



THE WOMAN
MEN *Adore*

and never want to leave

BOB GRANT, P.L.C.

The Woman Men Adore... And Never Want to Leave

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(or last title - Effortless Attraction)

Dedication: To the woman
I flew across the country to marry.
May every woman who reads
these words have the same effect
on men that you have on me.

Love,
Mr. Bob

Introduction

Have you ever looked at your relationships and wondered what was missing? Perhaps you are like many of my single clients and have an active social life. You date often and wonder why you can't seem to find that special someone. I also work with married women who have found their life partner but realize they are in a marriage where love seems to be lost.

Well, I have great news for you. If you would like to enhance your dating life, get married or spark the fire within your marriage, this book was written for you. During the past 14 years, I have talked with thousands of women. Some of these are excellent in interacting with men. They seem to have certain characteristics that enable them to effortlessly cast a spell over the men in their life. From the outside, it appears to be magic. In the following pages, I will describe to you what it is they know and how you can act and think the same way as these women. Some suggestions will be very practical while others will be more abstract. Before you begin, I have one request; as you begin applying these skills and insights to your life, please be patient. It is going to take some time for you to feel comfortable with implementing these new skills. In fact, some of them will be totally different than what you have previously believed about men and relationships.

This book will present several **PRINCIPLES** which can apply to both single and married people, and which can be used separately or in conjunction with one another. In other words, you don't have to view the advice in this book as an "all-or-nothing" type of plan. Simply read what I have to say, and when you find a suggestion that seems to apply to your situation, try it.

Let me begin by stating something which will become very obvious

as you read this book; this book is for women. The suggestions, insights and the changes to be made (at least at first) will need to be made by the women in the relationships. This is by no means because I, as a man, believe that women are at fault for all relationship problems. Nor do I feel that it should be the responsibility of the woman to always “fix” the problems in a relationship. It’s just that in my years of practice as a therapist, I have noticed that women tend to be the ones who are primarily interested in the development and improvement of their relationships. It is far more common for me to see a woman in my office, asking for advice as to how she should handle a particular relationship issue, than to see a man, or even a couple. Women are simply more interested in the entire concept of relationship development.

Most men view the relationship as, “Fine,” until there is a blow up. In a relationship, the woman is typically the primary one who wants to improve, develop and constantly grow closer. She is continually seeking new ways to achieve this end, whether or not her chosen mate participates in her quest.

A man, on the other hand, often views a relationship as a race rather than as a journey. For the typical male, a relationship has a beginning and an end, and marriage is typically the end, or “finish line”. For men, the motto is, “Just get me the girl, and I’ll take it from there.” Once marriage is achieved, your average Joe will sit back and relax, assuming that he has won the race, earned his keep and achieved his goal. It will seldom, if ever, occur to him that he still has to work, or that he might be expected to continue growing. For him, the hard part is over, and it’s time to kick back and enjoy the fruits of his labor.

Left to his own devices, the typical man will never initiate couple’s counseling, because the typical man rarely considers the need for it. Even

if he does notice a NEED in the relationship, he will probably be unable (or unwilling) to recognize what that need might be.

Most of my clients are women, but every once in a while, a man comes into my office for “relationship help”. When guys ask for help in relationships, they usually mean one of two things: either I end up talking to a single guy who wants to meet someone (like joining a dating service), or I’m dealing with a husband/boyfriend who has made some poor (dumb) choices and needs to know the “magic words” that will make everything okay again. Yes, ladies, I’ve actually had male clients come to me for that very reason—not therapy or counseling (many don’t realize that there can be deeper issues)—but some sort of catch phrase that will make a woman melt. If you’ve seen the movie *Roxanne*, you’ll know exactly what I’m talking about. Believe it or not, that type of guy is far closer to the norm than you may think. The fact is, I find that women have a greater interest and ability to influence men than vice versa. My own clients back me in this belief, because more than half of my married clients are women who come to me alone.

So, before you read any further, please be aware. As the woman in the relationship, by following the ideas and suggestions in this book, you will be asked to initiate the changes in your relationship. Whether your goal is to “get out of a rut,” to repair a broken relationship or to simply find someone to share your life with, you will find helpful advice in the following pages. After years of experience, this book is the net result of one thing, doing what works. By improving yourself, you will be able to influence your mate or draw one into your life. This is about positive changes you can make in yourself that will ultimately result in positive changes in your relationship. These changes will lead to better communication, more intimacy, and a better understanding of why problems arise in the first place. That being said, let’s begin!

MODULE 1

The Emotion Men Crave: VULNERABILITY

Many years ago, I remember sitting at home and wondering why a young woman I knew had trouble in relationships. She was an attractive and well-kept young lady in her early thirties. She had high morals and deeply desired to be married. Yet, in every relationship with a man, her deepest desire always seemed to elude her. That afternoon, I sat there and wondered why she couldn't get married when so many other women her age had been married for five years or more. I wondered why some people seem to have wonderful marriages with minimal effort, and yet others never have joyful relationships no matter how hard they try. Was it just luck or fate? I couldn't put my finger on it, yet somehow, I knew there was a reason this woman had trouble. I couldn't describe it to anyone, but there was a feeling I had; a feeling that there was something she was doing -and probably unaware of- that kept retarding her best efforts. There always seemed to be an "aura" or "vibe" around her, and I'm sure I wasn't the only man who noticed it. Even though she was pretty, smart and fun to be around, I couldn't quite figure out what it was that made me feel a little uncomfortable around her.

One evening, at a party, it suddenly hit me! Every time I was with

this woman, I got the sense I was with someone who was drowning. Have you ever had that feeling with someone? You know, those friends who always make you just a little uncomfortable, even though they are good people. You sense they are struggling, but you're afraid to get too close lest they "pull you into the water" with them. So, no matter how much you want to help, you always hold back. That's how I felt with this woman. And I suspect that other men felt the same way.

For years afterward, I remembered that afternoon and the insight I had gained about my friend, and noticed that she wasn't the only person I knew who gave off that same sort of signal. It really caused me to wonder why some people seem to be so successful at relationships, while others always seem to lead themselves straight to disaster. Eventually, I realized my own contribution to the answer. I was having dinner with my roommate and his parents. My roommate had invited his parents down to Atlanta to spend a week with him, and one evening we all went out to dinner. Now, my roommate's father and I had always gotten along well - in fact, so well that it wasn't uncommon for us to tease one another. As had been the case in the past, this evening we started to rib one another. While I can't remember exactly what he said to me, I do remember having a quick reply. After I responded, he paused and said, "Man, Bob, you're just like Teflon- nothing sticks to you." I smiled and replied, "That's right!" At first, I took it as a compliment. Early on, I learned that if I always had a comeback, then no one would ever catch me off guard. And yet, as the days went by, his words began to haunt me. Nothing sticks to you. Suddenly, the realization of what he was saying hit me: nothing stuck to me because I didn't let anyone get close enough to hurt me. It was nice being safe, but I realized I was also lonely. I quickly began to reflect on all my relationships. Was

there a common theme? I couldn't see it at the time; yet in a few years, a friend of mine would help make it very clear.

Steve and I worked together in the same counseling practice. We were both single and at times went out socially to the same functions. This evening, we went to a party at my friend's house. I knew most everyone there, and Steve was there to "meet and greet." During the party, I spent a good amount of the evening talking with a group of friends, mainly women. While I was talking and joking, thinking I was being polite, charming and funny, Steve had been observing me. As we were driving home, he said to me, "Bob, I want you to know what I saw tonight. You have a wall up that tells people, 'you can get only so close, and that's it.'" I looked at him like he was joking and said, "What are you talking about? I don't feel defensive at all! I thought I was being very open." He paused and smiled back as he repeated, "I'm telling you, you send off a signal that says no one is to get too close to you. Everyone picks up on that signal." With that, he stopped talking and let me ponder his words. He wasn't asking me; he was telling me. It wasn't open for debate. I could tell he was serious, but I honestly didn't know what he was talking about.

I was stunned and really wanted to defend myself, but because I trusted Steve, I considered his words. As the days went by, I decided it was time to learn how to shut down my need to be totally in control and begin allowing others to get close.

What do you do when you get nervous in a group of people?
Example. Do you get quiet, or more talkative? Do you get aggressive or try and be nicer?

When I get nervous/anxious, I tend to _____

How do you think others perceive you when you act this way?

Have you been told by anyone “how you come across to others,” particularly to men?

_____ (yes/no)

What did they say? An example might be, “Steve said - I was cold to him.” Or “My last boyfriend told me that he was tired of never being able to please me.”

If you can't remember or haven't received any feedback from others, who do you know, either friends or family members, who would tell you how you come across to others?

Most people are terrified of getting hurt. They have elaborate ways of protecting themselves that keep them safe, yet unsatisfied. It's not that they want to be alone; they just don't know how to be vulnerable and safe at the same time. In an effort to protect their heart, they inadvertently doom themselves to loneliness. I constantly observe this same defensiveness in many of my clients. It affects singles wanting to get married as well as married women in unhappy marriages. They simply find it hard to be vulnerable.

Some have boundaries that are so **STRONG** that only a tank could penetrate their heart, while others (like I was doing) just keep everyone at a safe distance by rarely addressing their displeasure with others. What they don't realize is this simple yet powerful truth: **if you're going to allow yourself to be vulnerable, you have to risk getting hurt.** But here is the surprise; being vulnerable is not what you have been led to believe.

It actually starts with you (the woman) learning to trust yourself (some call it intuition) to know when it is safe to let your guard down and when you need to protect yourself. Women who see the impact it has on men are astonished. In time they learn this universal truth about relationships; women *naturally* know how to charm men. They were designed that way. Now realize that I didn't say with *every* man. Men who are alcoholics, or

abusive, cannot be shaped without a healthy dose of consequences and even then they may never allow it.

Please don't leave it up to a man to help you overcome your fears. You, the woman, are the expert on relationships. Expecting a man to have the emotional intelligence to navigate a woman's defense mechanisms is like asking a child to perform open heart surgery. Yet so many women engage in self-destructive behaviors hoping a man will rescue them from themselves. Some common forms of self-hatred are: being self-critical, sexually acting out, eating disorders, talking negatively about others, excessive shopping, and rejecting compliments. Even though these behaviors eventually lead to pain, in the short term they enable a woman to avoid facing her deepest fears by serving as a distraction. The most common female fears involve a sense of being worthless, stupid, unlovable, weird, or ugly. They are often buried deep within the unconscious until a woman starts to feel vulnerable; for once you open your heart all, the wonderful and fearful feelings come out. That's the rule and no one can beat the system. Pinch off the feelings that you deem "bad," and the one's you like will start to dry out, even if you try your hardest to be upbeat. Those are the women you've met who try too hard to be positive. On a first, second, and third date, they can maintain this appearance; but eventually their need to be taken care of emerges.

Susan displays this pattern (in a subtle way) as she talks to her friend Allison regarding a date that went well the previous evening, except for how it ended.

Susan: "I can't believe when Jim said goodnight that I told him to call me."

Allison: "Well perhaps he didn't think you were being too forward and just thought you were being nice."

Susan: “No, he isn’t going to call me because he thinks I’m too desperate. I should have just said nothing, but I was scared I would never see him again.”

Allison: “I don’t think that would make him not call you. After all, you did say the date went well, didn’t you?”

Susan: “Yes, but I could tell by the look on his face that I ruined the entire evening by mentioning going out again. Why do men have to be so difficult!?”

Allison: “Any chance that you’re blowing this out of proportion?”

Susan: “I’d like to believe that, but I always say something *stupid* when I get nervous,” *(Because deep in my heart, I really believe I am stupid).*

Those words are what she is really thinking. Susan is being negative like all of us have at some point in our life; but if you look deeper, you can tell Susan is scarred when she feels vulnerable. She likes him and is afraid that any misstatement is going to cause him to not call her, but her faulty thinking is misdirected. If Jim doesn’t call her because she innocently said, “Give me a call,” then Jim is pretty insecure and should be dumped early in a relationship. This innocent mistake can just as easily be interpreted by Jim as being sweet. Most marriages happen in spite of each person’s attempt to not make mistakes. In fact, I challenge you to find a couple that says, “We had the perfect dating relationship and didn’t have any miscues or embarrassing moments.”

Rather than simply trusting herself, Susan is overly focused on the last 2 minutes of the evening which is going to cause her to obsess not to make a mistake on her next date (which she will probably get despite her fears). If she were my client, we would talk about the need to begin practicing *the courage to be imperfect*, even if she feels a little awkward.

By normalizing that it is healthy to allow herself to feel vulnerable while dating, she will actually give herself permission to make mistakes, which will come across to Jim and other men as being very confident. If Susan chooses not to take my advice, her fate will probably be that of the many bitter women who become thinkers rather than feelers.

What fears about yourself do you have? These would include the ones that you rarely, if ever, tell anyone and probably don't want to admit.

Sometimes I worry that I'm _____

I've been accused of being...

In my past relationships I worried they ended because I...

The purpose of identifying these things is to get an idea of why you act or react the way you do. It doesn't mean that you are the things you have written down; but before you can change your life, you first need to know what it is that needs addressing. Remember, everyone has something

in themselves that needs improving. Anyone that says otherwise is going to struggle in their relationships.

Let's continue...

Trying Hard

In the last 14 years, I have rarely come across a woman whom I have had to tell to “try harder”. In fact, most of my clients try so hard they are exhausted. The problem isn't lack of effort; it's that they're only trying what they know. They often don't know WHAT to try. The harder they try, the more they actually end up hurting themselves and their relationships. An example of this is that many of my clients (women) are so worried about coming across as a “nag” or “witch” that they frequently don't say anything to a boyfriend or husband when something bothers them. In an attempt to be “kind” they are actually building resentment.

Most women know all about resentment. It occurs when a person gives more than they receive over an extended period of time. It isn't a good or bad thing; rather it is a simple fact about our emotions. When anyone gives too much, they become overwhelmed. Giving is wonderful, but too much of a good thing always comes back to haunt a woman.

As the days or weeks go by, the pressure builds until suddenly their boyfriend/husband does something else that infuriates them (the final straw), and they lose it by yelling, crying, or withdrawing in an overwhelmed state that leaves them and their partner hurt and confused. By trying hard not to complain, the problems are only compounded. Often, I tell that particular type of client that she is perfectly justified in telling her man how she feels. “But isn't that being selfish? I've seen women who are

selfish, and I swore I would never be that kind of woman,” she says. This is my standard reply, “Trust me on this one; if you’re worried about being selfish, I can almost guarantee you’re not. Oh, you may do some selfish things, but you aren’t that type of woman you are afraid of becoming. That woman could care less if she is selfish or not. As long as she gets what she wants, that is all that matters. Selfish means you want someone to meet your needs even if it brings harm to them.

If you were that kind of woman, you wouldn’t worry about being labeled selfish.” While they like hearing me say that, most often they are hesitant to believe me. With time and practice, most learn that they can set limits without becoming a Witch. Yes, I said practice, because the ability to create magic with men is not really magic at all; it’s a skill which can be learned by any woman.

