



THE FIRST

SOCIAL COURAGE SYSTEM

FREE STARTER GUIDE // THE FIRST 10

THE FIRST 10 • FREE 7-DAY STARTER WORKBOOK

10 EXERCISES FOR SOCIAL COURAGE

A practical field guide for men who want to stop overthinking, initiate natural conversations, and handle discomfort with composure.

EXERCISES

10 Calibrated

DAILY TIME

5–15 Minutes

PHILOSOPHY

Zero Pickup Cringe

01 // BRIEFING

Before You Start: Why Waiting for Confidence Is a Trap

You see a woman you would like to meet. Immediately, the internal interrogation begins: What should I say? What if I look awkward? What if she ignores me? What will people nearby think?

A minute passes. Then another. Eventually, one of you leaves, and nothing happens.

The problem is rarely that you do not know how to speak. The problem is demanding a 100% guarantee that everything will go smoothly before you take the first step. You will never get that guarantee.

What you can train is the ability to act while uncertain. These 10 graded exercises are designed to recalibrate your nervous system—from basic eye contact to asking someone out for coffee.

THE GOLDEN RULE OF THE FIRST

Success is executing the exercise—never the other person's reaction. You do not control someone else's mood, relationship status, or schedule. You control whether you step forward.

OPERATIONAL BRIEFING // HOW THIS SYSTEM WORKS

01. NEVER SKIP TWO DAYS IN A ROW: On low-energy days, drop down to the [EASY] variant. Completing an Easy mission keeps your neurological habit loop unbroken.

02. LOG IMMEDIATELY: Fill in your Pre-Action and Post-Action fear ratings within 3 minutes of the interaction so your brain records the drop in tension.

03. REJECTION IS THE HIGHEST SCORE (+50 PTS): You are never graded on her mood or relationship status. You are graded 100% on stepping across the threshold.

EXERCISE 01 // 1/10

STEP

01/10

Intentional Eye Contact

PSYCHOLOGICAL OBJECTIVE // WHY THIS REQUIRES FEAR

Break the automatic habit of looking at the floor or hiding in your phone.

FIELD EXECUTION MISSION

During your normal routine today, make brief, natural eye contact (1–2 seconds) with three people passing by. If appropriate, add a subtle nod or slight smile.

EXACT SPOKEN EXAMPLES (WORD-FOR-WORD)

- *Walking past someone on a quiet street: 1.5s eye contact + relaxed expression.*
- *Handing payment to a cashier: look them in the eyes and say thank you.*

POST-ACTION REFLECTION PROMPT

Was the actual discomfort as intense as your mind predicted 10 seconds earlier?

FIELD EXECUTION LOG // COMPLETE IMMEDIATELY AFTER ACTION

FEAR BEFORE (1–10)

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

FEAR AFTER (1–10)

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

WHAT ACTUALLY HAPPENED (1 SENTENCE):

DATE / TIME: _____

COURAGE POINTS EARNED: _____ PTS

EXERCISE 02 // 2/10

STEP

02/10

Ask One Simple Informational Question

PSYCHOLOGICAL OBJECTIVE // WHY THIS REWIRES FEAR

Eliminate hesitation before speaking your first words to a stranger.

FIELD EXECUTION MISSION

Ask a stranger one natural, context-appropriate question where you need a quick piece of information.

EXACT SPOKEN EXAMPLES (WORD-FOR-WORD)

- "Excuse me, do you happen to know what time they close today?"
- "Hey, do you know if we need to grab a ticket number here?"
- "Excuse me, is this seat taken?"

POST-ACTION REFLECTION PROMPT

Was asking the question harder, or thinking about how you would sound before asking?

FIELD EXECUTION LOG // COMPLETE IMMEDIATELY AFTER ACTION

FEAR BEFORE (1-10)

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

FEAR AFTER (1-10)

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

WHAT ACTUALLY HAPPENED (1 SENTENCE):

DATE / TIME: _____

COURAGE POINTS EARNED: _____ PTS

EXERCISE 03 // 3/10

STEP

03/10

Start a Micro-Conversation Beyond the Minimum

PSYCHOLOGICAL OBJECTIVE // WHY THIS REWIRES FEAR

Move past robotic transactions into natural human exchange.

FIELD EXECUTION MISSION

Initiate one brief exchange that goes one sentence beyond pure logistics.

EXACT SPOKEN EXAMPLES (WORD-FOR-WORD)

- *In a café: "Have you tried their cold brew here before? Trying to decide if it is worth it."*
- *At an event: "What brought you out to this one today?"*
- *In a long queue: "Is it always this packed at this hour?"*

POST-ACTION REFLECTION PROMPT

Were you able to actually listen to their answer instead of rehearsing your next line?

