

# The Experiential Bonus Workbook

## THE *Offline Dating* METHOD

HOW TO ATTRACT  
**A GREAT GUY**  
IN THE  
*Real World*

CAMILLE VIRGINIA

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Welcome to the Experiential Workbook for...  
***The Offline Dating Method***



This workbook contains all the Action Item exercises from the book, as well as 50% BONUS Action Items not found in the book.

That means you'll be getting even deeper insights and profound transformations – which will give you better results with attracting a great guy in the real world!

Take your time to fill out the answers as you read the book. Remember you do **not** need to apply all the tips or even answer do all Action Items to start seeing great results.

Just fill out the ones that sound fun or interesting to you – that's the sign that exercise is meant just for you to help on the path to your future partner.

Next, I recommend printing the workbook out and writing out your answers (#realword).

**I'm honored to support you on this amazing journey!**

xo  
Camille

PS – If you haven't bought the book yet, it will make a lot more sense if you have it as you go through the exercises. Click any of the logos below to grab it now!



## CHAPTER I



# Magnetic Approachability

*Master the art of approachability  
to attract a great man - without saying a word*

**Describe how you feel when you're surrounded by strangers.**

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**What's your first reaction when a stranger approaches you?**

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**Think back to last time stranger was looking at you or came up to you...**

- What happened, what were you doing and how were you feeling in that moment

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- What might you have been doing to encourage it?

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- How can you do that more often when you're out and about?

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**What's your biggest fear around someone approaching you?**

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**Where did it come from - and when did it start?**

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**Describe why it's important for you to start meeting and interacting with people in real life.**

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**Write down 3 ways you may be blocking people from approaching you right now.**

1. 

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2. 

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3. 

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**How can you release those and encourage more people to approach?**

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**Describe 3 life-changing possibilities that could happen from meeting a stranger in real life.**

1. 

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2. 

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3. 

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**Choose your go-to way to snap into presence:**

- #1 Meditation apps
- #2 Have one go-to place to capture thoughts (To Do list, project ideas, reminders, etc.)
- #3 Focus attention on your breath
- #4 Relish anything sensory
- #5 People watch
- #6 Acknowledge others
- #7 Paint a mental picture

**What's one place you're comfortable going alone?**

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**What's one place you're not quite comfortable going alone yet – but you can show up 20 minutes early to and get comfortable being alone?**

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**Write down an intention about your social goal for the day, so you can hold it in your mind throughout your day and watch for opportunities to create that encounter.**

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**Describe three positive outcomes that might happen if your intention becomes a reality.**

1. 

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2. 

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3. 

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**What's one outfit or piece of clothing that makes you feel like a million bucks?**

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**Do you wear it only on special occasions? Why or why not?**

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**Name one place you've never worn it but would secretly love to – then wear it there!**

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**Which wear-able item best represents your personality?**

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**What piece of clothing, accessory, or personal feature do you get most complimented on?**

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**Why do you think it gets that attention?**

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**How can you add more compliment-worthy aspects like that to your everyday look?**

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**Choose one of the seven ways to project approachability:**

- #1 Headphones out
- #2 Body language
- #3 Eye contact – choose one way to start getting more comfortable with it...
  - Look at space between other person's eyebrows
  - Staring contest with people in magazines / on billboards
  - Note eye color of people you talk to (makes you look a little deeper)
  - Look around for "someone" or "address" to catch someone's eye
  - Push your limit = maintain slightly longer than comfortable
  - Google celebrity crush
- #4 Smiling – choose one way to start consciously smiling (or at least not frowning) more...
  - Try "The Secret Smile"
  - OR just breathe through mouth
- #5 Squinching (Google Peter Hurley's how-to video on this)
- #6 Be purposefully playful
- #7 Let him do it

**What's a positive outcome that might come from applying that technique?**

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## CHAPTER II



# Effortless Engagement

*Discover how to talk to any man with zero risk of rejection  
(even if you're shy)*

**Do you adopt a different persona or voice or feeling depending on the person you're talking to?**

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**If so, give an example of what that switch looks like.**

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**When did you start adopting that persona?**

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**Why do you think you make that switch?**

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**Describe how it makes you feel to continually do that.**

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**What's one way you can treat a stranger the same way you would treat a close friend?**

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**Other than people you're already close to, how does talking to people in general make you feel?**

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**How would you like conversations to feel?**

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**How can you help conversations feel more that way?**

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**Was there ever a time when a random man casually said something to you or tried to engage you?**

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**Looking back, might he have been trying to engage you outside of just that immediate topic?**

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**How did you respond?**

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**Did the interaction go the way you wanted it to?**

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**If not, what's something you can say or a topic you can introduce next time it happens?**

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**Who's someone you know or a fictional character you like whose conversation style you admire?**

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**What about them do you admire exactly?**

