

EVIE JASPER'S

DATING ACADEMY

Workbook



VOL. 1



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EVALUATING YOURSELF & SETTING GOALS

Think of this course as a mission. A challenge. A journey. We'll set goals. Define how you are perceived and how you'd like to be perceived. Get you out there talking to people. Boost your confidence and self-esteem. Dish out a few nifty tested tactics. And more importantly, stop that pesky ego of yours from being your biggest obstacle in meeting the men you want to meet.

Evaluate Yourself:

In one or two sentences describe how you believe other people perceive you.

In one or two sentences describe how you'd like other people perceive you.

List three of your behaviors or characteristics you would like to change. For example, you might want to be less shy or awkward. Or you might want to be less nervous talking with men.

1.

2.

3.

List three new behaviors or characteristics you would like to adopt. For instance, maybe you want to be more charismatic.

1. _____

2. _____

3. _____

Set Goals:

What three accomplishments would you like to achieve that would make you happier? For example, maybe you want to get more experience. Or you want to be more charismatic.

1. _____

2. _____

3. _____

What are the reasons these accomplishments will make you happier?

What is your personal mission? Complete this statement:

I will become _____

who will _____

within (days, months, years) _____

What are 3 results letting you know you've accomplished your mission.

1. _____

2. _____

3. _____

Why are you now fully committed to pursuing your personal mission?

**If you don't pursue them, you will suffer in what ways?
List 3.**

1. _____

2. _____

3. _____

If you do pursue them now, you will benefit in what ways?

List 3.

1. _____

2. _____

3. _____

GETTING TO KNOW YOUR EGO AND HER CRAY-CRAY THOUGHTS

When most of us think of ego, we think of vanity and pride, but ego is much more than just an overinflated sense of self. It can also turn up in feelings of inferiority or self-hatred because ego is any image you have of yourself that gives you a sense of identity.

Think of your ego as your protective shell. Similar to a beetle's shell or Raphael's from the Ninja Turtles. Our shells separate us and work like armor to ward off other people and the outside world.

This separation is a huge part of the ego. Our egos loves to use complaining to strengthen itself. It jabbars on about other people, the situation you find yourself in, something that is happening right now but "shouldn't be," and even yourself. For example, if you're waiting forever to get a drink at the bar, your ego pipes in and dictates reality, "The bartender is so slow. I was here waaaay before that couple. Can't he take more than one order? Is he really going to add a lemon sprig to that? Come oooooon."

When this happens and you start spireling, you ego needs to get a fucking grip. You don't have thoughts, the thoughts have taken you hostage. If you want to break free, you have to understand that the pesky little voice in your

head has created them and the irritation and anger you feel is just the emotional response to that voice.

The first step to letting go of our ego is to become aware of what kind of thoughts you habitually have, especially negative thoughts: insecurities, complaints about yourself, anger, fear, perhaps even some kind of sadness. Once you notice them, you'll notice you've been thinking these same thoughts again and again without really knowing it.

When looking to approach a guy your ego might criticize, "He's out of your league. He won't like you. He might even laugh at you."

Once you're aware you'll begin to realize that all those thoughts and the negative emotions they produce are dysfunctional and unnecessary. You are stifled by what your mind is telling you about the situation. Your mind says that approaching a guy will be pointless, or a negative experience or embarrassing or a waste of your time. Instead you could actually be meeting a great guy and enjoying the moment. In reality, you don't know yet.

Once you're aware of what your ego does to you, your challenge will be to become more present in the moment and look at a situation from many possible perspectives. For example: You scan the bar and see that every hot guy is already talking with a pretty girl. Your ego grumbles, "This bar sucks. There's no single men." Previously, you were looking forward to the night. Now, after this unpleasant thought, your mood darkens. You likely feel disappointment, maybe even a sense of jealousy or unattractiveness. You suddenly realize that your judgment of what kind of night it will be is based on a mental habit, an unconscious default. But

by becoming aware of the thought you make room for a new thought to emerge. You can glance again and just see a sea of cute men. You can see the situation as it is: There's a lot of attractive guys here tonight. They seem to be pretty friendly. Sure, they are talking with some women, but you just got here. The night is young!. Suddenly the night is not actually miserable at all. It has possibilities. You're free to enjoy what, previously, you had rejected.

Exercise:

The next time you spot an attractive man I want you to analyze what's going through your head as you approach him. Use one of my five types of openers to engage him in conversation (Environmental, The Survey, Unique Feature, Contact, or Direct). Pay extra attention to the thoughts racing through your head up until you actually open him in conversation. Directly after your exchange, answer the following questions about your experience.

When you first spot him what do you notice your mind doing?

Are you filled with lust over his handsome good looks?

Are you worried he'll act mean towards you?

Or embarrass you? _____

Or that you'll embarrass yourself? _____

Are you anxious or scared? _____

If so, write down some of the sensations in your body:

Do you start worrying that you may get rejected or aren't his type?

Or he's out of your league? _____

Or maybe one of his guy friends – or even girlfriend – will tell you to get go away?

Are you starting to fantasize about all the crazy sex you're going to have with him?

Or how the two of you are going to get married, buy a two story house in the country with a white picket-fence, and have 2.5 children?

