphasizing again and again when it comes to creating and triggering attraction?

I'm sure you know what I'm talking about, but let me just remind you.

It is to present yourself as high value and high status. That's right.

Present yourself as high value and high status.

I've already given you many ways to go about this, using different strategies such as push and pull, or perhaps using challenges or even a couple of simple games I showed you.

But there's one thing I haven't really talked about with you that is really important. So important that I kind of wish i had taught you this in perhaps an earlier episode.

What I'm talking about is how to present high value through "telling stories" about yourself.

Look, here's the thing. We all tell stories. Whenever we meet someone whether you're dating or just making new friends and we're in the process of getting to know them, what we tend to do is exchange information about ourselves in the form of stories.

But of course the problem there is, we may not always be telling stories that benefit us in the long term.

Most of us tell the same stories about ourselves over and over, and we never really turn around and think whether these stories are actually doing us any favors or not.

For all we know, the stories we're telling out of habit could be of stories that make us look low value and low status. This is sometimes done subconsciously you don't even think about it.

I'll give you an example, years ago, a guy i used to know, would always tell stories

about how he has never had a girlfriend, and it happened to just make women turn the other way even more, because he kept telling low value stories.

So today we're going to look at those habitual stories we've been telling and perhaps talk about how to come up with better stories as a way to present value.

before we begin to talk about what's high value, and what types of stories you want to tell... lets take a moment to discuss what are some low value elements to a story.

It is low value to indicate that you have no friends, or that your friends are low value people themselves.

It is low value to indicate that you have nothing to do all the time. Being bored is not a good thing, telling someone that you watch television by yourself, or that you play scrabble by yourself tends to be low value indicators.

You see in this society, being busy is an indication that you have lots of engagements to attend to, lots of people want your attention and it's generally a high value indicator.

Any indication that you are depressed or you were depressed tends to be low value.

No body likes to be around depressed people. NO body. That doesn't mean you can't sad now and then. That doesn't mean you should hide your history of chronic depression... it just means there's a time and place to bring that up.

You can do it after you've established your value.

That also means taking pity upon yourself, and feeling sorry for yourself are also acts of low value. Remember, you're in the dating world, it's a tough place so as long as you're in the process of dating, you need to always the best version of yourself.

There's no room here for you to feel sorry for yourself. You can always save it for later.

Again, all this information is great later on, after you've presented your value, but in the initial stages, it doesn't help build any attraction.

So let's talk about how we build value through stories. What elements do we need to include in a story that make us look high value high status.

What I will do is I'll give you a smorgasbord of high value elements to indirectly include in your stories. Key word - indirectly. You have to be subtle about this.

You want to indicate that you have lots of friends. You have supportive friends who value your friendship.

You value your own time. You're never bored.

Your expectation from other people is high and your tolerance for bullshit is low.

People need to earn your respect and earn your trust in order to spend time with you. Your attention is valuable. Your time is valuable. You have many different options when it comes to how you could or should spend your time and energy.

in other words, you never have to settle for just any option, you always have a choice of the best option.

You know influential people, you don't have to be best friends with them, but you know some influential people.

You have family members who really love you,

You have passionate cool hobbies like yoga, or rock climbing or something.

You have travelled to many places, seen many interesting things.

You've had long term relationships. See it's much better to tell the story about your long term relationship that didn't work out than to tell the story of that short fling you had with that wannabe movie director.

This is especially true when you are looking for a long term relationship. You don't want to go around indicating that you're easy, or that you're open to something casual.

That's probably one of the worst messages you can possibly put forward.

So what I've mentioned here are all high value indicators. Now the question is, how do you incorporate them into your stories? And what stories should you tell?

Well, one thing for sure, don't try to jam too many of these elements into the one story. It is much better to let the story flow and be natural. Don't ever make these high value indicators be the main point of the story. Otherwise, it's going to look like you're just boasting, or blowing your trumpet.

Instead, tell the story as it is, and just sprinkle these high value elements into it.

I remember once I was speaking to a gentleman and the very first few things he said to me, was... oh I know this a very important skill called NLP neural linguistic programming, and I've been a master practitioner for you know, four thousand years or whatever.

But the problem was, he was obviously trying to make himself look really cool. I just met him and so I didn't care for that information. So he wasn't really engaging me in the conversation, he was rather just spelling out his credentials or trying to make himself sound knowledgeable. To me that was him boasting quite directly, and as a result, the information he gave me was a low value indicator.

It would have been much better if he had come up to me, got to know me, and kept to the context of the situation at the time. We were both in a public speaking group and he could have kept things in that context. And in the process, mentioned about his qualifications. That would have been a lot better. But not just coming out with

his “trump card” and make it all about how cool he was.

In order for these high value elements to work, you can to weave them in your story and make them the secondary icing on the cake.

By the way, these stories have to be based around real events in your life. That’s what makes them truly authentic. I’m not one of those people who like to make up stories, plus if it’s fake, then you wouldn’t have the same passion behind telling the story.

It’s all about using real events, and telling them in a way that engages the other person and present yourself as high value.

So here’s your exercise. I want you to start thinking about and crafting your own stories. The stories that you can use, in order to engage people at the same time as presenting yourself as high value.

So what I want you to do is get a piece of paper out, do some brainstorming and write down a few things. Pause the video and do that now. Alright you’re back... you are back right?

I want you to write down all the fun trips and adventures you’ve ever been on. Write down every single one of them.

I want you to write down all the cool people you’ve met in your life, the influential

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people you've met, and the close friends you've made.

I want you to write down 5 people you know who have interesting jobs.

I want you to write down something trivial but funny and unique about a long term relationship you've had in the past. It could be something silly it doesn't matter. The point of the matter here, is to indicate you've been in long term relationships before, and therefore you know kind of what you're doing.

Alright, pause the video, and I'm going to give you 5 minutes to write down everything you can think of... Go now.

So now that you've written all that down... here's what I want you to do. I want you to think about the stories you can tell about these events and think about the point of the story.

The point of the story is never to directly talk about these high value elements. The point is always about something interesting that you wanted to share, or that something just reminded you of this event or thing in the past. And then, indirectly sprinkle these high value elements. That's how you have to do it.

Let me give you an example of this...

Oh wow, what you said before, that reminded me of when I went to Egypt with my boyfriend at the time years ago. And at the time I was really into yoga, like I would

do it everyday, but when I was in Egypt, I just couldn't find a place to do yoga.

And I was so frustrated. Like how could a whole tourist destination not have a yoga studio? Right?

So I think traveling is awesome, but there are some places you just don't want to go, nowadays, I would do a lot more research before I step out the door.

Alright, so I just made that up. Can you see the high value elements I've put in? The best thing is, the point of the story was not to mention how I've travelled to Egypt, or how I had a boyfriend or that I had cool hobbies like yoga. Those were the indirect elements.

The direct point was that he reminded me of this trip and now I have learnt to do research before I travel now, and I didn't used to.

And because of that, I don't look like I'm bragging when I tell the story. But the person listening to my story, will almost always absorb the high value elements I'm presenting.

So go ahead, get that exercise done. I know it's a bit of work. But it really pays off.

Once you craft a few of these stories, practice telling them to yourself.

This habit of telling stories with high value elements will become one of the most

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valuable things you can do in your life time. It's going to make you twice as attractive guaranteed.

Alright that's all from me today. I hope this has served you deeply and I will be back again with another episode of Attraction Pebbles. Until then, take care and I'll speak to you soon!