In what ways do you or have you tried hard in your relationships? Are you a good listener? Or perhaps you are very patient?

List the qualities about yourself that you have cultivated over the years by completing these sentences.

I’ve worked very hard to _____

I take pride in the fact that I'm _____

I appreciate the fact that others think I'm _____

When I'm in a relationship, I take special care to....

I know personally how much it hurts when someone... _____

And because of that, I want to make certain he can't accuse me of....

We are building a blueprint of how you see yourself. As we continue, you will see that how you see yourself and how others see you is probably quite different.

The Ability to Influence

If you're not going to become a Witch, then what do you do when you need to point something out to a man? The most common answer is to talk to them. Since most women are more talkative than men, it's no surprise that they like to work through their problems by talking. Because of this, when there is trouble in their relationship, they assume that if they could just get their husband or boyfriend to talk more, the relationship would be fine. We all know what happens next, don't we? The woman talks and talks while her man listens, at least at first. As he's listening, he's getting overwhelmed and she has no idea. After a few minutes, she's going a mile-a-minute; and next thing you know, not only is the original problem still there, he's tuned her out. Until the woman does something more than just talk, the relationship isn't going to get any better—in fact, it will probably just get worse, and she probably won't even realize that she contributed to the problem. Now, I'm not saying that women are the cause of all, or even most, of the problems in relationships or that they tend to make things worse. I'm also not implying that there is anything wrong with taking steps to “fix” things. What I'm saying is this: trying alone won't help and oftentimes hurts. I know from firsthand experience that many women try so hard, they're exhausted.

What's the solution to this dilemma? Is it to make men more sensitive? Good luck. Most men have difficulty listening for long periods of time. Because of that, I give all my female clients this phrase to memorize: **WORDS ARE FOR WOMEN**. You, as the woman, do not want to try to get your point across with mere words - not for something that means a great deal to you. What you want is something more powerful that cuts

deep into his heart with minimal effort from you. You need tools that give you greater power with far less effort than simply telling him how you feel. In fact, what you need is already inside you. The very gift that was designed to get his attention is your feelings. Every word you say that is mingled with your feelings causes your words to sink deep into your man's heart. Those women who try hard are usually withholding their feelings and trying other means of influence, which require more effort and produces mediocre results.

Wouldn't you rather use the gift God has already given you? Most men instantly relate to a woman who is genuinely expressing her feelings. It may be uncomfortable to the man, but he will be powerless to resist her. Have you ever noticed what men do when a woman cries? I will elaborate more on this later in the book, but suffice it to say that those women who are willing to allow themselves their full range of emotions (no, you won't become a baby or spoiled) have far more influence over their man than those who simply use logic. Would you be willing to consider what I am saying is true?

Now, I know there are those that would mention exceptions where it is impossible for any woman to flourish, such as an abusive situation, chemical dependency, or a philandering husband. I will grant you that there are times when in spite of someone's best efforts, a spouse continually makes it impossible for success. However, my experience is that those circumstances are few and far between for the woman who learns the secret of putting her heart first which is actually the source of her self-esteem and power. Yes, I said power.

Power is the ability to influence and shape the opinion of a man. The ability to influence is a major component of a healthy relationship. Most

women would like to influence their partner, but fear his disapproval. They think they can only do this if their boyfriend/husband is completely willing. It's not true. A woman has the ability to influence her partner even if he doesn't see the need to change. While it may sound controlling, let me illustrate. Imagine your husband always grabbed your butt at the end of every joke he told. After 6 months, you would become fearful every time he got near the punch line. You want him to stop, but rather than saying so, you suppress your anger. What happens over those 6 months to your feelings? Very simply, you will get resentful. As the resentment builds, you will most likely withdraw emotionally from him. If he is like many men I know, he won't know he has done anything wrong until you stop talking or begin to withhold sex. He'll then know something is wrong, but feel you are punishing him for something he didn't do.

Now I ask you, wouldn't it be better to be able to influence him not to grab your butt rather than let that scenario play out to the point of both of you being unhappy? The starting place will be for you to learn to put your feelings ahead of your fear of his disapproval. I'll describe this in more detail later; but at this point, I simply want to suggest to you that anything would be better than stuffing feelings. While not every situation will be this obvious, many potential problems can be avoided by addressing them early. Right now, I'll ask you to make yourself this promise. I WILL BEGIN TO LISTEN TO WHAT MY FEELINGS ARE TRYING TO TELL ME. I MAY NOT ALWAYS KNOW WHAT TO DO, BUT I'M WILLING TO EXPERIMENT WITH MY GREATEST ASSET. With that in mind, let's begin creating the relationship you have always desired.

When is the last time you tried something different, and what did you try?

Do you remember how it felt doing something that was unfamiliar?

It felt _____

Did you quit when it became uncomfortable or did you continue?

I _____

If you continued, what did you do to make yourself continue?

I thought to myself _____

What you are going to be doing over the next several weeks will feel similar to what you just wrote. Most women are not used to listening to their feelings – ALL OF THEIR FEELINGS. They listen to the ones that are intense but tend to ignore those that are quieter. As a woman, those quiet feelings will give you tremendous influence/power over a man...and men won't mind it one bit.

Certain Death to Relationships

Great couples fight, within reason. They don't have huge fights, and their emotions don't spike really high once things get intense. Dysfunctional couples may or may not fight, but what they do have in common is that they hold onto grudges. They tend to let things build. Folks often ask me what is the number one problem that couples face; and without hesitation, I tell them that it is resentment. Resentment is like a cancer that permeates all other areas of our life. As it builds up, it begins to affect our perception of our partner. Injuries or traumas from childhood or a previous relationship often result in a low-grade level of resentment that manifests itself within intimate relationships.

How exactly does someone get resentful? Resentment is the steady accumulation of anger as the result of giving more than one receives. Giving more than you receive is fine if done in moderation, but over time, this pattern causes an individual to feel cheated. After years of this pattern, it becomes hard *not* to keep score. Many women feel that once a man comes into their life that it is finally their time to receive. In their hearts, they think, "Finally someone to take care of me the way I have

taken care of others.” The poor guy has no idea that he is supposed to make up for all things she didn’t get. Since most women like to give, it seems blasphemous to suggest they practice being more self-centered, or as I say, heart-centered. Remember, men (even though I am one of them) are not the most empathic of creatures. If you don’t point out when a man is hurting you, then his cluelessness will drive you crazy.

For those readers who are not currently in a relationship, promise yourself right now that you will never allow resentment to grow in your heart toward any man. In Patricia Allen’s book, “*Getting to I Do*,” she lays out an excellent framework for dealing with conflict. Simply stated, she says a woman can either:

1) ACCEPT THE BEHAVIOR.

Accepting the behavior is pretty much like it sounds. In this category, you are able to allow the behavior to last a lifetime. These would be things like his taking longer than normal to get ready to leave the house, not wanting to go to the opera or being a neat freak. Don’t complain about them or try and manipulate him to change him. When you accept a behavior, you simply don’t ever bring it up that it bothers you; in short, you get over it. Accepting is unconditional, and most behaviors regarding your partner should fall in this category.

2) TOLERATE THE BEHAVIOR.

This is the worst option and should be avoided at all cost. This is where a behavior bothers you and you just hope it goes away by hinting or nagging. It seems too big for you to let go, yet not important enough to give an ultimatum. When a woman tolerates a behavior that she can’t get

over, contempt for her man is sure to follow; and when contempt enters a relationship, it is nearly always the fatal blow. Typically, this form of dealing with bad behavior causes a woman to begin to nag or complain. If you feel like you are whining, then you are probably tolerating behavior that needs to be addressed differently.

3) REJECT THE BEHAVIOR.

There are some behaviors where a woman must do whatever it takes to get a man's attention, even if it means leaving him. You might even have to say to your man, "I would rather cause you pain by saying no than hurt myself by saying yes." Pretty strong words, but not saying anything will only lead to pounds of resentment. Rejection means you will do whatever it takes to stop the bad behavior. No, this doesn't mean that you can control a man, but you can control what happens after his actions. If I decided to quit work and play video games all day, I promise you my wife would do whatever it took to get my attention.

Pounds of Anger

One of the best ways to illustrate how anger causes resentment is by talking about pounds of anger. Let's imagine that one of my clients leaves a session, and she thinks the best way to relate to men is to treat me like she sees the Three Stooges treat each other. So, upon leaving my session, she takes her two fingers and pokes me in the eyes, saying, "Bob, what a great session!" As you can imagine, it hurts. But I don't say that because I want her to think I'm a perfect person, or perhaps I want her to come back as a client, or I really want her to like me. For whatever reason, I

swallow my anger while at the same time smiling and say, “Thank you,” even though it really hurt. In the meantime, I’ve just experienced three pounds of anger. A couple of days later, another client (who was watching the same Three Stooges film festival) ends her session by also poking me in the eyes and saying, “Bob, that was a fabulous session; you are the best therapist in the world! I’ll tell everyone about you!” What do I do? Well, I really want her to refer her friends to me, so I don’t say anything; I just swallow it, and by doing so, I just added three more pounds of anger to my internal stack. One very important point about anger, it doesn’t go away very quickly. We can always pretend it doesn’t exist and numb it out, but anger doesn’t just go away. That’s why when people fight, they can bring up something from six months or a year ago, and it still feels fresh.

Now, I’m at six pounds of anger. Four or five days go by, and the same process happens all over again with another client. Same thing, she leaves, pokes me in the eyes, trying to be nice; and as she does that, I just swallow it and try to pretend it doesn’t bother me, just as I’ve done before. Now, I’m at nine pounds. I’m going around with nine pounds of anger, and I don’t even feel it! I’ve gotten so used to suppressing feelings, I’ve gotten so used to tolerating and not dealing with stuff, and now at nine pounds, that I am unaware how close to exploding I really am. That evening when I go home, my wife accidentally steps on my foot, or she’s in a bad mood, and that causes only one-pound of anger, but pushes me to ten pounds’ total. At ten pounds, the anger has to go somewhere, so for me, I unleash it on my unsuspecting wife. I give my wife ten pounds of anger in my response for the one pound of hurt she caused me. If I don’t yell, I might push it deeper, which will cause depression, or worse, I could begin to numb out. Here’s what is so important. At ten pounds, I

don't have the option of ignoring my anger. Something is going to happen from an emotional standpoint at ten pounds. At ten pounds, I will either explode in anger or suppress those feelings and slump into depression. When couples habitually build pounds of anger, it leads to resentment and indifference toward one another.

If I had a dollar for every time a woman said, "That shouldn't bother me," or "I feel silly pointing that out." Well, the truth is, if it bothers you, it bothers you. When I explain this to a client, often I'll pick a silly illustration. I'll say, "Let's pretend your tennis shoes bother me. That's two pounds of anger." Now, that's a pretty silly reason, for her tennis shoes to bother me, but it would be better if I pointed it out to her-or asked- "Are you trying to make me angry? Because you wore tennis shoes-are you trying to upset me?" than for me to pretend it doesn't bother me. Because if I ask, what usually happens is that I will realize how silly my perceptions are, or she will confirm that no, she is not trying to belittle me; she just felt like wearing tennis shoes. But if it bothers me and I don't say something, this is what will happen: every few minutes, I will look at her tennis shoes.

Every few minutes, my mind is going to begin looking for some reason to get defensive toward her. Those tennis shoes will get bigger and bigger in my mind. As I notice them, bells are going to go off in my mind saying, "She's trying to mess with me! She's trying to prove a point!" The longer I ignore those feelings, the more intensely those feelings will eat away at me, all because I thought they were too silly to mention.

So, how do we measure which things are too silly to mention, or which things to keep to ourselves since we don't want to go around complaining about everyone's tennis shoes? Here's a rule of thumb: if it bothers you continuously for several days, bring it up! I know your objection is that

you will become one of those women who complain about everything. Actually, that is exactly what won't happen. If you allow yourself to take action by addressing your concerns, then you have allowed your heart to do her job. One of the main functions of your heart is to alert you when you are being taken advantage of, even if the person is not intending to do so. It would be better if you investigated their intentions rather than to ignore them. The best part is, you don't even have to be exactly right. Asking someone's intentions about their actions gives them feedback of how they are coming across, as well as protects your heart. They may not realize that their actions or inactions are causing you pain. The alternative is to obsess on it, letting your anger stir around in your mind, seemingly to never end. When you don't bring it up, you will notice it even more every time HE does it (whatever it is). If you aren't willing to bring it up, then you have to let it go (more on this later). If you want to bring it up, but only if you can find a magical way that absolutely won't hurt his feelings, good luck. Hurting his feelings is a risk, no matter how perfectly you present your concern. An intimate adult relationship will always involve some conflict. If you want to be in a relationship and you don't want to take risk, you need to find a father figure and abandon the idea of getting or staying married. Being involved in an adult relationship means you are going to have to take risks. You are going to have to say things, and point things out, and ask questions that might seem embarrassing, and that may even upset your partner. If you can't take risks with your partner, you can never get close to them.

Those issues you don't care enough to bring up shouldn't ever be brought up. Later, using it as a weapon will poison this relationship and all relationships that follow. It affects the most important part of every

woman, her Heart--that core part that all of us have deep in our psyche. It's the part of us psychology also calls the unconscious whose primary job is to protect and keep us alive. When you and I were younger, our unconscious was responsible for following the number one rule of doing whatever it took to keep us alive. Every time we feel threatened, our unconscious enters into a protective mode. Immediately it alerts us that we need to be protected, just like when we were children and felt threatened and needed our parents to be attentive. If our parents aren't attentive, then our Heart goes into survival mode. To illustrate this, let's pretend you were in a family, and in that family, you didn't feel as if you got much love (or security, understanding, etc....). Maybe you didn't feel as if you were nurtured. In response to this, your heart had to find a way to help you, a defenseless child, cope with this. Since you didn't feel much/any love (kindness, understanding, etc....) it would be pointless to tell anyone, after all what would they do? So, your Heart (being extremely clever) convinces you that you really don't need love after all. In an attempt to numb you out, your heart spoke to you and said, "You don't really need to feel loved; in fact, it's highly overrated. Trust me; you're going to be just fine without it." Your heart had to trick you, and convince you that what you were missing really wasn't that important so that you didn't fall into despair, so that you could grow up and not realize how hungry you really were for that emotional nurturing. Then, just to remind you, it put emotional barbed wire around your heart, so that every time you got your hopes up, that barbed wire would remind you that getting your hopes up only got you hurt. When I say barbed wire, I am referring to feelings of intensity such as fear, anxiety, or dread.

