

Free Chapter!

# 5 Principles of Texting Women

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EVERYTHING I think about when texting a woman starts with these 5 simple principles for texting.

Don't let the simplicity fool you from the POWER that you can yield from using these.

One final word before reading on...

If you don't see the importance of each of these rules, that should send a WARNING alarm ringing in your head! I have done a lot of work through my coaching programs to boil it down to the five most SIMPLE texting rules – but the PSYCHOLOGY behind WHY they are so incredibly effective is the real knowledge.

Simply following these rules blindly you will become a master of the texting world. The hard part is the discipline to follow these rules daily. Knowledge is potential power.

The more you understand WHY this works, the more likely you are to continue practicing these rules.

**BEWARE!**

It is too easy to 'ignore' one or two of these principles because you think: "This girl is different".

Or...

"I don't have to worry about following ALL of these rules every time".

## Table of Contents

Why This Works (Intro).....	6
<u>Principle #1</u> – Fire and Forget.....	13
<u>Principle #2</u> – Mirror Texting.....	22
<u>Principle #3</u> – Poker Player Texting...	32
<u>Principle #4</u> – Autopilot Texting.....	40
<u>Principle #5</u> – Opportunity Texting.....	48

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## Principle #2: Mirror *her* Texts

**People connect to others like themselves.**

You will take comfort knowing this may be the easiest of the rules to implement right away. Think about your texting thread as a mirror. Monkey see. Monkey do. So what is it that you are supposed to be mirroring?

There are three main things to ALWAYS watch for. ALWAYS. Train yourself to notice TIME, EFFORT, and ENERGY.

### Time

The first thing to mirror is the time she takes to text you. I don't know that every phone tells the time of each text, but at least with the iPhone it makes it very easy to track. NEVER IGNORE THIS RULE WHEN TEXTING SOMEONE NEW! Later down the road when she is very interested in you, you can be more lenient on how close you follow this, but for now, NEVER IGNORE.

**How many minutes, hours, or days is she taking to respond to you?**

Make sure you are taking at least as long as she is to respond. This means if she takes 30 minutes to text you back, you wait at least 30 minutes to text her back. If she takes 3 hours to text you back, you guessed it, you take at least 3 to text her back. God forbid if she takes a day or two to respond, you take a day or two to respond back.

See ALL of the  
REAL text  
examples  
when you buy  
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73%

Details

3:43 PM

3:44 PM

4:36 PM

4:36 PM

5:51 PM

5:51 PM

5:51 PM

5:52 PM

Notice the time it takes for her to respond to my texts??

**1 minute!**

I started out mirroring her time, then eventually taking longer than her to text back.

The longer I take to text her, the QUICKER she responds now because she wants to 'catch me' when I have my phone on me. This is the power of following this rule consistently.

## Effort

I judge a woman's texting effort in two different ways. Quantity of texts (how many she sends compared to me) and quantity of words in her text (is she sending paragraphs, sentences, or just words?).

**Quantity of texts: How many texts is she sending you vs. you sending her?**

Here is a simple rule to follow that makes it easier to understand:

