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Learn what women want, straight from the source

Signs She Is Into You Your Checklist To Success

Did you know that women are different than men?

Of course you did. It's something we all know but forget from time to time but need to be reminded of. This moment of forgetfulness can get us into nasty situations like wasting our time talking to a woman that is not interested.

In the future you must always remember that women do not communicate the same way that men do. Men are direct, to the point and have no secret meaning behind their words and actions. This is how they function in every aspect of their lives.

Men speak with their words.

Women on the other hand speak with their body. Women are testers, analyzers and observers, which can be misunderstood, by men, as manipulating or just plain crazy.

This type of communication can be very confusing for men.

I am going to break it down for you so that the next time you encounter, "female communication" you can understand every word her body is saying.

First, don't ever trust the WORDS a woman says.

Below is a real life example of a woman speaking with her body and a man misunderstanding.



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Real Life Example Of Misunderstanding Women:

This example involves a man who we will refer to as Jamie.

Jamie is at a bar or out socially

Jamie approaches a girl

Jamie talks with her for 10 minutes and she does not walk away but the whole time she is nodding, giving one-word answers and looking around the room. She has her arms crossed and her body facing away from him.

Jamie thinks they are having a great conversation and buys her a drink

Jamie asks for her number

She gives it to Jamie

Jamie walks away pumped up about your successful pick up

Jamie calls her two days later

No response

Call again

No response

Jamie thanks "what the hell I thought she was totally into me".

She most definitely was not. Jamie, has wasted his time, energy and \$\$\$\$



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Jamie's story happens to SO many men and as a woman I can understand why. Jamie was paying attention to her words not her body language. If he had been reading her body language he would have immediately known she was not into him and moved on.

Women do not communicate the same way as you. They speak with their bodies not their mouth.

To them words are simply words. The real truth comes from inside.

The conversation to pay attention to is the one they are speaking with their body.

A woman's body language can tell you exactly what she wants, who she wants and how she wants it done.

Why you ask? Why do women not say what they MEAN?

Often it's just to be nice. Do you really want her to look at you and say, "Oh my God you are so annoying so please just go away!"

This is why women will remain in conversations with men even when there is no interest.

They are simply being ladylike and polite, as they have been taught to be.

They will however give subtle signals with their bodies to show when they are not interested. These subtle signals can be indicators to you to walk away OR to try another tactic.

Right now you are probably scanning back through numerous approaches trying to remember if the woman's body was telling you to back off.

This information could have saved you lots of energy and wasted time.



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Here is a little insight into what women say about men when they are not around.

Complaint From Women: “Why don’t me just get it? I was giving him perfectly clear signals that I was not interested but he just wouldn't go away. I shut him up by giving him my phone number. Now, I'm going to have screen my calls for the next month. What an idiot.”

Next time you go out and interact with a woman, pay attention to how her body is talking to you.

Female Fact: If a woman is into you she will make it happen.

Go to the homepage of WGM’s website and watch The Help Me Eyes. <http://www.winggirlmethod.com>

When a woman is into you, really into you, it will not matter if her friends hair is on fire, she will not break away from conversation. If she does break away she will make sure that she will always be able to find you again.

As women we get that you are men and that sometimes it is difficult to tell if we are into you or if we are just being polite. To help you combat this we have created a checklist of Signs She’s Into You.



