

THE "A.F.C." REPORT

HOW ORDINARY GUYS GET EXTRAORDINARY
RESULTS – WHILE MOST GUYS FAIL.

BY MEHOW

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Introduction

Mehow here.

We've had some unprecedented success over the last year in our instructor program. There are guys in the program that are getting laid (over and over) every weekend and getting piles of make-outs and phone numbers.

Recently it's been insane ... so much so that I wanted to share with you their secrets to success.

What was surprising to me thought wasn't that guys got killer results (I expected that when I started the program) ... it's that the superstars in the program became superstars for reasons that I didn't really expect.

You see, I always had a small, lingering amount of self doubt about my methods. Sometimes, I fear that there might be something special about my lanky, balding, 36 year old self that makes it work for me and I'm not conscious of it.

But as Fuji and I led the program for nearly a year, we able to work with many different types of guys – and now, those who were dedicated all got superstar good. There was no trick, or individual technique that got them the overall results. Although our actual tactical techniques are considered by the pickup elite to be some of the most killer out there - we know that there are many different, and effective techniques out there.

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In fact, there are literally thousands and thousands of guys out there that have access to our, and everybody else's, techniques YET almost nobody gets good.

In other words, very few people actual master this skill set in a straightforward manner.

And, the reason why is simple...

Because 99% of guys are missing 3 factors... which practically insure you will remain an A.F.C. – forever.

On the other hand, IF you posses these 3 "X" factors you will succeed, guaranteed.

Ironically, the answer to what these "X" factors are is hidden within the term AFC itself.

The Three "X" Factors

They are:

- 1. Accountability**
- 2. Feedback**
- 3. Chunking**

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Allow me to share with you m own personal techniques for adding these X factors into your game.

Accountability

Accountability is when you or someone coaching you is actually responsible, and takes ownership over your results.

When your coach or you are accountable for your results, you will view positive or negative progress as simply a path towards success. Furthermore, when you are accountable, your mind state is such that when anything goes wrong you are always thinking about what you are going to do next and you take action. When you get good results and you're accountable, you take action on improving them.

You see, regardless of what happens in field night to night, being accountable for your results makes you always take action.

If you don't really care what happens in field then you aren't accountable and you will never get good.

That sounds like a truism but it's not. Consider my own story ...

When I got into this, I fully committed myself to getting results.

When I went to my very first bootcamp, I was already ACCOUNTING for my own results. I even kept track of how my sets went, by writing nightly field reports to myself. I created a frame that getting positive results was my responsibility... my job. The type of thing that I would FIRED for if I didn't deliver.

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Consider this for a moment:

Salespeople when not on a commission arrangement tend to do badly because there is no incentive (other than firing) for performance.

If you want salespeople to deliver, it's common management practice to put them on a commission program. Then, they are accountable for their own success or failure.

When you are working on the skill set yourself the only person to be accountable to is you. Now, since you can't fire yourself, getting into this accountable mindset requires extreme self discipline on your part. For example, if you go out and you fail on over half your approaches be prepared to give up some free time spent on entertainment, and instead spend that time studying until your results improve.

When doing this by yourself, inside your head - you have to completely buy into the frame that you are accountable, responsible, and take ownership of your results. That means no excuses, no kidding yourself about why that set blew you out (90% it's because of YOUR GAME), no choding out and not approaching, no ejecting out of difficult sets, and no KJ bullshit.

Just imagine how you would act if you managed some salespeople, and they kept coming back to you with excuses as to why sales weren't coming in ... what would you do? You would fire some, not reward the failure... and most importantly, make sure that they were 100% focused on recognizing what they were doing wrong and fixing it.

When taking yourself through this process you have to be both salesperson, and boss all at the same time.

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That is actually very difficult to do. Most guys I see in field don't have an accountable mindset... they just think they are chilling and trying some stuff out.

“There is only do or do not, there is no try.” – Yoda

Humans tend to be really bad at being self accountable. That is why we tend to work better in structured environments - where we have bosses and coaches that are accountable themselves for our results.

When you want to get huge in the gym (I'm lifting again so those of you that will see me at the super conference will be in for a surprise – skinny Mehow is no more) - you get a trainer.

When you want to become a master seductionist, and do it quick... you get a coach, or you get ninja focused and do it alone.

Even though I spent a lot of solo time in field when first learning I felt accountable not only to myself but my wings and also Lovedrop (Mystery's personal ghostwriter) who would check in on me from time to time.

Bottom line:

Create accountability or don't even bother. Without accountability you will fail, almost as quickly as you decided to try.

