HOW TO GET HER NUMBER AND TEXT HER

By Jim Wolfe

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The first thing I want you to remember is that getting her number and texting her is no big deal to you from now on.

It’s essentially meaningless and ultimately just a means to getting her to meet up with you again in person.

Women will generally give you their number even if they aren’t interested in you.

Again, it’s no big deal.

So many guys make getting numbers a goal, and we don’t think that way here on Team Impact. It simply cannot be stressed enough that getting her number and texting her is only a MEANS to an end, not an end goal on its own.

Now listen, if you’re scared to ask a woman for her number, I get it. Asking for her number is one of many potential rejection points that we face as men. If you need to practice getting numbers to get your confidence going and see some tangible results, by all means go for it. I would never discourage you from going after whatever goals will move you forward.

Getting a woman’s number IS a big deal for a lot of guys and I’m not putting you down at all if that’s where you are at the moment.

It’s always better to get a number than not to ask for it.

I’m simply saying that we should detach some of the meaning from getting numbers that we might be holding onto.

Imagine this: you’re planning an exclusive party on your gorgeous private island and only the most awesome people in the world will be there.

Everything’s paid for.

Everyone wants to go.

Then you meet a girl and decide that she might be awesome enough for you to invite to the exclusive party.

How difficult would it be for you to ask for her number then?

That’s the vibe you want to have.
If you have trouble asking for her number and texting her, chances are you don’t believe you have tons of value to offer her.

If you truly believe in your value, it will be easy to get her number because you’re offering something incredibly valuable to her instead of trying to “get” something from her. If she doesn’t give you her number, or she doesn’t text you back later, your awesome party will go on without her.

Always approach getting her number and texting her with this attitude and you’ll do well.

That being said, there are some things you can do to make getting her number and texting her easier and more effective:

**How to Get Her Number**

How would you get your friend’s number?

That’s the vibe you want to have and the way you want to do it.

It’s no big deal. You get people’s numbers all the time.

You assume she wants you to have her number because you’re an awesome guy.

Who wouldn’t want you to contact them?

Now, when you first meet her, don’t ask for her number right away unless you’re in a situation where you only have a few seconds with her. Getting her number in that scenario is unlikely to go anywhere, but it’s always better to get her number than not.

Make sure you banter and have fun with her when you first start talking with her. Tease her a little bit. Be playful and challenging.

Qualify her and challenge her.

Then, make sure you connect with her and build a little rapport.

Talk with her for a few minutes.

Then, get her number sometime during the conversation.
It should feel like natural part of your interaction. Think of getting her number as you telling her, “Hey, you’re starting to impress me a little bit. You’ve passed step one, so now you’ve earned the next step. What’s your number?” when you ask for it.

Don’t wait until the very end of your conversation either, but if it gets to that point and you have to go for it then, always pull the trigger anyway.

**Here are 2 good ways you can get her number easily, even if you’re a bit nervous:**

1. Casually hand her your phone with the "add contact” screen already open.

When I do this, I rarely say anything because it’s obvious to most women that she should enter her contact information, but if you want you can say something simple like, “Hey, put your number in my phone so I can text you about that thing later” or “Throw your number in here real quick.”

Once you hand her your phone, turn your head and body away from her a little bit to release the tension. Don’t stand or sit there and stare at her while she puts her number in your phone.

Focus on something else until she hands it back to you.

It's no big deal; you do this all the time...

**BONUS:** If you gave her a silly nickname in your conversation, put that nickname in your phone as her name before you hand her your phone. That makes the process of getting her number a bit more fun and casual.

There’s never any need to make it more complicated than that.

2. Give her YOUR number.

I prefer giving her my number instead of getting hers if I can swing it.

Why?

First, most girls will be comfortable taking your number because she knows you won’t be able to contact her unless she wants you to. If she’s not interested, she doesn’t have to worry about you texting her.

