

How to have more friends

- How to approach someone without offering or asking for a cigarette
- Exactly what to say to break the ice
- What to do to give yourself confidence in social situations
- What to do to make others want to be your friend
- The easy way to ask someone on a date

All as a non-smoker...without a cigarette or lighter in your hands!

Boy oh boy, is this going to be fun for you!

You will love the simplicity of what you are about to discover. Blast the past behind you and concentrate on how lucky you are to escape the incredibly restricted life of cigarettes.

C'mon now, is there anything creative in:

"Wanna smoke/light?"

Or

"Gotta smoke/light?"

For a start you've now got more than double the amount of people you can approach... the non-smokers.

For guys you've got one less thing that girls will hog from you. This is important because there's now more chance someone would like to meet you because of you, rather than your cigarettes (or drinks).

And, oh happy day, kaloo kalay... you can flash a big stash of cash now that you're not forking over the holiday payments for some tobacco company bizzo.

And I guarantee that as you get "skilled" in "conversation starters," your confidence will grow and you'll enjoy the game – the game of life that is.

The game of life

Let's turn that frown upside down and go a' courting, flirting, oggling and oohing,

Short translation of what I'm saying is; let's find someone to talk to, someone to sit by the bar with, go and grab some supper with... someone to have a meaning-of-life discussion with or share a laugh with. That's what life's about.

All the tips in the following list are tried and true, and depending what the situation is, **they will absolutely work for you too** – otherwise you can throw me in a den of lions and I'll attempt to start up a conversation without having my head bitten off.

Many guys have confessed - not in a lions den, that they have a fear of rejection.

They might be aching to approach a girl, but too scared, and this can happen hundreds of times, with the occasional lucky circumstantial break to make it possible.

Heck oh dear, how sad, what wasted opportunities and white knuckles.

It's not important where you are on the spectrum from being a wimpy wuss to bold and brash, you only need one or two good standby tips to approach someone and Bob's your uncle!

Into the fray...

(And importantly I repeat, these tips work, or at least some of them will work for you, they are tried and true, stood the test of time and will not get your face slapped or the room doubling up in laughter.)

Into the fray x 2...

(Oh, because you've read this far, you are my hero/heroine! You are obviously serious about this subject, so first up recognise you will face some rejection. This is normal for lots of things in life, so don't take it personally. Think numbers, like a salesperson... it's a numbers game, but you've got to be in to win, so don't hold back, DON'T HOLD BACK, sorry to shout, now...

Into the fray x 3...

1. Smile.

This is the number one requirement for attraction. Not a leering smile, not a drippy smile, but a pleasant smile. You can keep your lips together even, as long as your face has an overall happy look. Try it now, see how if you even pretend you're smiling or think of something funny, your eyes glow and your whole face lifts up.

Smiling gives an air of someone who is happy with themselves, so wow, they must be doing something right with their life, they must be good to be with... I want to be their friend, bring them on!

2. Self-confidence.

Once you have your pleasant look firmly fixed on your face, you are 90% there. Now square your shoulders and raise your head and look around. See someone you like, keep your smile, keep your back straight and your head up, and off you go with a sure step.

Your purpose is like a bullet – to zero in on someone, **so forget about whether you are...** good enough, too fat/thin, too short/tall, wrong coloured shirt/blouse; one ear missing/ eyebrows meet in the middle... and so on – you'll know *what **you think** is wrong with you.*

Remember the other person will probably be worrying about what's wrong with him/her, so believe you are superb, say it silently to yourself and keep projecting your self-confidence.

If you feel truly lost without the crutch of a cigarette to boost you up, just act out your self-confidence, fake it 'till you make it, and it will soon come naturally to you.

Here's a great little trick. Take a deep breath and for 10 seconds or so, silently surround yourself with your space, your own special protected energy field. You can practice this beforehand, and even use a trigger such as a pebble in your pocket that you rub, or a word you silently say to yourself, or a picture in your mind - something that you now associate with calmness, confidence, happiness and complete safety against any harm, anger or embarrassment. Surround yourself with your protected and winning space aura and feel your power.

3. Look the other person in the eyes.

This gives two necessary signals for a successful follow-on conversation. Firstly it gives a very strong impression that you are honest.

Secondly it shows you are really interested in that person.

So here you are, maybe silently quaking in your boots, but outwardly smiling, showing an air of self-confidence and looking them straight in the eye... mesmerising!

There are also other subtle signals you're giving off by doing all this. It's a roll-on effect. The fact that you've walked over, or turned around or whatever and initiated the first approach is proof that you have confidence in yourself to be good enough for this person, that you have enough character to withstand rejection should it come.

The other person will feel that power, so therefore that starts to make it easier for you to *really* feel that way and increases the warmth of your smile, the direct eye contact and the intense interest in whatever that person has to say next.

It builds up and you are un-stoppable!

4. Things to say.

Don't even think of trying to be witty with your first approach, unless you're that way inclined and the mood is right.

Very few people can get away with most of the pick-up lines that are touted on websites or in publications. You may get a laugh from your mates, but that's not your goal, you're looking to meet a new mate or mates eh?

