



PLANET SWIRL

SO HOW THE FUCK DO YOU APPROACH SOMEBODY?

A field guide for single men
who want to get this right

By Dom Chase

This is my perspective, built from real conversations with real women. Take what's useful, leave what isn't, and use your head.

So How the Fuck Do You Approach Somebody?

I asked women a simple question: How do you like to be approached?

And once I started reading the answers, I understood why some men are confused.

“Talk to me first. Talk to my husband first. Make me laugh. Be direct. Have a conversation before you ask. Don’t come over with some corny line. Actually, I like corny lines.”

Okay. So how is a man supposed to know which one applies to the person standing in front of him?

You don’t know yet. That’s what the conversation is for.

The mistake would be taking everything these women said and turning it into one giant checklist. Now you think you need to introduce yourself, interview the husband, tell three jokes, win a dance battle, and wait exactly 27 minutes before you can express interest.

You’re meeting a person. Start there.

1. Say hello. Give them something to work with.

For me, it’s usually simple.

“Hey, how you guys doing? I’m Dom.”

Get their names. Ask where they’re from.

They tell me, and now we’ve got somewhere to go. What’s the barbecue like out there? How bad is the traffic? Did you fly in or drive?

It doesn’t have to be some incredible opening that changes the course of her fucking life. You’re giving people an opportunity to talk to you.

But listen to the answer. If she tells you something interesting and you immediately move to the next question you memorized, you missed the conversation.

Share something about yourself, too. Let them get a feel for who they’re talking to.

2. Pay attention to what comes back.

This is where I look at body language, tone, enthusiasm, and how everybody is participating.

Are they asking me anything? Are they smiling and adding to the conversation? Does she pick up the flirty banter and give some back? How is her partner engaging?

Or am I asking every question, introducing every topic, and doing CPR on this conversation?

Some people are quiet. Some are nervous. One short answer doesn't tell you their whole life story. But if you keep offering something and there's consistently very little coming back, you're allowed to notice that.

You also get to decide whether you're enjoying yourself.

That part keeps getting left out. You're so worried about whether she likes you that you haven't asked yourself whether you even like talking to her.

If you're getting what feels like 10% effort and you're tired of carrying it, you can move on. You don't have to diagnose why she's quiet or prove you're interesting enough to get a different response.

3. Confidence doesn't require a personality transplant.

I'm naturally enthusiastic. That's me. I can walk into a conversation with that energy because it's how I actually talk.

Everybody isn't built like that.

You can be quiet and still introduce yourself. You can be nervous and still ask a clear question. You can be serious and still be good company.

If you're funny, let that come through. If you're more thoughtful, have a thoughtful conversation. Give people a chance to meet the person you actually are.

Confidence includes being able to say, "I'm interested in you," while knowing you'll still be okay if the answer is no.

Your clothes, how you carry yourself, and how you participate in the room can help make an impression. Sometimes the first interaction is a glance or a smile before either of you walks over. But eventually, you still have to find out whether the interest is mutual.

4. When there's a couple, find out how that couple works.

This was one of the biggest disagreements in the comments.

Some women want you to approach their partner first. Other women don't want you asking their husband whether you can speak to them. And some are perfectly comfortable talking to you directly but want their partner involved before anything goes further.

You cannot look at two people standing together and know their whole agreement.

When I approach a couple together, I usually start by including both. Say hello. Have a conversation. Give both people room to participate.

As things become relevant, ask about their dynamic.

If she says, "Come meet my husband," listen. That's her telling you how she wants to proceed.

And acknowledging her partner doesn't mean talking about her like she's a couch you're negotiating to take home. She's right there. Include her.

5. Let your interest be known without deciding their answer.

Some men get so worried about doing something wrong that they never communicate what they want.

You can say:

"I'm enjoying talking to you. Want to dance?"

Or, when the conversation has moved in that direction:

"I'm interested in playing together. Is that something you'd be interested in?"

Be clear about the invitation. Give them room to answer.

A smile, a good conversation, or a little flirting can tell you there's engagement. It doesn't tell you everything they want. Ask before taking the next step.

And if they're interested, talk about what that means for everybody involved.

6. Know how to leave.

“No thanks.”

“Not tonight.”

“I’m just here to socialize.”

Okay. You have your answer.

“Cool. Nice meeting you guys. Enjoy your night.”

Then actually let it go. No circling back five times to see whether the answer has changed. No getting an attitude because the conversation didn’t become what you hoped.

And you can leave because you’re not feeling it, too.

You don’t owe someone an entire evening of trying to create chemistry. They don’t owe you sex because you spent time talking.

The point is to find people you enjoy who enjoy you back.

Start a conversation. Pay attention. Ask what you don’t know. Express your interest honestly.

You’re allowed to want somebody. You’re allowed to be nervous. You’re allowed to discover that the two of you aren’t a fit.

You’re also allowed to have a good night without turning every conversation into a test of whether you’re desirable.

This is the first free guide. If it helped, or if there’s something you’re still stuck on, tell me about it.

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