SOFTWARE & TECH

All Pua Routines

Published: November 20, 2026 | Index ID: #-

Understanding All Pua Routines: A Comprehensive Guide to Pickup Artist Techniques

For over two decades, the world of dating advice has been shaped by the controversial yet influential Pickup Artist (PUA) community. Central to this world are what are known as All Pua Routines. These are pre-scripted lines, stories, and behavioral patterns designed to help men initiate conversations, build attraction, and navigate social interactions with women. Understanding all Pua routines requires looking beyond the surface level of "canned material" and examining the psychological principles, social dynamics, and practical applications that make these techniques both famous and infamous.

Whether you are a curious observer, a student of social dynamics, or someone looking to improve your conversational skills, this guide will walk you through the essential categories of PUA routines, how they work, the controversies surrounding them, and how they have evolved into modern dating strategies.

What Are PUA Routines?

At their core, PUA routines are structured conversational tools. They are not simply pickup lines, though they can include them. A routine is a pre-planned sequence of words, questions, or actions that a person uses in a social setting to achieve a specific outcome. The outcome might be getting a phone number, building emotional rapport, or creating a sense of comfort and attraction.

Routines are often categorized by their function. The most famous types include openers (ways to start a conversation), negs (backhanded compliments used to create tension), DHVs (Demonstrations of Higher Value), and routines for building rapport or escalation. The idea is that by memorizing and practicing these routines, a person can bypass social anxiety and consistently perform well in social situations.

The concept of a "routine" comes from the idea that social interactions follow patterns. By learning the patterns, you can predict and influence the outcome. While critics argue that routines are manipulative or inauthentic, proponents claim they are simply tools for overcoming shyness and learning social skills.

The History and Origin of All Pua Routines

The modern PUA movement traces its roots back to the 1990s and early 2000s. The term "Pickup Artist" was popularized by the book *The Game* by Neil Strauss, which documented the underground community of men dedicated to mastering seduction. Before that, pioneers like Ross Jeffries used Neuro-Linguistic Programming (NLP) to create patterns of speech meant to influence behavior.

The "Mystery Method," developed by Erik von Markovik (known as Mystery), was one of the first highly structured systems. Mystery broke down a seduction into distinct stages and provided specific routines for each stage. These routines included everything from how to approach a group of women to how to transition from a group to a one-on-one conversation.

As the community grew, thousands of routines were developed, shared, and debated. Forums, boot camps, and

books spread these techniques worldwide. Today, the term "all Pua routines" refers to this vast library of scripts, stories, and tactics that have been accumulated over the years.

Major Categories of PUA Routines

To understand all Pua routines, it is helpful to break them down into their primary functions. Each category serves a specific purpose in the flow of a social interaction.

1. Openers: Breaking the Ice

Openers are routines used to start a conversation. The primary goal of an opener is to get a positive response and begin an interaction. Openers are often divided into three types:

- Direct Openers: These are straightforward and honest. For example, "I saw you from across the room and I had to come meet you. I'm [name]."
- Indirect Openers: These are situational or observational. For example, asking for an opinion about something in the environment, like a drink at the bar or a piece of art.
- Opinion Openers: These ask for a judgment or opinion on a topic. For example, "Hey, my friends and I are having a debate. Do you think it's okay to be friends with an ex?"

Opinion openers became incredibly popular because they are non-threatening, create an immediate topic of conversation, and allow the opener to demonstrate social value by leading the interaction.

2. Negs: Creating Tension and Interest

Negs are perhaps the most controversial of all Pua routines. A neg is a subtle, calibrated disqualifier. It is a statement or question that appears to be a small criticism or tease, but is delivered within a genuinely positive context. The purpose of a neg is not to insult, but to show that you are not easily impressed and to create a small spike of interest.

For example, pointing out a small flaw like a smudge on a woman's shirt and then immediately saying something else. When used correctly, a neg can create attraction by indicating that you are not putting her on a pedestal. When used poorly, it comes across as mean or awkward. The concept has been widely misunderstood and is often misused.

3. DHVs: Demonstrations of Higher Value

DHV routines are stories or statements that subtly communicate desirable traits. These traits might include social status, intelligence, humor, kindness, or adventurousness. A DHV is not bragging. Instead, it is a natural way of sharing a personal story that implies positive qualities.

For instance, a man might tell a story about helping a friend in need, which demonstrates loyalty and kindness. Or he might tell a funny story about traveling, which demonstrates an exciting lifestyle. The art of a DHV is in the delivery. It must feel natural, not rehearsed, and it should fit the context of the conversation.

