

GREEN LIGHTS

HOW TO SEE AND RESPOND
TO SIGNS OF INTEREST



JALAAL ALEEM MADYUN

The “Green Lights” in Dating... Can You See Them?

Part of my role as your Dating Coach is to be a reporter. I research trends in dating (especially for my clients) and **I help you adjust before you run into similar challenges.**

A few months ago, I had a woman reply to my newsletter email with a great question.

She agreed with my message, that you can attract dates with the energy you project, but she asked:

“...I am kind of old school (since I'm kind of old lol) that the man should make the first move. I know that there are a lot of men that won't. What are your thoughts on that?”

I've copied my response below because it is a great introduction to the skill I'll be covering. It will **make your dating pursuits 10x easier.**

My Response

“Sorry for the delay. It was an incredibly busy week and I am still responding to emails.

Online dating gets mixed reviews from the women I've spoken to. You have to weed through a few strange ones before you find a quality guy. If you live an active lifestyle, you can get by without doing online dating.

My thoughts on you being an "old fashioned" woman is it could put you in a bind in today's dating scene.

You're right, many guys won't approach you first. Their fear of rejection or embarrassment will stop them from making a move.

Most good-hearted guys lack confidence in their ability to approach a woman.

On the other hand, the men who aren't nervous about approaching have probably had a lot of practice. They could be "players".

So, if you wait for a man to approach you, he is more likely to be a player type than a monogamous type.

Of course, there are well-intentioned men who find the confidence to approach you in the moment, but from my experience that is the exception instead of the rule.

So, what should you do?

Most men who find you attractive WANT to talk to you, they just want to be sure they won't get rejected or look silly because they fumbled over their words.

An old-fashioned woman must **learn to give men the green light to approach**. You can do this in 3 main ways:

1) **Eye contact** - From across the room, hold direct eye contact with him for three SLOW seconds and give him a warm smile.

If he doesn't approach after the first time, do it TWO MORE times over the next 5 minutes so there is no way he can miss the hint.

2) **Proximity** - Position yourself next to him so he can simply make a comment to you over his shoulder.

Men feel pressured to say something clever when they walk across the room to approach you. Side by side conversations are more casual.

3) **Speak** - Use your surroundings to make a casual comment. If you're at a bar, ask what he's drinking. If you're at a concert, ask what he thinks of the band.

Most men won't consider your comment as you "making the first move". Mentally, they'll be trying to think of how to keep you there and transition from a friendly encounter into a date.

Since you spoke first, **his fear of rejection goes down**. He knows you are approachable.

You may have spoken the first words, but if he is interested, he'll make the first move by flirting with you. Thus, allowing you to honor your old-fashioned preferences.

If you really want to make a man feel like he should go for it and flirt with you, use all three of the suggestions above!

One last word of advice: environment does play a factor.

If you go to social events that are organized by a group, like a popular meetup, it's easier for men to talk to you.

When you go to an event, it's assumed everyone there is open to meeting new people. **The ice-breaker is built in.**

You start with small talk about the event, but it's usually easy to transition into more personal conversation. Compared to going to bars, you are much more likely to get approached at an event.

Was that helpful?"

That was my entire response. I'll break down why I choose those key points and how my advice changes if I'm helping a guy.

Also, I'll give you exercises to practice noticing and giving the "green light" in social situations.

If you can notice who is interested in speaking to you before you make the first move, it will make your dating life 10x easier.

The Green Light Challenge

Is dating harder for men or women?

I'll let you debate. They have different challenges.

Women are supposed to be passive. Historically, the directive has been: look pretty, wait to be approached and don't try too hard to get his attention or you'll look desperate.

It's socially acceptable for friends to console women with phrases like "a good one will come along" or "it will happen when the time is right".

Guys are expected to be aggressive in almost every area of life, dating being no exception. This adds weight on our shoulders and a ton of anxiety around rejection.

The directive has been: man up, make a move and win her over. If you fail, ignore your emotions and try again.

Even though gender roles are evolving in modern times, I still see both sides struggle to break away from the challenges the status quo creates.

Men and women have different challenges, but the root cause is the same: **we don't know the best ways to put ourselves out there so potential dates can show their mutual interest.**

How can you overcome this and bridge the gap?

I talked about the importance of noticing and sending "green lights".

Now, I want to share an experiment many of my clients have tried.

It comes with a *steep* price though. If you read the rest of this section, you **HAVE TO USE IT** in seven days, or your next three dates are going to **absolutely suck!**

It's just the way dating karma works.

We'll call the experiment the **Eye Contact Challenge**.

As you are walking through a crowd, attempt to make eye contact with *every person* who passes you. Keep your posture straight and a sly smirk on your face.

When someone matches your eye contact, flash a full smile, **stand there** and say "hey." People will turn their neck 90 degrees to stop and talk to you.

