FREE FROM JOHN SONMEZ

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WAYS TO HANDLE HER TESTS WITHOUT LOSING YOUR COOL



This is one lesson from inside Bulldog Mindset. It comes from the dating and social lessons in the paid group, and I'm giving it to you free.

At some point a woman is going to test you. She'll poke at something you said, roll her eyes, or try to throw you off. It's a way for her to find out if you really are who you claim to be.

Women do this subconsciously. It's typically not personal, and she isn't even aware she's doing it. It's actually a good sign, because it means she's interested in you.

And it doesn't stop. The night you meet, six months in, ten years in, you're going to get tested. So you might as well get good at it.

Your job is to keep your frame and not be fazed. Stay playful. Here's how.

HOW TO HANDLE HER TESTS (WITHOUT LOSING YOUR COOL)

THE RULE: DON'T ARGUE, DON'T DEFEND

- Never get into an argument. The second you debate it, you've given it credibility.
- Don't explain or defend yourself. You don't owe an answer to every poke.
- Don't back down and start apologizing for being yourself. That's how you fail it.
- Respond, don't react. If a comment can rattle you, you're not in control of the conversation.
- Keep it light. If a joke goes too far, she'll let you know. Say sorry and move on.

That's the lesson. Recognize the test, don't take it personally, and answer with a smile instead of an argument. The more you practice it, the less it fazes you. And when it doesn't faze you, she knows you're the real thing.

WHAT A TEST IS

A test is a poke, not a fight.

1. **She's checking if you're really who you seem to be.**
   Not personal. Most of the time she isn't aware she's doing it.
2. **It usually means she likes you or is interested.**
   Don't treat every challenge like an attack. That assumption costs you.
3. **You'll get tested on a first date and ten years into a marriage.**
   Passing one doesn't end it. That's how she knows you're steady.

RESPONSE 1: IGNORE IT AND MOVE ON

The best way to deal with it. Act like it didn't land, because it didn't.

4. **She rolls her eyes at your joke. You: "All right, whatever." And keep going.**
   It doesn't faze you one bit. That's the pass.
5. **She takes a jab in the middle of your story. You smile and finish the story.**
   Don't chase the bait. Carry on like nothing happened.

RESPONSE 2: AGREE, BUT MAKE IT RIDICULOUS

Agreeing takes the sting out. The ridiculous part shows you're not worried.

6. **"You probably say that to every girl." You: "Yes, that's how I talk to all women, and I've said that 20 times already tonight."**
   The line from the lesson.

7. **"Is that a line?" You: "Yes. I've got a whole notebook of them. That was number 14."**
   So ridiculous nobody could take it seriously.

RESPONSE 3: AGREE AND AMPLIFY

Take what she said and make it a hundred times bigger.

8. **"You flirt with a lot of girls, huh?" You: "Yes, but only the strikingly beautiful ones."**
   The line from the lesson. A tease with a compliment inside it.

9. **"You're a bit full of yourself." You: "A bit? I've been working on it for years."**
   Bigger than what she said, and delivered with a grin.

RESPONSE 4: MAKE HER SOUND RIDICULOUS

Flip it back on her, playfully.

10. **She asks something pointed. You: "Wow, that's a rude thing to ask?"**
    The line from the lesson. Say it smiling, you're teasing, not offended.

11. **She fires off one serious question after another. You: "Was this a job interview?"**
    Turns the interview into something fun.

12. **"You're cute, but you ask a lot of serious questions."**
    A little bit of a jab and a compliment at the same time.

RESPONSE 5: MISINTERPRET IT

Act like she meant something completely different.

13. **She pokes at you. You: "Hold on honey, we've only just met, slow down!"**
    The line from the lesson. Treat the poke like she's coming on to you.

14. **"You're so weird." You: "Thank you. Nobody ever notices."**
    Take the dig as a compliment.

A TEST VS REAL DISRESPECT

A test is playful. Disrespect isn't, and you handle it differently.

15. **Test: a playful poke, an eye roll, a tease. Answer it with one of the five.**
    Most of what feels like a challenge is just this.

16. **Small stuff: she's five minutes late. You: "Five minutes late? That means you owe me a drink."**
    Still playful, but it says you noticed.

17. **Disrespect: yelling in your face, calling you names, doing things that are clearly wrong.**
    This isn't a game. Don't play along.

18. **Set the boundary once, calmly: "We don't talk to each other like that."**
    No yelling back. No arguing about it.

19. **If it keeps happening, you leave the conversation.**
    You don't try to prove yourself right. You just go.

HOMEWORK

From the lesson.

20. **Recognize when you are getting tested and don't react.**
    That's the whole assignment. Notice it, then pick a response instead of reacting.



HI, I'M JOHN SONMEZ

I was a shy, insecure kid. I built Bulldog Mindset to help men build real confidence with women, with people, and in themselves. Discipline is the method.

Everything in this guide comes from things I've taught on my channel, my podcast and inside Bulldog Mindset.

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