



**Mission:** Develop a polished DHV story

**Mission Authoring Coach:** Bravo

**Mission Goal:** Convey cool parts of your personality without coming off as bragging.

### **Description:**

Our mom's may know how great of a catch we are, but chances are the lovely young lady you will see next time you are out, won't. When you DHV (Demonstrate Higher Value) you convey all those cool things about yourself in a non-bragging way and separate yourself from every other guy out there. While almost anything can be a DHV, from the way you stand, talk, dress, and carry yourself to the hobbies and job you have. This mission will concentrate on the story telling aspect of DHVing, like in the competition of the show.

### **Story telling rules:**

There are a few things you must understand first about DHV stories

1. Women may not find certain stories as interesting as men.
2. Just because you think something is a amazing, doesn't mean it is.
3. Make the story about something cool you have experienced that conveys positive attributes.
4. Don't be afraid to tweak the story as it evolves to improve it, like a comedian's set
5. As your life experiences improve, so will your stories
6. If you absolutely cannot develop your own, borrow a story that is congruent with your life, until you can replace it with a personal one.
7. End on a high note
8. You always want them asking for more, not asking you how much longer
9. Once you understand the principles behind DHV story telling, you can make new ones on the fly and play to your audience.

### **DHV story telling:**

When I first started out I was 100% convinced that if a girl found out I had trained some SWAT team a few weeks ago, I was going to get laid. Turned out I was 100% wrong! The guys in set thought it was interesting, but to the girls, it was boring. Then my wingman Gypsy would talk about Tarot cards (another DHV) and the girls would be fascinated. That is when I realized the first rule above. Later as I got more interactions under my belt and I would have normal conversations, certain topics came up more than others. When I understood the pattern behind it, I could be a few steps ahead with a DHV story waiting.

My CAT DHV story is one of my best. Maybe after I open with "are you a cat person or a dog person," I would soon transition into this:



"I actually was the BIGGEST dog guy growing up. We had them my whole life from small dogs to an all white German Sheppard and other cool manly dogs. Then years later my x was always saying she wanted a cat. I hate cats and hate cat people. Well, I am leaving work one day, and I was in all my tactical clothes, with a gun on my hip, I had been teaching a firearms class all day, totally spent, my voice was almost gone from yelling on the range, all I wanted was to go home to bed, and as I was walking to my truck I saw this tini-tiny little fur ball under it. As I got closer I saw it was this little kitten, all skin and bones and covered in grease. It was summertime in Phoenix so was under my truck in the shade. It wasn't leaving, and I didn't want to run it over, so I was on my hands and my knees wiggling my fingers making kissing noises trying to get this thing out from under my truck. Some cop friends pulled up and asked what the fuck I was doing with my ass in the air, made fun of me, then said I should just drive away, but I am an animal lover and couldn't risk it. So FINALLY she comes out, hops in my lap, and purrs louder than any cat I have ever heard and reached up with her tiny paw and touched my face. My heart broke and I ended up taking her home. I named her KALI after a marital art I study. On the way home I had to buy some kitty litter and food, I was so embarrassed I would rather have bought tampons and condoms!"

There are many tiny paths the story could veer off to, but that is the major story.

While it may just sound like me finding a stray kitten, it does a few cool things. It brings up my previous job, shows that I have a heart and couldn't risk killing a cat, got made fun of for it but stuck to my decision, I am from Phoenix, moved out here to Hollywood, shows that I can change my beliefs, I study martial arts, and ends on a joke.

All of those points were conveyed in that story. Besides that fact that just being able to tell a good story is a DHV on its own. A story that appears to cover one thing, explain why someone like me would own a cat, it also does everything mentioned above. The story doesn't have to be about my ex girlfriend who was a stripper, or that I drive a Corvette. Which for many would not be true and come off as try hard. Once I know a girl is an animal lover, or has a cat, this story is in my back pocket ready for action and is filled with DHVs from my life, but I might lead off with the fact that I hate cats and cat people, to joke around with her.

By telling this story so many times, it let me refine it. Not only do I try small changes then use what works the best, I also stress certain points of the story when needed to make it as meaningful as possible. Each time I tell it, my pacing and delivery improve.

### **Your mission:**

Write and perform your own DHV story. Grab a piece of paper and come up with one of your best stories, perhaps one that you have told with success before. Modify it to convey positive attributes or life experiences. Practice telling it to a friend, family member, or better yet a virtual wingman in the comment section of this blog. Ask for feedback and work on making this story as good as possible before testing. Work on a few different ways on how to bring this story up. If it is about a recent move, ask them where they are from first, then chances are they will ask you the same question. If all else fails you can always say "OH MY GOD" or "this is the craziest thing" and begin your story, like it just popped into your mind.



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I AM A DHV

## Reason to test:

Does a DHV story really work? How can something as simple as telling a story help you look more attractive to the opposite sex? Telling a story about one topic and having little nuggets of DHV mixed throughout can't make a difference?

That is what people usually think. Once you test this powerful tactic yourself you will understand that this is a skill worthy of the Pick Up Labs Stamp of Approval.

## Follow up:

Delivering your DHV story infield, report your findings back at [www.PickUpLabs.com](http://www.PickUpLabs.com) in the comments of this blog. Get help on editing your DHV story, and help others with the knowledge you gained from this mission.