It's amazing to watch!

Make sure you walk **VERY** slowly through the crowd. Otherwise, the chances of locking eyes and stopping to talk decrease significantly.

No matter what happens, do NOT look away first. After a couple seconds, you'll feel naturally compelled to speak.

You **must** continue making eye contact with every person **until 10 people stop and acknowledge you**.

In addition to taking laps around the venue, you can give green lights from a distance.

If you find yourself in a stationary spot, look across the room for someone who isn't intensely engaged in conversation.

Give a nod when you connect eyes from a distance. Lift your chin slightly, as people often do when they say “what’s up” to someone they are greeting.

You can smile, lift your glass, wave or find a playful motion that lets them know you noticed each other.

This gives you the green light to walk over and talk to them later or invite them to come to you.

As you start the Eye Contact Challenge, send me an email with an update of your progress.

Flirtation is a dance. It is the exchange of signals and moves communicating intrigue, interest and eventually desire.

I believe flirting is a tool to initiate and escalate attraction. If you want to close the distance physically and emotionally, you need to flirt.

Your eyes are your secret weapon, with a sly smile as a close sidekick.

By making the first move, **you are a class above anyone who may have had a chance**, but failed to act out of fear or obliviousness.

It’s frustrating to drop hints of interest to someone who is not picking up on them.

Who knows? There may be people around you right now *hoping* you notice them!

Often during a coaching call, I’ll hear a story about that exact scenario. After dating for a few weeks, the person who is dating my client will reveal they were hoping the two of them would have a conversation long before it happened.

Don't be the fool who can't see or send signals.

Go get 'em!

How Green Lights Can Change Your Story

It was crazy how it ended, but I knew it was going to start well.

I was rushing my friend to get drinks so we could walk over.

Here's what I saw in Bar Louie that night:

- ~ Two cute women standing next to each other
- ~ They were standing **side by side**, which means they knew each other well
- ~ **They weren't talking much**, which means they go out together all the time and have shared all their stories
- ~ Their bodies were facing out towards the crowd in the venue, which means **they were scanning** the room for eligible bachelors
- ~ They chose to stand in an uncrowded space, which makes it **easy for people to approach** them

For a guy like me, who can see green lights, it was GUARANTEED they were open to being approached.

I was hoping another confident man wouldn't see what I saw and beat me to the punch introducing himself to these women.

As soon as we got drinks, I told my friend to lay back. I would approach them and bring him in.

From a distance, I looked in their direction with a sly smile on my face.

I walked directly up to both of them and said something along the lines of: “Hey! You two look like you are open to conversation, so I wanted to introduce myself. I’m JAM.”

Why did I choose to start the conversation that way?

Because it was the **TRUTH!**

By the way, that simple conversation starter is very powerful on a subconscious level.

I’m implying I don’t need a fancy opener. I don’t need to kiss their asses. I’m equally bold and sincere.

And... I KNOW they will be interested in talking to me. I saw *everything* I needed to see.

The night went great and it wasn’t our last conversation.

I didn’t know who I had met at the time, but one of the women I approached that night would **BECOME MY WIFE YEARS LATER.**

The tactics I’ve shared up to this point helped me meet my wife.

Don’t ever underestimate the importance of sending and responding to “green lights” in dating.

You must be ready to make a move in any situation.

I saw my wife standing next to her friend in a bar.

Because you might have to react to a different situation, I want to explain how I WOULD HAVE gotten her attention under various circumstances.

Let's say she was...

Having dinner in a restaurant with six friends...

I would have waited for any person to get up from the table to use the bathroom, male or female.

On their way back, I would compliment their attire and ask what occasion brought the group out tonight. Once I was "stamped" as a pretty cool dude, they would introduce me to the rest of the group.

In a loud, crowded room with no path to her...

From across the room, I would make eye contact with her until we locked eyes.

Then, I would smile and raise my glass to her. Once I had her attention, I would point to an open space in the venue and motion to meet me there.

I would assume she is willing to meet me. As I start walking, she'd likely follow.

Walking outside with head phones...

I would tap her on the arm with a big grin on my face, so she is not intimidated.

Then I would say: "Excuse me. I don't have the perfect words to say, but I saw you and I wanted to meet you. You're beautiful." The truth works when you frame it correctly!

There are at least 20 common situations you should be prepared for, but you'd have to [apply to work with me one-on-one](#).

Trying to explain all the possible dynamics in writing would be too much detail, but the tips I've given should get you started.

Ask yourself if you are noticing and acting on the signs I mentioned.

You may have already walked past your next date.

You may have totally missed the opportunity to meet your winter cuddle buddy.

Even worse, you may have lost out on someone you could build a life with.

If you feel like you need to get better at responding to green lights, I will GIVE YOU ONE CHANCE.

The day you read this, you can email any question or situation and I promise I will answer you privately.

