

Action Jackson's  
**MATCHBOOK**  
**METHOD 2.0**

facebook

 myspace



**Status Updates Cheat Sheet**

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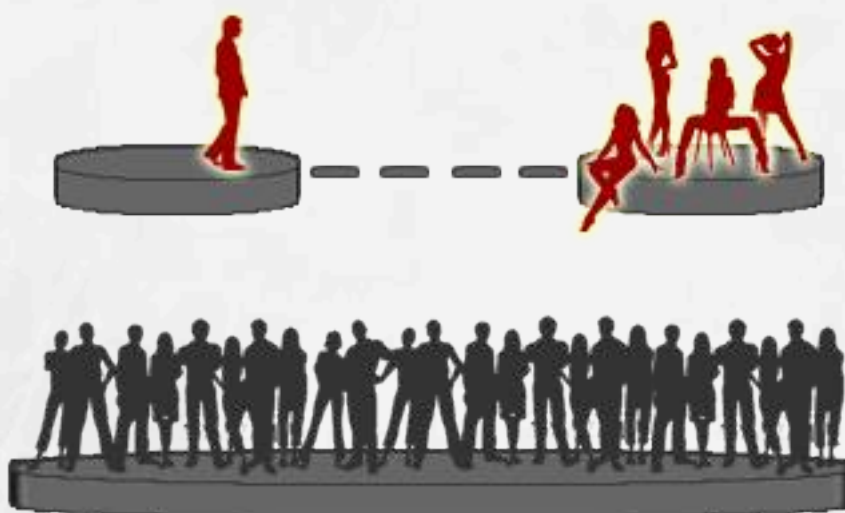
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# Action Jackson's Status Updates Cheat Sheet

This power-packed copy-and-paste cheat sheet will do TWO Things for you:

- 1) Directly and indirectly communicate alpha-male qualities that will raise your value and put you on the same level as the high-value girls on MySpace and Facebook.



- 2) Induce social proof comments. Social Proof is one of the principle concepts in the world of persuasion, influence, and getting what you want. A great way to get noticed on your Facebook friends' homepage is to write a high-value status update. It's also one of the best ways to get social proof comments from friends and girls.

In case you're not familiar with the Status Update widget on sites like MySpace and Facebook, this is what they look like:

[myspace](#)

[Facebook](#)

What are you doing right now?

Mood: (none)

News Feed View Live Feed

What's on your mind?

Attach:

In a moment I'm going to give you a plethora of pre-written status updates that will raise your value and/or entice friends and girls to comment on them, thus giving you social proof.

But first, you **NEED** to understand that it matters what you write in that little box. Believe it or not, your status updates can lower your value if they sub-communicate that you are needy, insecure, jealous, beta, lonely, have a negative outlook on life, etc.

Seriously, this part of your profile can **tank your value** if you're not careful.

So let's quickly go over my "5 Deadliest Status Update Sins".

## AJ'S 5 DEADLIEST STATUS UPDATE SINS

### #1. Bragging and Sounding Try-Hard or Needy

Never broadcast updates about how awesome your weekend is going to be or how much fun you had at a party last night. You'll sound try-hard and needy. This is by far #1 because committing this sin will instantly sink your value. Here's a great example:



Instead of bragging about how awesome his vacation is going to be he should just say: "Long Beach Island for the weekend." Then, while he's on vacation, he should take pictures of himself doing all the activities he mentions in his status update. Then when he gets back he should upload the best ones to Facebook and create a new photo album called "Long Beach Island" and let the pictures do the talking. [Bragging about his vacation will lower his value, but high-value photos of his vacation will raise it.](#)

By the way, check out the comments his friends left him. They sensed he was bragging and being cocky so they called him out on it and made fun of him.

Ouch!

## #2. Complaining, Apologizing, & Making Excuses

Never write anything that sounds like you're complaining, apologizing, or making excuses. Everything in your life should be positive. Nobody likes hanging around negative, pessimistic people. Let others write status updates on the crappy weather or getting sick. If you have a bad day look to your close friends and family for support, don't broadcast it to your Facebook or MySpace peers.

Two examples:

**Peter** Why is there no good food in Denver...  
8 hours ago · Comment · Like

**Shawn** Monday...ugh (end of 2 week break... double ugh)  
Yesterday at 9:10pm · Comment · Like



### #3. Song Lyrics

This one is easy...