This probably worked fine when you were a child, but then you

grew up. As you became older, something inside of you started to say, “No, actually, I really would like a relationship where I can be loved and nurtured.” So, you began allowing people to get close to you; and as a particular dating relationship or marriage became more intimate, it initially felt good. But those good feelings start to bring back memories of being hurt, of every time you got your hopes up when you were little and then being injured. So, the barbed wire raises itself around your heart; and for no apparent reason, you sabotage your relationship, and your partner wonders what they have done wrong to scare you off. Well, from your heart’s perspective, she’s trying to protect you. She thinks you are about to get hurt again. Even though you are not a child anymore, relationships cause us to feel as vulnerable as we did when we were children. That’s why when we get upset, we tend to react very primitively, and everything feels so personal. This is why some men can never seem to commit, and some women also have a hard time ever letting someone get close or having a relationship that lasts. Their heart believes they still need protecting, even though it keeps them from the relationship they have always wanted. How would you know if you have this happening in your life? What exactly does it look like when someone has barbed wire around their heart? The most common ingredient is resentment (as previously defined). Resentment is so powerful that it is able to help a small child survive deep emotional hurts against parents and against others. If adults allow resentment to build, there is no relationship it can’t kill. Resentment is the ultimate defense, and nothing can get through it if you don’t want it to.

Another way to determine if someone has barbed wire around their heart is if they have a high perception of threat. This means a person is constantly on the lookout for something threatening happening to her (or

him), such as when a woman's boyfriend/husband is late for a date and she assumes he doesn't love her. After all, her thinking goes, if he loved me, he would be on time, right! Having a high perception of threat is a way to justify being defensive. People are defensive because they don't trust themselves to set boundaries when they are angry or feel taken advantage of. It's like being on high alert, all the time. While it is an effective form of protection, it tends to make a woman into the dreaded, "Witch." I want to tell you that you don't need your barbed wire anymore. Right now, you can begin to let that defensive weapon down and allow others to love you. In the next chapter, I will begin to explain very specifically what steps to take to begin "letting go" so your Heart is free to work for you (Elegance) versus keeping you guarded (Isolated from intimacy).

Anger is the gateway for all other feelings. What you do with your anger will have an impact on your ability to live with passion and allow a man to get close to your heart. One of the fastest ways to awaken your heart is to give yourself permission for ALL your feelings, even the ones you're not comfortable expressing. This is why anger is important. When a woman doesn't allow herself to feel all of her feelings, what happens is that all of her feelings become blunted. Often with my clients, I have seen that when they begin to give themselves permission to become angry, over time they rarely get angry. Yet, by not allowing themselves this feeling, they only intensify it more. To understand this, find a child and tell them they can't do something. Guaranteed, they'll want to do it even more just because they can't. Here is an experiment that I have found particularly helpful in beginning to allow your heart to feel the way it was designed. For the next week, you are going to keep track of how often you feel angry or upset.

At the end of each day, I want you to think about every instance you felt angry or upset.

If you remember something, put down on a scale of 1-10, 1 being very little anger and 10 being VERY ANGRY, the thing that made you so upset.

So your journal will look like this:

Day → Do you remember anything that made you Angry or Upset?

Day 1 _____

On a Scale of 1-10 it was a _____ (1 being barely annoying, 10 being intensely angry)

Day 2 _____

Scale of 1-10 _____

Day 3 _____

Scale of 1-10 _____

Day 4 _____

Scale of 1-10 _____

Day 5 _____

Scale of 1-10 _____

Day 6 _____

Scale of 1-10 _____

Day 7 _____

Scale of 1-10 _____

At the end of a week, add up all the pounds of anger. Notice how even the small things that upset you add up over time. Most women don't realize that when anger accumulates, even though they don't "feel" angry, it causes them to become guarded with their emotions and thus makes relationships difficult.

Forgiveness

What if you are already resentful with the pounds of anger that have piled up producing many layers? You'd like to get over it, but you don't know how. There is one thing I have found that works every time; the willingness

to forgive. If you have been injured, the very idea of forgiveness may seem like you are being told simply “to get over it,” like when people say, “forgive and forget” (as though that is possible). Now, if that’s what comes to mind when you hear the word “forgiveness,” I’m going to ask you to change the way you think of it. Forgiveness is actually more than simply ignoring feelings of anger and resentment. It combines both common sense and reality. For the truth of the matter is, it is impossible to forget. Every event that has ever happened to you and me is chemically locked into your brain. Remembering is simply recalling. Some events are more difficult to recall than others. If forgiveness means never remembering, then all of us are destined to never be able to forgive. People also struggle because they tend to equate forgiveness with a feeling. They say, “I still remember how my ex-husband treated me. I try hard to let go of my feelings, but sometimes I get so angry.”

The Stages of Forgiveness

Forgiveness is not a feeling. Forgiveness can lead to an improvement in feelings, but how someone feels in and of itself is not the best measure of whether or not they have forgiven someone. Before we then explain how helpful this is in enhancing relationships and draining relationships, first, let’s go over what forgiveness is. First off, forgiveness begins with a legitimate injury. If your man was rude, intimidating, or disrespectful in public, a common response might be “that didn’t bother me that much.” Saying that is nothing more than lying. The reality is that it did. If I slap someone in the face, it’s going to hurt, whether I meant it to or not. If I am going to forgive someone, I have to be honest with myself and acknowledge

that what they did, whether they meant to or not, hurt me. The more I pretend that an injury didn't hurt, the deeper that hurt lodges within me, never to be resolved. Being honest is the first stage toward freedom from past injuries.

The second part of forgiveness is that there is no such thing as getting even. If someone has hurt you, especially your husband/boyfriend, it means that you allowed them to get close enough for them to hurt you. It means that you trusted them. You can never be hurt without being vulnerable. Causing someone else pain does not take pain away; it merely acts as a distraction. Every act of revenge simply buries your pain. The deeper it's buried, the more revenge will be required to keep the pain from being felt. The cycle never ends. It is the same as an addict constantly increasing their alcohol intake. It becomes a bottomless journey that has no resolution or comfort. Even if you do something hurtful to them, it will never hurt the same way that they hurt you. You can hurt them, but it will never make up for what they did to you. Revenge literally does not exist.

The third part of forgiveness-and the most important-is that forgiveness means laying down our weapons. What are weapons? Yelling is a weapon, being passive-aggressive is a weapon (especially for men), putting someone down in public, etc. Weapons are things we do to lash out at other people or to "get even" or to protect ourselves, and they are very powerful. Generally, they are learned in childhood, and they work well, which is why we have and keep them. These weapons were designed for children to use in a world with adults who are bigger and smarter. When used by adults, those same weapons are simply too powerful. An example of such a weapon would be yelling or shaming someone. The

most common weapon used by men is being passive aggressive. That is the ultimate weapon. To simply ignore someone causes more damage than all the yelling in the world. These weapons are so powerful that when adults use them on their partner, it causes their partner to activate their own weapons. If a woman is a yeller, her man is probably going to resort to what works for him, ignoring her or even yelling back. The more we are aware of our weapons, the easier it is to not let them become activated when we feel threatened. Relationships were created for you and me to practice giving up our childhood coping skills and substitute them for adult skills. A woman who insists on always responding with her childish skills will end up poisoning her relationships. You don't have to give up your childhood coping skills; it's just a matter of do you think it's worth it.

The fourth part of forgiveness is that forgiveness is not the same as trust. Many people get in trouble because they ask how they can forgive someone, when they really mean, "How can it not bother me?" They think of forgiveness as being totally released from hurt as though nothing had happened. Remember, forgiveness is not the same as trust because forgiveness is not a feeling. We can't completely control our feelings. If someone embarrasses me in public, my initial reaction is going to be a strong feeling of being hurt. In relationships, if someone has hurt me or continues to hurt me, they don't make it possible for me to trust them again. I can lay down my protective weapons; but if someone continues to act hurtful toward me, they are in effect untrustworthy. Trust can only occur with someone that is safe. Therefore, I can consistently forgive someone, but until they are safe and cease acting or speaking in a hurtful way, I cannot trust them. Therefore, trust is dependent upon the person that has hurt me, and forgiveness is dependent upon me. When I forgive

someone, I need to remind myself that it will take some time to trust them again; and if they don't change their actions and aren't willing to do things differently, they have not allowed me to trust them. An example of this is a woman who lives with an alcoholic or perhaps even a man who is unfaithful to her. He begs for forgiveness. He is tearful and remorseful, and perhaps he is even sincere. Yet two weeks or two months later, he commits the same indiscretion all over again. If the woman forgives him and continues to trust him, the pattern will always continue. Forgiving him gives him the opportunity to change his ways; changing his actions are totally up to him.

The fifth part of forgiveness is that forgiveness means grieving. Forgiveness means letting your hurts die. If someone has hurt you, I am telling you that you will never get that moment back. Realize you will never get the relationship with them you always wanted. If your childhood was sad, then grieve for the childhood you never had. No matter what someone did to you, you must realize that holding onto it will only produce a hole in your soul. Perhaps you have heard of the parents who have lost a child, and they don't change anything in the child's room simply to keep the memory of their child alive. The problem with this is that the parents remain stuck in life. The parents stay numb, neither joyful nor sad. They are unable to release the child to death and begin experiencing joy through others. Unfortunately, many of these parents become bound to misery.

Many years ago, there was a great fire in Chicago, with many people being burned, some even killed. They noticed a strange phenomenon. While some people's injuries were rapidly healing, some were remaining the same or getting worse. They couldn't figure out what was going on, but they called in a group of psychologists. As the psychologists began

to talk to the victims, they found that those people who were denying their own pain were unable to heal physically. Their injuries were literally unable to heal. Those people who looked as if they were falling apart emotionally were progressing normally with little to no trouble healing physically. What the psychologists realized was that the amount of energy it took for those victims to suppress their feelings and deny their grief, to fool themselves into thinking it wasn't that big of a deal, left no energy for the body to heal. All of this is to simply say that grieving is a crucial part of healing from pain.

Another reason we grieve is that we can't embrace a new relationship if we are still holding on to the past. Many women are paralyzed by the pain of a failed relationship and end up preventing any new relationship from developing. If they don't grieve, they won't be able to allow their new partner to get close, even if their new partner is "perfect." The inability to forgive causes a person to feel that they have to keep their guard up. Until the past injury is grieved, those injuries will continue to block that path. Grieving is admitting to ourselves that we can never get back what someone took from us. Perhaps they took our ability to easily trust. Or maybe an ex-husband made ten years of your life a living hell. Let it die for what you have lost. If you didn't like being yelled at and your husband yelled all the time, there is nothing you can do to bring that back; it's over and done with. The memory will still be there, but there is still so much of life to be lived.

Remember, forgiveness is for the victim more than for the offender. It's so that the offended might be free to love again and not be bitter and alone. Here is what can happen if a person never grieves a past injury. Years ago, a woman sat in church and listened as her pastor began his

sermon. As she listened, the sermon began to sound eerily familiar to what she had discussed with him in a confidential counseling setting. As she walked out of the church, she swore in her heart that she would never go back, and she didn't. Four years later, she bumped into the pastor at the supermarket and exchanged pleasantries. He smiled and got up the courage to ask her why she had left the church. She told him how he had betrayed her trust by airing her pain in his sermon and how she could still feel the embarrassment every time she remembered that day. After pausing for a moment, he said to her, "That sermon had nothing to do with you." He began to relate to her what was going on in his life at that time, and apologized for the misunderstanding. Then the painful realization hit her. She had carried around anger and bitterness for over four years, all over something that did not exist! It hadn't hurt the pastor at all. She was the only one that had suffered. Forgiveness is grieving for the things your partner has done to hurt you, so that you might be free to love again.

Make a list of everyone that has hurt you. I realize this list might be quite extensive; and for some, it can be a bit overwhelming to actually write it out, but the goal is to remove this pain; and if it stays inside of you, it will have a negative effect on any relationship you have with a man.

So please write out a list of those who have hurt you, whether they intended to or not.

These people have hurt me

Now from this list, is there anyone you left off? _____ (yes or no)

You have just completed the first stage of forgiveness. You acknowledged that you were injured. Good job!

Stage 2 There is no such thing as getting even

Go through every person on your list and write out what you could do to get even. Be careful not to simply put what you could do to hurt them, but put what you could do that would take your pain away. If you did the most horrible thing to them, would it erase what they have done for you?

Yes or No

Stage 3 Laying Down Our Weapons

What weapons do you use to protect yourself?

When I'm upset, I _____

When I feel threatened, I _____

When I feel scared, I _____

When I'm really angry, I _____

Are you ready and willing to begin laying down these Powerful weapons so that a man can get close to you?

Yes or No

Stage 4 Forgiveness is not the same as Trust

Have you ever struggled with feeling that you didn't forgive someone?

Yes or No

What do you think about the idea that you can forgive someone and not have to trust them? _____

Stage 5 Forgiveness means Grieving

Have you let all the things that have hurt you in the past die?

Yes or No

If not, what are you holding onto that makes it difficult to grieve those particular injuries? _____

If there is anything that you can't seem to forgive, this will surface in your relationships. While you may not be able to resolve these past injuries right this moment, if you still have trouble, please come back to this section in the future. It is critical that your past injuries be resolved so that a future or current partner doesn't get punished for something he didn't do.

MODULE 2

WHAT MEN REALLY WANT

It's no great surprise to tell women that men are different. Since most of my clients are women, I end up telling them not only are men different, but also why they're different, and how that benefits women. In fact, it seems that those differences were designed in such a way that they naturally influence men. Those differences (breasts and curves) are why men stare at women.

When a woman asks me what it is that a man wants, what I think she means is, "What is that skill or action that I can do over and over again that will guarantee that he'll want to spend time with me, or what technique can I do that will work every time?" Let's first clarify what "working every time," really means. There are some instances where nothing will make him want to spend time with you. If your husband or boyfriend just lost his mother to death, then there isn't anything you can do to make him happy at that moment. Along the same vein, if something stressful has happened in his life or yours, then that will certainly have an impact on how effective you can be in influencing him.

Imagine I thought being a good therapist meant being able to get you (my client) to do 1000 pushups right at this moment. Thus far, not a single

client has ever been willing to try. Go figure. If I ask something of you that you can't do, then the problem isn't in my ability as a therapist, rather it is that my request is too big. This is an important factor when it comes to influencing. First, determine if what you are asking can realistically be accomplished. There are things a woman can do that will greatly enhance her ability to draw a man into her life or to keep a man attentive; however, if she tries to influence her man in something that is unrealistic, then it is doomed before she begins. The skills I teach will probably be different than what she has been taught growing up. Now, why I make this important distinction is that if a client comes in and asks me for help, usually she wants to know if I could help her improve her skills or make them just a little bit better. If I suggest she do something different that she isn't used to, most of the time she will hesitate or disagree with me because what I am asking her to try just doesn't seem right.