Common DHV themes include:

- Travel and adventure stories
- Stories about social proof (being popular or respected by others)
- Stories about overcoming challenges
- Stories that show emotional intelligence

4. Rapport Routines: Building Connection

Once a conversation is started and attraction is established, the next goal is to build rapport. Rapport routines are designed to create a sense of connection and understanding. These routines often involve deep diving, which means asking increasingly personal and meaningful questions.

For example, a rapport routine might start with a question about someone's job, then move to what they love about it, then to their passions, and finally to their values and dreams. The idea is to create a feeling of emotional intimacy quickly.

Mirroring and matching language, body language, and energy are also part of rapport routines. By subtly matching the other person's state, you create a subconscious feeling of similarity and trust.

5. Escalation Routines: Moving Forward

Escalation routines are used to move the interaction from one stage to the next. This might mean moving from a group to a one-on-one conversation, from talking to getting a phone number, or from dating to physical intimacy. These routines often involve what is called "kino escalation," which is the gradual increase of physical touch.

A classic escalation routine is the "pivot" or "time bridge." This involves closing the current interaction and setting up the next one. For example, "I have to go meet my friends now, but I really enjoyed talking to you. Let's continue this over coffee this week. Give me your number."

The Mechanics of Using All Pua Routines Effectively

Knowing the routines is only half the battle. The effective use of all Pua routines depends on several key factors.

Calibration: This is the ability to read the room and adjust your behavior accordingly. A routine that works in one context may fail in another. Calibration involves observing the other person's reactions and changing your approach in real-time.

Frame Control: The "frame" is the context or perspective of the interaction. A strong frame means you are leading the interaction and setting the tone. Many routines are designed to help establish and maintain a strong frame.

Congruence: This means your actions match your words and your internal state. If you are memorizing lines but feeling anxious or dishonest, the inconsistency will be obvious. The best PUA routines are ones that feel authentic to you.

Practice and Experience: Like any skill, using routines effectively requires practice. The goal is not to become a robot reciting lines. The goal is to internalize the principles so that you can be spontaneous within a framework of proven techniques.

The Evolution of Routines in Modern Dating

The landscape of dating has changed dramatically since the early days of the PUA community. The rise of dating apps, social media, and changing social norms have influenced how all Pua routines are used today.

Many modern dating coaches have moved away from scripted routines and toward a more natural, principle-based approach. The focus is now on inner game (confidence, self-esteem, purpose) rather than outer game (techniques and lines). However, the core principles of openers, DHVs, and rapport building are still very much alive.

In the context of online dating, for example, an opener might be a clever first message on a dating app. A DHV might be a well-crafted profile that shows social proof and an interesting lifestyle. The platforms have changed, but the underlying psychology remains the same.

Furthermore, modern dating advice often incorporates concepts from psychology, sociology, and even evolutionary biology. The best contemporary practitioners use routines not as scripts, but as frameworks for understanding human attraction and behavior.

Criticism and Ethical Considerations

It would be irresponsible to discuss all Pua routines without addressing the significant criticisms. The PUA community has been accused of promoting manipulation, deception, and misogyny. Some routines, particularly early ones, were based on the idea of "breaking down" a woman's resistance, which is problematic.

Many people argue that using routines is inherently inauthentic. Instead of being yourself, you are performing a role. This can lead to relationships built on a false foundation. Furthermore, some routines have been used to pressure or coerce women, which is never acceptable.

Ethical dating practices emphasize mutual respect, honest communication, and enthusiastic consent. If a routine crosses these boundaries, it is not ethical. The most responsible use of PUA techniques is to view them as tools for overcoming social anxiety and learning communication skills, not as weapons for manipulation.

Modern, ethical pickup artists emphasize that the goal is to become a more attractive and confident version of yourself, not to trick someone into liking you. The best routines are those that help you express your genuine personality in a compelling way.

Conclusion: The Bigger Picture of All Pua Routines

All Pua routines represent a fascinating intersection of psychology, social dynamics, and practical communication. They are tools that have helped countless men overcome shyness, learn social skills, and build meaningful relationships. At the same time, they have been misused and have contributed to harmful stereotypes about dating and seduction.

The key takeaway is that routines are not magic. They are not a substitute for genuine confidence, empathy, and respect. However, for those who struggle with social anxiety or who simply want to understand the mechanics of attraction, learning about all Pua routines can provide valuable insights. The ultimate goal is not to memorize a script, but to become a more skilled, authentic, and respectful communicator. When used with integrity, the principles behind these routines can be a powerful tool for building real, lasting connections.

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