FIELD EXECUTION LOG // COMPLETE IMMEDIATELY AFTER ACTION

FEAR BEFORE (1-10)

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

FEAR AFTER (1-10)

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

WHAT ACTUALLY HAPPENED (1 SENTENCE):

DATE / TIME: _____

COURAGE POINTS EARNED: _____ PTS

EXERCISE 04 // 4/10

STEP

04/10

Add One Sentence About Yourself

PSYCHOLOGICAL OBJECTIVE // WHY THIS REWIRES FEAR

Stop turning conversations into one-sided police interrogations.

FIELD EXECUTION MISSION

Use the 3-step loop in one interaction today: 1) Ask a question, 2) Listen to the answer, 3) Share a brief personal observation or preference.

EXACT SPOKEN EXAMPLES (WORD-FOR-WORD)

- — *"Do you come to this café often?"*
- — *"Yeah, a couple times a week."*
- — *"Nice, I just discovered it today. Looking for a quiet spot where I can actually focus for an hour."*

POST-ACTION REFLECTION PROMPT

Did sharing a simple, unpolished fact about yourself make the exchange feel more equal?

FIELD EXECUTION LOG // COMPLETE IMMEDIATELY AFTER ACTION

FEAR BEFORE (1-10)

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

FEAR AFTER (1-10)

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

WHAT ACTUALLY HAPPENED (1 SENTENCE):

DATE / TIME: _____

COURAGE POINTS EARNED: _____ PTS

EXERCISE 05 // 4/10

STEP

05/10

Drop the Perfect Opener (The 3-Second Window)

PSYCHOLOGICAL OBJECTIVE // WHY THIS REWIRES FEAR

Cut off overthinking before it paralyzes your feet.

FIELD EXECUTION MISSION

When a natural opportunity to speak appears today, give yourself a maximum of 3 seconds to say a simple observation tied to your surroundings.

EXACT SPOKEN EXAMPLES (WORD-FOR-WORD)

- *"Hey, how are you liking the event so far?"*
- *"That book cover caught my eye—is it any good?"*

POST-ACTION REFLECTION PROMPT

How many minutes do you normally waste preparing for a conversation that only needs a 5-word start?

FIELD EXECUTION LOG // COMPLETE IMMEDIATELY AFTER ACTION

FEAR BEFORE (1-10)

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

FEAR AFTER (1-10)

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

WHAT ACTUALLY HAPPENED (1 SENTENCE):

DATE / TIME: _____

COURAGE POINTS EARNED: _____ PTS

EXERCISE 06 // 5/10

STEP

06/10

Hold 3 Seconds of Silence Without Panic

PSYCHOLOGICAL OBJECTIVE // WHY THIS REWIRES FEAR

Learn that a pause in conversation is not a catastrophe.

FIELD EXECUTION MISSION

During a conversation today, allow a brief 2–3 second pause without rushing to fill it with a nervous joke or pulling out your phone. When the topic ends naturally, exit with composure.

EXACT SPOKEN EXAMPLES (WORD-FOR-WORD)

- *Graceful exit: "Alright, I will let you get back to your day. Good chatting with you—have a great afternoon."*

POST-ACTION REFLECTION PROMPT

What happened when you stopped trying to micromanage every second of the interaction?

FIELD EXECUTION LOG // COMPLETE IMMEDIATELY AFTER ACTION

FEAR BEFORE (1–10)

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

FEAR AFTER (1–10)

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

WHAT ACTUALLY HAPPENED (1 SENTENCE):

DATE / TIME: _____

COURAGE POINTS EARNED: _____ PTS

EXERCISE 07 // 5/10

STEP

07/10

State Your Real Opinion

PSYCHOLOGICAL OBJECTIVE // WHY THIS REQUIRES FEAR

Replace people-pleasing agreement with grounded authenticity.

FIELD EXECUTION MISSION

In one conversation today, express a genuine preference, taste, or mild disagreement instead of automatically nodding along.

EXACT SPOKEN EXAMPLES (WORD-FOR-WORD)

- *"I actually prefer smaller venues over huge stadium concerts—you can actually feel the music."*
- *"Not a huge fan of that genre, though I get why people love it."*

POST-ACTION REFLECTION PROMPT

Did stating your honest preference cause any negative reaction, or did it build more respect?

FIELD EXECUTION LOG // COMPLETE IMMEDIATELY AFTER ACTION

FEAR BEFORE (1-10)

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

FEAR AFTER (1-10)

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

WHAT ACTUALLY HAPPENED (1 SENTENCE):

DATE / TIME: _____

COURAGE POINTS EARNED: _____ PTS

EXERCISE 08 // 6/10

STEP

08/10

Talk to a Woman You Find Attractive (Zero Agenda)

PSYCHOLOGICAL OBJECTIVE // WHY THIS REQUIRES FEAR

Stop treating every conversation with an attractive woman like a final exam.