There is a well-understood phenomenon that counselors and coaches alike understand when it comes to helping people change. While people want things to improve in their lives, they are afraid of doing something different because it might get worse. Even though someone's relationship is struggling, at least they know how to cope with the relationship at its current level. Imagine a woman married to a violent alcoholic who has learned how to keep the peace by tolerating his temper. She is more fearful of her husband getting angry (by setting boundaries with him), than she is of doing nothing and remaining miserable, always hoping for change, yet never willing to disrupt the relationship. So, before I tell you what to do regarding men, I'm going to ask you to at least consider taking a risk, to risk going out of your comfort zone and dare to live your dreams. In addition, just because the suggestions may seem overly simplistic and a

bit foreign to you, please don't quickly dismiss them. The best insights have a very simplistic quality to them. Men like things simple. In fact, I can sum up for you the main reason why men choose to get married to a particular woman. *She makes him feel good*. For this reason alone, it is important for a woman to learn to put her heart first.

Sometimes this involves setting a limit with a man, even when he isn't trying to be hurtful. My wife is excellent at this and reminded me of her expertise one evening after I came home from a wonderful round of golf. I wanted to share with her the details of every fascinating shot (I really did); but just as I started to describe the second hole, she gently interrupted me saying, "Bob, I know you have a lot to talk about, but right this second I'm emotionally full. If you can give me about 10 minutes to collect my thoughts, I'll be glad to listen." Well, it took me aback because I was just getting started. Sensing my hurt, she then followed up with, "I'm not trying to ignore you; but if I let you keep talking, I'll just end up tuning you out, and I don't want to do that. So, I can say I need a minute and then listen to you later, or I can keep nodding my head while I ignore you. That's only going to make me resentful which I really don't want and *you don't deserve*."

While being interrupted bothered me, it was the way she talked that really stung. It wasn't the kind of sting you get when someone insults you. No, it was more like a deep spiritual truth that you don't want to hear; but once you do, there is no sense arguing. She was right and I knew it. It was more than what she said; it was the way she said it. She wasn't asking me as much as she was telling me, and it really wasn't open to discussion. Rarely did she talk like that; and now that she had, it really stood out. I was stunned that my beautiful, soft, feminine wife could disarm me so

easily. It takes a man to admit when they are beaten; and right then and there, my wife handcuffed me without lifting a finger or raising her voice.

Fifteen minutes later, I had her undivided attention. Because she had stood up for what she needed, resentment never entered her mind. If she had hinted that she was tired by rolling her eyes or looking away, I wouldn't have known that she needed a break. I, like most men, would have interpreted her actions as a disdain for me. Such a manipulative approach toward dealing with conflict is how many women attempt to avoid disagreements by hinting that they are upset or not interested. Please don't hint to avoid conflict, because *hinting is what small helpless children do*. My wife was concise, soft and direct so that there was no misunderstanding between us. She knew that she had the right to stand up for herself, even if I didn't understand. By listening to her heart and daring to stand her ground even if I got upset, she saved our entire evening and reminded me of why so many men proposed marriage to her.

Another husband had a similar experience when his wife dared to speak from her heart. Greg had just returned from a 4-day sales meeting. As a self-employed business owner, he didn't get paid for the time he missed working, so he was understandably eager to get back into the office to make up for the lost income of that week. Upon returning home, his wife informed him that she was going to have outpatient surgery on Tuesday. Here is how their conversation went.

Jane: "Would you take the day off and drive me to the doctor? I don't think I will be feeling too well after the surgery."

Greg: "Would you mind asking one of your friends to take you, and I'll pick you up when you are done so that I can get half a day's work in since I took 4 days off last week?"

Jane: “Actually, I asked one of my friends, and she said it was my husband’s job to stay home with me. I could probably ask someone else.”

For some reason, something in Greg clicked and he realized how important it was for her that he take the day off. Armed with this insight, he proceeded.

Greg: “Actually sweetie, would you like me to just take the whole day off?”

Jane: “Well, now I’m thinking that I really don’t want to lose another day’s worth of income.”

Greg: “It’s really o.k. if you need me to stay home with you.”

Jane: “I’m not sure; I’m actually torn.”

Greg: “Jane...tell me...what would you *really* like?”

At this point she lowered her head and in a voice just above a whisper said, “I’d like you to take the day off.”

Greg stayed home from work that Tuesday and never looked back. Once his wife disarmed him with her soft vulnerable voice, Greg said yes, and even thought it was his idea! She risked being rejected (even though Greg helped her) to get what she wanted. As a woman, you must be primarily responsible for your own happiness. This takes pressure off a man from having to guess what you are feeling or if he did something to make you unhappy. When you stand up for your needs, a man doesn’t have to worry about making a mistake. When a man doesn’t feel that he is going to be blindsided with complaints from pent up resentment, he will cuddle you, kiss you... and want to possess you.

Unfortunately, most women do not realize what I just shared with you, the reader. A more common scenario involves a man feeling disconnected from his wife/girlfriend. With this emotional distance comes a typical

reaction from a man. He becomes less patient with his partner. Is all of this the responsibility/fault of the woman? Heavens no! I am merely describing it from a man's perspective. If a man feels a woman is displeased with him, something happens in his eardrums causing them to close. It's not a very mature way of relating to a woman, but it does ease his stress. Since most every man has difficulty accessing his feelings, when he meets a woman who makes him feel good, he can't help but want to spend time with her. When a woman is happy with herself, she radiates confidence. This confidence is extremely attractive. Without this emotional connection, a man might as well be talking to a co-worker or a friend. If his wife/girlfriend challenges him on something or stands up for her point of view, and there isn't that emotional bond between them, then he's less inclined to be patient with her.

When I say that she makes a man feel good, every woman does this a little differently. In dating, I rarely find a man that gets married who did so as the result of being tricked, talked into it, or threatened at gunpoint. By and large, men get married because they want to get married! When I conduct seminars, and ask women how many of them tricked their husbands or slipped a drug into their drinks to get them to ask them to marry them, no one raises their hand. Nearly every man I've ever talked with deeply wants to get married. Men are not stupid. They know that whomever they marry is going to ask them to do things that they don't want to. Pick that up, paint this, and so the "honey do list" begins. Most men realize they are going to have to give up their "treasured freedom."

For all the complaining that men do about surrendering their rights, they continue to get married in record numbers. Men know there will be adjustments just as women get married knowing they will have to

compromise. What women offer that men crave is the ability to arouse feelings that men rarely experience otherwise. A woman's smile can soften a man's heart in a moment. The curve of the back of her neck and her soft touch are in many ways one of the most powerful forces in the universe. This isn't to say that there aren't times that are appropriate for a woman to yell or express anger toward the man she loves, but as far as which of the two are more powerful; all things being equal, men are disarmed by a woman's softness. The reason is because men were designed for combat and women for nurturing.

Write down an example of the last time you wanted something from a man. _____

How did you go about getting it?

I _____

Did that approach feel good to you? (Circle one)

YES NO

Can you think of a way in which you could have expressed yourself to the

man in a more concise and direct manner?

I could have _____

Can you think of a way in which you could have expressed your feelings in a softer manner?

I could have _____

Take a moment and visualize how you might have approached the subject of what you wanted with this man in a different way. Imagine the ideal results you would have gotten as the man saw you for the vulnerable, soft, and powerful woman you are.

The Brain's Role in Relationships

In a man's brain, the two hemispheres are joined by a structure called the **corpus callosum**. In men, this structure is smaller, while women's brains are generally larger. The reason for this is that, in women, thinking and feeling happen more simultaneously, and they interchange more frequently between the right and left side of the brain. This is particularly valuable in dealing with children. A woman is more likely to feel nurturing toward a small infant because she feels an immediate bond. For a man, the **corpus callosum** is smaller, which in turn, makes it harder for him to access feelings when he is thinking. In the days of the caveman, this feature came in pretty handy while fighting for his life and needing to be able to shut off his feelings.

When a man shuts off his feelings and goes into an argument, he is entering familiar territory. Therefore, every time a woman is combative with her husband or boyfriend, she is playing a game much more familiar to her man. This does not mean that women can't argue or that they are incapable of defending themselves. What I am suggesting is that when a woman fights with a man, there are really two primary ways for him to respond. He can give up and go into his shell or compete with her with the sole goal of winning. The result either way is that she will be hurt, and there will be pain for both partners.

However, if a woman is heart-centered; then her heart guides her. Once things begin to bother her initially, she won't try to stuff her feelings or blow them off and pretend they do not exist. She will address them early on, before they have a chance to build and cause damage, both to herself and to her man. By initially responding to her feelings, a woman is much less likely to come across as the dreaded WITCH. If she suppresses her feelings, they grow in intensity as time goes by, or she will become numb as she continues stuffing her feelings. If the intensity grows, there will come a day when she explodes in sadness, anger or frustration. In the process, it will completely overwhelm her man. This, in turn, will lead her to feel guilty which will cause her to try the whole suppression routine all over again, causing the cycle to continue.

If a man is the head of the relationship, then the woman is the heart. She will be the emotional thermometer noticing when the relationship is either hot or cold. If there is underlying tension in the relationship, the woman is usually the one who will notice it first. Yet many women doubt those intuitions. They address their husband or boyfriend in a logical rather than a feeling manner. Without meaning to, they come across as

accusatory. They say things like, “You’re not being very attentive. You never talk to me. Why don’t you want to spend time with me? Why are you always doing things without me? You don’t send me flowers anymore.”

Write down something that you feel angry or resentful about right now. If you don’t have anything currently bothering you, try to think of the last time you were angry or resentful about something.

Now rate that level of anger or resentment on a scale from 1-10 (10 being the most angry) _____

Is it possible that there was a way you could have handled or addressed the situation earlier to deal with it earlier? If so, what could you have done differently?

Do you recall having any kind of urge or intuition to address this situation at an early stage? If so, what?

Can you see how dealing with this situation earlier could have potentially improved the way the situation flowed and kept your feelings from progressing into something more intense? Run the scenario through your head of what you could have done. Imagine if you had addressed and resolved the situation earlier on. What do you imagine your level of anger or resentment would be now on the same scale of 1-10?

Pain and Voids

What I would rather hear these women say is, “I am feeling lonely now. I am feeling a little overwhelmed.” Just leave it at that. For once a woman starts giving long explanations, her man will often resort to staring off in the distance. We don’t want that. Men respond to two things: one is pain, and the other is voids. Men do not respond to lectures, being shamed, or yelled at because all of those things are competitive. If you really want to hurt a man, hurt the ones he loves. If a man sees the woman of his choice in pain, and he doesn’t feel as if she is blaming him for that pain, he is ten times more motivated to take a corrective action in her favor because he feels the need to take her pain away. He is inspired to help her because he feels pain. By the same token, when a woman walks away rather than arguing with a man, it causes his imagination to wonder, “Is she upset with me? Why is she upset with me?”

Now, I can hear your protest, women. “If I leave him alone, he will

be fine”. Now, in the short term, you are correct, and he will indeed be fine. Yet, if you maintain your distance, at some point he will say, “What’s wrong?” Rather than explaining, I want you to simply say, “I’m still upset with you.” Nothing more is needed. He’ll get the message if you allow time to work for you. This void you are creating will cause him to eventually come back to you and be willing to apologize or discuss the disagreement. This works because whenever our strength is used on us, it becomes highly motivating. If someone sulks, then give them more space than they request. Whatever our tendencies, when they are used against us, they become highly motivating.

If I am a quiet person by nature, and my wife is talkative, she may get on my nerves by talking too much. However, if she really wants to get my attention, the most powerful thing she could do is to ignore me. Although there are times I may want to be alone, being ignored is actually more disarming because she is giving me more of what I am good at than I am comfortable with. If you like to talk, imagine how it feels when you are around someone who talks a lot more than you. I have seen women and men who are very talkative tell me how frustrating it is when they feel they have to just “pull” things out of a quiet partner, and then they describe to me what it is like being around someone who is even more talkative than themselves. I can tell you from experience, when someone overdoes something that is familiar to us, that gets our attention far more than anything else. So, women, if you have a husband or boyfriend who likes to go off by himself, who wants you to give him space, try taking that very gift and letting it work for you.

If he gives you a certain amount of space, you give him that much more. Let his imagination wonder, “Where is she? Why isn’t she always

nagging me? Why isn't she asking me questions?" The more a man's imagination works for you, the more he becomes curious. When a woman maintains a bit of mystery, a man begins to think about her. The more he thinks about her, the more he will want to spend time with her on a regular basis. The best way I know for women to do this is to use the very gifts they were given. A woman putting her heart first is the way she was designed, even if it is not familiar.

When a man is curious, he is less competitive. Men, by their nature, do not want to compete. They have enough competition in the business world and in sports. When a man picks a woman, he wants someone he can confide in, and with whom he can play. He wants someone who will be loyal to him. The trouble with many men is that they don't always know how to induce that loyalty from their partner. When a man picks a fight, it is a wise woman who refuses to compete with her man. If she feels threatened or annoyed, she will reflect that in her feelings without arguing. After all, for the woman of elegance, arguing is beneath her. She will not compete with him, saying instead, "I'm sorry, but since I'm a girl, I'm not very good at competing with you. You're bigger; you're stronger, and just better at arguing than I am. I'd rather not do this." With some practice, your man will realize that competing with you only leads to you creating distance. As silly as that example might sound, I have had enough clients do it to know it is highly effective. Yes, women are the heart of a relationship, and men are the head.

This important difference between men and women was actually designed so that they complement each other. These differences, while they may be infuriating at times, actually produce a wonderful sense of intimacy. How do they work together? They work together because a man

doesn't want to compete with a woman. A man has his business, sports, and other male friends to compete with. He doesn't like nor desire to compete with his mate. That's why so many men avoid conflict in their relationships. When a man competes, all he knows to do is to try and win, and a man doesn't want to win over his wife or his girlfriend in competition. He wants to please her and have a peaceful home.

When a woman disarms him with her feelings, she is the one in charge. This is the reason why, traditionally, "Daddy's little girl" can get Daddy to do anything. She smiles, she blinks her eyes at Daddy, and she says, "Daddy, you're so big, strong, and powerful; you're the best Daddy in the world; can I please have an ice cream?" Even though Daddy knows it will spoil her dinner and his wife will probably get upset, because his little girl made him feel wonderful, his daughter will soon be enjoying the sweet taste of ice cream.

When a woman arouses a man's feelings and he feels understood by her, she can ask him for almost anything. Now there are certainly instances where it is appropriate for a wife or a girlfriend to challenge her husband or her boyfriend, but for this section we are talking about influence. Men want to feel good because they have a hard time accessing feelings without a woman in their life.

(True) Feelings vs. Impulses

Most people do not understand the difference between a genuine feeling and a strong impulse. Impulses are strong sensations (full of adrenaline) which will tell you that if you don't do something RIGHT

NOW, then something very bad is going to happen. Yes, you feel them, but what distinguishes them from feelings is their intensity. They spike quickly and seem to come out of nowhere causing a great sense of urgency to do something immediately. Over the course of a lifetime, a person becomes familiar with certain impulses and begins to accept them as fact because they are intense. These familiar and repeated responses are often linked with adrenaline, which is the hormone in the body that goes into our bloodstream when we feel threatened. It is very powerful and magnifies our senses and defense mechanisms. In short, it causes a heightened perception of threat. Yelling, becoming defensive, or doing anything to protect yourself from what appears to be a threat is a typical reaction to an impulsive surge.