It takes all the pressure off of her.
Second, she’ll generally only text you if she’s interested. That means you don’t waste time texting someone who isn’t interested.

Her texting you first is a very strong indicator of interest and you can proceed as if she’s interested with more real confidence.

Third, it sets up the frame that she’s chasing you from the very first interaction.

Your job is to encourage her to chase you from the beginning and never stop.

Remember that YOU are the prize.

Letting her text you first sets up this dynamic beautifully.

Trust me, if she’s interested in you, she WILL text you so that you have her number also. It’s your job to lead it from there.

To give her your number, you can just casually say something like, “Hey take my number so I can tell you about that event next week” or “Put my number in your phone real quick so you can text me later” or “Hey, I have to go soon. Throw my number in your phone real quick.”

Or you can say, “Hey, open up the contacts screen on your phone and hand it to me for a second. An awesome guy wants you to have his number.”

Keep it casual and playful.

It’s okay if she doesn’t take your number right then. Just continue the conversation and leave after a couple minutes. Or, if you still think she’s interested but wasn’t ready for the number exchange yet, ask for her number after you build a little more of a connection with her, tease her, and have fun with her a little bit more.

After you get her number or give her yours, it’s best if you can continue the conversation for a minute or two instead of leaving right away.

Make it feel natural and comfortable. Like exchanging numbers was just a trivial part of a good connection.

Then, try to be the one to end the interaction and end it on a high note if you can.
For example, you’ve just gotten her number.

You talk about some fun things you have planned with your friends over the next few days.

Then you tease her a bit and get her laughing.

When she’s laughing and hitting your arm, you just say something like, “Hey, it was great meeting you. I gotta get back to my friends.”

Simple.

None of this has to be complicated.

Just connect with her using all of the conversational skills you learned in the Attract and Keep Her system and get her number or give her yours so you can ask her to meet up again at some point in the future.

No big deal.

BONUS: Lots of guys ask, “How do I prevent flakes?”

You can have a good time with a girl when you first meet her, get her number, ask her to hang out, get her to say “yes” to meeting up with you a few days later, and then have her cancel.

This is actually a common scenario. Don’t take it personally.

The answer is that you probably didn’t built up enough rapport with her (she hasn’t invested in you enough emotionally).

Don’t just stay in the attraction/banter/playful teasing phase during your first interaction with her and then ask for her number.

It’s important to establish this playful vibe and spark a little tension so you don’t get slotted into the dreaded friend zone. But after you’ve demonstrated your ability to be playful and challenging, connect with her on a deeper level a little bit before you get her number and get out of there.

Get her to share something semi-personal with you, especially something that makes her feel happy and excited (see the other conversational bonuses).

If she doesn’t invest in you emotionally and feel connected to you in addition to thinking you’re fun and challenging, it is much less likely that she’ll meet up with you again.
Another common scenario is that she’s simply not interested in you but she had fun with you and
gave you her number and agreed to meet up with you anyway.

Luckily, your response to her canceling a meetup is always to simply move on no matter the
cause. Let her re-engage you later if she wants.

Remember, it’s her job to chase you, not the other way around.

If she suggests a SPECIFIC other date and time or asks to move your meetup 30 minutes due to a
doctor appointment, that’s different. In that case, proceed normally and assume she’s interested.

**How to Text Her**

There are whole programs about how to text women and I definitely recommend learning
everything you can.

However, I have to tell you that the guys who are most successful with women worry very little
about texting.

The first thing to always keep in mind is that **the only purpose of texting is to set up the next meetup.** &lt;==Read this sentence several times before you move on.

Relationships are built in person so we want to keep texting and contact between meetups to a
minimum.

**The space between your meetups with her is the fertile soil where her interest in you grows.**

Don’t crowd it with weeds.

You can banter *a little bit* when you text her.

If you know what you’re doing, you can inject tension-building comments into your texts and
turn up the heat.

However, I don’t recommend trying to build rapport when you’re texting her.

