EXTREME VETTING

BOOK I

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THE $0 FIRST DATE STRATEGY
HOW A ONE-HOUR CALL CAN SAVE MONTHS OF HEADACHES



AVOID LOW-HANGING FRUIT

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The $0 First Date Strategy

How a One-Hour Call Can Save Months of Headaches

Modern women have created a strange expectation for men. You're supposed to message a woman briefly, plan a night out, spend money on drinks or dinner, and invest hours of your time, often with very little information about who she really is. The result is predictable. Men spend their evenings on awkward dates, drain their wallets on women they barely know, and sometimes discover halfway through dinner that the woman across the table is a complete idiot. Don't worry, fellas, there is a better way.

Before committing to an in-person date, schedule a video call. One hour. Maybe an hour and fifteen minutes at most. Think of it as a pre-date meeting, a chance to see who she is, hear how she thinks, and determine whether she's even worth meeting in person. The goal isn't romance. The goal is to gather information and reduce any anxiety before an in-person date. I've seen too many men treat dating like gambling. They put time, money, and emotional energy on the table and hope the outcome is good. I admit, I've been one of those guys a time or two. What I later learned was that successful men treat dating more like a business decision. Before investing resources, they gather data. A video call gives you that data.

Video calls are great for several reasons. First, they confirm she is who she claims to be. Anyone who has spent time on dating apps knows that photos can be outdated, filtered, or selectively chosen. Video eliminates most of that mystery instantly. You see her facial expressions, hear her voice, and get a real-time impression of her personality. Second, a video call reveals conversational compatibility. Chemistry is often obvious within the first fifteen minutes of talking face-to-face. If the conversation feels forced or awkward through a screen, it's unlikely to magically become smooth over dinner. Third, a video chat exposes her attitudes, values, and lifestyle choices that could make or break compatibility. During an hour of relaxed conversation from the comfort of home, people reveal a lot about themselves, often without realizing it. And most importantly, a video call protects your time and money. Preparing for a date takes effort. You arrange your schedule, get ready, travel to the location, and often spend two to three hours of your evening there. Add the cost of drinks, dinner, parking, or transportation, and the investment quickly adds up. Not to mention the new clothes, cologne, and all the other tools often deployed to attract the opposite sex. Now imagine learning during that date that she is an attention whore, has no real interest in a relationship, holds values completely incompatible with yours, expects lavish spending, or simply isn't someone you enjoy being around. That's time and money you'll never get back.

A one-hour video call prevents many of those situations before they happen. Think of the video call as a filter. Not every woman you meet online or in the wild needs to become an in-person date. In fact, most shouldn't. The goal isn't to eliminate women unfairly, it's to ensure that the ones you do meet are genuinely worth your attention by properly prescreening them. This is what a business does when they interview you, what a car dealership does when they run your credit before financing, and what banks do before you qualify for a home loan. So why should you not do this before an in-person date?

When you adopt this approach, something interesting happens. Instead of spending time chasing low-probability dates, you concentrate your time on women who show promise. I guarantee that your dating life will become more efficient and far less frustrating. If a woman refuses a simple video call, that alone tells you something valuable. A woman who is genuinely interested in meeting you should have no problem investing an hour in conversation. If she can't do that, she's unlikely to invest time in a real relationship either. Another benefit of video prescreening is the confidence it gives you before your first date. By the time you meet in person, you already know basic things about each other. The conversation starts deeper. The awkward small talk phase is shortened. The date becomes more relaxed and natural because the initial vetting has already happened.

This approach also gives you control over your time. Instead of spending three hours on a mediocre date, you can end a video call politely after forty-five minutes if the connection clearly isn't there. You've lost less than an hour instead of an entire evening. Time is the one resource no man gets back. Value it. Protect it. The call doesn't need to feel like a formal interview. Keep the tone relaxed and conversational. Laugh, tell stories, and allow the conversation to flow naturally, but ensure that before the call ends, you've asked all the questions that are important to you and your relationship goals. But remember the purpose, to gather information. You want to learn about her personality, values, lifestyle, and expectations. Some questions can be direct. Others can be woven into casual conversation, so don't be robotic and cold, be natural.

In closing, one of the biggest mindset changes men must make in modern dating is recognizing their own value. You matter. Your time matters. Your attention matters. Your resources matter. Dating should not feel like a series of expensive auditions where you constantly try to impress someone, like a dancing clown with a wallet, performing for a woman who may not even be compatible with you. The video prescreen flips that dynamic. Instead of blindly pursuing dates, you evaluate opportunities. Instead of hoping things work out, you conduct your recon, you gather information first, then form a plan of action. And when you do meet the woman in person, it's because she has already passed the first filter. This is called being intentional with your life.