FIELD EXECUTION MISSION

In a natural social setting, start a brief conversation with a woman you find attractive—with the explicit rule that you are NOT trying to get her number today. Just check the vibe.

EXACT SPOKEN EXAMPLES (WORD-FOR-WORD)

- *"Hey, I see you are also waiting for the session to start. Have you been to one of these before?"*
- *"Hi, I noticed you while waiting for coffee and wanted to say hello. How is your day going?"*

POST-ACTION REFLECTION PROMPT

How much lighter did you feel when your only goal was to say hello and see if she was warm?

FIELD EXECUTION LOG // COMPLETE IMMEDIATELY AFTER ACTION

FEAR BEFORE (1-10)

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

FEAR AFTER (1-10)

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

WHAT ACTUALLY HAPPENED (1 SENTENCE):

DATE / TIME: _____

COURAGE POINTS EARNED: _____ PTS

EXERCISE 09 // 6/10

STEP

09/10

Rehearse Rejection Armor Out Loud

PSYCHOLOGICAL OBJECTIVE // WHY THIS REWIRES FEAR

Detach a "no" from your identity and self-worth.

FIELD EXECUTION MISSION

Speak these three composed responses out loud (or roleplay them with a friend) until your voice stays calm, warm, and unbothered.

EXACT SPOKEN EXAMPLES (WORD-FOR-WORD)

- *When she says "I have a boyfriend": "Got it—lucky guy. Have a great afternoon!"*
- *When she says "I am busy / in a rush": "No problem at all, have a good one."*
- *When she declines a coffee invite: "All good, thanks for being honest. Take care!"*

POST-ACTION REFLECTION PROMPT

What objective evidence do you have that one stranger's "no" defines your value as a man?

FIELD EXECUTION LOG // COMPLETE IMMEDIATELY AFTER ACTION

FEAR BEFORE (1-10)

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

FEAR AFTER (1-10)

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

WHAT ACTUALLY HAPPENED (1 SENTENCE):

DATE / TIME: _____

COURAGE POINTS EARNED: _____ PTS

EXERCISE 10 // 7/10

STEP

10/10

Make the Full First Move & Propose Coffee

PSYCHOLOGICAL OBJECTIVE // WHY THIS REQUIRES FEAR

Combine initiation, conversation, and clear intent into one real-world rep.

FIELD EXECUTION MISSION

Initiate a conversation you genuinely want to have. If the energy is warm and reciprocal, propose a simple, low-pressure continuation.

EXACT SPOKEN EXAMPLES (WORD-FOR-WORD)

- *"I have to run in a minute, but I really enjoyed talking with you. Would you be up for continuing this over coffee sometime this week?"*

POST-ACTION REFLECTION PROMPT

What did you do today despite feeling uncertain—and how quickly did your tension drop afterward?

FIELD EXECUTION LOG // COMPLETE IMMEDIATELY AFTER ACTION

FEAR BEFORE (1-10)

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

FEAR AFTER (1-10)

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

WHAT ACTUALLY HAPPENED (1 SENTENCE):

DATE / TIME: _____

COURAGE POINTS EARNED: _____ PTS

SPRINT // 07 DAYS

Your 7-Day Starter Schedule

Do not try to complete all 10 exercises in one afternoon. Follow this 7-day cadence:

DAY	ASSIGNED FIELD ACTION	DONE
Day 01	Exercise 01 — Intentional Eye Contact (3 people)	[]
Day 02	Exercise 02 — Ask One Simple Informational Question	[]
Day 03	Exercise 03 — Start a Micro-Conversation Beyond the Minimum	[]
Day 04	Exercise 04 — Add One Sentence About Yourself	[]
Day 05	Exercise 05 (3-Second Window) OR Exercise 06 (Hold Silence)	[]
Day 06	Exercise 07 (Real Opinion) OR Exercise 08 (Talk to a Woman, Zero Agenda)	[]
Day 07	Exercise 09 (Rejection Armor) + Exercise 10 (Make the Full First Move)	[]

NEXT LEVEL // FULL 30-DAY SYSTEM

Ready for the Full 30-Day Transformation?

This 7-day starter breaks the initial ice. The complete 50-page THE FIRST WORKBOOK gives you the entire 30-day system:

- All 30 Daily Exposure Cards with Easy / Standard / Hard variants
- Full First Words Conversation Playbook (Café, Gym, Event, Street, Dating Apps)
- Rejection Armor: 5 Tough-Spot Scripts + 2-Minute SOS Cognitive Reset Sheet
- First Impression: Pragmatic 80/20 Lookmaxing & Presence Audit Checklist

FULL 30-DAY WORKBOOK EDITION

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Before you feel ready.

Don't let fear decide for you.

30 days of structured real-world steps to stop overthinking, start natural conversations with women you actually like, and handle rejection without losing your self-respect.

Unlock The First Workbook at thefirst.pro →

<https://thefirst.pro/en/workbook/>

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