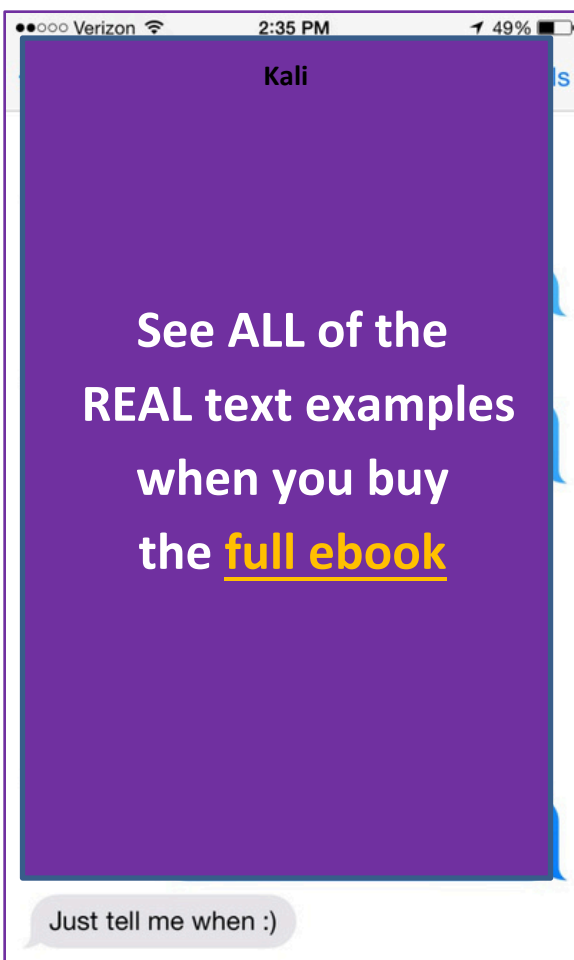
Texting is like ping-pong. When you send a text (hit the ball) you have to wait for her to hit it back before you continue playing. It is that simple. If you are reading this and making justifications such as: "Well what if I send her a text and she doesn't get that I was just joking? I need to send her another one that explains what I meant." Or "I need to send her another text letting her know that I was joking."

I hear you. I really do. But... don't do it. It immediately sends her the message, "I wasn't confident in what I just said. Please don't hate me. Please like me".

Would James Bond ever do that?

NOPE.

James Bond is cool. James Bond is great with women. James Bond does not double text a woman.



Notice the quantity (amount) of texts she sends compared to me. She sent 7 and I sent 3.

I will get into all the advanced 'exceptions' to these rules in future reports and products, which explains when it is okay to send 'boring' texts such as I did in this.

When you do this long enough you start to see all the patterns and know when you can and can't do exceptions to these rules.

### Quantity of words: How many words is she sending in each text (aka length of text)?

These are not 'one or the other', I always pay attention to BOTH of these. Some women naturally send fewer words in each text... but because of that they may send MORE texts to show their interest to me. Other women don't like to double text a man, but they show their interest by LOTS of words in each text. **Pay attention to both to get a reading on how interested she is in you.**

Texting has so many small 'power games', this is another one of them. A quick rule of thumb is if you hold your phone way out in front of your body and looked at your text conversation on your screen as one picture, what color do you see more of? Like in my text examples from the iPhone, MY color is always blue or green and hers is always gray. So hold out your phone and see if there is a big difference in one color or the other, if there is, you always want to see more of HER color, not yours (that shows she's texting more than you).

Here is great example of me mirroring a woman from the online Dating App Bumble. You'll see how I used her amount of words as my mirror, and replied with a similar amount or a little less.

Example Below



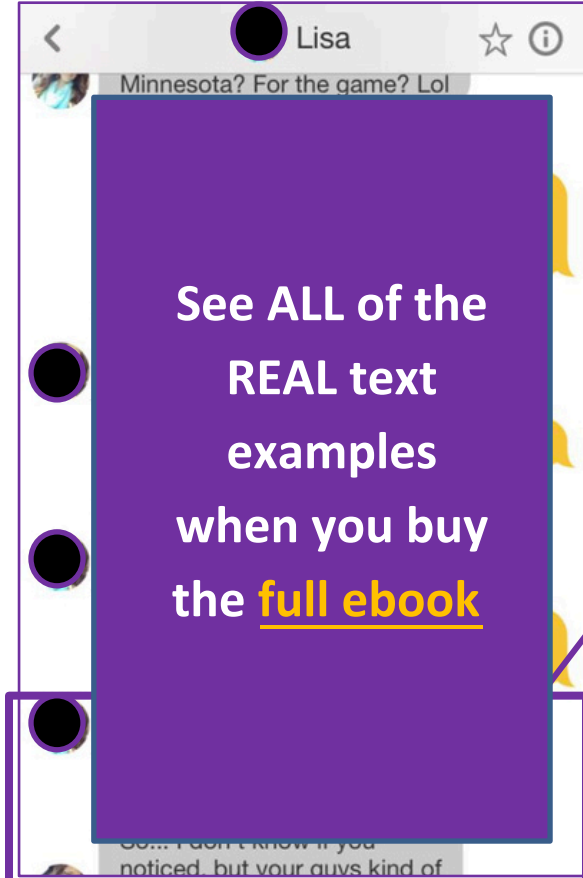




She started with a LONG first message to me + two messages in a row. **This shows a high interest level.** Notice though that I did NOT write her a giant response back.