Do you think: I could talk with him but I'm just hanging out with my friends. I'll approach him later.

Are you thinking about what you should say to him?

Do you second-guess what you're about to say and worry if it's clever or witty enough to work?

Does your mind go blank, causing you to freeze?

Maybe something else I didn't mention:

CONQUERING SHYNESS: SPEAKING TO STRANGERS

Many people are unaware that by learning and practicing behavioral exercises shyness can be 'unlearned' and replaced with more social behavior.

Albert Ellis, the man who revolutionized the world of psychology, knew about shyness first hand. Instead of turning to psychoanalysis to find the 'root causes' of his shyness he decided to try curing himself. He had read in philosophy that if you did what you're afraid of doing, then you could get over your phobia about it.

Ellis was especially shy around women. He flirted with them in Bronx Botanical Garden near his home, but he never approached them. Scared of rejection he made up all kinds of excuses.

At the age of 19, home from college, he gave himself a homework assignment. Every day that month he visited the Bronx Botanical Gardens and whenever he saw a woman sitting alone on a park bench, he would sit next to her, which he wouldn't dare do before. He gave himself a one minute to talk to her, calming his fears by saying silently to himself, "If I die, I die. Screw it, so I die."

He didn't die.

He planted himself next to 130 women and struck up a conversation. 30 got up and walked away, but he spoke with the other 100 about whatever came to his mind.

At first his speech was stuttered and his body lan-

guage tense. Yet, the more women he talked to, the more relaxed he became because he proved to himself with each interaction that nothing disastrous was going to happen talking with women.

"There's no horror in being rejected," Al admitted, "I forced myself uncomfortably to do what I was afraid of, the opposite of what phobics do, because whenever they're afraid of innocent things, they beat it the hell out of there and then never get over their fears."

Repeated exposure to his feared event, and evidence that it didn't have a terrible consequence, relieved his previous fear.

Al later said, "Nobody took out a stiletto and cut my balls off, nobody vomited and ran away, nobody called the cops. I had 100 pleasant conversations and with the second 100 I got good and made a few dates."

Exercise:

Try this exercise out in a coffee shop, a bar, a bus stop, or even a public park. Sit in a spot with plenty of foot traffic and attempt to strike up a superficial conversation with everyone that sits down next to you. Remember, you're not trying to bond with people, only exchanging a few remarks on a neutral topic like the weather, the surroundings, or something interesting in pop culture or local news. The more people you talk to, the more comfortable you'll likely become.

Inwardly, observe and take note of your body language and voice. Your posture, eye contact, and hand gestures are important. Try to not be rigid, collapsed, or stand-offish – or to stare at the ground or into space.

Modified:

If this is too big of a leap for you, make incremental improvements. Start by making eye contact with a stranger. Next, add in something a little scarier: say "Hi" or "How are you?" Then after you feel comfortable with that ask for the time. Finally move onto small talk. there you can start making small talk.

Record Three Interactions:

1. Your inner monologue: _____

Opening line: _____

Notes on your body language, posture, voice: _____

Target's reaction: _____

2. Your inner monologue: _____

Opening line: _____

Notes on your body language, posture, voice: _____

Target's reaction: _____

3. Your inner monologue: _____

Opening line: _____

Notes on your body language, posture, voice: _____

Target's reaction: _____

TALKING TO STRANGERS: LOOK INTO THEIR EYES

Eye contact is an important form of body language. Our eyes reflect our sincerity, integrity and comfort when communicating with another person. Which is why having good eye contact while conversing is the indication that the conversation has gone on well.

Eye contact is a sign that you happen to be a good listener. It signals you are paying attention and focused.

Your eyes are a way of building a connection with the other person. Eye contact could mean you like that person. You feel comfortable talking and communicating with the person or you just are plain falling in love with the hottie in question. Any which way, your eyes say it.

Avoiding eye contact could mean that you do not want the person you are speaking with to know too much. It could indicate that you may not like the person or feel uncomfortable.

Eye contact indicates an openness. It builds trust and respect. Holding eye contact is basically like saying to the other person "You are important and I am listening."

Exercise:

For this assignment we're just modifying our last 'Conquering Shyness: Speaking to Strangers' exercise a tad. I want you to approach 6 strangers today and start a conversation You can talk with them about anything: the

weather, pop culture, sports, current events entertainment.

As well as starting a conversation with each of them I want you to also recall their eye color and jot it down. In other words, you must make eye contact with all six strangers.

Meeting someone eye-to-eye greatly increases the likelihood of a positive response. For those of you with shifting eyes, or who tend to have your hands in your pockets and eyes on the ground, this exercise will help greatly with improving eye contact.

Stranger #1 Eye Color: _____

Conversation Topic: _____

Stranger #2 Eye Color: _____

Conversation Topic: _____

Stranger #3 Eye Color: _____

Conversation Topic: _____

Stranger #4 Eye Color: _____

Conversation Topic: _____

Stranger #5 Eye Color: _____

Conversation Topic: _____

Stranger #6 Eye Color: _____

Conversation Topic: _____

Coming Next Month...

Improve Your Storytelling

Building Confidence with a Positive Frame of Mind

Overcoming Shyness: Managing Your Anxiety

Keep a Conversation Going: Finding Common Ground