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**How can you make the aspects you like about their style authentic to yours?**

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**What's your general response when you receive a compliment?**

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**Why do you think you react that way?**

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**If you struggle with accepting compliments, choose a go-to compliment acceptance approach:**

- Describe the action or topic he complimented you on
  - *Thanks for holding the door for me*
  - *Well aren't you a gentleman?*
- Or tell a little story about it (guides convo better)
  - Him: *"Your necklace is beautiful."*
  - You: *"Thanks, I love vintage jewelry. What caught your eye with it?"*
- Have a go-to question to ask back after accepting compliment

**Write down three of your friends – then ask what they feel is of your best qualities, and practice accepting the compliment by receiving it fully and simply saying "Thank you."**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What's the #1 barrier preventing you from talking to strangers?**

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**What's your underlying fear behind it?**

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**Where might it have come from – and when?**

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**How can you use the fear-breakthrough techniques in the book to prove it wrong?**

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**What's the worst that might happen if you talk to a stranger?**

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**What are the actual chances that worst thing will ever happen?**

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**What advice would you give to a friend who wanted to overcome that same fear?**

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**Choose your preferred way of 11 different ways to break the ice**

- #1 Pull a RAOK
- #2 Drop a Compliment
- #3 Change it Up
- #4 Casually Cut-In
- #5 Sprinkle Some Value
- #6 Share a Short Quip
- #7 Spread the News
- #8 Try a "Hi"
- #9 Ask a Question
- #10 Put in a Request
- #11 Make Someone Smile

**Why did you choose that (e.g. made it the most comfortable for you)?**

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**Write down three different people you feel close to and the #1 thing you like about each of them:**

1. 

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2. 

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3. 

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**Next, go tell them that compliment - it's great practice and can bring you even closer!**

**Choose your go-to transition off icebreaker**

- *"How's your day going?"*
- *"Where are you headed?"*
- *"Good event so far?"*
- Or create one of your own (it doesn't have to be exactly four words, just keep it short and casual)

**Give one reason why you genuinely care or are curious about that question.**

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**Choose your go-to way to end a conversation**

- If you can bolt quickly (e.g. no tab to pay off):
  - *"Well it was nice chatting with you, gotta run!"*
  - *"Have a good day!"*
- If you can't distance yourself (he's next to you on a plane, you're carpooling in a rideshare):
  - *"I've had a bad day and I need to be alone right now."*
  - *"I've got a headache, so I'm going to listen to some music."*
- If he is clearly interested in you, but you know 100% you will never return said interest:
  - *"My boyfriend loves that [sports team/state/beer type/whatever]!"*
- If he asked you out:
  - *"Thank you, I'm flattered, but I have a boyfriend."*
- If he persists:
  - *"I'm going to move seats if you don't stop bothering me."*

**Choose one of the four ways to remember people's name as soon as you meet them**

- #1 Associate it with someone you know or famous person
- #2 Visualize it when they say it to you
- #3 Repeat it back to them when they say it
- #4 Create a naming convention

**Why is that approach the most comfortable for you?**

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**Choose 1 of 9 ways to gain social momentum**

- #1 Add Some Acknowledgement
- #2 Say It Out Loud (to no one)
- #3 Do a Drive-By
- #4 Be in Movement
- #5 Phone a Friend
- #6 Play The Rejection Game
- #7 Do a Live Video
- #8 Go to Conferences and Events
- #9 Practice with Everyone

## CHAPTER III



# Asked Out Organically

*Create instantly meaningful connections  
and inspire a great guy to ask you out*

How many people do you tend to “catch up” with per month?

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Do you come away from most of those conversations feeling energized, neutral / meh, or drained?

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Do you feel like you’ve fallen into The Catch-Up Cycle of Doom?

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If so, what’s the next step you can take to break the cycle?

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What's your biggest fear with getting into a conversation with someone don't know well?

- **Element 1: Ask Great Questions**
  - Fear: "What if I have nothing in common with this person?"
  - Reframe: Nothing in common = everything to learn about!
- **Element 2: Allow space for thoughtful reply**
  - Fear: "What if we hit an awkward silence?"
  - Reframe: Comfortable silences signal meaningful convo
- **Element 3: Listen like your life depends upon it**
  - Fear: "What if I can't think of the next thing to say?"
  - Reframe: great listeners always know what to say next
- **Element 4: Release Judgement**
  - Fear: "I don't want to be intrusive"
  - Reframe: I want to show genuine interest
- **Element 5: Showcase Yourself**
  - Fear: "I don't want to come off braggy"
  - Reframe: "Showcasing myself quickly reveals compatibility"

What's one action you can take to embrace the reframe associated with that fear?

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### Element 1

List three topics/aspects about others that you're curious about.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How can you turn each of those into a question to ask them?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List three questions you've been asked that were really fun to answer (e.g. "Tell me about your siblings" or "What's been the highlight of your day so far?").

