

VERBAL SELF DEFENSE 101

SPECIAL BONUS

HOW TO CRUSH THE NEXT TEN MOST COMMON VERBAL ATTACKS AND INSULTS

Thanks for purchasing (and most of all, reading) **Verbal Self Defense 101**. You're now ready to easily defend yourself against the most common verbal attacks and insults that people will lay on you.

Now, I am glad you have requested the special bonus content for the book. I truly love meeting badassess like you who are hungry to learn more and get better!

In Verbal Self Defense 101, you learned how to crush the ten most common verbal attacks and insults. This special report covers the NEXT ten most common verbal attacks and insults and as usual, the best ways to CRUSH those verbal attacks and insults.

Without further ado, here they are:

1. "Relax!" / "Don't get so worked up!" / "Chill out!"

Best Way to Respond: "Oh, I'm very relaxed. But the look on your face is starting to disturb my flow."

2. "Fail." / "That was a fail." / "You failed!"

Best Way to Respond: "Thanks. No one asked you to tell us your life story."

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3. "How come you can't X"? (ex. get this concept/do something well)

Best Way to Respond: "You might be able to, but you don't have to try so hard to tell everyone about it."

4. "I see you X." or "You look like you X." (ex. gained a lot of weight)

Best Way to Respond: "And I see that you're looking [*insert whatever negative characteristic/trait stands out on the other person*]."

5. "How come you don't have X?" (ex. common sense/many friends/thoughts of your own)

Best Way to Respond: "Good for you, you have so many/much X. Everyone already knows, must you keep reminding everybody?"

6. "Shut up!" or "Shut your face!"

Best Way to Respond: "I'll shut up when you stop [*insert annoying or unflattering behavior or trait that the other person has*]."

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7. Sarcastic Statements

Best Way to Respond: "I'm detecting some sarcasm there. Somebody's having a bad day, aren't we?" Or, "Oh wow, that's sarcastic. Did you just eat some sour candy?"

8. Racist Statements

Best Way to Respond: "Oh, that's a new one. If you're gonna be racist, at least be creative about it." or "Hey, Hitler called. You're infringing his copyrights and he's demanding royalties."

9. "Who asked your opinion?"

Best Way to Respond: "Nobody. Which is what you are." Or, "Nobody. My opinion might be irrelevant, but a lot less irrelevant than your self-conferred authority".

10. And finally, one of the most common of all these days, "You're so creepy".

Best Way to Respond: "Uh, I don't think that word means what you think it means. Check a dictionary. You'll see your face there."

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Thank you for checking out this special bonus!

Now, you're really covered and ready to deal with over eighty percent (80%+) of the verbal attacks and insults that may come your way!

From time to time, you may hear from me about verbal skills. Until next time, keep being excellent and keep in touch!

To Winning,

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STAY IN TOUCH!

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