Break Out Of The “Friends Zone”
How To Turn A Girl “Friend” Into A “Girlfriend!”

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**Introduction**

It happens all too often.  

You meet a girl, and she’s amazing!  She’s beautiful, smart, funny, exciting, and you’re in love.  

But for whatever reason, she just doesn’t feel the same way about YOU!  

Oh sure, she likes you well enough.  After all, you’re a great guy.  But she just doesn’t see you “that way.”  

So she uses the most painful phrase in the female vocabulary:  

“Let’s just be friends!”  

So rather than lose her completely, and thinking you probably still have a chance with her, you agree, and BOOM – you’re her new friend!  

You hang out with her.  

You talk to her on the phone.  

She calls you up when she has a problem.  

She cries on your shoulder when she has “boy troubles.”  

You are her FRIEND…  

And it SUCKS!  

For some reason, there’s a barrier there that you can’t quite scale.  Something that keeps you from crossing the boundary from “friend” into “boyfriend.”  

Let me just tell you, up front, that being friends with a girl you want to be romantically involved with BEFORE you’re romantically involved with her is a difficult situation to be in.  

Whether you made the common mistake of becoming friends, hoping that would lead to a relationship, or you tried for the relationship and got dumped into the “friends” category, the fact remains that you’re someplace you don’t want to be…
AND YOU WANT TO CHANGE THAT!

But you don’t know how.

After all, isn’t getting stuck in the “friends zone” the kiss of death from which no man can ever recover?

Well, this is usually true. Once a “friend,” always a “friend.”

BUT…

That’s not always the case.

There is still a possibility, no matter how slim it may be, that you can turn things around and actually turn that girl from a “friend” into a lover, or even a girlfriend!

So let’s discuss how you can go about doing this. But know going in that this is not a 100% full-proof method that is guaranteed to get you results.

A lot of the success of what I’m about to share with you depends on you, your instincts, and the girl you’re going after.

Remember: the damage is already done! If you’re in the “friends” zone, she’s taken you out of the game.

This will be your last ditch attempt to get back in!

Now we’ll cover 12 tactics specifically designed to help you do just that…
**Tactic #1: Do Not Let Her Dictate What Kind Of A Friend You Are**

Have you ever owned a pet?

Let’s say you go out looking to buy a dog. You find one you like, one you think you’ll be compatible with, and you take him home with you. What’s the first thing you do after you buy the dog?

You name him!

Then you potty train the dog so it doesn’t mess all over the carpet. You teach it to obey you. You play with it when you’re bored, you take it on walks, etc.

In short: You have trained the dog in such a way that you have complete control over it.

Hell, you might even have the dog neutered so you don’t have to deal with it humping everything in site.

Well, guess what?

Women treat their male friends the exact same way!

If you’re not careful, a woman will mentally neuter you in her own mind, and start treating you as she would any platonic friend. She’ll treat you like you’re “safe,” like she never has to worry about the aspect of “sex” coming up between you two.

You’ll essentially become a “girlfriend” to her. Neutered just as effectively as any dog you’d own.

Needless to say, this is bad, bad, bad!

And the funny thing is, most guys just go along with it!

They fall into the non-sexual role she creates for them. They allow themselves to be her emotional tampon when she needs a shoulder to cry on. They never try to introduce sexuality into the dynamic because they’re afraid she will reject it.

They might as well hand her a pair of scissors and say “Here are my balls! Snip away!”

Now, do you want to do that?
(Didn’t think so.)

Therefore, rather than let HER dictate what kind of a friend you are, YOU must be the one to establish what the friendship dynamic will be.

And it WON’T be her idea of what a friend is.

You have to be a MAN, and treat her like you would any one of your male buddies.

Think about how you treat your GUY friends. THAT is how you have to start treating her.

Why?

Because turn-about is fair play.

When she makes you her friend, she is trying to turn you into a girl.

When you make her YOUR friend, you have to turn HER into a GUY.