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CHECKLIST

- 1. Is She Making Eye Contact?** This is a tricky one because she MAY be shy. BUT if she refuses to make eye contact with you and is avoiding your eyes, SHE IS NOT INTERESTED.
- 2. Is Her Body Facing You?** If her body is facing away from you she is protecting herself, which is another way of saying NOT INTERESTED.
- 3. Are Her Arms Crossed?** Again, protecting her body. This stance says, "don't look at me and you will never touch this."
- 4. Is She Engaging You In Conversation?** Women will stay in conversation to be polite. To give you subtle signals they are not interested they will nod or give one-word answers. If you feel like the host of Jeopardy, firing questions with little response then SHE IS NOT INTERESTED. If she says the words "Fine", "That's Nice" or "Whatever" within a 5-minute conversation, just excuse yourself and walk away.
- 5. Is She Touching You?** This can be a tricky one. NOT INTERESTED = no touching. SEES YOU AS A FRIEND/NO THREAT = lots of touching and comfort. SLIGHT TOUCHING = Awesome! The laugh with the touch combo. If she laughs at something you say and reaches out and touches your shoulder or leg?
- 6. Is She Playing With Her Hair, Batting Eyes and Licking Lips?** When I flirt I accentuate my most feminine points. Hair, lips, legs, breasts. If a woman is into you, she will show you she is a woman. If not, she will cover up anything female.



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*Side-note to this: If you want to test her interest in you? Scratch the side of your nose while talking to her. If she mimics you and scratches her nose, she is interested. Plus, she is now self-conscious about her current looks and is more likely to lower her feminine guard about you.

7. **Is She Leaning In Towards You?** Come and get me!
8. **Did She Come Back From Bathroom With A Fresh Look?**
This means go for it!!!
9. **Is She Asking You Questions About YOU?** Why are you still single is a big one. My favorite answer to that? I refuse to settle for anything better than what is a great connection. So many people couple out of a fear of being alone.
10. **Is She Checking Your Out?** She looks over to you from the other side of the room from time to time.
11. **Is She Listening To You?** She repeats something you said to someone else, or defends something you said.
12. **Is She Getting Feisty?** If she says "Shut Up", the opposite is happening. You have turned her on. You just shattered her Woman Wall.
13. **Is She Over Her Ex?** If she tells you balls out what does not turn her on. IE: Past BF behavior. This is a slippery slope. She MAY be looking for a former BF look-alike to screw over better than he screwed her over. Hello angry revenge sex? Hello major drama, RUN AWAY.



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I have also included a blog that I have on The Wing Girl Method website titled **10 Signs She's Flirting**. This blog was based on an article that was written by Bob Strauss, for Match.com's Happen magazine.

It gives further insight into signs to look for that a woman is flirting with you and includes my commentary on Bob's article.

Enjoy!

ARTICLE

There are two types of guys in the world: those who think anything a woman does (scratching her nose, asking for the time, bending down to adjust her pumps) is an invitation to an immediate come-on, and those who can catch a casually tossed keycard in a crowded hotel bar and think to themselves, "Golly, she must have mistaken me for a bellboy. I'll just leave this with the bartender and he'll give it back to her when she's sober."

If you're the second type, read the list below immediately, lest that gal who's desperately been trying to engage your interest moves on to someone a bit less obtuse.

1. A smile. This is the simplest flirt there is, and the hardest to misinterpret. If a woman smiles at you from across the room, this means that she wants you to talk to her. Really. (Though once this happened to me, and as I approached the lady in question she said, "Oh, I'm sorry! I thought you were someone else.")

Marni: Reinforcing my belief that everything is a signal, don't wait for a smile. You like her, your approach her and then you decide. If you have a situation where the woman says, "whoops thought you were someone else" let her know it was okay for her to make that mistake but you are still sticking around cause



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You want to know more about her “whoops, I think you’re hot and could have a good personality that I may like. Let’s see if you do”.

2. The hair twirl. Just about every person I interviewed mentioned that the girly, unselfconscious habit of playing with her hair means that a woman is open to your advances. So if you say hello and she’s wrapping her locks around her finger, well, all signals say: Keep chatting.

Marni: This is something that I do when I am into a guy and want him to be attracted to me. I twirl my hair, touch my lips and bat my eyes. All very feminine things that, as women, we feel will make a man turned on and more attracted to us.

3. An unbuttoned button. Watch for a blouse that isn’t as closed up as it might usually be, says image consultant Dianne M. Daniels. “No, she won’t be stripping off her clothes in front of you, but if she doesn’t immediately re-wrap that scarf so you don’t see her cleavage, it could be a sign that she’s interested.”

