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Introduction

Having a fuck buddy is a hell of a lot of fun! You won't be sexually frustrated AND you don't need to put up with any relationship BS.

So how do you get a fuck buddy? And how do you maintain the fuck buddy status and prevent it from getting complicated?

5 Steps to Getting a Fuck Buddy

Step 1: Be The Sexually Hot Attractive Guy (SNAG)

Step 2: Look in the Right Places (NOT Serious Dating Situations)

Step 3: Women on the Rebound and Sexually Open Women

Step 4: Send the Right Signals Out Early

Step 5: Be Honest and Upfront

Step 1:

Be The Sexually Hot Attractive Guy (SNAG)

Often as guys, we put women into different categories; the women we just keep around for sex (nothing more), and then the women you'd consider introducing to your friends and family, and possibly marrying.

Women often have a similar system. They often put guys they'll date into two categories.

1. The boyfriend or husband type; the provider who will also be their "safe" option.
2. The guy they want to have sex with; the guy that elevates her heart rate and the one she feels an inexplicable attraction to. Being more of a type-2 guy will make getting a fuck buddy much easier and I'll explain how to do that shortly.

Now there are guys who find it hard to get dates or sex all together; and they fall into a third category. If you fall into this category, it's completely OK. There are some easy things you can do first to lay the groundwork to get a fuck buddy. I'll go over the exact steps at the end of this chapter.

Women often like different kinds of men for different reasons. Let's think about a type of scale where all men that are attractive to women are on there somewhere – at one end you have "safe" and the other end you have "risky". Think of it like a scale from 0 to 10.

At the safe end we have the types of guys that women see future potential with – marriage, children, or security, for instance. At the other end are the more "bad boy" types of guys; those who are irresponsible, wild, adventurous, carefree and daring.

Now women are more likely to seek fuck buddy type relationships with the more risky types of guys. As soon as she sees a potential future with you, you're fucked.

To move from the safe end of the scale you don't need to rob a bank, get a Mike Tyson face tattoo or take up BASE jumping – but it will help to perhaps become more muscular, have some more physical and aggressive

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interests like boxing, do more things outside your comfort zone and just have some self-awareness about your general image.

To look like a good fuck buddy prospect to women, you have to come off as a very sexually open, risk-taking kind of guy. In modern society, this usually means you look a bit rougher, tougher, wilder and bolder. Kind of like the difference between a family car and a sports car. One is faster, more dangerous and edgy. You don't want to be the Volvo of guys out there.

You probably have some idea of where you are on this 0-10 "risk" scale. If not, look at some recent photos of yourself and imagine you are a stranger meeting you for the first time.

What would your first impression be?

I found that when I spent more time at the gym, got a 6-pack and had a rougher image, more women propositioned me to be my fuck buddy. Even more so when I took up a fighting sport.

You don't have to live up to some impossible standard (it's not that hard to get a fuck buddy), but you don't want to scream any of the following: nice-guy, wimp, missionary or virgin by the way you look.

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Step 2: Look in the Right Places (NOT Serious Dating Situations)

Look for casual ways of meeting women. Avoid serious 1-1 dinner dates.

The best fuck buddies come through mutual friends or when going out to sports bars or clubs. It's very unlikely that women are looking for casual relationships if they're actively marketing themselves on an online dating site – unless of course, they specifically state it. If a woman is on a website like Match or eHarmony, most likely she feels lonely and is looking for some kind of commitment (even if she doesn't want to admit it). Watch out for those.

My fuck buddies have come from a very wide range of sources. Some from bars, some from social gatherings with friends of friends, some from mutual hobbies. Women are often more open about just wanting sex if you meet them in a relaxed environment where they are 100 percent comfortable.

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Step 3:

Women on the Rebound and Sexually Open Women

Women who just came out of a serious relationship are usually your best bet. Either a long-term relationship or a marriage, or maybe she was just dating an asshole. These are the most common types of women looking for a fuck buddy. Remember: she'll get super turned off if you want more than just being fuck buddies...