Remember: Mirror the same amount back but less is better if you can get away with it.

See how it progresses below.

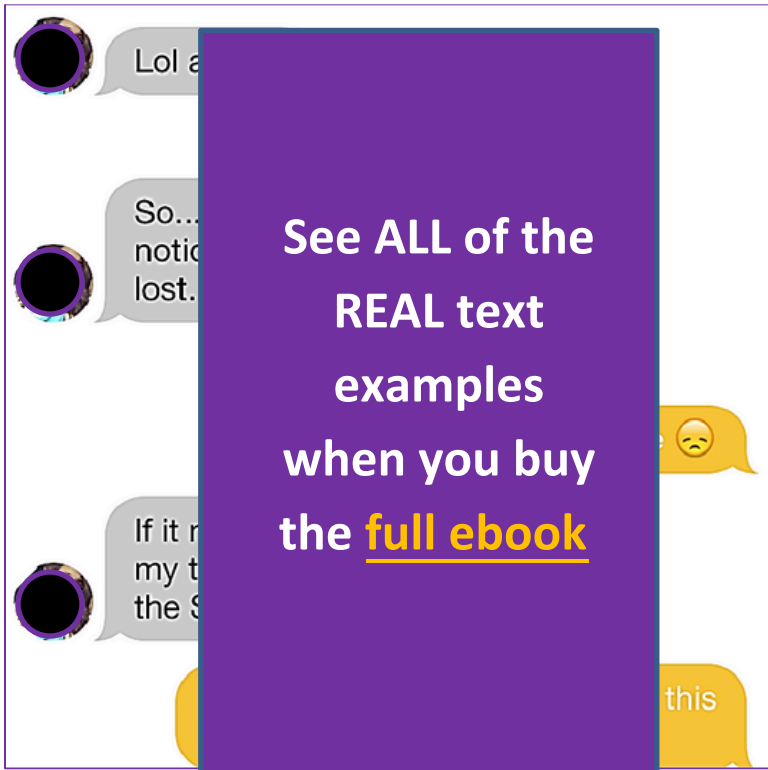


Now notice as her texts get smaller, so do mine. She sent 5 lines of text and I responded with 3 lines. She sent 3 lines of text and I sent 1 line.

**NOW LOOK AS RULE #1 IS IN PLACE!**

She sent 'lol alright'. That is two words. I just flat out rarely ever reply to a two word text... so I didn't.

□



I incorporated a very advanced psychology in this message called 'shaping' that will be discussed in full in future products, but the point here is to see how to mirror her texts from start to finish.

I didn't reply for over a month (I have too many messages and forgot) but she texted me right away when I gave her my number. This stuff works, the goal of these texting rules is to give you action steps to help you NOW... when you get stuck you can choose products to help you specifically geared towards your sticking point.

### Energy

The third and final thing to look for during rule #2 is her energy level. This one is harder to identify, but with practice you will start to see and 'feel' where her energy is at. I always put her into one of three different 'energy' categories. Note: This is a fluid system, meaning that where she was yesterday may be completely different from where she is at today. Never get complacent in thinking you have her, you can lose her if you loosen up on these 5 texting Rules.

### *The three stages of energy:*

- 1) Does she seem enthusiastic, eager, and excited in her texts? □
- 2) Does she seem neutral?
- 3) Does it feel like she is not putting time or effort into her texts?

One thing to look for when figuring out where her energy level is the amount of exclamation points, emoticons, and question marks she uses.

Exclamation points by nature show 'excitement' so this is one of the easier ones to see.

Everything with women is about *putting all the clues together*, so an exclamation point does not **automatically** mean you are in with her, but it's a good clue.

I also look for the quantity and TYPE of emoticons she uses in her texts. If a woman isn't interested in you, she will be less likely to care about hurting your feelings. This means she may give a very cold response to a text WITHOUT an emoticon showing she is being playful. Notice the difference in the energy levels between:

Option 1: "That's cool"

Option 2: "That's cool! 😊"

The first option is rather cold, it can seem sarcastic, bored, and uninviting.