Bonus Material #1
Date Night Schedule

I hope you enjoyed the chapter, and I know it will be of benefit for any man who takes it seriously. I also want to leave you with something that took me a while to learn, but I believe it will serve you well in valuing your time. You must learn to use the seven days of the week wisely. Meaning, when you meet a woman, do not give her certain days of the week until she proves to you that she deserves to have a date scheduled on days that are commonly perceived as the most valuable date nights of the week. See below:

Monday evening: Reserved for first dates (drinks/appetizers, something simple)

Tuesday evening: Reserved for first dates (drinks/appetizers, something simple)

Wednesday evening: Reserved for first dates (drinks/appetizers, something simple)

Thursday evening: Reserved for second dates only

Sunday afternoon: Reserved for second dates (brunch/minigolf, etc.) only

Friday/Saturday evening: Reserved for third dates (with women with potential)

Bonus Material #2
No Leftovers or Doggy Bags

Guys, I can't tell you how many women I've been cool with that have gone out on dates with other men, then after the dinner, the woman would pack up the leftovers and bring them by my apartment. I enjoyed the food and would listen to how the date went and think, "Have any women I've dated done this to me?" In the moment my ego was gratified that they would bring me the leftovers. I felt like the man. At the same time, I felt bad for the dude that spent his hard-earned money to feed this woman and yet, she's at my place giving the food to me. This taught me a valuable lesson that I hope my readers learn quickly and never forget.

Life can be cruel. We know this. Female nature is what it is. This is not permission to hate women or be misogynistic. It is strong encouragement to learn as much as you can about female nature and accept it for what it is. Of course, not all women will bring your leftovers to another dude after a date, but they all share the capacity to if you give them a chance. Which brings me to this lesson for you. After you and your date are seated at any restaurant, always make it clear before you even place the order that you don't allow women who you are not exclusive with to take home leftovers. Any food ordered must be finished before leaving or she must split the check with you.

Again, this only applies to women who you are not exclusive with. Even if you have an open relationship on your end and closed on her end (meaning you are allowed to have other women, but she cannot see other men). Once you two are exclusive, then it's OK to allow her to take home leftovers after a date because she is now your woman, exclusively. You work hard to earn a living, and your resources should never go to some other dude, even in the form of leftover dinner or dessert. Recently, I have been hearing stories of other men being the guy that a woman would bring food to after a date. Is this an epidemic or what?! Whatever it is, make sure that you are never the guy left in the dark. I mean, can you image being the sucker who takes a woman out to a nice dinner, and she has so little respect for you, that she would have the nerve to bring another man food that you paid for? That all ends today. You now have tools to mitigate this nice-guy brainwashing that most likely was programmed into you by a handful of beta males in your church or online teaching you the wrong way to be with women (i.e. "Happy wife-happy life"; "She's my better half"; "I must ask the boss"; "Women are sugar and spice and everything nice"). These ideas are reinforced by society, sitcoms with the dad as the idiot while the mom is the smart one, and romantic comedies.

If you ignore these teachings, don't be surprised to find out that the woman you took out on a date most likely dropped the food off at another dude's place while you're sitting at home dreaming of seeing her again. And let's be honest here, food was probably not the only thing she dropped off.

Bonus Material #3
Tell Someone Where You Are and Who You're With

Far too often, men go out on dates with women they don't know. They don't know what she's about, who she's affiliated with, if she has a pimp, or what her intentions are with you. It's so common to hear stories of bad things happening to females when they go out with a new guy, but we don't hear as much news about bad things happening to good guys when they go out on a date with a new woman. If you live in a major U.S. city, you

probably hear these stories more often, but for the most part, the rest of the country doesn't. I've lost count of the news stories I've heard about some guy who meets up with a woman or two women in the same night, has a few drinks, and goes back to his place or a hotel, then the guy wakes up with his phone, wallet, and expensive wristwatch missing. He thought it was his lucky night, but so did the women. There are also stories where the man and woman are back at the short-term vacation rental when masked men with weapons show up to rob him, and only after the detectives investigate the case is it revealed that the woman was in on it the whole time. Yes, she dropped a pin location from her phone notifying the robbers of their location and the most advantageous entry way into the residence, meaning the door she unlocked for them earlier. These tactics are not new. They have been in play for thousands of years across the globe and it can happen to any man. No one is exempt.

Our job as men is to do the best we can to be aware of these possibilities, conduct as much due diligence on the front end as humanly possible, trust our gut instinct, and not allow lust to cloud our best judgment. Take this very seriously as this should also be a part of your vetting strategy.

So how can you mitigate some of the risk? Remember the video chat strategy I discussed? Since she agreed to chat with you over video, that is the perfect time to take a screen shot of her face. With her image saved to your computer, that is all a guy would need to conduct a reverse image search to see if any police mugshots would come up on her. No guarantees, but it may be a good start during your vetting process. Who knows? Maybe you'll find a March 2021 mugshot after she was arrested on the Las Vegas strip for solicitation of prostitution, a June 2021 mugshot for solicitation of prostitution in Reno, Nevada, a September 2023 mugshot for a suspended license in Fresno, California, and a February 2024 mugshot for conspiracy to commit robbery in Los Angeles County. That guy she was working with could be her thug-ass boyfriend or pimp. You get the point.