If you know what it’s like for a girl to treat you like a girlfriend, then you’ll know what she feels when you try to treat her like a guy friend.

She isn’t going to like it!

She’s going to want you to start treating her like the girl she is!

Which means, she’s going to try and make you SEE her as a woman, instead of just one of your male buddies.

Do you see the possibilities here?

She will start to try and get you to recognize her femininity. And when that happens, she also starts to recognize your MASCULINITY. And masculinity is always attractive to women.
**Tactic 2: Do Not Court Her**

This is a mistake men will make time and time again. Once they become friends with a woman, they will continue to try and court her as they would a girl they wanted to get into a relationship with.

They will buy her presents.

They will take them out to dinner.

They will take them on trips.

They will spend money on the woman hoping to win her affection so that boundary between “friend” and “girlfriend” will be able to be crossed.

But here’s what most men don’t know…

Instead of weakening the friendship barrier, behavior like this only STRENGTHENS it!

Sounds counter-intuitive, doesn’t it?

I mean, if you’re going to all this trouble and spending all this money on her, it must be gaining you SOME points, right?

Nope. Wrong.

Dead wrong.

What you’re basically doing when you court a girl in this way is giving her all the benefits of being in a relationship with you with none of the duties a girlfriend has to perform.

This means, while you’re doing everything a boyfriend would do, she’s not doing anything a girlfriend would do.

She’s not sleeping with you.

She’s not being loyal to you.

And she’s not appreciating what you’re doing for her.
The funny thing is, in her mind, you’re just demonstrating the kind of friend you are! You’re a generous guy who enjoys to spend money on her and do things for her. And if she suspects you’re still trying to court her despite your friendship, you will come off as being incongruent with the conditions of the relationship you created with her and that will be unattractive in her eyes.

Think about it. How many guy friends do you have that you buy lavish gifts for and pick up the bill every time you go out? How many of them do you pay for to go on vacation with you?

I’m willing to bet very few, if any at all.

Understand that buying women presents and taking them places is a PRIVILEDGE and a REWARD.

It’s something you should reserve for women you’re already in a romantic relationship with! Not women you WANT to have a romantic relationship with!

Stick to the boundaries that have been set and don’t overtly court this girl friend of yours by spending money on her.

Just treat her like a friend.

We’ll get to how you SHOULD try courting her in a moment.
Tactic 3: Surround Yourself With Other Women

Imagine this for a moment…

Pretend you’re going out for a good time on a Friday night, and you’re looking to get crazy and have some wild fun. Before you are two nightclubs. One is really rocking with tons and tons of people in it, good music, and you just happen to have a VIP pass to it.

The other club is practically empty, plays crappy music, and the only people in there are ugly and mean.

Which club would you choose to go to?

The cool club where everyone else is, of course!

See, people tend to place value on things that many other people covet. Just think about the latest clothing trends. If lots of people want a particular pair of Rayband sunglasses, you’ll want them too, right? And chances are, they’ll be really expensive and hard to get because the demand for them is so high.

Well, the same is true with people!

If a man is coveted by many women, other women will want that man too!

Seems odd, doesn’t it? But this is the whole concept of the Alpha Male in nature. Strong males attract many females, and the more females that are attracted to him, the more proof he has of his Alpha Male-ness, which in turn attracts even MORE females.

Now, I’m not saying you have to start acting like a complete prick and pretend to be an Alpha Male or whatever.

But you DO need to have other women around you!

This is for a few reasons.

The first reason is that meeting women and having many of them in your life is a great confidence builder. It will make you feel good about yourself. It will make you feel like a guy who has his groove on with the opposite sex, and it will get you comfortable with women.
The second reason is that if you focus all your attention on your one female friend, it’s going to mess you up mentally. You start cutting out options and opportunities for yourself, and she starts to see you as that lonely club no one wants to go to because you’re waiting for her to come around.