The guys that got monster results in the MCI program all were very accountable to themselves, me, and Fuji. If they messed up anything they would immediately listen, and

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then make instantaneous adjustments. There was no B.S. - just an occasionally turbulent rise to the top.

Fuji and I don't really sugar coat things very well... we're here to get you results, we're responsible for your failure, so when you mess up - we don't F*** around. We're accountable and so are you.

Feedback

There's one problem though – when learning, and even after attaining mastery, you will methodically make mistakes and the wrong output will come out. For accountability to work, you have to have feedback on what you are doing in field. The genuine desire to take ownership and remedy a situation is useless without the knowledge of how to do it.

What's essential is that you receive proper feedback to tailor the teaching techniques you need to use.

Feedback is often the missing link holding many people back from success. Not only do you need excellent instruction from a diverse set of sources, but you need a customized way of knowing what to study—and when—in order to maximize your results.

In short, you need both feedback and a custom training curriculum.

This makes sense as individual sub-communication and natural infield ability can vary widely from person to person.

So let's examine the currently available feedback mechanisms for developing an individual curriculum:

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Feedback Mechanisms

-Women-

It'd be really great if you could have an honest conversation with the women you've met and ask, "How did I do?" and she would respond, "Well your conversational ratio in comfort should have been closer to 50%-50%, and I didn't like how you didn't lead when we went to look for my friends, and I wish you didn't get weird when I gave you that shit test about the shoes (and I really didn't like your shoes)... bottom line, you could have taken me home, but because you fucked up X,Y and Z - I only gave you my number."

This is just NOT going to happen.

Women generally only give you feedback in terms of non-specific Indicators of Disinterest (IODs) which can mean anything from "you did nothing wrong" to "you totally creeped her out."

For example, when she doesn't come back from the bathroom that could mean either:

- 1. You weirded her out somehow**
- 2. She was approached competently by someone else on the way back**
- 3. Her boyfriend showed up**
- 4. Or, any combination of these.... or other events!**

You can't tell from her actions what's really happening.

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Female feedback is only somewhat useful when you have a very specific and detailed context, and you have a strong understanding of women - and know how to read them well.

And even then, there are still variables you can't control or know about.

If you're new, it's tough to learn anything at all from female negative feedback. Thus, most men typically rely on positive feedback as indicators that they are doing something right. But trying to figure out what to do in terms of evolving your own personal curriculum is generally a guessing game without more help.

-Forums-

If you look at any given seduction forum, the posts usually read like this:

"I was sarging chick A, and at some point I did B, and she responded with IOD C... and then I lost her."

Clearly, not much more helpful.

Because female feedback is generally ineffective at helping us to break down our interactions, we often turn to others for help via forum posting. While this can be useful, it really depends on the quality of the forum and its members.

Here at Mehow.tv we strive to have most posts answered by instructors (in fact we have a moderator on payroll that is an instructor), but even then there are a number of other factors such as:

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- **The posters often don't tell the whole story because of ego or not being able to remember critical details.**
- **We can't see what's actually going on in the set with the women.**
- **We have no clue what the subcommunications of the poster are.**
- **Egos typically inflate posted results.**
- **Problems are frequently so vast that they can't be fixed with a post reply.**

-Wings-

The next step in the evolution of feedback is feedback from wingmen. This can be fairly effective but it often relies on the expertise of the wing and still contains a variety of other limitations:

- 1. Very few wings are experts, even those who claim to be.**
- 2. Many genuine experts are poor instructors.**
- 3. Most experts don't want to go out with beginners.**
- 4. Most of the time your wing can't hear what you're saying.**
- 5. The wing is usually out to pick up with you, not sit down and teach you. Thus, he's out to have fun and your instruction and feedback are limited. He's not accountable for your results.**
- 6. It's difficult for a wing to stand close enough to hear without affecting the set.**
- 7. If your wing is actively winging you, his ability to observe you is substantially limited.**

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-Live Training-

Live training is largely considered to be the current community state-of-the-art feedback system. In this type of training you have a professional instructor observe your sets and give live feedback.

In addition to instructors knowing exactly how to listen in on sets without “tainting” them, our staff also utilizes exclusive, remote audio technology to hear all of the details from afar, even in a loud dance club. The professional instructor can give you loads of live feedback and a report on what he observed.