Don't post song lyrics in your status updates!

People who can't think for themselves let song lyrics do it for them. Don't be one of those people. There are so many reasons not to quote song lyrics in your status updates that we'd be here all night if we covered them. The biggest reason is they either sound retarded or don't make sense outside the context of the song.

For example:

Justin [redacted] the ocean breathes salty  
 Sat at 10:54am via Facebook for BlackBerry · Comment · Like

I think I speak for us all when I say, "What the hell?!"

### #4. "I'm still alive" Reminders

Avoid posting empty status updates and one-word updates like the examples below. They might not lower your value but they definitely won't raise it. You only want to post status updates that will either raise your value or entice girls and friends to leave you comments. These types of updates usually do neither. My only guess is either they think they're being clever or just desperately want us to know they're still alive.

Examples:

Brian [redacted] ...  
 at 8:21pm via Facebook for BlackBerry · Comment · Like

Laura [redacted] is.  
 14 hours ago · Comment · Like



Daniel [redacted] is sore!

Yesterday at 4:53pm · Comment · Like

Brad [redacted] is great

Yesterday at 10:50pm · Comment · Like

## #5. Frequently Linking To Sites & Videos

Posting links to YouTube videos or other sites is fine but it should be done very seldom. You're a busy, high-value guy. You don't want people thinking you're sitting around surfing the Internet all day. I limit myself to about 1 link per month and the link is usually directly related to me. I rarely post links to random sites or videos that aren't about me or something I'm involved in.

For example:



**HINT:** Occasionally I'll leave a comment on a girl's profile that says, "For some reason this reminded me of you" and I'll post a link of a video or photo of a goofy-looking animal or fish. It's a great way to deliver a push/pull tease.

Now that you know what NOT to say, let's get to the cheat sheet. Along with the routines I'll list which alpha-male or high-value qualities they communicate.

Here are some of the alpha-male/high-value qualities you'll be communicating with my status updates cheat sheet:

Protector of loved ones

Humorous/Creative

Leader of Men

High-Value Lifestyle

Adventurous

Pre-selected by Women

Confident/Playfully Cocky

Social Proof

Lastly, there are a few specific routines at the end that are engineered to generate social proof comments from girls and other Facebook friends.

**NOTE:** MySpace and Facebook status updates are posted with your name at the beginning, which means you must you have to write in a "3<sup>rd</sup> person voice" if you want to sound grammatically correct. However, you don't have to obey this rule. Some of the routines I give you completely ignore the 3<sup>rd</sup> person sentence structure of status updates, which actually sub-communicates that you don't live by society's rules and expectations 😊



## **58 HIGH VALUE STATUS UPDATES**

**is on his way. The world is mine!**

-Confident, Leader of Men, Ambitious

**had the right to remain silent, but didn't have the ability.**

-Adventurous, Bad-Boy, Nonconforming.  
-You're being playful here. Nobody should actually think you got arrested.

**is diagonally parked in a parallel universe.**

-Nonconforming, you go against the status quo.

**is worried by normal people.**

-Nonconforming, Extraordinary.

**is fastening his seatbelt...it's going to be a bumpy night.**

-Adventurous, Outgoing Lifestyle.

**The hardest part of rollerblading is telling your parents you're gay.**

-Then paste this funny YouTube video link:  
<http://www.youtube.com/watch?v=c9q30Ce2vwE>

**is eating homemade Oreos.**

-Adventurous Lifestyle, sub-communicates you can cook.

**has to get up tomorrow at the same time he went to bed this morning.**

-Adventurous, Outgoing Lifestyle.

To check out the full copy-and-paste Message To Meet Course [click here](#)



**just planted a delicious garden of steaks and candy in his backyard.**

-Random, Creative, Fun.

**is uncensored.**

-Raw, not bound by society's rules.

**10am - breakfast 1pm - lunch 5pm - smaller second lunch 7:30-9pm - sports training 10pm - dinner 12am - glass of wine and Discovery Channel before bed.**

-Healthy Lifestyle, Creative.

**The only way out of the rat race is to take risks. If you take risk out of life, you take opportunity out of life.**

-Willingness to go against the social norm and take risks.

**is on a jet airliner to \_\_\_\_\_.** (fill in the blank with wherever you're traveling to)

-Adventurous, High-Value Lifestyle.

**Creme brulee bubble bath and The Godfather.**

-Creative dichotomy.