You must do everything in your power to keep from obsessing over just one girl. Having many choices available to you is the best way to have control over your life. Even if you love this particular girl to death and only want to be with her, the great irony of life is that you have to not want her if she’s going to want you. So keep your options open and go after other women.

The final reason is that having lots of women in your life will make you more attractive to her. If you’re seeing lots of girls, it will show her that women find you attractive. And women, by nature, are very competitive with each other, so she will start competing for your attention. And once that happens, she’s going to start feeling attraction for you! After all, we all want what we can’t have, right?
Tactic 4: Believe That This Woman Will Be Your Girlfriend

The power of belief is an incredible thing.

It’s almost as if, once you send the belief out into the universe, it will happen for you if the belief is strong enough.

If you truly believe this girl is right for you, don’t despair over your current situation, and most importantly, don’t fear you’ll ever lose her. Just believe that no matter what happens, eventually, she WILL be yours.

It’s this belief that will allow you to see other girls, blow off this particular girl, and take chances with converting her to a girlfriend, because eventually, you KNOW that you will get what you want from her.

If you don’t believe this, you’re going to start second guessing yourself and start worrying about ruining your chances.

This is BAD.

Never be afraid to lose a girl! Ever! That is what will help you to get her!

And by simply believing that you will succeed down the road, you will be free to do what you need to in order to win her over.
Tactic 5: Be Upbeat And Fun

It’s tempting to whine and complain to women you’re friends with, and share your worries and insecurities with them.

But if you want that woman to be your girlfriend, don’t do that!

Guys who share their depression and problems with women only cement their “Friend” status, because friends are there to support each other, and if you allow her to support you, any chance of getting out of the “friend zone” is dead.

You have to act like you DON’T NEED HER.

You have to be positive about your life and be independent of her for your social life.

You ever hear the old saying “Moths are always attracted to the flame that burns the brightest?”

You need to be the big bright flame that she desires to have in her life!

See, women have the same problems we do. They get depressed. They feel lonely. They get confused and scared and nervous too. They look for people to help them escape their bad feelings and enjoy good feelings.

If you become a positive source in the woman’s life, and you don’t get bogged down in her drama or problems, she will want you to be more than just a friend!

That’s why it’s important for you to have an active social life outside of just her, and why you shouldn’t be obsessing over just one girl.

Women like men who are passionate about things other than them!

If you have a goal about being a top defense attorney, and you share your passions about defending the innocent and making society a better place, that’s something that’s attractive!

Dreams that are bigger than life will attract people to them. If you share your hopes and dreams with your girl friend, they will inspire her, and she’ll miss them when they’re gone. Soon, she’ll desire to hear your voice. She’ll want to know you’re there to make her feel good.
**Tactic 6: Be Busy**

Now, don’t be so busy that you never see her. But have an active and full life. Don’t always be available to talk on the phone. Break a date every once and a while. Don’t be there for her when she needs a shoulder to cry on. Let some other loser do that. You’re busy with YOUR life.

Don’t just hang out with her and do boring stuff. You’re too important to waste time like that. Either invite her to do something you like, or tell her you have to get going. Doing boring stuff with a girl is a great way to kill romance. You want her to think she’s missing out on fun things by not being with you, not knowing that if you’re with her, it’s going to be boring.

Do not be available to do stuff for her 24/7. Lots of girls will get guy friends to pick them up food, run errands for them, or whatever.

It’s okay to do this occasionally. But do not make it a habit! I’d say that you should only grant 1 out of every 3 requests, and ONLY if it’s convenient for you.

If your girl friend wants you to do something that’s going to put you out, just tell her you’re too busy to do it and end it at that.
**Tactic 7: Do Not Be Her Emotional Tampon**

What do I mean by this?

I mean DON’T BE THE GUY SHE DUMPS ALL HER PROBLEMS ON!

This is especially true when she starts talking about other men!

Seriously, this is IMPORTANT.