The second option, although a short text, is MUCH friendlier. The exclamation point and emoticon totally change the 'vibe' of the text.

**Note about emoticons – some women don't use them and that's okay.**

*What can a certain type of emotion show you?*

This is something almost NO men ever consider, but can tell you a lot about her interest level in you. WHAT type of emoticon did she use, and how much time did it take her to find that emoticon?

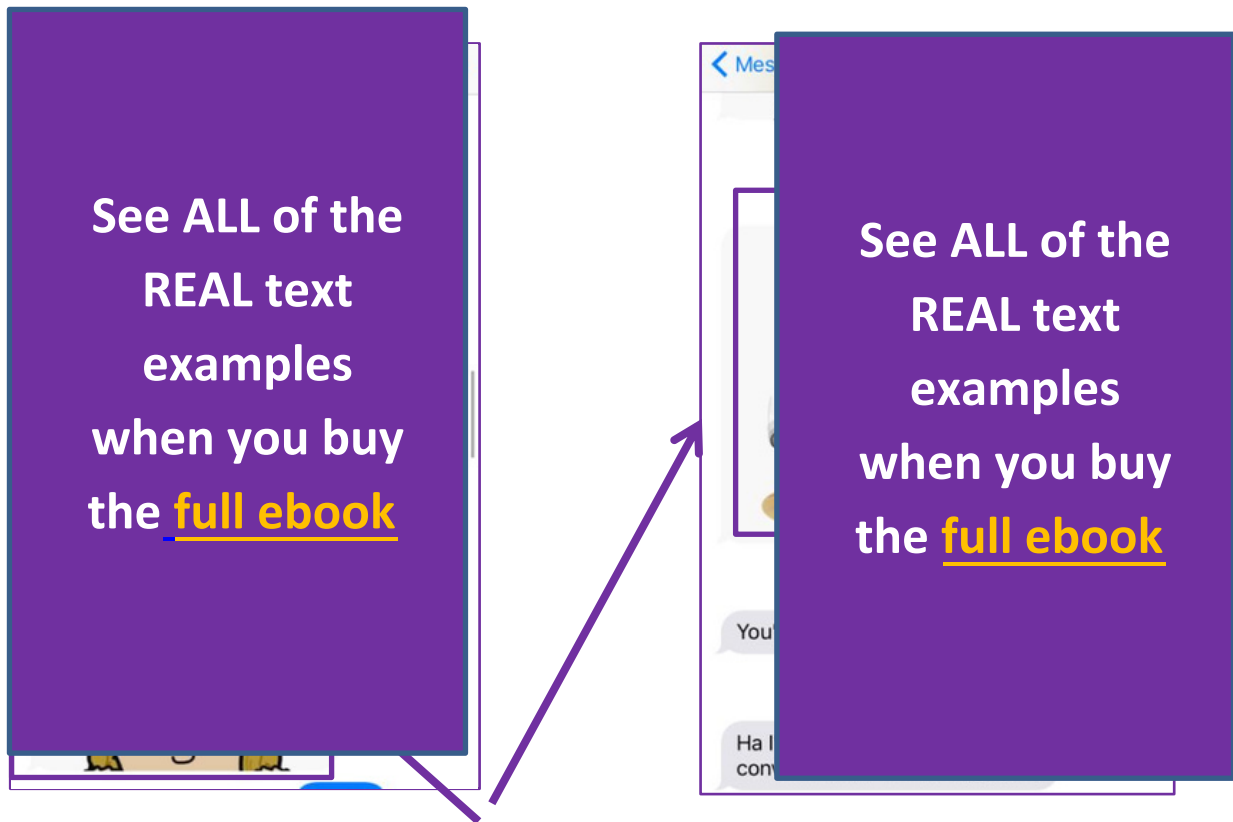
The important thing here is that if a woman is talking to you about a very random, unique topic that she probably doesn't speak about daily, look at the type of emoticon she chooses.