Do your recon on these women. Vet early and have no shame in it. Most importantly, always let someone you trust know where you are going and who you are meeting with. Women are great at this. It's practically hardwired in them. Don't be afraid to share that photo of the woman with the person you trust. Again, women will usually do something like this. If she met you on a dating app, you can rest assured that a screenshot of your photo has been sent to her sister, cousin, or friend just in case she ends up missing. So, take a note from the woman's playbook and you do the same. Capture that photo and important details and always let someone know where you are going and with whom.

Also, this is not an endorsement, just letting you know that the PimEyes website I mentioned earlier exists and that you should do your own research and follow the laws in your jurisdiction (https://pimeyes.com/en).

A one-hour video call can save you a wasted evening. But there's a more awkward conversation that can save you far more, like your home, your savings, your business, everything you've spent a lifetime building. If the relationship progresses all the way to marriage, there's one document that puts everything else in this book into writing, clearly, legally, and in advance, instead of leaving it to be sorted out later by two lawyers and a judge. It's not the most romantic conversation you'll ever have. But it might be the most important one. (Always remember, this is not legal advice.)

Bonus Material #4
When She's With You, She's With You

Many of us have had the experience of being out on a date with a woman and some other guy tries to test the boundaries with her. They blatantly test in your face and behind your back. I've been out with highly attractive

women on many occasions and it never fails that some dude wants to either put on a show for her behind my back at a restaurant, or they try to be slick and do or say something in my presence to gain the woman's attention. I've learned over the years that this comes with the territory. If you want to date, marry, or be seen out with attractive women, or even average looking women for that matter, you must be prepared to deal with some version of this.

The funny part about this that I've noticed, is that the men who do these things would never pay any attention to you if you showed up to a venue alone. Many of them don't have the balls to approach her if she were alone anyway. They only put on performances like this because she's with you. They are especially bold when they are out in a group and it is just you and the woman out enjoying the evening. Men like this are cowards. In any case, you must be prepared for this before you even leave the house. Your mindset must be ready to swiftly put any man in check who gets out of line in these situations. This doesn't mean that you start out with action that would usually end with you in handcuffs. It does mean that you will not tolerate disrespect from them or the woman you are with.

The core of this bonus material is that before you arrive to any venue with your woman, you need to have a talk with her and establish clear boundaries. It is your responsibility as a man to make it abundantly clear to her that when she is with you, showing respect to you means that all eye contact and conversations with other men are off limits. Yes sir, I said. The woman you are with needs to know that you will not tolerate any form of flirtation with other men. You can't put a price on respect, so yours should be treated as gold. For example, let's assume you are talking to a woman who is a doctor. She's made it to date number three with you and it is Saturday night and the two of you are early for your dinner reservation. You decide to sit at the bar with her and have a drink. The guy sitting on her right side begins to choke on a bone, grips his throat in the universal sign for choking, then falls to the floor. His face turns blue and someone yells, "Is anyone here a doctor?!". She looks at you as if to nonverbally ask permission to assist the gentlemen. You look back at her with a blank face and she is quickly reminded that her role is to not interact with other men. You want her to be at the point where she will voluntarily break her Hippocratic oath just out of respect for you.

She is willing to let this man choke until someone else saves his ass because she has the highest respect for you. Yes, this is how serious you must be with a woman you are willing to take out on a date. You understand your role as a man. You are willing to risk your life to defend her if needed, so she should understand her role to have the highest regard for you and show you the respect you deserve. Keep in mind that the normies of the world will look down on this type of content but my content is designed to help you break free from normie behavior and paradigms. The normies will call you jealous, insecure, and controlling for adopting these principles. This is precisely why this book will go down in history as one of the greatest books a man could ever read and why society will hate that it was ever published. You are being educated and transformed into what they don't want you to become. They want you weak, silent, docile, and easy to control as if your women should be allowed to disrespect you in private and in public. That you accept it like characters on mainstream television sitcoms. Enough of that shit!

The other form of disrespect from men will come when you step away to use the bathroom. Men will approach your date and slip them a business card, attempt a brief conversation under the guise of some form of plausible deniability or another. They will try to exchange social media details. Your date must be verbally briefed on this in advance and in agreement with your rules on this subject. She should know her role is to completely ignore any man who approaches her. The men approaching her should get nothing but radio silence as she should be doing everything else but acknowledging his presence. Most normal guys will get the message and walk away. For the asshole that refuses to get the message, that's where you return to handle the situation the best way you

see fit. A woman who chooses to interact with these men is a woman who is a problem for you. Your job is to shut everything down and end the date. Send her home and you continue without her.