

## Sean Messenger's UCP - Living On Your Edge – week 2

### Recap from last week

- %90 of our behaviour is habitual (at least).
- Edge – acting in a way that we know is possible, but uncomfortable, in the direction of our goal.
- Being strong is about being brave, not being fearless.
- Staying in your comfort zone (perfectionism, rationalization), leaping out of your comfort zone (burning out, constant frustrations).
- How then? Find your real edge and admit to it. Then consistently go past it.
- Bad learning habits – inconsistency, leaping, incongruent with our identity, the issue of success. We will talk about the solution to each of these today.
- Integrity - Having our words and actions match up. For most of us, there is a flaw in our integrity. It's like a muscle that needs to be practiced – and starting off SMALL. When our integrity is off it's us who suffer.
- Taking action is where it's at.

### Homework review

- Integrity and action homework. Write 2-4 things, write a promise. If you guys haven't completed it – please don't continue in this work's homework. Give yourself one or two more days, make your tasks small and manageable. Remember this isn't about fixing your life, long term goals or anything like that. It's about building integrity – basically doing what you promised, that's all. Anything more than that is leaping past your edge. You can learn a lot about your patterns from your success (or failure!) in this week's mission.
- Edge & comfort zone homework – notice things you're uncomfortable doing and writing them. At least in 4 areas, including confidence with women. What you CAN do, what is the next step.
- Seduction methods, coaches and blind spots.

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Let's move on to today's lesson!

## Shaping

- Bad learning habits – inconsistency, leaping, incongruent with our identity, the issue of success.
- The solution is a methodology that deals with all of them.
- Shaping - “Differential reinforcement of successive approximations”
- We reward increasingly with the accuracy of approximation – from very rough to our vision!
- We reward for going past our edge.
- Approximation map – from going out to getting cute girl’s phone number.

### Principles of shaping:

1. Consistent effort – to build a habit. The new habit – 21 days (Maltz) / 30 days (Pavlov).
2. Progressive approximations / baby steps. Plan of action.
3. Gradual identity change – never identity crisis. We are still us with a new experience or ability, and choice, the old behaviour is still possible.
4. Reinforce behaviour – clever unreactive goals, acceptance of efforts. This minimizes pain and maximizes pleasure.

## Success

- Define: an action that gets us closer to our goal and outside our comfort zone.
- Chain of successes on the way to the final success. The helix of success (coiled spring).
- Success in learning – locks in behaviours.
- Biggest two issues:
  1. Identifying success
  2. Rewarding success (making it feel like a success)

## Identifying success

- Example: Nick at the club, attempting to approach cuties and get 3 phone numbers, while he still has crippling AA.
- Problems in identifying:
  1. Reactivity
  2. Unreasonable standards and expectations
- Self esteem = results / expectations. Your happiness depends on your expectations, so you get to decide how happy you are!!
- Real success defined: (goals in progressive approximations):
  1. **Focus on inputs** – unreactive goals, for example – try to hold 5 hands, rather than pull a girl home
  2. **Small steps** – old lady in street
  3. **Gradual** – not all at once. You will succeed with time. Do you really believe in the process? Do everything to convince yourself of that.
  4. **Value giving** – being vulnerable, real and giving. Practicing negativity is weak and creates more weakness.

## Mistakes & failures

- Mistake: successfully attempting a behaviour without high precision (uncalibrated)
- A mistake is always a success when learning social skills. Proper debriefing allows us to use their negativity to learn.
- Failure: associating negativity with yourself, your actions or thoughts – due to high expectations usually.
- Failures associate this negativity to us. Make us feel like ‘losers’ and deplete our motivation. Dangerous, especially if you’re pessimistic or have low self esteem in this area.
- Failure created by having high expectations/standards or relying on reactions. Always.
- Turning failures into mistakes by accepting them (the thoughts that *happen to us* – *they are not us*). Take time before reacting as per usual. Accept your efforts (even verbally).
- Finish every day with accepting that day’s efforts.

## Homework

### Unreactivity, reasonable expectations:

1. Examine your biggest failures in a certain field (work, exercise, diet, social, confidence with women).  
Now consider that the disappointment didn’t come from the actual action you performed but from making expectations that were way beyond your ability (leaping beyond your edge), and making reactive goals (goals out of your control). How were your goals unreasonable? How were they reactive?
2. Looking back – is it possible that those efforts were exactly what you were capable of at that time? Accept your efforts up until this point, and realize that at those point you couldn’t have done better. You can use acceptance verbals / writing for that if you find it particularly hard.
3. Now that you see these as mistakes – what lessons have you learnt from them?

### Shaping

1. Create an approximation map of your next steps in the area you are trying to improve. For example:
  - Go out and make eye contact with an attractive girl
  - Go out and ask one attractive girl a question
  - Go out and give one attractive girl a compliment
  - Go out, give one compliment, and get her name
  - Go out, give a compliment, get her name, then tell her something about her / ask a question – until she either agrees with you and talks about herself or asks about you.
  - As above, only this time try to make the conversation last 2 minutes without any awkward pauses (hold eye contact)
  - As above – but ask for a phone number at the end

\*\* You can consult us at the forum for your approximation map. Just list your current situation (so what is completely in your comfort zone, and your goal) – and the coaches (myself, Sean, Shawn) will help you come up with one.

2. Commit to DOING this plan, at least 4 days a week in the next 21 / 30 days. Make a simple way to track it (tick or cross for the dates), and put it somewhere noticeable. Write down your promise to yourself – with a reward at the end of the challenge if you completed it well!

\*\* Important – you MUST have finished last week’s homework, i.e. worked on your integrity before attempting to make a promise to start a month of behavioural change. If you haven’t, please finish last week’s integrity homework, and start these a week late.

### Further information and reports

This week, the bonus reports include one about success, and another about the methodology of shaping.

If you’ve already signed up last week, you will get these to your e-mail, so no need to follow the link.

If you join this week, you also get last week (week 1) special 20-page bonus report on “living on your edge” (if you haven’t already). These reports really increase your understanding of this subtle subject matter!

Go to

<http://www.warmalpha.com/ucp>

and follow the instructions to receive them.

Cheers guys and good luck this week!

QBall