When a woman calls you up with a problem, your first instinct will be to offer a solution to the problem.

Do not do this!

Change the subject. Talk about something different. Don’t offer her solutions to her own problems because then you’ll get sucked into them and maybe even become a problem yourself!

If she asks you for help, just shrug it off with “I don’t know what to tell you.” Now, that said, if the problem is something like “Do you know a good plumber to call?” help her out. But in terms of emotional problems, don’t get involved.

And when it comes to other men, refuse to even listen about it!

If she starts talking to you about other men she likes, cut her off! Say something like “Jeeze, who am I? Dr. Phil? Do you think I’m Dr. Phil? Then why would I want to talk to you about guys? When you start talking about girls you want to sleep with, then you can give me a call.”

Just make it clear that you don’t want to hear about her guys she’s attracted to. Tell her to get advice from her girlfriends if that’s the case.

And if she starts complaining about problems she’s having with a guy she’s dating or whatever, cut her off again! Make it clear that you’re going to start charging her top dollar to be her therapist if she keeps going on about her guy problems.

Now, she may get mad at this because she wants your advice or sympathy or whatever. And if she does, get mad at her right back! Tell her you don’t care about her relationship problems, and you’d be useless anyway because you know nothing about problems with guys, because you’re only into girls.
You have to set this boundary quickly. When a girl pulls this stuff, she’s trying to cement you into a “friends only” category.

You must not play into this trap!

The best way to fight it is to nip it in the bud and stay positive about your interactions with her. Don’t let her introduce negative energy into your relationship by letting her dump her problems on you.
**Tactic 8: Never Fully Accept The Friend Role**

Once a guy accepts the role as a friend, all sexuality is taken out of the equation.

You don’t want to do this.

You ALWAYS want SEXUALITY to be present in your relationships with women (especially if they’re just friends!)

This is due to the simple fact that SEXUAL TENSION is 100% necessary for attraction to occur.

If you do not have sexual tension in a relationship, there is no hope of transitioning to a romantic interaction.

Do not pass GO, do not collect $200.

So if you do not accept the friend role, you will give yourself the room you need to create the sexual tension that’s necessary.

THIS is where the real courting comes into play.

You always want to be flirting with your female friend.

But you want to do it in a way where you are still in control of the friendship.

This means, keep treating her the way you’d treat a guy friend, but incorporate a little bit of flirting into the mix.

Give her a nick-name like “Scrumptious.”

Greet her like “Hey sexy.”

When you call her up, say seductively “So… what are you wearing?” as if you’re going to have phone sex with her, then laugh about it.

Talk about how she’s secretly in love with you and how you’ll never give into her feminine wiles.

But don’t over do it! Keep it light and fun, never serious. Joke with her like you would any friend, but keep it sexual.
This does a number of things in your favor.

It helps to keep you from being cemented completely in the “friend zone.” After all, what type of friend flirts like that? Answer: none.

It communicates your interest in her in a very indirect way – which is good! If you come out and tell her how you feel, that’s relationship suicide. But if you keep it ambiguous, like “is he joking or isn’t he?” you create intrigue, and let her know you want her without damaging your chances.

It creates sexual tension. Eventually, she will find herself playing along, and that will get her blood pumping. The next time you joking say “So, what are you wearing?” on the phone, she may start to play along and you both have an innocent session of phone sex! Then, she might start to wonder what the real thing is like…

Women enjoy flirting, as long as it’s done in a fun way. If it’s too serious, it will fail. When you flirt with a woman, it will keep you out of the friend role she wants to put you in, but will never truly negate it.

But be sure you incorporate this early on in your relationship with the girl! A sudden change to this type of treatment will seem odd and set off alarm bells. If a girl has just “befriended” you, start this as early as you can. If you’ve been friends for a while, slowly incorporate this type of flirting into your interactions, until you can easily do it overtly without coming off as weird to your girl friend who’s used to the “good old you.”
Tactic 9: Don’t Fall Into Old Habits

Sometimes, guys backslide into the woman’s frame of what a friend is. They can’t keep up what they need to do in order to seduce her into becoming more than friends, or they get frustrated and give up.