The problem with texting is that things can easily be misunderstood and neither of you gets the
benefit of seeing the other person’s body language and other context clues.

Don’t try to get to know each other over text. You want to get to know her in person.

Again, keep your texts to a minimum.
If she texts you, don’t be rude and ignore it. You can go back and forth with her a little bit.  

Just text her a little bit less than she texts you, try to exit the conversation first by letting her text be the last one whenever you can, and make sure you eventually ask her to meet up using specific details.  

Feel free to wait a while before you text her back.  

Be a cool guy but not always available.  

It’s hard to be a mystery or a challenge to her if you’re sitting there texting her all day.  

Can you imagine George Clooney or Brad Pitt sitting around texting one woman all day when they were single?  

Again, texting is a limited communication channel and should only be used to secure additional meetups.  

Less is more.  

**The Golden Texting Questions**  

Ask yourself the following questions before you send her a text message:  

1. If you really are an awesome guy who is busy making a positive impact and creating massive value for the world, who genuinely enjoys his life with or without her, who has lots of good options on her level, and who likes her but isn’t completely sold on her yet, how would you text her?  

2. If you really are the prize she’s trying to earn, how would you text her?  

3. If you really value your time and value getting to know people in person, how would you text her?  

4. If you assume she’s interested in you, how would you text her?  

Answer those questions and then text her based on your answers.  

Or, better yet, BE that guy and then your texting will improve naturally. Ultimately, we want everything in the *Attract and Keep Her* system to become natural for you and flow from your normal personality even though some of the principles might feel strange when you’re first practicing them.
That being said, let’s go over some practical tips that will improve your texting and your chances of her meeting up with you again.

**Powerful Texting**

***Any women involved in the texting examples in this section are awesome. Also, if you’re making some of the mistakes shown in the examples, be kind to yourself as your awareness grows. It’s okay if your texting hasn’t been very good until now. Nobody knows this stuff unless they learn it. Simply adjust your behavior going forward.***

These tips will make your texting much better:

When you first get her number, text her something VERY simple like, “Nice meeting you tonight (Name/Funny Nickname), (Your Name)” or even just your name.

Then she’ll have your name and number to enter into her contacts.

If you gave your number to her, you’ll obviously have to wait for her to text you first before you respond. Again, that’s great because if she texts you first, it’s a VERY strong indicator of interest.

Of course, she will still expect you to take it from there and set up the next meetup in most cases. And you should be prepared to move it forward.

Her texting you first is essentially a “green light” for you to set up a meetup.

When you ask her to meet up, NEVER text her something like, “What are you up to this weekend?” or “What do you want to do?”

Avoid sending messages like this in your life in general:

![Text Message Example](image.png)

But especially when it comes to women…Don’t make her help you figure out the details. That’s your job as the logistical coordinator. If she has a better date/time/idea, she’ll let you know.

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When you ask her to meet up, decide what YOU want to do and when and then invite her along.

**Pick an exact date, time, and activity and then ask her if she can make it. Be SPECIFIC.**

It’s even stronger if you imply that you’ll be doing it and enjoying yourself whether she joins you or not.

Here are some good examples of how to ask her to meet up:

“Hey, I’m headed to Wine Bar for a drink Thursday night at 7. Join me.”

“Meet me for a quick coffee at Awesome Local Coffee Shop on Tuesday at 8:30 pm.”

“Everyone says they love hiking but nobody does it. Let’s meet up at X Park and go for a short hike on Sunday at 3 pm.”

“How bout I pick you up for some ice cream and shenanigans Wednesday at 8 pm?”

Risk her not liking your idea. If she likes you and she doesn’t want to do what you have planned, she’ll suggest something else or ask you to come up with another plan.

If her idea is better, go with it, but always come up with exactly what you’re inviting her to do and text her your specific idea.

If she likes you but can’t make the specific time/date you ask for, she’ll suggest another time and date that work for her.