Another good opportunity will often come from women who are sexually liberated and open. I've met many women between the ages of 20-23 who were curious to experiment sexually, build their sexual confidence, and were looking for a guy who they felt comfortable with in order to test things out with. This alone led me to some amazing sexual experiences. It seemed to work better when I was a bit older and experienced than my partner so I could show them a thing or two.

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Step 4: Send the Right Signals Out Early

Talk about sex or about not wanting a serious relationship as a type of bait to attract potential fuck buddies. Remember that being in a fuck buddy relationship is mostly about giving the signs that you don't want something serious. So give these signals to women as soon as you meet them.

Make it clear to women that you don't want something serious, and you just want to have fun. Say you enjoy sex and are not looking for a relationship at this point in your life. This will be a type of lure to women who just want to have fun. This will work better if you implement the advice I gave you above about being at the 'risky' end of the male attraction scale.

One of my friends who is an expert at getting fuck buddies talks about sex almost all the time... It's like a net for fuck buddy type girls.

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Ask women straight out. Yes, there is a bit of risk involved with coming straight out and suggesting you want to be fuck buddies with a girl. But in general, women LOVE men with confidence.

You should do this with caution.

My confidence with women dramatically improved when I started being more honest, open, direct and upfront with women, and when I was willing to take more social risks. That's because the response and feedback I received was generally positive.

If you're going to be upfront about wanting just sex from a woman, I recommend first approaching those you don't know very well. Preferably those women who don't know the same people as you, either. That way, there isn't any risk of girls "talking" to each other about you and your attempts.

You'll get rejections here and there, and that's OK. If you can get just one fuck buddy a month, that's good enough.

How to Keep a Fuck Buddy Relationship from Getting Messy

So you got yourself a fuck buddy. Now what?

First, complications can occur when one of the two fuck buddies in a relationship develops feelings for the other, but those same feelings are not returned. If a relationship reaches this stage, usually the fuck buddy status is doomed.

The first hint that your fuck buddy relationship is getting complicated is if you or your partner feels **jealousy** at one point for each other. Say, if you find out that your girl is sleeping with someone else, too. You may feel some curiosity at who this other guy is, and maybe you'll even feel a little competition.

Most people find it hard to maintain a 100% true fuck buddy relationship without feeling possessive to some level over their partner, especially if you're a guy. Don't worry, this is very normal and you CAN fight through it. You may even think you are in love at times, especially since you've been as intimate as you can get with these girls, but remember – these are usually just chemicals in your brain playing tricks on you. You'll soon get over it.

These days I've become very comfortable having a purely sexual relationship with a woman for an extended period of time. I keep my feelings separate, am relaxed about it and enjoy it to the absolute maximum.

Here are my **4 Pillars of Fuck Buddy Management**, which should help you through.

Pillar 1

Rules on How NOT to Act

What you do with a fuck buddy is far more important than what you say.

I've met guys who upon having sex with a woman for the first time, sit down on the bed and have a deep serious talk about not wanting something serious. This is not my personal style. I think it's too much, too soon. I do like honesty and being upfront early on, but I don't think it's totally necessary to have a team meeting after having sex for the first time.

Usually upon having sex with a woman for the first time, you've got yourself a month or two of having casual fun before the serious talks need to be considered. She might bring the topic up sooner than that, but generally once you have sex with someone, there should be a mutual understanding that it doesn't mean you're in an automatic relationship with each other. Unless she's a bit intense, that is.

The main problem with fuck buddy relationships is confusion. Mixed messages are poison for fuck buddy relationships. If you tell her you want to be fuck buddies while all the time sending messages that you want to marry her, then this is going to cause problems.

You need to have a lot of discipline to maintain a proper fuck buddy relationship.