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Based on those + topics you enjoy, what are 3 go-to questions you can ask people you just met?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Element 2

**Exercise:** Try purposefully pausing for an extra second longer than you normally do before responding in a conversation.

### Element 3

Describe how well you listen to a friend who's speaking.

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Describe how well you listen to someone you don't know well or just met when they're speaking.

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How can you apply the Empathic Listening Technique to be a better listener in conversations?

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Do you have a habit of interrupting people?

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Do you think it's limiting the depth of your conversations?

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**If so, what's the reason you tend to interrupt?**

- You want to show you're listening
- You get genuinely excited and inspired to contribute
- You want to share your insight before you forget it
- You think you know what they're going to say
- You want to turn the topic back to you
- Another reason?

**Element 4**

**Describe a recent situation where you felt yourself judging another person.**

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**How did it feel to have those thoughts about them?**

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**Going deeper, how might those thoughts have actually been about yourself?**

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**How can you steer those thoughts into a compliment, curiosity, or compassion about the person?**

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**How can you reframe that thought into a compliment, curiosity, or compassion about yourself?**

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**Describe of a time when you made a judgment about someone else - and you were wrong.**

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**How did it feel to judge them?**

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**What did you say or do you do about it?**

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**Describe a time when someone else made a judgment about you - and they were wrong.**

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**How did it feel to have them judge you?**

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**What did you say or do you do about it?**

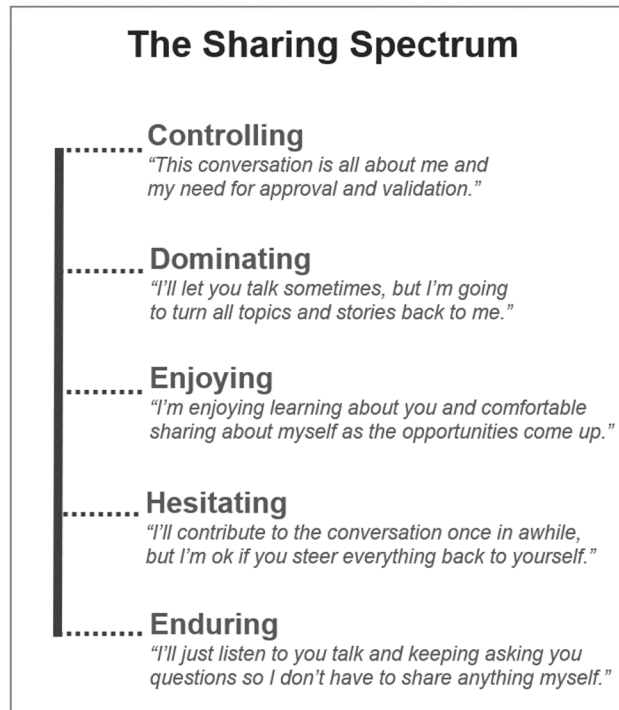
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## Element 5

Based on how much you tend to contribute to conversations, where would you place yourself on the Sharing Spectrum?



Why do you feel like you share that much (or that little)?

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What can you do to move more toward the middle of the spectrum?

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List three topics that you love talking about.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List three stories or achievements from your life that you're proud of and/or love talking about.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Write down one detail from each of those stories to help them come alive in a conversation.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What are 3 thoughts, stories, or insights from today you could share in a conversation right now?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What are two interests or aspects of your personality that almost seem opposite of each other?

1. \_\_\_\_\_
2. \_\_\_\_\_

What's one way you can humanize yourself - which invites the other person to be human too?

- Share a life lesson you recently learned.
- Share something you regret doing or saying (and what you would do differently next time).
- Share a time when your judgment of someone or something was wrong in a good way.
- Share an aspect of your life that you're currently improving.
- Share a goal you've set and the next step you're taking to achieve that goal.
- Share something you don't know how to do but wish you did.

What's a future plan that you're excited for (that you actually are taking action to do)?

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**Describe a situation where you were mean or cold to someone for no particular reason.**

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**What was the underlying fear or insecurity behind that?**

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**How can you reframe that fear or insecurity and take a different approach next time?**

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**Forgive yourself for that, and mentally send them a "Sorry I was nervous / caught off-guard / in a bad mood!" thought. Or reach out them apologize (and release the outcome of whatever they respond - or don't respond – with).**

**Choose go-to method to recover name**

- #1 Be honest about it
- #2 Wait for someone else to join
- #3 Have them add their name and number to your phone
- #4 Track them down later

**Choose one of the following charm hacks to try out:**

- Boost someone's ego
- Repeat a key phrase they said
- Four ways to remember someone's name as soon as they say it
- Bridge the gap
- Saying someone's name out loud