Go with it if she’s specific about it.

If she texts you back something general like, “Sounds cool but I’m busy. Maybe some other time,” she’s probably not interested. In that case you should move on.

If she doesn’t respond at all, don’t text her again.

She will re-engage you later if she’s actually interested.

Remember, we’re not trying to "get" her, trying to "get lucky" or convince her to like us.

We’re seeing if she's interested and a good fit for us and if she deserves more of our time and attention.
After you had an awesome time the first night you met her and after each time you hang out with her, you can text her something VERY short and simple within a couple of hours afterward like:

“I had a great time with you today (Funny Nickname). ☺️”

OR

“Awesome hike today Princess (Funny Princess Name).”

Etc.

If she texts you back, don’t respond unless it’s a text that absolutely requires a response.

Send your short simple text and then immediately go do something else. Don’t start a long conversation over text after you meet up with her. Also, it’s fine if she doesn’t respond to this one. Proceed normally.

Wait a few days and then send your next text that leads to you asking her to meetup again.

There are no "rules" and you can text her whenever you want…

However, remember from Attract and Keep Her that I recommend you wait 4-8 days after you meet her and after each amazing, fun date you take her on to ask her to meet up again, with very little communication in-between.

She won’t forget about you if she’s interested in you and she has invested emotionally in you. Also, her interest in you goes up every second you wait to contact her up to a certain point (9-10 days or so…after that you’re pretty much communicating that she’s not on your radar as a serious contender for your attention).

This time between meetups is actually where you earn or lose the most points (even more than when you’re actually with her).

It’s the time when she builds her impression of you in her mind. She will have a more favorable impression of you if you aren’t desperate and needy.

The only way she’ll think that you’re desperate and needy is if you contact her too much or too often, if you’re too available when she contacts you, or you aren’t specific and confident about what you want to do with her and how awesome you are.

So don’t mess it up with a silly text!
If she's not interested, it won't matter anyway that you waited a while to contact her and ask her out again.

If she's somewhat interested but has a bad attitude, this will weed her out (undesirable women and attention-seekers can’t handle it).

And remember, SHE can contact YOU if she wants.

What's stopping her from texting you and asking you out the day after your date?

If she gets mad, why didn't she just text you instead...?

Remember that attraction is similar to frustration in the beginning.

Don’t be like every other guy she gets rid of.

We want her to chase you. Give her the opportunity.

Don’t kill her attraction by texting her too soon or too often.

Let her be the one who worries about and thinks about everything. Let her wonder if you’re going to contact her again or ask her out again.

Be a little bit of a mystery in the beginning.

If she texts you first (great!! this is what we want…), wait a little bit before you text back.

Avoid texting her or asking her to hang out on weekends, holidays, and other special occasions until she asks you to be her boyfriend.

Why? Because she’s busy anyway and we don’t want her subconscious mind to get into the habit of ignoring you. We want her to consistently be able to respond to you and say yes to you.

Plus, if you have other options on her level (pre-selection) and you’re an awesome guy, you should have plans on the weekends and during holidays anyway.

Here’s another great texting tip: **let her be the last one to text you if you can.**

Don’t worry too much about it, but it's better if the last text is from her.

Resist the urge to add "good night" or "talk to ya later!" or “You too!” etc. at the end of a text conversation.
You can say it first, but if she says it let it go and just pick up your conversation later.

Here’s an example of letting her text be the last one (her texts are in grey; his are in blue):

This example shows 2 separate text conversations. Notice how the guy let her text be the last one in the first conversation (the first text in the example).

Then, after he randomly ran into her a few days later, she texted him again.

So, she texted him last in the first conversation and texted him first in the second conversation.

Then, his response (in blue) to her text was short but still positive and communicated everything that needed to be said.

You don’t have to worry about it too much, but in general, her texts should be longer and more frequent than yours, just like she should be doing most of the talking in person.