**had one of those nights/mornings that probably took a year off his life.**

-Adventurous, Outgoing Lifestyle.

**is very blessed, very fortunate.**

-Down to earth, willingness to emote.



**Holy sh\*\*! School dances sure have changed.**

- Then paste this hilarious video link:
- [http://www.thatvideosite.com/video/school\\_dances\\_sure\\_have\\_changed](http://www.thatvideosite.com/video/school_dances_sure_have_changed)

**If I don't text you back please refrain from texting me five more times... I would really appreciate it.**

- Cocky, Pre-selected by Women, Creates Jealousy.

**royally f'ed up accidentally buying shampoo that smells like Stacey.**

- Pre-selected by Women, Creates Jealousy – girls will wonder who Stacey is.

**swears he never had a crush on Kelly Kapowski.**

- Retro, Creative.
- Kelly Kapowski is the hot girl from the 80's/90's show Saved By The Bell.

**is nobody. NOBODY is perfect. Therefore \_\_\_\_\_ is perfect.** (Fill in the blank with your name)

- Playfully Cocky, Creative.

**is America's next top model.**

- Playfully Cocky.

**Escalators never break, they just becomes stairs.**

- Humorous, Witty.

**would luv to kiss ya, but he just washed his hair.**

- Playfully Cocky.



**is too sexy for this status.**

-Playfully Cocky.

**is all that and a bag of Tostitos Scoop chips dipped in his homemade 7 layer dip.**

-Playfully Cocky, and communicates you can cook.

**was born free... but he's higher priced now.**

-Confident, Creative.

**is a dromomaniac.**

-Adventurous, Spontaneous, Creative.

-Dromomania is an uncontrollable impulse to wander or travel.

**I'm not one to rate girls on a scale, but between 1 and me she was an 8.**

-Playfully Cocky, implies that you are a perfect 10.

**is giddy like a school boy.**

-Confident, Positive Outlook on Life.

-People will wonder why you're so happy.

**is deleting anyone he wouldn't invite to thanksgiving dinner....sorry folks, nothing personal, just need to tight'n up my circle....**

-Social Proof, Playfully Cocky.

-This is one of my favorites because it implies that you are very social and have A LOT of friends. In fact, you have so many friends people are competing to be in your inner social circle.



**A lot of guys ask me, “How do you make a girl wet?” to which I say, when she’s not looking, throw her in a pool.**

-Social Proof, Leader of Men, Creative, Sexual Innuendo.

**I have the best friends in the world. That's what's really on my mind, not gonna lie.**

-Down to Earth, Genuine, Willingness to Emote.

**officially stopped talking to the 200 friends on facebook that he never talked to in the first place.**

-Social Proof.

-This indirectly communicates you are a social butterfly and a lot of people have added you as a friend on Facebook.

**is the real reason the chicken crossed the road.**

-Humorous, Creative, Playfully Cocky.

**is wondering why psychics have to ask for your name?**

-Humorous, Creative, Witty.

**is debating whether to update his facebook status.**

-Creative, Witty.

**Thanks to all you amaaaaaaazing individuals out there...it was the most beautiful day and night and afternoon and morning and champagne and cake and crostini and wine...**

-Social Proof, Outgoing Lifestyle, communicates you have a lot of friends.

**is bending spoons.**



- Creative, Witty.
- This is a reference to the movie The Matrix.

**is determined to keep on working. Millions on welfare depend on him.**

- Determined, Ambitious, Witty, Leader of Men.

**is wondering if Chuck Norris is the reason why Waldo is hiding.**

- Humorous, Creative.

**just realized the reason light travels faster than sound is the same reason some people appear bright until you hear them talk.**

- Humorous, Witty.

**has a major crush on his dentist.**

- Creates Jealousy.

**You have to be at least 18 years old to purchase a fridge from sears. Don't even try it, kids.**

- Humorous, Random.

**prays every night for no bad dreams just good dreams. It works every time except when I eat chocolate before bed. That means God is allergic to chocolate.**

- Humorous, Spiritual, Witty.

**says save water...pee in the shower.**

- Humorous, Random.



**The following status update routines are engineered to generate social proof comments from girls and other Facebook friends.**

**If a man says something in the middle of a forest and there isn't a woman around to hear him, is he still wrong?**

-Women will feel the urge to comment, especially since women LOVE giving their opinions on crap like this.