But there are still limitations:

- 1. The instructor is typically coaching more than one student.**
- 2. Most instructors can't be close enough to the set without affecting it.**
- 3. In the club environment, it's difficult to observe all of the pertinent details as they go by second-by-second because there is so much going on.**
- 4. Immediate feedback is only immediately useful for simple corrections. Any corrections for non-trivial sticking points will have to be worked on over many nights. Additionally, much of the feedback a student receives on the spot will be forgotten.**
- 5. Boot camps are relatively expensive and frequently require time off, travel, and travel expenses.**
- 6. It's difficult to absorb all of the information typically available in a boot camp in one weekend (incidentally, this is why we offer multiple levels of boot camps, starting with the Get the Girl! LIVE Seminar™ and ending with the Get the Girl! LIVE Infield Intensive™).**

So then the question becomes... “WHAT DO YOU DO!?”

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You use absolutely all of the aforementioned methods to maximize feedback to correct and improve your game.

Without accurate feedback you won't progress fast enough and you'll run the risk of stagnating, getting discouraged, and quitting. In short, you'll never get what you wanted out of this; you'll get frustrated, stop being accountable and quit.

The Ultimate Feedback Solution

Ultimately, the best feedback is to have you videotaped in field.

After realizing how effective this feedback system was for our own development, we've been doing it for the last year in the MCI program. Video feedback is useful in its unique ability to let you see yourself in the 3rd person along with rewind, replay, and review abilities.

We've been through hundreds of hours of footage and can say that video feedback training is the freaking holy grail of feedback technology. It's even better than live because you can precisely analyze what's going on and even capture every little vocal nuance (most of the time, live coaches can't hear a word your saying). Short of that, we also recommend audio recording of your interactions as they allow you to dissect at least the verbal aspect of your game.

Chunking

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With the unprecedented success of Mehow Certified Instructor program which is totally and completely sold out every month we realized that we are solving a very key problem in the pickup industry:

We are solving the problem of “Chunking”:

Chunking is extremely applicable to pickup.

Chunking (n):

- 1. The careful selection of both quantity and quality of information, specially designed for each stage of development to facilitate maximum absorption and implementation ability in students.***
- 2. The optimal and correct sequence of information and skills to develop at each waypoint in one’s learning.***

To be good at this, you have to know the PU skill set intuitively. The only way to learn things intuitively is to take little bits of intellectual information and then solidify them with infield practice.

The ratio of book learning to infield practice time should be at least 50/50. More in-field is good as long as you spend at least 5 to 10 hours a week practicing, reading, and rehearsing.

For example, in the instructor program we give guys 5 to 10 hours of homework every week and then 8 to 12 hours of infield practice (2 to 3 nights out).

If you spend too much time studying and only go out once then your brain is filled with an overwhelming amount of information and you tend to go into approach anxiety lockup where too many thoughts paralyze you.

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Conversely, if you only go out in field and don't study then you end up making the same mistakes over and over and never developing.

By combing the studying and infield practice in an appropriate sequence and ratio every week you end up learning an intuitive part of the skill-set SOLID every week.

When I say SOLID I mean you absorb information in such a way that you can execute what we gave you to learn intuitively, with little or no conscious thought on your part.

When you "make solid" a portion of your skill set every week that frees your mind to learn new things.

Then the next week, you are ready to learn further elements. We repeat this process until you attain mastery.

This is the only way to attain mastery. There are no shortcuts. You have to appropriately "chunk" information into bite sized pieces that you can absorb intuitively every week until you are flying on autopilot.

Anybody that has gotten good at this art or any other art, followed this basic process. It's the process I followed when I started although I wasn't conscious of it.

Conclusion

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If you aren't Accountable, have Feedback, and Chunk ... you will end up in the river of actual results mediocrity that is the community.

For example, this poster on our own blog is a perfect example ... amongst thousands:

Bottom line, you can't see yourself sarge so you don't know what's going on.

Brad, I feel your pain.

And if I had the opportunity to make it possible to videotape you infield (feedback) after I promised to get you results (accountability) - then I could give you specific things to do (chunking) to get you where you really need to be. And then you wouldn't be an AFC

February 15th, 2009 at 7:23 pm - Brad Says:

I am real - no parody here. If you had been in the community like me (over three years now), been to a few major bootcamps, had consultations, spent untold sums on product, clothing, literature, personal training, sacrificing time away from career and interests and not getting any success beyond a make out here or there or an occasional number out of 1000's of approaches, then you would be upset too...

anymore.

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Literally, we have yet to fail on ANYONE that does what we tell them. We have a proven 100% success rate.

If you aren't getting results it's only because you aren't doing what you should be.

And if you're one of our students, being in that category means you are going to be accountable to us... just like we are to you.

Be Social,

A handwritten signature in black ink, appearing to read 'Mehow', with a long, sweeping horizontal line extending to the right.

-Mehow