For reference, look at the number and volume of her texts vs. his texts in these two separate examples to get a good feel for what effective texting looks like (her texting him is in grey, his texts are in green):
Also, notice the playful, challenging vibe and how these texts assume that she’s interested.

Now, here are some examples of what attractive women usually see from other guys when they text them so you know what to avoid (her texts are in green, his are in grey):
What’s wrong with this example? LOTS of things:

1. His first response is too long compared to her simple after-date text.

Her text is a good example of the kind of text you can send her after a date. Women are sometimes much better at this stuff…

2. He asks, “When’s the 2nd date?”

Noooo. Don’t do that.

Do not mention another date until you simply ask her to meet up again. Don’t say you’re going to ask her out again.

And definitely don’t ask her to take the lead.

YOU decide when you want to see her again and what you want to do and then ask her to meet up again on a SPECIFIC date and time.

Wait a few days before you ask her to meet up again.

3. He sent her 5 texts to her 1.

We want her texting you a little more than you’re texting her in general.

4. He apologizes too much.

If you make a mistake like the one in this example, just say “I meant dimples. Silly autocorrect haha.” Of course, all of his texts in this case are unnecessary, so you wouldn’t have to worry about it.

Do you see how you can tell how interested he is and that he’s worried about messing it up with her just by this simple text exchange?

Women see this kind of texting all the time, especially if they’re good-looking. Don’t be like this guy.
Here’s another one:

In this example, the guy CONTINUES to text her even though she doesn’t respond at all.

**When you text a woman, if she doesn’t respond, don’t text her again. Move on.**

Interested women will text you and will be glad to get a text from you. It shouldn’t feel too difficult to get a response from her.

You can text her ONE more time a few days later in the off chance that something strange happened or she was busy or distracted when you texted her, but rarely will an interested woman not get your text and text you back within a day or two at most.

How would you feel if someone kept contacting you over and over when you haven’t responded to them?

Again, she sees texting like these two examples all the time. Don’t be that guy.

And NEVER start texting her things like “Good Morning Beautiful” every morning even when you’re in a relationship or you’re married.

Yes, some guys do that even before they’re actually dating a woman. Not you.
We don’t express our interest in her via text except by implying it when we ask her to meet up with us.

We don't want her thinking you’re waiting by your phone for her to text you, that you need her to text you back to feel good, or that she is your only or best option.

I’ve said it several times already, but it’s so important I’ll say it one last time: texting is ONLY for coordinating your next meetup with her.

Exercise self-control especially when you’re incredibly attracted to her.

Your attitude should be that you like her but you’re not completely sold on her yet.

Don’t think too hard about what to text her or making your texts perfect. Texting is just a tool that makes it easier for you see her again if you use it correctly.

The magic happens when you’re with her and in the silence between the times you’re with her. Not over text.

Whenever you text her, send the text and then forget about it. Start doing something else immediately. Don’t wait for her response. Come back to it later.

Don’t double text her.

Wait for a bit before you text her back.

Take your time.

Any time you’re in a situation where you’re not sure if you should go faster or slower, ALWAYS go slower when it comes to women.

Defeat “Mr. Sabotage” in your head telling you, “Text her! Text her! Text her! Text her now! Do it!”

Most guys lose to Mr. Sabotage in the first round after one easy punch. Some stronger men lose to him after a few rounds.

He’s your main competition, not other guys.

The more you beat Mr. Sabotage, the more she will like you if she’s interested in you in the first place.
I encourage you to knock him out.

I know you can do it.

Patience is bitter but its fruit is sweet.

Do you want her to end up with you, an amazing guy, or some scrub?

Think about it.

**Whenever you get stuck and you’re not sure what to do when it comes to texting, review the golden texting questions.**

Again, there are lots of nuances you can learn about texting women, so continue to learn about it from every source you can. The material in this bonus will get you off to an excellent start and set you miles apart from your competition.

Now go put it into action.