The allow her to neuter them all over again.

Remember tactic 4? You must BELIEVE you will eventually get what you want! No matter how long it takes, you must be firm in your belief that this girl will be yours eventually.

And in order to make that belief a reality, you will have to stay away from what doesn’t work, and take chances to find what DOES work.

There is no in-between in this. People aren’t just “sort-of” friends. They either are friends, or they aren’t.

You don’t want to be friends with her. You want to be her lover. Her boyfriend. Her husband. Whatever. But you don’t want to be her FRIEND.

So resist the temptation to do what’s easy and fall into the old habits. It will simply wreck your chances.
**Tactic 10: Don’t Persuade Your Girl Friend To See You As A Boyfriend**

Trying to do this is like you trying to convince someone you’re the CEO of a Fortune 500 company when you’re really their garbage man.

It just does not compute!

Too many guys will try to logically convince a girl that she should be with them and that they will make a great boyfriend.

The thing is, when it comes to love, romance, and sexuality, logic simply has no place!

To become a girl’s boyfriend is an emotional decision a girl has to make. It’s not a logical one. In order for a woman to see a man as a potential boyfriend, she has to feel attraction for him.

So you could be the greatest guy in the world, but if you don’t make her feel attracted, you’re not going to be doing anything romantic with her.

ANYTHING.

This means you simply must not waste your time on trying to convince anyone that you’d make a good boyfriend.

Ever hear that saying “Actions speak louder than words?”

Well, you have to start walking the walk and SHOW the girl of your desires how great a boyfriend you are.

Focus on making your actions show her how great of a boyfriend you’d be.

You can do this by following the tactics in this book.
Tactic 11: Do Not Wait For Her To Come Around

If there’s one thing you can never do, it’s WAIT for something to work for you.

Remember tactic 4, about believing that it will all work out for the best and the girl who’s befriended you will eventually be your girlfriend?

It’s important to believe that, but it’s also important that you not put your life on hold while waiting for that belief to become a reality.

Dating other women and even getting into other relationships with women who are open to it are important things to pursue. Never, ever turn down opportunities with women because you’re waiting for this one girl friend of yours to come around.

You should always be living your life to its fullest potential, and you can’t do that by waiting around.

You must take ACTION.

Action that will give you as many opportunities as possible.

Because though this girl friend of yours may seem like the only one for you, chances are there may actually be a girl out there who’s BETTER for you!

The fact is: You never know!

That is why you should never wait for her to come around and realize how great of a catch you are.

When that time should come, take advantage of it.

Until then, however, keep your options open, and never put your life on hold.
Tactic 12: Prevent Yourself From Being “Just Friends”

The final tactic should probably be the first, but this book assumes the damage is already done and you’ve been “befriended” already.

But what you should really be focusing on is making sure it never happens in the first place!

After all, you wouldn’t want to go through the pain of all this again if you didn’t have to, right?

So that begs the question: How do you prevent from getting stuck in the “friends zone?”

The real trick to this is: DON’T ACT LIKE HER “FRIEND!”

Don’t refer to yourself as her friend.

Don’t talk to her like a friend.

In fact, do the exact opposite.

Act like a man.

Flirt with her.

Have fun with her.

Be sexual with her.

Be fearless.

Be anything but her FRIEND.

Remember, you want to be her LOVER, her BOYFRIEND. So act like it. Do what it takes to be that special guy in her life – not someone she just wants as a “friend.”

Be assertive. Make sure this woman knows what's available right in front of her eyes before she starts searching for the wrong guy who will break her heart.

No more "Mr. Nice Guy." No more “Mr. Shy Guy.” No more “Mr. Girlfriend.”
This time, you're going to be her lover.

Go for it! And good luck.