So leave the, "I don't believe we've met, I'm Mr Right," or cruder versions of, "Your place or mine?" to losers. You can bet the girls/guys will find that sort of thing good fodder for talk at the office next day.

Here's the pick of the pick-ups:

- I'd offer you a cigarette, but I've just given up smoking.
- I see you're not smoking, that's great because I've just given that up and I'd rather talk to someone who didn't smoke.
- Hi, you don't mind if I talk to you do you?
- Hi, hope you don't mind if I talk to you because I've given up smoking and you're not smoking either.
- That looks nice (their lime coloured drink)
- Cheers (raise your drink)
- What are you drinking?
- How's your drink, can I get you another?
- Would you like a drink/chips/nuts?
- It's stuffy in here, would you like to move out of the way a bit?

- Ok to sit here near you?
- Hey, I've not seen you here before.
- I'm sure I've seen you here before.
- Hi, I saw you before and I see you're going, can I call you sometime/ would you like to grab a coffee with me sometime if you work in the city/live nearby.
- Is it always so crowded/empty/full of lawyers/loudmouths/interesting people in here?
- Hello, I'm terrified, I don't know anyone here, do you?
- Hi, I'm waiting for a friend, ok to talk to you in the meantime?
- Would you have change for the jukebox please? Want to help me choose?
- Oops, sorry to bump into you, and hi, my name's.....by the way.
- Oops, sorry to knock your drink, hang on, I'll get you a tissue/towel from the bar, or here's my hanky/shirt.
- I've dropped my earring/change/sales pin (as you stop and search the floor nearby).
- Hello, really I can't think of anything interesting to say to you straight up... apart from do you have the time.
- Hi, I just had to come and say hello to you. Hope you don't mind.
- Hi, I just had to come and say hello to you, those other people were so boring.
- I was talking with that group over there and somebody was boring me – probably myself!
- I was admiring your hair/dress/way you dance/laugh/smile etc.
- Hello, somehow you remind me of a neighbour I once had. She was a teacher. You too?

Accompanied by a smile and self-confidence these are devastating!

5. Follow on conversations

Any magazine rack at any given time will have a survey of what men like in women and what women like in men. Yawn, it's so predictable.

Instant attraction to looks wasn't first strangely, because it doesn't prove anything about a person, and believe me if you smile and have confidence, that aptly named "Inner beauty" truly shines through.

But number one for men is to have a woman with a sense of humour. Their humour!

Guys love it when they get a compliment by someone laughing at their jokes, or pointing out how interesting/funny/ they are.

Men just love also to be told things like: You are so knowledgeable, or I really respect your principals/honesty/values etc.

Number one for women is to have a guy with a sense of humour too!

Mostly men like to tell and do the funnies, but it's guaranteed to put the ice on a conversation or relationship if a guy doesn't allow a girl some fun/laughs.

Seriousness is so boring. Relax and go with the flow, even if you are dedicated to saving the whales, nobody will want to know you if you can't appreciate some social interaction and light hearted fooling around a bit.

To follow on from the first introduction, remember to:

1. Keep it natural, go with the flow, look around and comment on the first thing you notice. Observe the person and comment, such as, "Had a good day?" or "What an awful colour this carpet is – uh oh, hope you're not the carpet buyer for this place?"
2. Have a natural inquisitiveness. It's said women like the silent type in men. What they really like, in fact everybody likes, is for someone to ask them about themselves, then listen. Such as "What's your job like?" or "How do you keep so fit looking?" or "Do you go to the gym?" or "What's your opinion on this re-development on the corner?"
3. If you feel you'd like to carry on this relationship, just ask for their number to text or call. Or ask if they like sailing/pictures/art shows/walking/Thai food, and then offer to take them.
4. Say platitudes. These are trite statements that can have the effect of bringing people together. They're a waste of words, but everyone knows them and everyone shares them.
So depending on the person, rattle off a few handy platitudes, such as:
 - ✓ Well that's the way the cookie crumbles. (when something happens) or,
 - ✓ It takes two to tango. (When you've asked her/him to dance/go out on the balcony/have a cup of tea at your house).

Memorise a few more to keep up your sleeve. Here's a start:

- ✓ Who's to say what's right or wrong
- ✓ There's no such thing as a free lunch
- ✓ Out of sight, out of mind
- ✓ Turn the other cheek
- ✓ It's all about the quality of life
- ✓ Everything is relative
- ✓ He's thick as the hair on a dog's back
- ✓ That's food for thought

5. If you know you have a common interest, or you really want to impress someone, you can cautiously bring up a subject. Such as:
"Say, I've been studying some mathematical equations and do you for example know what a tangent bundle is?"
Or, "Listen to that person speaking, his grammar is so bad, I bet he doesn't have a clue what a petrified dative is." (By the way, don't ask me either!)
6. And again, depending on the person and circumstances, certain flows of conversation are appropriate or not. Ask them what interests them. Don't bore people if it's not their cup of tea.

For example, a conversation down a coal mine might go like:

"Hello, I've found a bit of coal."

"Have you really?"

"Yes, no doubt about it, this black substance is coal alright."

"Jolly good, the very thing we're looking for."

~ Peter Cook, comedian



**That's all for now.
Good luck with your new skills, and enjoy
your fresh new life and smoke-free friends.**



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