This pillar is the one I had the hardest time with initially. You see, I genuinely like the company of girls. I really enjoy going out with them. We go to fun events, travel, go out, eat nice food, etc. But the problem is, this behavior sends the **WRONG** message. It sends the message that I want to get to know them more, that I like them, and I am choosing to spend all my time with them because I want to pursue them. This may or may not be true in your case, but if you behave in this way, you **WILL** send the wrong signals to this poor girl.

When you have a fuck buddy, you need to keep it really simple. If possible, set it up so that you purely just meet for sex. Nothing else. She comes to your house, or you go to hers, and you fuck. You don't act like a couple in public, or do couple-y thing together like watch movies or go on dinner dates.

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You might be like me and enjoy doing fun things with women; like eating out, going to movies, holding hands, going away for the weekend – but you've got to do this very sparingly. Do this with your female friends, not your fuck buddy.

This pillar is about not doing things together that scream boyfriend-girlfriend or "I want a serious relationship". Avoiding holding hands, acting like a couple or taking her on expensive dates.

Pillar 2 Who NEVER to Meet

Meeting each other's friends and families is dangerous territory in the fuck buddy world.

Avoid it as much as you can. Sometimes it might be unavoidable; for example, her meeting your housemates. However don't make an active effort for her to meet your friends.

This is even truer for any 'meet the family' gatherings. This signals an intent for something serious. Either of you will start getting asked awkward questions, and you'll have to lie, defend or explain on the fly, and it might cause you or her to analyze and think about the fuck buddy situation too much.

I've had situations where I've had an amazing time with a fuck buddy and this has led to threesomes and all kinds of amazing adventures. She's even recommended me to her female friends like a referral. I ended up having a wide range of fuck buddies for each day of the week.

The key is not to screw it up by introducing her to your friends or family. There might be exceptions where the woman is already friends with your friends or family. That's different. Otherwise, AVOID this.

Pillar 3

Keep Meet-Ups Short and Sweet

I would encourage you to keep your meet-ups fairly short and at less 'prime time' slots in your schedule.

For example, spending an entire weekend together might not send the best message. Catching up at 10 p.m. on a Wednesday night probably will. Passionate hookups can happen at any point in the week – just don't make them on Saturday nights. It will send the message that you don't have much of a life.

You also don't always have to spend the entire night together.

I want to say at this point that just because you are fuck buddies doesn't mean that you simply meet up and have sex with little foreplay, romance or additional elements. "Wham-bang, thank you Ma'am" might not be suitable in each fuck buddy situation.

Every woman is different and you'll have to get an understanding for her style. Some women I've been with love the style of just having quick hook ups with minimal talking, effort and foreplay. Others, however, want to see some kind of effort behind that curtain of yours.

For instance, I was with one girl for a while who seemed unhappy and super turned off after a few weeks of being my fuck buddy, and eventually she stopped calling me. Later I realized I was treating her like an object – texting her to only come over after 11 p.m. (at times even 2 a.m.) and then asking her to leave in the morning once we woke up. She may have been cool about being fuck buddies, but she didn't feel respected and obviously wasn't enjoying how I was treating her.

You have to still show some respect to these women, even though they might not be what you see as "marriage" or respectable material. It doesn't matter.

It's about finding the perfect balance of not trying too hard to impress her (or you'll give her the wrong idea), and also showing her enough respect and a good time so she sticks around (until YOU are ready to call things off).

Pillar 4

Cut Ties Off After 1-3 Months

How often you see each other is critical for setting a fuck buddy tone to your relationship.

Once or twice a week maximum is probably the right amount on average for a non-committal sexual hookup. When you start doing more than that, it can lead to complications.

Now, often fuck buddy relationships have a time limit. Personally, I like to set three months as my maximum time in a fuck buddy relationship. At this point, no matter what, I end it. Most fuck buddy relationships have an expiration time of 1-6 months before they die a natural death.

I usually end mine rather ruthlessly because this serves to avoid most of the common problems; such as feelings getting hurt, emotions being too confusing, serious talks, fights, and other issues. I have a zero tolerance policy for relationship drama and this serves as a reliable insurance policy.