In a recent couple's session, I observed the husband experience an impulse toward his wife and respond poorly.

Allyson: "Why don't you try and get home earlier. The kids and I would love to see more of you."

Jim: "Don't you understand how hard I'm working? Who do you think is paying the bills?!"

Allyson: "I thought you wanted to spend more time with the family? I didn't mean to upset you."

Jim: "Yes, you did! It seems I can never work hard enough to make enough money for all of us, and you want me to work less!?"

Can you see what just happened? Jim perceived a threat from his wife questioning how he was spending his time. It hit him in an instant, and he responded with force. What he experienced was an impulse; and every time he responded in that manner, he was making it more and more likely that he would react in that same way in the future. Jim and I had

previously spoken about this in an earlier session. I reminded him by saying, “Jim, I am sure it seems your wife is questioning your priorities; but I’m sitting in the room with you, and what I heard wasn’t that bad from her. Remember what we said about impulses, to just ride them out until you are a little bit calmer. They will go away quickly if you don’t feed them. Try and respond to your wife’s question in a calmer manner.” Well, it was tough but Jim did it because he didn’t want to keep reinforcing the same pattern. Let me again make the distinction between Feelings and Impulses. Anything that feels highly intense is an impulse, and I want you to be suspicious of them. There may be a real threat; but most of the time, women overreact when responding to an impulse by saying, “I’m just being honest.” What they really mean is, “Since I have been hurt, it is O.K. for me to let all my anger out.” Doing this will protect them and frequently damage their relationship at the same time.

Feelings on the other hand usually start out a little less intense and don’t go away until you do something. An example of this would be if you struck someone on the face and you feel guilty. To relieve the guilt, you would probably need to apologize to the person. You can wait 3 or 4 days and the guilt will only get worse as you try and ignore it. Until you take an action, that particular feeling rarely goes away. This example also works with women who feel the need to break up with a boyfriend. If they feel very intense, I usually tell them to wait. Why? It is because the chemicals in your body exaggerate your feelings to protect you. At that moment, your brain isn’t concerned about understanding the other person; it’s all about self-protection. Remember Jim’s response to his wife? That is what we don’t want.

Women who don’t end a relationship based on an impulse will always

be better off. They wait until they cool down and see if they still feel the same way. Oftentimes the relationship does end at some time in the future, but they are in a calmer and more self-assured emotional state that doesn't have any regrets. They don't break up because they HAVE TO, rather because they don't have the interest or energy to keep trying.

Have you ever experienced this with a boyfriend that you tried to like? He was nice and seemed to be a good fit on paper. Everyone liked him and you wished you could, so you tried and tried to feel romantic about him, even dating him for 2-3 months (or longer). Still nothing changed within you; so you gave it a little more time until one day in the shower or while brushing your teeth, a small quiet voice spoke to your heart saying, "It's not going to work. You don't have to try anymore." In that moment, you were free; and without an ounce of guilt, you called him or met him for dinner to end the relationship. Because you waited, you gave your feelings a chance to sort through all your thoughts, and at the right time... PRESTO, the answer came to you. This is how it will feel when you don't react to impulses and wait on feelings.

If you are like most people, you have made a wide variety of decisions and choices over the years. Although many of your past decisions were based on feelings, there are also some decisions you have likely made based on impulses. Can you list some of each?

Past decisions based on feelings:

Past decisions based on impulses:

Now, what do you notice that is different about the two lists you just made?

For the next couple of weeks, pay closer attention than normal to your feelings. Try to distinguish any “feelings” you have which may actually be impulses. Now remember, if it is an impulse, it will feel sudden, urgent, and full of adrenaline.

If the Man is the Head; then the Woman is the Heart

It isn't a new relationship concept to say that men and women relate differently. The Bible is the first book I remember reading which identified these differences stating that the man was the head of the wife and the wife should respect her husband. Because of the misapplication of these verses, many women are afraid of giving any man that kind of power.

During the 1990s, 2 books in particular dared to tell women that it was not only safe but powerful to be a woman. *Men are from Mars, Women are from Venus*, by John Gray and *Getting to I do*, by Dr. Patricia Allen, both showed millions of women and men that each sex has a different and important way of relating which contributes to a meaningful and intimate relationship. If I had to pick between the two, I would select Dr. Allen's book because it allows for the fact that not all women want to be feminine.

In, *Getting to I do*, Dr. Allen describes the relationship between men and women as having a different energy, and how a woman responds to a man will either foster closeness or repel him like a toxic smell. In addition, Carl Jung taught therapists decades ago about how critical it is to be aware of the differences between the masculine and feminine energy. All 3 books I have just mentioned contributed to the concept of the man being the Head and the Woman responding as the Heart, but I want to acknowledge that *Getting to I do* has been the most helpful book I have recommended to my female clients over the years.

Sometimes I meet with wives that complain how their husbands want to rule over them. Conversely, I know husbands who gripe about how disrespectful their wives are. Behind these complaints is the premise that both partners are equal. In the current age of women's liberation, it can be a very valid point. The problem with this point is that I have noticed that being equal is overvalued when applied to relationships. Equal implies that each person in the relationship is supposed to have the same amount of power and influence.

The reality is that men and women have different strengths that were meant to complement each other. Some areas, such as nurturing, are generally more predominate in women, while administering discipline

most often is easier for a man. In that sense, two adults are equal in their ability even though those abilities are different. Yet, many times, each partner in a relationship tends to confuse equal with familiar.

They want to treat the other partner in a way that is familiar to him or her. It gives the impression that they are both the same person. If a woman demands tons of respect, it becomes very hard for her husband or boyfriend to cherish her. If the boyfriend or husband constantly wants his feelings taken care of, it will be hard for his wife to respect him. In relationships, complements, not equals, work well together. In complementary couples, each individual brings a unique set of characteristics into the partnership with another person, who through their own unique characteristics helps form a bond producing a relationship that is mutually fulfilling. The best analogy I know to express this is to imagine that women are the heart of a relationship and men are the head.

This does not mean that men cannot feel or that women cannot be logical or intelligent. Both things are entirely possible. However, when women, in particular, want to be “equal,” what I tell them is that by vying for that spot, they are actually competing with their partner. A woman should want to be her man’s complement, not his equal. If your husband or boyfriend thinks of you as his equal, he will treat you like a man. He will be respectful, but he will probably not be affectionate. He will be courteous, but he will be hesitant to play with you because men have a built-in need to take care of women. If a woman presents herself in such a way that she does not need a man, then men often pick up on this attitude and respond by treating her like one of the boys.

Now, here is where this begins to get a little sticky. Women, in some areas, I am going to ask that you allow him to be your superior while

you will excel in other areas. I ask the same thing of boyfriends and husbands. You certainly are capable of being his equal, but it won't lead to the intimacy you crave. If a woman is not able to trust a man to the degree that she is able to give up certain power to him, that relationship will always be strained. If a man cannot give up power to the woman of his choice so that she may influence him, it will be very tough for them to establish intimacy, closeness, and trust. I have said this to a number of singles, particularly single women. These women say to me, "I do so well in my job, and my career has never gone better. I date frequently, and yet something is missing. I can't seem to sustain a relationship." Then I ask the question, "Why do you need a man?" The typical response is, "I don't need a man! I would just like to have someone in my life." My reply to this is that if a man does not feel you need him, that there is nothing he can bring to your life that you could not have on your own, he will feel incapable of being your hero. He will feel as if you only want him involved on a superficial level.

This is one of the best man repellents in existence. If you want men to never get too close to you, maintain your cherished independence. While some independence is healthy in a relationship, it often works against people. Sometimes, independence can actually repel intimacy in a relationship.

How do you feel about asking for help? (Check all that apply) _____
I don't ask for help - that would imply that I'm needy or weak. _____
I don't want to burden others with my problems. _____
I've seen women like that, and I don't want to be so controlling. _____
I ask for help when I've done everything I can on my own. _____

I always ask for help from men, because they like to help women. _____

In the past, what has happened when you ask for what you wanted, either in a relationship or with friends?

The idea of asking for help or being vulnerable makes me feel _____

What examples of “putting your heart first” did you have growing up? Or did anyone show you/teach you how to do this?

If you didn't grow up with a mother who was good at expressing her feelings in a safe way, what was modeled for you?

Example: My mother never complained.....

My parents yelled all the time, so when someone says get emotional.....

Now look over your answers and you have some idea of how you feel about the very idea of putting your heart first.

Practice Assignment: For the next 7 days, every day share with someone how you are feeling. Don't focus simply on setting limits, just a feeling. An example of this might be, "I can't tell you how good that feels having you..."

"It feels uncomfortable when you ask me to lie to my customer."

"That really feels nice that you would call me and remind me of our meeting next week."

Notice that what you are doing is simply to express what you are feeling. There is no need to make up a feeling when something isn't important.

Just every day, share at least one feeling with someone.

	Feeling	Shared With Whom	What Happened
<u>Day 1</u>	_____	_____	_____
<u>Day 2</u>	_____	_____	_____
<u>Day 3</u>	_____	_____	_____

Day 4 _____

Day 5 _____

Day 6 _____

Day 7 _____

Now after one week, come back to this section.

How hard was this to do? _____

Did you share your feelings with different people or only a few “safe” friends?

Now write down what was the hardest part of this exercise so you know what your challenge is most likely to be.

Example – It was hard actually saying what I was feeling.

It was hard to know what I was feeling.

Deciding Your Style

There are a variety of different techniques to change behavior. I don't know which ones are perfect for you, but I do know some of these will apply to you. So, rather than tell you specifically to "do this or do that," I want to give you a number of options in this chapter and see which principles best apply to you. As we mentioned earlier, a critical difference between a romantic relationship and a friendship is often the difference between complementary versus equal personalities. In a friendship, personalities can be equal. Equals are the people where we are friends within a platonic relationship. While sometimes, even the closest of friends can make the transition from friendship to dating or even marriage, for the transition to be successful, those interacting patterns as equals must change. The reason for this according to John Gray, author of *Men Are From Mars, Women Are from Venus*, is that too much familiarity in a dating or marriage relationship often leads to a lack of passion.

The differences between men and women are the main catalyst that ignite the flames of passion. It may be more comfortable to relate to a man in whatever way you are more comfortable, but it frequently leads to painful boredom. In our current age, women's rights are treated as the ultimate goal by many in the feminine camp. After all, women can do just about any job a man can do. Even men have been encouraged to get in touch with their "feminine side" so much that sometimes they become fearful of their masculinity.

What often happens early on in a marriage or dating relationship is that the woman will act independent, self-sufficient, and the man will think, "Super! She can take care of herself. She doesn't need me to take

care of her.” As the woman begins to feel comfortable in the relationship, she realizes that all she really wants is to be adored. It would be nice for him to be protective of her. As she allows herself to need him, her man suddenly reacts to her as though she has become a stranger. He feels duped and says to himself, “What’s going on here? Who is this person? This isn’t the person I married, the person I dated for months and months.” The more vulnerable she is, the more he rebels against her as his resentment builds. She has been vulnerable, shared her heart, and allowed him to see a side of her that most people do not see, and he is seemingly punishing her. Both sides end up justified in their own minds, even as they both are hurt and unfulfilled.

Head or Heart

Carl Jung said that each person has both masculine and feminine energy. John Gray says that men are from Mars and Women are from Venus. John Gottman (the foremost expert on marriages) says that men and women are different. This isn’t a surprise to you, but what might be is how Patricia Allen (whom I cite again) describes the need to maintain a certain role while relating to a man. She says that since every woman can act in both a masculine and feminine style, it will confuse men and leave them wondering how to relate to you if you do both. Men crave a predominate style of relating to a woman when they are in an intimate relationship. Women who are good at talking and acting in a logically manner cause men to treat them like a man, unless they are involved with the artistic type who actually likes this kind of take-charge lady. In the short term, a man will begin a dating relationship because he feels that

she is “low maintenance,” and he won’t have to deal with an emotional woman.

Even though the dating relationship progresses for one, two or even three dates, all is not as it seems. As time goes on, the very quality that he found easy to relate to begins to feel too familiar. The woman has made it too easy for him, and he will resent her when she dares display feelings that never appeared the first few months of dating. This is why men will often date one type of girl and yet marry another. A woman willing to risk being genuine (not childishly needy) by speaking to a man through her feelings shows him the respect that this is who she really is. If he can’t handle it, then she is better off knowing this instead of wasting months only to discover it after she has invested her heart.

Those women who play the dating game in a defensive manner (I’ll be strong so I won’t get hurt) end up being viewed by men as nothing more than a challenge. They are great at flirting and dressing seductively which gets them lots of attention from testosterone-driven males. This game is fine if the woman doesn’t want anything more than sex, because the signal they send is that they expect nothing more from a man than intense passion, without commitment. This is a man’s game that a woman would be well advised to avoid. Once a man has conquered a woman, he experiences a huge adrenaline rush, the effects of which can be likened to a drug high. Then like a drug, the next day the man has a hangover from that experience. He doesn’t want to get close to her any more than an alcoholic wants a drink while throwing up at the toilet.

Before going further, you need to decide whether you want to be the head (in charge) or the heart (most every woman’s choice). For those women who really, really want to be the head, then I say fine. They will

need to find a sensitive man who wants to be taken care of by a strong independent woman. He will be the emotional partner while you are the dominate personality. If you say you want to be both the head and the heart, then I can tell you why you are having trouble achieving an intimate relationship; you don't want to be vulnerable. If you are both strong and sensitive, then you don't need a man - or at least you will give that impression. It's the same when women tell me that they want a man who is both strong and sensitive. Sorry, but those don't go together. Everyone has a predominate style under stress.

Women who insist on being a jack of all trades emotionally come across as strong and independent types who eat men for breakfast and are not to be taken lightly. If you want to operate in both modalities, then why do you need someone? A woman who is competent and more than able to fend for herself has to make a choice between her hard-earned self-sufficiency versus being dependent on a man in SOME areas of her life. It isn't that she necessarily needs to be taken care of, but a man will naturally want to know that she needs him. So, the choice is yours. Which role do you want to PREDOMINATELY function in? When choosing a role, I'm not saying to be in that role 100% of the time. I am simply talking about a primary way of relating to your partner, a style of relating that your partner will begin to recognize and anticipate that provides a sense of comfort and consistency.

Typically, most men choose to be the head. They choose to take the lead role, to be decisive, to be the planners. Society encourages this, and it works for the majority of men since many masculine characteristics are required to effectively fulfill this role; taking the lead, planning, initiating, and being more thinking-oriented rather than feeling oriented. The bottom

line is most men do better with thinking than feeling. Most women, on the other hand, choose to be the heart, the feminine side. Nurturing, caring and sensitivity are common characteristics of someone who is operating as the heart. Just as men tend to be better with the practical, thinking aspects of a relationship, women (generally) tend to be more inclined towards the nurturing, sensitive side of the relationship. This isn't always the case. I have known couples that reverse these roles and are quite happy. The important thing is that each partner *complements each other rather than competing*.