Maybe she randomly talks about an octopus and puts one of those octopus emoticons in her text. The small piece you can gather is that **she took the time to search out a very rarely used emoticon to place in that text.** Again – this doesn't mean that she is head over heels for you, but it DOES mean that she cared enough about texting you that she went through the trouble of using a rarely used emoticon.

Look at this example for instance...

Example Below:





Look at these emoticons she used. They are 'BitEmoji' which is basically custom created emoticons. This means she took the time to look through emoticons to find some that really show relevance to the topic we were texting about. She obviously put effort into searching out these emoticons which shows high interest (especially paired with the long texts she sent earlier).

**Note:** This was only used as an example to show how the type of emoticon she picks can show more interest than you think.

**However: I would not flat out ignore a response like I did to her above in normal situations.**

This particular woman and I USED to hangout but she actually has a boyfriend right now. Since I don't like to mess with women in relationships THAT is the reason I totally ignored responding to her text. I didn't want to lead her on or mess up a relationship for the man she is dating.

## Rule #2 - Mirror Her Texts Recap:

-Become constantly aware of HER interest level by noticing **time, effort and energy** in your text conversations.

-**Time** means to respond to her texts no sooner than she responds to yours (She responds in 5 minutes, you respond in 5 minutes or longer)

-**Time** also means to be aware of WHAT time you are sending your texts at. If you said you were going to be in the middle of a project, workout, or meeting – practice self-control and text her AFTER, not during.

([Watch a video about mirroring her time here](#))

-**Effort** is all about the number of texts she sends compared to you. It also takes into account the length of each text.

Always try to match or do less than her.

([Watch a video about mirroring her effort here](#))

-**Energy** deals with the ‘vibe’ of the text convo. Does she seem bored? Does she seem very enthusiastic!!!???. Notice if she takes the time to put a ‘unique’ emoticon in her texts, exclamation points, or questions (meaning she’s keeping the conversation going by asking you something).

([Watch a video about mirroring her energy here](#))

**-Remember: If a woman is attracted to you, she WILL come to you... but only if you give her the space and freedom to do so.**

**Bonus video:** [Watch how to Use Emoticons in Your Texting here](#)

**\*For best results complete the Principle #2 Practice Sheet to help reinforce key concepts\***

## Thanks for Reading!

You just read **1 Principle** of the **5 Principles** available in the Principles of Texting complete guide.

I hope this helps you – but if you were to order the COMPLETE eBook, I know for a fact it will totally transform the way you communicate with women over the phone.

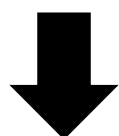
**Relationships these days START with texting...**

**There is no point in us fighting this,**

**So instead let's learn to MASTER this art of communicating**

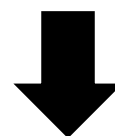
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**What does the full E-Book include?**

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**Principle 1 – Fire and Forget:** Ever sat around your phone waiting for that girl you like to text you back? The ‘Mindset’ piece of texting and attracting women starts with the ‘fire and forget’ mindset. Learn not only HOW to think about texting, but also some key strategies to help you FEEL worthy to women and start taking more charge in your life... YOU ARE THE PRIZE

**Principle 2 – Mirror Texting:** This part will show you HOW to look at your text conversation with a woman and know EXACTLY when to respond to her by noticing the time, energy, and effort of her texts.

**Principle 3 – Show Don’t Tell:** The 3rd principle goes over how most men TELL women how they feel which is a turnoff. Instead – you want HER to reveal her feelings to you – and this will start to happen when you SHOW her you are a high-value man. Learn how to do this through texting.

**Principle 4 – Autopilot Texting:** If you have ever had extremely boring texting conversations where you feel like it is going nowhere and want to take control of your conversation, this chapter will talk all about spicing up your texting with texts that engage her EMOTIONS. No more super boring conversations ;).

**Principle 5 – Opportunity Texting:** The last chapter will put it all together by showing you times in your conversations where women give you an OPPORTUNITY to really increase her affection for you. When you know when and where these ‘opportunities’ come up, you will have a huge advantage over the average guy.

**Bonus:** Get 5 ‘practice sheets’ to help you apply the new skills you’ve learned



## Get The Full eBook

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