Marni: This may or may not be a sign. It’s a sign when she returns from the bathroom with new lip gloss applied, her hair tossed and a one less button done up.

4. A cry for help. “If a woman asks you for assistance in any way, such as, ‘Excuse me, could you help me figure out the tip on this bar tab? I’ve never had to pay one before,’ she’s flirting with you by indulging your psychological need to feel like a hero,” says Py Kim Conant, author of *Sex Secrets of an American Geisha*.



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Marni: I have definitely done this one many times. Asked for help when it was not needed just to catch someone's attention. "Can you help me lift this heavy chair for me?" I do Yoga and weight training and could totally lift it myself but why do it yourself when there is a cute guy that could do it for you.

5. A well-placed double entendre. Says Debbie Mandel, author of *Turn on Your Love Light*, "When a woman is flirting, she'll invest the conversation with subtle double meanings, and most everything she says will have an erotic undercurrent, even unremarkable phrases like 'I really like your tie.'"

Marni: I don't know about double entendres but for me, if I make a statement like this one I am FLIRTING. Unless I say it point blank, or over the top. This is an important to note. Women who are overly comfortable with you are NOT usually into you.

6. Happy feet. "Consciously, a woman may play hard to get by twisting her upper body away, but her feet show where her interest really is," says TV personality Dr. Diana Kirschner. "A clueless guy should ask her some friendly questions, then watch carefully to see if she starts opening up nonverbally by pointing her toes in your direction." (Note for beginners: Be subtle about glancing under the table.)

Marni: Sometimes very true.

7. Fidgeting. This one cuts both ways, but the experts concur: If a gal constantly tosses her hair, twists her pinky ring, or snaps her hair band, this counts as flirtatious behavior if and only if (and these are big "ifs" and "onlys") she maintains uninterrupted eye contact. If she keeps glancing away, she may very well be repulsed by you and wants to get away as soon as possible.



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Marni: Very true. As I said above about double entendres, when I am attracted to someone I stumble over my words and fidget. Not at my peak of confidence so I get nervous.

8. Proximity. “If a woman stays inside a ‘safe distance’, then she’s probably interested in you, especially if she’s not the touchy-feely type,” Daniels says (of course, this advice doesn’t necessarily apply if you’re talking in a crowded, noisy club). “Also, watch for any lingering touches where she doesn’t immediately remove her hand.”

Marni: True. Women who do not want to be around you will physically back away from you. If she is into you she will lightly touch you in some way.

9. Lively banter. For many women, flirting is a non-button-popping, non toe-pointing no-brainer: They merely listen to what you have to say, and interject meaningful, encouraging comments. If she’s not interested, she’ll yawn during your yarn about parachuting behind enemy lines during Gulf War I. If she is interested, she’ll expostulate endlessly about how fascinating the shoe business can be.

Marni: I have done this myself when I am attracted to a guy. I will be fascinated by anything that comes out of his. As I said in the intro to this blog is if a woman is NOT interested she will give you one-word answers and nod. If you have a woman engaged but you can tell she is slightly nervous, she is into you.

10. Lack of inhibition. I’m as cloddish as the next guy, but I still fondly remember the time I met a gal at a cocktail party and, within five minutes, we were talking about how old we were when we lost our virginity. (Alas, she already had a boyfriend, but I still cling desperately to the belief that it was a genuine flirt maneuver...)

Marni: This is a sticky one because most women who are that comfortable with you right off the bat are usually not attracted to you. Therefore they may freely reveal lots of private information with little remorse because there is no attraction. However it



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depends on the conversation. In this case I would need to hear more about what information was actually exchanged to give a good assessment as to whether she was interested.

Over all, I think these are great tools for you to use to catch female signals.

If you have any questions about these signals or need further explanation please write to me at vip@winggirlmethod.com.

Mami