How these two interact with one another is much the way the head and heart interact within our own human bodies. I don't know which is more important, but suffice it to say, both are needed to survive. It's the same way in a relationship. Women that chafe at the idea of submitting to their husbands, or deferring to them, usually have a distorted view of what submission means. Men by their nature WANT to take care of women. It's true! When a woman allows her man to take the lead, she is actually using his natural tendencies to please her because the ultimate prize for a man is in making the woman of his choice happy. If he feels that he can make her happy rather easily, he is more likely to try harder to please her. Often a woman's self-sufficiency gives the impression that she does not want him to protect and cherish her. In the scenario I am describing, let us imagine that the man is the president of a company. The woman would then be the majority shareholder. She is quite content to let her man "run the show" because she simply votes the stock whichever way she chooses. When a woman is pleased, a man is inspired. When she is unhappy, her man will feel uneasiness until she is restored to a spirit of joy. The head will always follow the lead of the Heart. Another way to describe this difference is to

describe the two hearts. A woman's Heart, on the inside, is very tender. It is sensitive and empathetic. Now let's imagine that on the outside of that Heart is a membrane. That membrane protects the inside of the Heart, but it is not necessarily strong. You could poke it or cut it, and injure it fairly easily, and yet the amazing quality of this membrane is its uncanny recuperative powers. I have seen women whose Heart was broken recover in half the time it would take most men. Women grieve better than men.

A man's heart is totally different. The inside of a man's Heart is even more sensitive than a woman's. Around his Heart are walls of steel, like doors that slide open and shut. Most of the time, they remain shut, and only open for special occasions. These doors open when he is interacting with his children or the woman he loves, or perhaps in a spiritual moment. When those doors are open, a man is extremely vulnerable. During those vulnerable times, if someone hurts him or makes fun of him, those doors shut very quickly. This is why men do not like to open up much—it's just too scary. When a man is injured, he does not have the recuperative power most women do. With these doors of steel, men have a game they like playing called, "Who has the hardest Steel?" This is how it's played: one man teases and jokes with another man who returns the favor. Since their steel doors are shut, it's actually quite fun. But a problem arises when a woman wants to tease and joke with the man of her choice, for he interprets that as "playing the game," which inevitably results in her feelings getting hurt. She responds that he is being mean. He is dumfounded. She was acting like a guy, talking like a guy, and now in the middle of competing, she wants to be treated like a girl! The rules have changed right in the middle of the game! This is precisely why I tell women not to compete with their man. It's not that they don't have the ability to do it, but competing

with a man gives him the impression that they want to be treated like a peer rather than like a prize.

When a woman teases with her man, she is saying, “I am made of steel! I can take whatever you dish out!” This is playing with fire. As he responds to the challenge by showing force, her feelings get hurt. At this point, he leaves feeling dejected and confused, not understanding what he did wrong. He won the game, yet lost her heart. Rather than tease with him, refuse to be drawn into any competition. Your feelings are the one thing that a man cannot compete with. Feelings are disarming to a man. Your goal is to respond to him in a soft, feminine manner, gently training him to come closer and closer to you. Then when he does something hurtful and you express your anger, believe me, he’ll hear you! Since he mostly hears your soft, sweet soul, your anger will seem like an arrow in his heart.

For most women, this is a totally different approach. A typical female client of mine will often suppress her feelings, while allowing resentments and hurts to build. Soon she begins to pull away emotionally believing that he knows how much he has hurt her. It even feels like he hurt her intentionally. What they don’t understand is that most of the time (not always) men don’t realize how rude or clueless they have been. I’m not kidding. Believe it or not, men crave peace. They crave peace the way a woman craves closeness. The idea of doing something that his wife/girlfriend is going to be upset about just to get her upset is totally foreign to most men because it often leads to a woman wanting to talk about feelings, which you know most men want to avoid.

Which do you prefer to lead within a Love Relationship: (Circle one)

Your Head

Your Heart

Depending on your choice above, what qualities would a man need to complement your relational style?

Can you think of a past relationship or relationships where you and your partner were not compatible due to the fact you were both leading with your Head, Heart or Both? If so, what happened?

What Men Crave-And Women Need

What do men want from women? Actually, it's pretty simple. Deep inside the heart of every man is a secret wish to be trusted. How many times have men said to their wives, "If you would just trust me." Many men wonder why it seems so difficult for their wives to do something so seemingly simple. The answer stems from the physiological differences between the sexes. It begins at birth when little boys are given a distinct physical advantage over little girls by having higher levels of testosterone.

With testosterone comes the physical strength to both defend themselves from danger and/or run away from a threat. Most little girls don't have that ability. They don't have the strength to defend themselves in a physical fight when they feel threatened. If a boy trusts someone who in turn hurts them, they can always defend themselves physically (or try to). Little girls don't have that physical option of power. Since a person can only trust from a position of strength, those same little girls will grow up into women who naturally have a more difficult time "trusting" when they feel vulnerable.

Every man needs to understand that when they ask the woman of their choice to simply "trust them," it's not that she won't; she really can't, at least not as easily as a man. Guys, if you want her to trust you, she needs something that will help develop that trust like perhaps even a tool or gesture that she can "count on" until that trust with you is established. Thankfully this tool already exists and is known by every woman. What cultivates trust in a woman is a man who consistently keeps his word. Making a promise is meaningless if there is no follow through.

A woman needs to SEE her man fulfill his promises because seeing is always more powerful than hearing. Allow me to illustrate. Imagine someone telling you that I was the meanest person they had ever met. For months, all you heard was how terrible I treated my family and friends. Then one day you met me, and during our meeting, you began to notice that I didn't seem to be as horrible as you were led to believe. I actually appeared to be rather pleasant. Would you change your entire opinion about me from one visit? Probably not! However, if you saw me respond consistently with kindness and humility over a period of weeks, your opinion of me would begin to change. A paradox has just been established. The kindness you have seen in me for the last few weeks does not match

what you have heard about me. Because of my consistent actions, all the rumors of how mean I am will begin to fade into darkness. Over time, what you see will replace most, if not all, of your concerns about my character.

Ladies, you can share with your man that when you see his words lining up with his actions, trust will naturally follow. When he doesn't keep his word, it causes you to become fearful. From your perspective, you have entrusted him with your Heart and you WANT to trust him. You simply need his help in giving him what he wants. What if he doesn't keep his word? Then he needs to feel your pain. This doesn't mean reminding him all the time. No, nagging isn't just the wrong thing to do; it's not powerful enough. It has the effect of causing those doors around his heart to slam shut, and putting him into "combat mode." I want you to share with him how his actions made you feel, not describe what he did wrong. If he feels nagged, he will be able to justify his actions if you try and prove your point. Forget it! Simply sharing your feelings (and not explaining) will get the point across much more effectively. We want him to feel your pain so that he will prioritize your feelings. We want him to view you as a safe place to rest and relax.

This is not how most women deal with their anger. What most women do goes something like this. Her partner does something that bothers her, but it doesn't seem like a big deal, so she lets it go. A few days later, something else happens, and her hurt feelings begin to build. As they build, eventually, she will lash out in anger toward him because she feels like she has tried to be vulnerable and he has ignored her. Remember when we talked about pounds of anger. Storing anger causes the doors of his heart to quickly slam shut as a response to your anger coming out in

force. As the doors of his heart close, her resentment builds. Nothing has been resolved and the cycle continues. There is a huge difference between pointing out what she doesn't like versus just telling her man how his actions made her feel. When she points out that what he did was wrong, she becomes his mother, or worse yet, his enemy. When she relates to him by telling him how it makes her feel, she begins to open the doors of steel around his heart, and it disarms him.

Take each of the following situations that might make a woman feel negative, and see if you can rewrite them as you might say them when describing your feelings. It doesn't matter if these statements don't apply to you directly. Just see if you can rephrase them by telling him gently how you feel - instead of just pointing out what is wrong. When writing these lines below, remember to speak from your heart.

Situation #1

Your boyfriend is 30 minute late coming over for a special Valentine's dinner that you made for him.

Tell him what he did and how it makes you feel:

You can use this template.

When you _____, it makes me feel
_____.

Situation #2 Your boyfriend cuts you off in conversation when you are trying to tell him something important to you.

Tell him what he did and how it makes you feel:

When you _____, it makes me feel
_____.

Situation #3 Your man says Happy Birthday, but doesn't buy you a present, even though you were looking forward to receiving one.

When you _____, it makes me feel

_____.

Situation #4 The man you love just wants to watch football instead of watching a movie you rented to watch together.

When you _____, it makes me feel

_____.

MODULE 3

THE TRANSFORMATION PROCESS

Listening to Your Heart

What I am about to describe to you is the essence of what I have seen over the past 14 years that separates those women that are successful in relationships from those that constantly struggle. It is very abstract, and it is much more than a technique. It originates deep within a woman's heart. For what is in her heart always manifests itself in her relationships. If she is full of self-doubt and criticizes herself, it is guaranteed that the qualities will affect the way she perceives her man. Regardless of how wonderful he might be. These types of women either drive away good men or continually pick losers. The obvious example of this is the woman who goes from one alcoholic to the next, always wondering why love seems to evade her.

When I worked in the hospital, I first noticed this phenomenon while I was a therapist conducting group therapy. Every so often a woman would come along who had just come out of an alcoholic or abusive relationship. If she stayed in the group long enough, eventually the group would see her enter into another "relationship," and the group would cheer. By all accounts, this new man in her life seemed to be very healthy. However,

after one or two months into that relationship, he too would turn out to be an alcoholic, even though he looked totally different than her former husband/boyfriend. This pattern of picking alcoholics would continue sometimes for years.

After observing this sequence happen to more women than I can count, I realized that all that stuff I learned in graduate school really was true. These women really weren't aware of what they were doing. It wasn't that they were purposely going out and picking guys that were alcoholics-no, they really were trying to pick someone different. But, they were only picking what was familiar. If they had dated a tall person, the next person they picked might be short. If they dated a loud person, the next man was probably quiet; if they dated a workaholic, they may compensate the next time by choosing someone more laid-back. And so the list went. Even though they tried to choose someone different, there was always something going on inside of them that overrode their best intentions. Because they didn't know how to listen to their heart, they ended up dating someone who was capable of arousing strong feelings. They were intensity junkies. They often mistook impulses for feelings.

Impulses feel just like feelings, but there is one major difference. Impulses spike very high and give you the impression that you have to obey them. They feel overpowering and seem so convincing and true. Feelings generally build gradually. What separates them is that impulses will die down within a few hours or days. Feelings remain until we do something about them. An impulse would be like someone saying, "I know I shouldn't go out with him. He's got a bad temper, but I just feel a great chemistry when we talk." Even though she knows this man is trouble, she lets the intensity of impulses guide her to a poor choice. If she

were to wait a few days and talk with some trusted friends, the intensity would probably die down and this man would be less appealing. If she craves that excitement, she will pursue him even though he will bring her pain.

Feelings tend to nag at someone until they take action such as when you offend someone and you realize you need to go apologize. Your heart probably won't scream at you unless you try and ignore it. The more you put off apologizing, the stronger those feelings grow. Time only intensifies feelings, whereas time will diminish the urgency of impulses.

Have you ever noticed any negative patterns in the type of men you choose? If so, list the pattern or patterns below:

Now think about these men. Were there any indicators that they had that behavior in the early stages of the relationship? (Circle one)

YES NO

Can you think of any impulses you had that drove you towards that man as opposed to listening to your feelings to potentially avoid this person? If so, write these impulses below.

Do you think next time around if you are in a similar situation that you would be more able to listen to your feelings rather than your impulses? (Circle one)

YES NO

What Is Your Heart?

What exactly is your Heart? Psychology describes it in a number of ways. Some call it your “inner child,” while Freud called it the “unconscious.” The Bible calls it your “heart.” From this point forward, I will use all these metaphors interchangeably. All of them offer a simple description of that core part, within all of us, that really makes the major decisions for us: who we marry, what we decide to do with our life, etc. Sometimes this part of your brain is referred to as your intuition; such as trust your intuition. Within your heart lies the ability to create all your dreams; the magic you were keenly aware of when you dreamed as a child. When you and I were children, we didn’t know the meaning of the word “impossible.” Children have an innate ability to believe in things just because they can imagine them. Some call this child-like faith. What is sad is that when we grow up, we begin to think that maybe dreams don’t come true, and we prepare ourselves for pain. We have disappointments and soon we view the disappointments as reality rather than steps toward our dreams. Once an adult stops believing that dreams can come true, every adversity only becomes a self-fulfilling prophecy. Yet, dreams never die—they just get stored away in the basement or packed up in storage. But, the

ability for those dreams to be fulfilled is always there. It is stored in your unconscious, or your “inner child,” which is always more powerful than your conscious. Does this sound farfetched, like something out of Alice and Wonderland? It probably does if you were not taught this growing up. Sadly, many women have never learned the power of the unconscious mind and its ability to select, influence, and shape men.

Where exactly is your “Heart” or “Inner Child?” The simple answer is it really isn’t in any one particular place in your body. If I had to pick a place, it would be in your brain. The front part of your brain is the logical part. It controls speech and logical thinking; biologically, this is what separates us from the animals. The back part of your brain controls the unconscious functions; breathing and heartbeats are two of the most obvious. Rarely do you consciously make a decision to breathe, telling yourself “breathe in and breathe out”. You never consciously tell your heart to beat.

Yet, there is a part of your brain, which even while you sleep, assures that these functions continue. Your unconscious’ main job is to keep you alive. If a building were to suddenly fall toward you, there isn’t time to logically consider whether you should get out of the way. Something instantly takes over; and before you know it, you have sprinted out of the building. Your unconscious is constantly anticipating things and reveals itself in what is commonly known as “intuition.” Some describe it as a sixth sense, much like a woman who is suddenly aware of things which no one else can discern. Sometimes it is a “bad feeling” that her child is in danger, while often it is a “sense” that a particular man is not exactly what he claims to be.

It’s not naïve, silly, or unusual when these hunches turn out to be

correct. Her unconscious cannot afford to be wrong and was designed to be much more aware of things than her conscious mind. When a woman learns to stop dreaming, she, in effect, stops paying attention to her heart/unconscious and begins labeling those deep intuitions and feelings as “silly.” All the energy used to ignore your intuition leads to feelings of being overwhelmed or tired. Many women who complain about feeling overwhelmed aren’t even aware of how much energy they are expending to “keep it together.” They feel they are needy or desperate if they dare let out what they desire. Over time, they become afraid to admit their desires even to themselves.

List your dreams that you had for your life when you were a little girl. All children have dreams, so make sure you really reach back to how you felt when you were young, and list at least 3 important dreams that you had.

Now look at the list above. Do you still have any of these dreams?

