VANTAGE MEN · PROGRAM 5 OF 10

Approaching and First Conversations

Start conversations with women in real life, respectfully, without lines or fear.

Complete tier

The full 30-day program with every exercise and script

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Lessons

Module 1: Where and when

Context sets the odds. Social settings beat transit; daytime beats 1 a.m.

Pick settings where talking is normal

Classes, hobby groups, volunteering, friends' parties, running clubs, dance lessons, dog parks, community events and bars with a social layout. In these places a conversation is expected and no one is trapped.

Avoid approaching women who are working, wearing headphones, walking quickly, or in a space they cannot leave (a train seat, a queue). The best approach in the wrong setting is still unwelcome.

Build a weekly rhythm: two recurring activities with new people plus one social outing. Volume without pressure.

Read the room before you say a word

Open body language, eye contact that lingers, a smile returned: green. Headphones, closed posture, absorbed in a phone, with a partner: red. Neutral is fine to test with a single light remark.

The one-remark test: say something situational and light. If she gives you one word and looks away, that is your answer. If she adds a sentence or asks something, continue.

Module 2: Opening

Three openers that fit any setting: situational, curious, direct.

Situational

Comment on something you both can see. 'This queue is a social experiment.' 'Is that the good coffee or the fast coffee?' Zero pressure, easy to answer, easy to leave.

Then a follow-up that moves from the situation to her: 'Are you a regular here or also lost?'

Curious

Ask about something she chose: her book, her dog, her class, the thing she just ordered. People like to talk about their choices. 'Is that book as good as the cover suggests?'

Listen to the answer. The second question comes from what she actually said, not from a list.

Direct, and respectful

'I noticed you and wanted to say hello. I'm [name].' Honest, short, no pretence. It only works when your body language is relaxed and you are fine with any answer.

Direct is best in social settings where she can easily decline. Never use it when she is in a hurry or cannot step away.

Module 3: The first three minutes

Warmth, a little play, genuine curiosity. Then either a graceful exit or a next step.

Self-assessment matrix

Circle one number per row. Be honest; this is for you. Score today, at day 15 and at the end of the program.

Scoring

Before = today. Day 15 = midpoint. After = end of the plan you are following.

Criterion	1 looks like	5 looks like	Before	Day 15	After
Approach frequency	Zero per week	Several per week	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Setting choice	Transit, queues, headphones	Social, open settings	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Opening ease	Freeze or rehearse	Situational remark comes naturally	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Reading signals	Miss them or ignore them	Spot green and red early	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Warmth and body language	Tense, closed	Relaxed, open, respectful space	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Play	Interview mode	Light teasing and curiosity	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Asking for the next step	Never	Clear, calm ask when it goes well	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Handling a no	Argue or collapse	Warm exit, no persuasion	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Total (out of 40)			__	__	__

Reflection

Before: my lowest row is _____. The last time it cost me something was _____.

Day 15: what changed: _____. What is still hard: _____.

After: biggest shift: _____. Next program I will take: _____.