**What's standard protocol when your grandma gets a Facebook account and sends you a friend request?**

-You don't need your grandma to send you a friend request to use this routine because you're asking a generic question.

**just watched The Exorcist and got scared half to death twice. Shouldn't I be dead?**

-Creative, Witty, and ends with a question.

**Why am I still friends with Sarah Palin? oh that's right...cuz she's hot.**

-This one cracks me up and usually always gets comments.  
-Then two weeks later I'll say "Why am I still friends with Sarah Palin? oh that's right...cuz she's STILL hot."

**is the only one who voted "not guilty" at jury duty. She was innocent dammit! And super hot.**

-Desperate for some profile comments? This one does the trick. You don't actually have to be on jury duty to use this one. Just don't use it more than once per year.

**Only 3 weeks until the best I've ever felt.**

-Status updates of incomplete information always get comments.



## **Why is it that most nudists are people you don't want to see naked?**

-This one always gets laughs.

**is seeking a like-minded woman to share a disastrous 3-9 month relationship with who will at first give me obsessive love, praise and devotion - but whose paranoia, self-loathing and fear of rejection and abandonment will eventually lead her to alternately push me away and pull me closer in a love/hate cycle that will lead to the eventual emotional breakdown of one or other party - or if we're lucky - both!**

-This got me a lot of comments from girls, mainly because most girls can relate to it since it pretty much sums up a typical relationship.

**Wow...best comment wins \$1.** [then paste a link to a funny/bizarre photo or video]

-Tease the girls who try to claim their \$1 prize. I always tease them and say, "I'll leave it on the dresser."

**Why do super hot showers after \_\_\_\_\_ feel so good?** (Fill in the blank with an adventurous activity or place, like 'surfing' or 'the beach' or even 'sex')

-This routine has many variations you can use over and over by just replacing "super hot showers" and inserting something different into the blank space. For example, "Why do deep tissue massages after working out feel so good?"

**marvels at women who stay at bars until closing time...cause when those lights come on...run Forrest run!**

-Funny, pokes fun at women.

**How come at closing time when the lights come on at bars the men still look the same but the women don't?**

-This is a variation of the one before it.



Okay Listen Up!

In case you're not familiar with the [Matchbook Method](#), our #1 goal is to give you the most effective online techniques for getting the Facebook and MySpace women you desire – all wrapped up in an easy to follow “done for you” [copy-and-paste system](#) even my 2 year-old nephew could do. So to make your life even EASIER, I've taken [all 58 routines and strategically listed them in a specific order you can follow and use throughout the entire next year!](#) Start with the first one, then next week post the second one, and so on and so on. And of course, feel free to skip any routines you don't like.

Enjoy...

**Why is it that most nudists are people you don't want to see naked?**

**is wondering if Chuck Norris is the reason why Waldo is hiding.**

**had the right to remain silent, but didn't have the ability.**

**just planted a delicious garden of steaks and candy in his backyard.**

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**What's standard protocol when your grandma gets a Facebook account and sends you a friend request?**

**says save water...pee in the shower.**

**had one of those nights/mornings that probably took a year off his life.**

**is America's next top model.**

**Holy sh\*\*! School dances sure have changed.**

**-Paste: [http://www.thatvideosite.com/video/school\\_dances\\_sure\\_have\\_changed](http://www.thatvideosite.com/video/school_dances_sure_have_changed)**

**is a dromomaniac.**

**Thanks to all you amaaaaaaazing individuals out there...it was the most beautiful day and night and afternoon and morning and champagne and cake and crostini and wine...**



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royally f'ed up accidentally buying shampoo that smells like Stacey.

I'm not one to rate girls on a scale, but between 1 and me she was an 8.

How come at closing time when the lights come on at bars the men still look the same but the women don't?

is determined to keep on working. Millions on welfare depend on him.

Wow...best comment wins \$1. [paste link to a funny/shocking photo or video]

was born free... but he's higher priced now.

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has a major crush on his dentist.

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**would luv to kiss ya, but he just washed his hair.**

**is debating whether to update his facebook status.**

**Creme brulee bubble bath and The Godfather.**

**The hardest part of rollerblading is telling your parents you're gay.**

**-Paste: <http://www.youtube.com/watch?v=c9q30Ce2vwE>**

**Escalators never break, they just becomes stairs.**

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