YES NO

For each of the dreams you no longer have, write down below why you stopped dreaming that particular dream:

Do any of the reasons include the world “impossible”?

YES NO

Do any of the reasons include the world “silly” or “stupid”?

YES NO

If the answer is yes and you do now see some dreams as impossible, silly, or stupid, try to reevaluate your definition of that dream. Do you know with absolute certainty that it truly is impossible to achieve that dream? Are you 100% sure that is the case? Ask yourself if everyone in the world would see that dream as impossible or silly. When you break your dreams down in this context, your answer is most likely going to be that you can't say with absolute certainty that your dream is impossible or silly. This idea is just your current perception.

Would you be willing to dream that dream again?

YES NO

Can you think of some way in which you could channel that old childhood dream into a new and more mature desire? Try to think of an idea for this, and write it down below.

Listening to Your Feelings

The best way to begin awakening your heart is the process of listening to your feelings. Unfortunately, many of my clients do just the opposite. In an attempt not to lose control and appear weak and stupid, nearly every female client I see pays attention to the intense feelings while dismissing the quieter ones. By determining not to become “whiny,” the predictable result is she becomes numb and ceases taking risks for fear of getting hurt.

When I describe this to clients, they always want to know exactly how this works. It sounds great in theory, but being practical is what they need. I always tell them this story of when I first learned how to listen to my feelings. Years ago, I was playing basketball with a group of men at a church that I knew; and during the game, one of the players from the church fouled me very hard as I shot the ball. So, the next time he came around, I fouled him. When I did that, he started to complain. As he complained, I blew it off. Then about fifteen minutes later in the game, he elbowed me in the middle of my ribcage, ouch! I stopped for a second and asked him, “What are you doing? We’re just playing a friendly game.” He replied along the lines of, “Oh, get over it,” and the game continued.

About ten or fifteen minutes later, he fouled me again in some way that seemed like he was trying to make a point. I stopped the game and said, “What are you doing? We’re just out here playing!” Again, he blew it off, and just kind of waved his hand as if to dismiss me.

Afterwards, I went back to work, and my coworkers asked me how basketball had gone. I made a joke of the whole thing, saying, “Ha, ha, it was like hand-to-hand combat with knives.” Normally, I would have blown the whole thing off; but for some reason, I was still upset. I couldn’t figure out why - I had played in rougher games than that. I’ve had people talk worse to me than that man did, so I didn’t understand why it was still bothering me a couple of hours after the basketball game. It was at this point in my career as a therapist that I had begun teaching my clients to listen to their hearts, to trust their feelings.

Since I was telling my clients to pay attention to their feelings, I realized that I probably needed to follow my own advice. So, that afternoon at 2:30 p.m., I purposely let myself feel my anger. I continued seeing clients while the anger throbbed in my chest. For the first time in my life, I purposely choose not to suppress those uncomfortable feelings to see what might happen.

Well, I had five more clients that day. You can imagine how difficult it was trying to focus on my clients while my insides were churning. At the end of my last session, It was when I checked my client out, watched her step out the door, and get into her car, when something inside of me clicked. It was like a lightning bolt hit me. That man whom I played basketball with whom I still felt anger toward; he was just like a teacher I had who never admitted when he was wrong, in 6th grade. No matter how much I tried to be conciliatory, he refused to admit how he was treating

me. That was the button that this guy had pushed. That's what was so familiar about the whole episode. I hadn't thought about this teacher in years. Suddenly, insights began to flood through my mind, and another feeling began to rise up within me. I realized I had to call him. Now, I didn't want to call him, and I still remember thinking "what a jerk, I'm not calling him." But the feeling wouldn't go away because my Heart was now in charge. I needed to call him-not to tell him about my insight- but to confront him.

My tendencies had always been to "blow someone off," when they treated me this way, but my Heart was telling me to do something different. It needed me to defend my heart, not tell myself to get over it. So, I called him the next day, and said, "Hey, this is Bob. We were playing basketball the other day, and I need to know why you were playing so rough?" He responded with something like, "I didn't think it was that rough," and to this day, I'm still not sure he really understood why I was upset. It made me wonder if he was related to that 6th grade teacher. Once I realized that he wouldn't hear me, and he wouldn't take any responsibility for the way he acted, a calm assurance came over me. It was abundantly clear; I needed to not play basketball with him anymore. I also realized I still needed to resolve my inability to forgive my 6th grade teacher.

The purpose of this story is to illustrate the fact that your feelings and mine are oftentimes trying to tell us something. Sometimes the message is obvious, while other times they try and tell us something that we might not be aware of. It may not always be the grand insight like the story I just mentioned, but often they are trying to point out something that is helpful to you. Remember, your feelings were given to you to help and protect you. Your feelings are often trying to let us know, "Hey, there's

something wrong here, there's something we need to look at.” It won't always be clear; and if we initially blow those feelings off, or suppress them or dismiss them, we actually end up suppressing some insight that could free us.

If we will listen to those feelings and wait on them when they try and speak to us, many times we will get insights into things about others and ourselves that are not immediately obvious. When we understand that our feelings are the primary method that our heart speaks to us, it becomes easier to understand how things like resentment, the inability to forgive, and bitterness begin to develop.

Can you think of anyone in your life when you were a child that gave you negative perceptions about the world?

If so, list these people below:

Now try to think back and remember what type of statements they made. Did they tell you that your dreams are stupid, that a “Good Man is Hard to Find,” or that “Life is just not Fair?” Try to remember negative statements you heard growing up and list them below:

Is there anything that your heart has been trying to tell you that you haven't wanted to hear?

YES or NO

If there is, are you willing to listen to what it tells you to do?

YES or NO

If you're ready, then make yourself this promise.

While this may seem silly, I promise you it is powerful.

Imagine your heart has a small child and say to that child this statement, ***"I'm sorry I haven't listened to you as often as I should have. I didn't know how. But I promise starting today that I will. I promise."***

If you've said that promise and you meant it, your life is about to become different.... very different.

No Man Is a Match for The Woman Who Puts Her Heart First

I want to tell you a secret that may sound silly but will give you more influence with men than you have ever imagined. It's one of the most important aspects of listening to your heart, and it's this: a woman who puts her heart first can never be shamed. A man can't make an insult stick or bully you into a behavior when you decide to let your heart be the final judge of your actions and intentions. How exactly does she learn to put her heart first? Most women, when they hear that phrase, have the impression that I am telling them to be more selfish, and that could not be farther from the truth. What I am advocating is that when a woman learns to put her heart as the first priority-ahead of her man- no man will be able to compete with her. If her man is rude and tells her she is being mean and horrible, it does not matter. Her heart will tell her otherwise, and she simply responds, "No, I am not." She knows it's not true. It affects her the same way you would respond if someone said you were 8 feet tall. Such a statement is so far from the truth that you don't have to argue; after all, what would be the point in trying to disprove something that was so obviously false. If he tries to "guilt" her into something, and her heart comes first, she will not respond. His guilt does not affect her because she trusts her intentions. A woman that has learned to put her heart first, to listen to it, will actually be a blessing to her man, because in the universe, feminine is actually more powerful than masculine. Feminine has the ability to get masculine to respond just by being feminine. This principal has been illustrated throughout all of history. Men will go to great depths to win over a woman's heart. The more he is aware of her feelings, the

more he will and can be motivated toward a particular goal. Those women who seem to have men falling all over them understand this principle. They understand putting their heart first will soften nearly every man's masculine heart.

Another aspect of putting your heart first has to do with the actions of giving and receiving. There are two primary aspects regarding giving: what is familiar versus what is best. What is familiar to most men is to put their heart first. Men, as a whole, have no trouble telling you what they want, what they want you to do for them, or what they don't like, etc. Women, on the other hand, love to give. Giving and putting others ahead of themselves is what is most familiar to women. The irony is that what is familiar is not always best. A man is actually at his best when he is giving and is taking care of others. That is when a man flourishes. A woman, conversely, is literally at her best when she is receiving. A fulfilled woman is comfortable with receiving. Since giving is familiar to most women, I don't have to teach them how to give; it's second nature. They could do it in their sleep. Giving actually sends the signal that a woman is self-sufficient and she doesn't need anything. When a man consistently sees his partner giving more than she receives, he feels as though she doesn't need him.

Giving more than one receives is the recipe for resentment. A woman who puts her heart first changes this pattern because her heart will tell her, through her feelings, when she needs to be assertive or when she should be patient. Imagine how difficult it is for a woman to trust her feelings when her parents wouldn't listen to her when she was upset, instead telling her that what she felt was unimportant. Suppression of her feelings may even lead her to date men who have been intimidated by her feelings and chosen to ignore her rather than risk a conflict. As a woman learns to trust her

Heart, her Heart will tell her when she is empty. If, however, you tolerate bad behavior in your man by ignoring your feelings, you are much more likely to become depressed. You will most likely stay consistently angry with your man, have a chip on your shoulder; all the while, you continue to give until there is nothing left.

The reason most women give, I believe, is because it makes them feel good. It's a way of pleasing. There is one place where a woman needs to never give and that is when a man is using anger inappropriately. Most men that use anger to get what they want try and shame women by implying that the woman is selfish or mean. The truth is, most women I know are far from that. No one really has to tell you when you're mean; and if you really were mean, he would know that talking to you would be a waste of time.

One time, I taught a Sunday school class with a bunch of 13-year-old boys. One Sunday, they were acting up more than normal. I stopped talking and told them that if they continued, I would send them outside and call their parents. After a moment of silence, one young man said, "Bob, you're mean." I paused for a second and responded, "Let's not be silly. I've worked with teenagers who had abusive parents who tortured them if they simply raised their eyebrows. They don't dare say a word to their parents for fear of being beaten. If you really thought I was mean, you wouldn't say a word. So don't be silly by saying you think I'm mean." Everyone in the class understood exactly what I meant. If your man accuses you of being mean, it means he is upset at your actions, nothing more. Any accusation is only meant to upset you. If you feel you need to set a limit with him, then by all means do so. My only concern is that you never take the accusation seriously.

To accomplish this, I want to remind you of something so basic that from time to time, you might forget. Trust yourself. By trusting your Heart to tell you when you have done something wrong, you will become immune to your man trying to shame you. This is how it works: Let's suppose that Steve has made arrangements to take his wife for dinner at 7:00 p.m. on Saturday. Let's say Steve has had a bad week at work, with a lot of pressure from his boss. So Saturday night comes, and his wife is 10 minutes late. She's had trouble getting the kids situated. Steve has reservations at 7:00 sharp, and it doesn't look like they are going to make it. Steve gets so angry with his wife that he begins to accuse her of not caring about his efforts, of not appreciating all the things he does for her. Initially, she feels guilty for being late; but if she listens to her heart, her heart will tell her that she has done nothing wrong.

While she may be a few minutes late, what she has done does not deserve the degree of anger that her husband is showing. A feeling rises up inside of her that brings a strange confidence. Before she has time to think, these words come out of her mouth, "I'm sorry you're angry. I didn't mean to be late. Is there something else that is bothering you?" Most of the time, a man will respond with, "No, nothing-I just wish you were on time." Again, as she is loyal to her heart, since her heart has not convicted her, she has the courage to leave him alone, and to say to him, "Well, again I'm sorry. If you'd like to talk about it, I'll be available." If she handles it this way, her man is more likely to reflect on what she said and come back to her sooner or later and begin to tell her about his stressful week.

A common concern I hear from women who fear this approach seems to contradict what the Bible teaches about submitting to their husbands. They don't want to usurp their husband's authority and the phrase "put

your Heart first” is seen by them as being arrogant. The best example I have to illustrate this is in the fact that every mother puts her children first, ahead of their husband, in the same manner I am describing for you to do with regards to your Heart. If the father wants to abuse the children, the mother’s heart alters her to step in and do whatever it takes to protect the children (at least she should). If the father is teasing the children too hard, the mom intervenes for the children and implores him to be gentler. Putting the children first (as with your Heart) is only necessary when the children’s father (or your man) needs it. When you feel threatened, shamed or scared, please put your Heart first because your man needs to see how he is coming across. In this way, you will be free to allow him to be the Head of your relationship.

How Do You Treat Your Heart?

Let’s pretend your heart is like a genie. It was placed in you to grant your wishes; but for that to work, you must listen to it. It has a magic all of its own, which sometimes doesn’t make sense to your logical mind. Those women who know this to be true sometimes listen even when they do not want to. The unconscious (heart) is keenly aware of things that the conscious often misses. In some women, it is known as “women’s intuition,” or a “gut feeling;” and if you learn to listen to it, it will keep you out of trouble and guide you toward making wise decisions. I will tell you something you might find hard to believe. Since God put it there, your heart is rarely, if ever, wrong.

Most women don’t just ignore their heart; they treat it harshly by

showing far less compassion toward themselves than they do most strangers. Let's imagine that you are sitting at home in your favorite chair. In walks a 5-year-old girl who is scared, or perhaps sad. You notice how timid she appears, and like most women, you say to her, "What's wrong?" Since she is only 5, she may stumble over her words, and she may not know exactly everything that is bothering her. She certainly won't be able to articulate her feelings very well, yet it will be pretty clear that she is overwhelmed. Even if she stumbles on her words, I assume you will probably do pretty well in comforting this little girl. You'd probably have her sit next to you or on your lap while you simply love on her. What you just did for that little girl is love her just the way she is, and accept her feelings without being judgmental. Now, let's pretend that sitting across the room from you is your Heart (inner child). She sits in a chair and looks across the room and sees you being so sweet and nurturing to this little girl. After a few moments, almost in tears, she speaks these words, "When do I get my turn? You always tell me to 'get over it'. You tell me that things shouldn't bother me. How many times have you admonished me not to complain and to be quiet?" If I was sitting in that room, at that point I would look at you and say, "Why are you so much harder on your heart than you are on a little girl whom you rarely see? All I want you to do is to treat your heart the way you just treated this little girl. It's not difficult." Since you are reading this, I would invite you right now, this very moment, to make such a decision. Promise your heart that you will treat her the same way you would any small child.

While there are certainly times to put other people's needs before your own, if it is done the majority of the time, there will be nothing left over for ourselves. You cannot give when you are empty and have

nothing left to offer. Biology will take over and cause you to shut down and become depressed. It isn't wrong; it's just a matter of survival. By being heart-centered, a woman has more to give others. If you are having trouble in your relationship, you have probably given too much to others what you yourself also need.

List 3 ways that you can treat your heart better right now. This could be even anything small like taking time out for a bubble bath, reading a book, taking time to connect with an old cherished friend, etc.