This is one of the main issues with fuck buddy relationships – they aren't designed to last forever, no matter how good they are. The good thing with cutting it early is that there is often a good chance of being able to go back in the future – which is something that isn't possible if things get really messy.

Sometimes with certain women, I limit the relationship to one month just because I can foresee problems in advance.

Often guys ask me if you can maintain a fuck buddy relationship for longer. I've heard of it being done, and I've done longer in the past, but these days I'd rather keep it short. It's just much smoother and cleaner to keep them short.

Having an end date in mind also serves to increase how wild you go; the level of sexual experimentation will increase and it will encourage you to make it a really good time.

I believe long-term fuck buddy relationships are flawed because of our genetic makeup. It's not inline with how we are built. After some time, women are going to want to be provided for and have that security. Men

also tend to get comfortable. Plus there is a concept called “proximity attraction” which is where it’s inevitable that people who spend time together will become attracted to one another.

Don’t see this as a negative though.

In my mind it’s like visiting Las Vegas. Now before I went to Las Vegas everyone was telling me that three days was more than enough. So I went with the boys for three days – and yes, it truly was enough! I don’t think I slept and I got up to all kinds of wild and naughty things.

Staying longer in Vegas would make it less fun eventually. It would begin to lose its appeal and you’d start to dislike it. But go for three days, party, and have lots of wild stories, and you’ll want to go back.

When All Else Fails, DO THIS

Still having issues getting a fuck buddy or any sex in general?

If you haven't had sex in two years, before we get you a fuck buddy, let's review some of the basics first.

Treat this like a free bonus within a bonus.

Here's what I call my simple bulletproof 6-point plan. This will get any guy dates and sex with women within a 3-month time period. Follow these instructions to the letter and I promise they will work – don't skip any. You'll notice I'm being extremely specific. This is because I've found a tendency for guys to cheat or take an easy option.

1. Google "image consultant" and visit one. Get the most service you can afford in your budget and spread your visits out over a 3-month period. Invest in a good makeover of your image.
2. Google "Paleo diet" and start eating really healthy. Increase your energy and health levels. You'll feel and look better, I promise.
3. Make a plan to socialize at least four nights per week. Do speed dating, salsa classes, join some social groups, connect with friends, go out alone – but 4 nights a week you've got to get out of the house and talk to people. Make socializing a priority. Talking to at least 10 women a week is an absolute minimum.
4. Find a local "Crossfit" and/or "Bikram Yoga" and train at these studios at least once per week. These activities will work your mind as much as your body.
5. Take up at least one new hobby – I recommend something that combines personality development with meeting women and improving your social skills. Suggestions include acting/improv classes, yoga, mixed martial arts, boxing (maybe a class with women in it), or dance classes. My recommendation is to do the one that makes you feel the most uncomfortable and you want to avoid. This will be good for your personal growth, trust me.

6. Start reading about cognitive behavioral therapy (CBT), self-compassion and self-esteem. Buy these books now. They are more important than food for you at the moment:

- The Mindful Path Through Shyness: How Mindfulness and Compassion Can Help Free You from Social Anxiety, Fear, and Avoidance by Steven H. Flowers and Steve Flowers
- Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind by Kristin Neff
- The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions by Christopher K. Germer
- Feeling Good: The New Mood Therapy by David D. Burns
- Intimate Connections David D. Burns (Author)
- The Six Pillars of Self-Esteem: The Definitive Work on Self-Esteem by the Leading Pioneer in the Field by Nathaniel Branden

These will give you a major confidence boost.

Why am I giving you this information? It's purely because of my experience really. Lots of guys I've mentored and trained over the years have asked me about getting fuck buddies, but I realized what they really needed was the basics of improving themselves first (before they can really put themselves out there and find fuck buddies).

If you do the above plan – you will look your best, feel your best, and project your best (and meet enough women). And you'll most certainly get fuck buddy invitations.

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