I get plenty of emails. It's first come, first served. JAM@JAMLifeCoaching.com

Don't waste this opportunity.

The Rules of Green Lights

I've shared how to use eye contact to show you are interested and how to see signals.

Now, I want to highlight some of the of the rules you may miss if nobody has ever pointed them out to you.

Here are the rules while sending green lights:

1 – Don't Hesitate

I shared my story of how I initially approached my wife. If I would have hesitated, someone else would have stepped up.

The longer you wait, the more anxiety begins to set in.

Before you have a chance to doubt yourself, make a move.

2 – Assume the Best of Signs

The following signs tell me a woman is interested in me while we are talking:

- ~ She takes a sip of her drink

- ~ She breathes consistently

- ~ She speaks English (I'll accept Spanish as well)

- ~ She laughs or smiles at me

~ She blinks every few seconds

Bottom line, there are two types of women in the world. On one hand, there are women who are attracted to me and they know it.

On the other hand, there are women who are attracted to me, but they don't yet know it.

I take everything as a sign of interest... and it becomes a self-fulfilling prophecy.

If I start doubting myself. She will see it.

I understand people will look at me first to determine how they should respond to me.

The same is true for you.

3 – Interrupt People

Contrary to popular belief, people aren't outraged by being interrupted.

In fact, most people are bored with their life. They give the appearance of being busy so they don't look awkward.

Inside, they are hoping something comes along to give them a change of pace.

If you truly believe in your attractiveness and the value you provide to someone's life, you won't mind interrupting.

Sure, they might have to set their phone down for a moment, but nobody minds being interrupted for an opportunity that could make their life more enjoyable.

4 – Try Again

If you try to catch someone's eye and it doesn't work, try again!

Don't give up so easy and assume they are not interested.

You have to erase any doubts of coincidence in their minds.

Make it painfully obvious from a distance. Be bold and approach. Slow down your movements until they notice you.

I have laughed out loud by some people's attempts to give green lights.

You can't sit still hoping someone will approach you first. You can't glance in their direction for one second and expect them to notice.

You have to do more! Do whatever it takes to be seen and taken seriously.

Keep these four tips in mind, along with the previous tips, and you'll be engaged in more conversations than you ever have.

My Blueprint for Green Lights

Just to ensure you caught all my important points on green lights, I've summarized my strategy and train of thought below.

~ When deciding where to go for the night, I'll choose an organized event if I want a **warm environment** where starting conversations feels like a breeze.

~ I am fully **confident in my ability to approach** women (or get them to approach me), so I often go to a bar because I know there will be many more people to converse with.

~ Whenever I enter a venue, I **walk a lap and make note of all the attractive women** I may want to approach at some point.

~ During my venue lap, I walk very slowly with firm posture and a sly smirk on my face. I try to make eye contact with **every woman who crosses my path**.

~ The first time a woman holds eye contact for more than one second, I speak to her, even if all I can think to say is "hello."

~ After my lap, I try to find a high traffic location people often walk by. I stand and turn my body outward towards the crowd to make it **easy for anyone to approach me** face to face.

~ Keeping high energy and a social expression on my face, I scan the room for women who may be open to conversation.

~ The first factor I look at is the size of the group. If there are more than three people in the group, it will require more energy to keep them all engaged. However, if there are three women, I can single out the one I am interested in while the remaining two keep each other company.

~ Second, I look for a woman who is "disengaged", meaning she is **NOT enthusiastically involved in a conversation** with friends. If she is also scanning the room, it means we are both looking for something new and entertaining.

~ When I spot a woman whose attention I want to grab, I try to **make eye contact with her from across the room** and flash a smile.

~ If she doesn't notice my first attempt, I try two more times in a span of three minutes.

~ If she still doesn't notice my smile, the next time I catch her glance I will raise my glass or some other gesture to make it painfully obvious I see her.

~ When she smiles back, I approach her and her friends immediately.

~ If the crowd is hard to get through, I may motion her to meet me in a less crowded area.

~ No matter what, I find an excuse to position myself to her.

~ If we have both been sending green lights, I introduce myself directly to her. If I believe she hasn't noticed me yet, I will causally ask how her night is going.

~ During the conversation, my goal is not to impress her. I **focus on being genuinely curious** about her and being playful. I left my house with the intention of having fun!

~ If I happened to interrupt her conversation with friends, I won't feel like I'm being rude. I'll talk to them also with the same positive energy.

~ I know I am a valuable man, so I fully expect her to be attracted to me and I take everything she does as a sign of interest. I'm not afraid to **flirt with her and playfully tease her** about being attracted to me.

~ Each time I send a green light she doesn't see, the next one I send is **even bolder**.

Your Life Coach and Dating Coach,

Jalaal Aleem Madyun (JAM)

P.S. You can [apply to work with me one-on-one](#) to get help with your specific issues.