The Unconscious Attraction Trigger

Alan Loy McGinnis in his book, *The Romance Factor*, says that social scientists have discovered that while looks, money, power, and prestige are all important in attracting and maintaining a mate, none of these rates as high as the ability to be at ease. The ability to be at ease, to act comfortable with yourself in the presence of the opposite sex, is irresistible. It shows a confidence and calmness. An interesting fact is that we don't have to actually feel confident. What is important is how we manage that nervousness. When a woman has a calm demeanor, whether she feels it or not, it always makes her look more attractive and inviting. It makes a man feel safe enough to give to her. He has no fear that she will become clingy or demanding. Her ability to be at ease is inviting. It

conveys the idea that she likes herself. A woman who is at ease with men will usually be one who asks men questions rather than doing most of the talking. She does not need all of the attention focused on herself. She accepts compliments gracefully rather than dismissing them. In contrast, if a woman is predominantly nervous or overwhelmed, she will come across as needy, desperate, and in some ways, childlike. She labors over every word, frequently wondering if she said something wrong. When a man compliments her, she laughs it off as if to imply that he obviously doesn't know much if he would compliment her. In short, when a woman is nervous and blames others for her unhappiness, it makes men stay away. Now in saying that, I don't mean to imply that a woman always has to be perfect, nor that she can never have a bad day or show any weakness.

Over the years, what men have told me is that it's not that they need a woman to never have a down day. They cringe when a woman expects a man to take responsibility for her feelings. If a man is asked to help rather than take full responsibility, he is much more likely to help. But, if he's told how much pain she's in, and then he hears her say, "Do something about it," he may try to fix it and respond by trying to help, or he may feel attacked and respond by ignoring her or fighting back. Both partners end up losing because they misunderstood the other's intentions.

This actually brings us to another point: why is it that men so often want to fix things? I can't count the number of times I've heard a woman say, "I don't want him to fix it; I just want him to listen." There's a secret with this I think men wish their wives or girlfriends understood. Because men are designed differently, they tend to shut down when they hear that their wife or their girlfriend is hurting.

Most women interpret that response as meaning that he doesn't care

how they feel. In reality, he really is aware of her pain. What's really going on is that the man is SO aware of her pain that he is overwhelmed. Since she doesn't want him to fix her problem, he is denied his primary means of dealing with pain/stress. Feeling powerless to make the discomfort go away and seeing someone he loves feeling pain, he resorts to what comes natural and he shuts down. This may seem far-fetched, but it is more accurate than you might realize. Remember, one of the worst things I could do to a husband or a boyfriend would not be to hurt him; it would be to hurt the woman he loves or to hurt his child. That would be the most torturous, hardest thing on him-to sit by and not be able to do anything while the person he loves is in pain.

The reason a man tries to fix a woman's problems is because it hurts him to see her in pain, and he wants to rectify that situation and take her pain away as quickly as possible because it actually takes his pain away too. When a woman says, "I just want you to listen," what a man hears is that she wants him to sit there and let her describe details of how someone hurt her, and he's just supposed to empathize with that. It feels like she is asking him to sit there and watch someone beat her.

I know that's not what wives/girlfriends intend when they share their frustrations with their man. I'm simply saying that's what it feels like to him. It is painful and it causes men to grow when they learn to empathize with the woman they love. It's just going to take them some time in the relationship to do it very effectively. When he was single, he could simply tune out pain by not spending time with her. Once a man lets a woman get close to him, he will naturally feel her pain. The ability to share another's pain is a key ingredient of compassion. Therefore, when a man listens to his wife/girlfriend, it stretches him and bonds him to her.

With this in mind, there is no exact way to do this. If a wife insists on her husband ALWAYS listening to her pain, she will eventually drive him away. Conversely a husband/boyfriend will simply frustrate his woman if he constantly tries to fix her feelings. When he “fixes her problems,” he often comes across as dismissive and insensitive. A wise woman is the one who understands this: that when her husband or her boyfriend tries to fix something, he is actually trying to please her. A woman that understands this can thank him for his efforts, and gently remind him what she needs, simply for him to support her. If she will reassure her man that she is going to be okay, he will feel a freedom to listen and to empathize. He will not have to go into “fix-it” mode.

Secrets of a Great Relationship

Oftentimes, clients will ask me, “What should I do?” What they are looking for is a technique or a repeatable technique. Well, in this section, I will give you plenty of those magical techniques, but first I want to go over one of the most powerful and most basic. I doubt it’s ever really been explained to you why the phrase, “Just be yourself” is so powerful. Now, we know what people mean when they say it. “I know you, I like you, and if others take the time to get to know you, I’m sure they will feel the same way.” Unfortunately, we all have a lot of layers to “ourselves,” and we oftentimes don’t truly understand what makes us so likeable to others. In fact, most of the feedback we get from others tends to be negative. As a child, we often heard more from our parents when we misbehaved than when we were behaving appropriately. As adults, we seldom receive praise for performing as we ought to –yet, when we fail to meet expectations, it’s immediately brought to our attention! So, you see, being told to just “be yourself” may be encouraging and ego-boosting; but if you have no idea of why “being yourself” is so great, it doesn’t do much good.

Create a Truth List

So, my first suggestion is that you think back and take an inventory of your past relationships, both romantic and otherwise. I like going over someone’s past because your past always leaves clues as to how you have already succeeded. What does this mean? In your current relationship, or perhaps in the past, what did your partner openly admire? What did he or she praise you for? Most people have had some degree of success

in either a past relationship or a current one. Perhaps it is their kindness or that they are a good listener. Those are generalizations; and if you look back and take a moment to reflect, you will realize that there are several characteristics that people tend to continuously find attractive in you. Right now, I invite you to put this book down and make a list of these characteristics. Which characteristics do friends and family consistently admire that they make mention of? Do you hear regularly that you are, indeed, a great listener or perhaps that you have an excellent sense of fashion? Maybe it's even that you are the kindest person your friends know. If others have complimented you on certain characteristics, it means that those characteristics have made a strong impression. If you have trouble remembering compliments, then you can create a Truth List. In fact, this list is one of the most powerful and effective tools I can offer you.

Here's how to create your very own Truth List that is unique to you. Every day that someone says something wonderful or nice about you, write it down word for word in quotation marks. Then make a dash, write the person's name and the date next to the quote. When I describe a compliment, I don't mean a half-hearted attempt by a man to say something nice simply to get something from you such as, "Hey baby, you look great, can I borrow \$40?" That isn't a compliment; it's a line and every woman can tell the difference.

When you read your Truth list, it doesn't matter if you don't believe the items as long as they were sincere. If you don't get a lot of compliments, then don't despair. Normally you will only get about 1 every 2-3 weeks. If you stick with this, you will have a full page of compliments in about 2 months, sometimes quicker. Once you get 2 compliments, I want you to read the list every night. Don't analyze it or wonder if the person was

drunk when they praised you, just read it. If you will do this, I promise something will rise up within you. Your confidence will begin to stabilize, and joy will flow freely from your lips. It is called a Truth List because even though you might be embarrassed to believe those compliments, someone else does. They are the truth even though you might not see them. You need to see them because compliments are God's reminder to you of what he thinks of you. Those people who take the time to point out a wonderful attribute were sent to remind you of your value. It is arrogance, not humility, to dismiss a compliment.

Creating Your Truth List

Your main criteria for what you write down are these things.

- 1) The person meant what they said.
- 2) It needs to feel special to you. Don't put down a 3-year-old telling you that you're neat unless that means a lot to you.

That's it. Those are the only rules.

Truth "_____"

Who Said it: _____ Date/Day _____

Truth "_____"

Who Said it: _____ Date/Day _____

Truth "_____"

Who Said it: _____ Date/Day _____

Truth “ _____ ”

Who Said it: _____ Date/Day _____

Once you begin compiling your truth list, take your notebook with you to the bedroom and read these statements before going to bed. It is important to read these statements when you are relaxed, comfortable, and about to go to sleep. As you read this list, you will get tired of reading the same things over and over. Keep doing it anyway. This list will change your heart - only if you keep doing it for at least 2 months.

The Secret Ratio

There is another aspect of hearing compliments from people that needs to be mentioned, and it is this: there is a ratio that says that what is on the inside is four times more intense than what is on the outside. That means, before anyone will express anything verbally, it must be felt intensely. This is most apparent with anger. While there are some folks that explode the moment they get angry, most people wait until a great deal of stress and anger build up before allowing it to show. Most people do not like to express their anger outwardly because they feel that it shows a lack of control. In my office, while waiting in my lobby, most every couple-or single person-that comes in to see me, appears perfectly happy and content. If you met them in public, you would never know anything was wrong.

However, the moment they cross through my office door and begin talking of the heartache and the pain they've been going through, I realize

just how much pain they are hiding. What people can keep bottled up inside is a great deal more than what they show in public.

Most people understand this principle in a negative context, but it also has a positive context as well. Years ago, when I worked in the hospital, while serving as a group therapy leader, I tried to encourage the members in the group to share their insights with one another, even if they were not sure that those insights were correct. It usually took some time for my patients to become comfortable enough to do this, but eventually, once they felt “safe” with one another, someone would take a chance. There would be an incident that would come up where one member would be crying or upset, and someone else in the group would sheepishly raise their hand and offer some input. They might say, “It sounds to me as if this person you’re upset with is a scary person”, or “it sounds like you’re really angry towards your mom.” Inevitably, whenever someone would share this insight, I would notice three or four other group members that would say that they were thinking the same thing. What this showed me in the group setting was that when someone gives us feedback, there are three or four other people that felt the same way.

When we take this principle and apply it to your admirable attributes, we can easily surmise that 3 or 4 other people have noticed those same wonderful characteristics. Being yourself is simply a matter of first discovering what our best attributes are and then allowing those characteristics to surface rather than hiding them in some silly attempt to be humble. This is how you will succeed in the future. If you are stuck, or there is trouble in your relationship, then looking at the positive and the negative feedback you receive in relationships is a very good way to determine what is and is not working for you. When you realize what has

worked for you in the past, ask yourself this question. *How am I hindering what has worked for me in the past?*

Being Yourself

“Being yourself” is also much easier than trying to put on a front. It’s exhausting to try to be something you aren’t. This often results in overcompensating. Overcompensating is something well-intended that actually produces poor results. A good example are those people who are so afraid of being labeled “shy” that they talk and talk and wonder why it isn’t working for them. Well, it isn’t working for them because that’s not them! Their excessive talking is their straining to be something they are not. I’m sorry, but some people are just more introverted than others. Just as important, there are some women who are so worried about being labeled a “witch” or “mean” that they go out of their way to give and end up exhausted all the time. They spend so much of their energy giving to others that they lose themselves in the process. Is it wrong to give or carry a conversation? Of course not! The problem is the woman is trying to make use of a characteristic that is not natural to her. While it may be good for her to grow in these areas, that isn’t the same thing as ignoring who she is simply to make someone else happy. How long can a shy person consistently talk and why would they want to? To be able to be yourself means that you practice doing things that come naturally to you. If you are quiet, you give yourself permission to be quiet at times. If you are outgoing, what that means is that there will be times when you will be so outgoing and at times even say the wrong thing. A brilliant man named Alfred Adler, who was a contemporary of Sigmund Freud, had a

catch phrase he taught his students: “Teach your clients the courage to be imperfect.” In addition, when we allow ourselves to risk being imperfect, people have an easier time relating to us. It is sincere, and men are drawn to this, not you putting on a show.

Often women believe that being themselves means they need to share every feeling they have with a man. Most men don’t mind listening to a woman share her feelings, just not all of them at once. What is actually harder for women, but more effective with men, is to share your feelings sooner and stop sharing those same feelings well before you are finished. I know it feels good to have a man share your pain; but you don’t want to train him to dread the phrase, “Can we talk?” Now, I’m not saying clam up and wait for the perfect opportunity; but if you practice sharing your feelings more frequently and less intensely, you will find that men will listen to you longer and more intently. The key to knowing when to share your deepest feelings is really as simple as knowing the difference between your feelings and your impulses.

What 4 top qualities do you think you possess when you act completely natural?

How do you want people in society to perceive you? List the 4 top ways that immediately come to mind, so please don’t spend too much time thinking about your answers.

Do you think it is possible that you ever act in any unnatural way to try and make people think that you fit into these 4 desired categories you listed above? Don't immediately dismiss this question. Really give some thought as to whether you ever act a certain way that isn't totally natural for you just to try to make other people happy.

Now list these examples below:

MODULE 4

PERSONALITY AND PERCEPTION

Rather than spending years waiting for changes to occur, you can begin shaping your life now! Insight enables you to change your behavior; and when you change your behavior, you change your life. One interesting thing about insight is that it changes the way we perceive the world and ourselves. Since insight is so valuable, I want to describe the different perceptions all of us have and how those perceptions affect relationships. Years ago, two men developed a model for describing the process of interaction. They called it...

the Johari Window

1	2
3	4

As you can see, it's actually a box. In my opinion, this is one of the best tools ever designed (by Joseph Luft and Harry Ingham) to explain the importance of perception. While I admire their creation, I have found it

works better for adults to alter their original design. So while I will give credit for their design, I believe we need to modify it to meet our needs.

You will notice that there are 4 different “boxes” within the total square. Each of these boxes represents a particular type of perception. Box 1 describes the way you see yourself - your own private view of what makes you wonderful and what you wished you could change. By definition, no one knows this information unless you reveal (tell) it. Box 2 describes the way you think others perceive you. Those perceptions may or may not be accurate, but you believe them to be true. Do you believe others view you as kind or selfish? Perhaps you think that all men find you attractive? All of us have ideas about how we think the world views us.

As it deals with relationships, Box 3 is the most important box. This is what I call the Marriage Box. Box 3 describes the way other people see you that you are not aware of. This would be if two people were in the room with you, and you left the room, and they began to talk about you behind your back. You would never know what they said unless they shared it with you. Box 3, by its very definition, is hidden from you unless someone tells you. It is your blind spot. Lastly, there is Box 4, which is the side that you don’t see about yourself, nor do others. Some would say this is the side that only God sees, the side we are unaware of.

Boxes 1 and 2 are the Private Boxes of Perception. Children operate primarily out of Boxes 1 and 2. It isn’t that their perception of the world and others is wrong; it’s just limited to the way they see things. Often these perceptions are a little narcissistic. When Mom or Dad won’t give them the toy they want, Box 2 tells them that Mom/Dad are mean. Their perception isn’t wrong; they are just too young to understand why they can’t have the toy. As far as they are concerned, Mom and Dad really are mean because

they can't have the toy they want! As they become older, they will be able to incorporate Boxes 3 and 4 into their life. Without the addition of Boxes 3 and 4 to their perception, they will develop a Personality Disorder.

Boxes 3 and 4 enable us to learn how to change our relationships and evaluate ourselves. Here is how I might use Box 3 in my coaching practice. Let's imagine that I have a client scheduled for 1:00 p.m. At the end of the session, they say, "Bob, you are mean. You're just a mean person, and I don't like you. You're rude, you are unkind to me." I, of course, scratch my head, having no idea what they are talking about. Then at 2:00 p.m., my next client comes in; and at the end of that session, they say to me, "Bob, you are rude, you're mean, you're no fun at all!" Now, let's say this continues until 7:00 p.m., when I see my last client. By this time, I've had four clients give me the same negative feedback. Truth be told, I know I'm not mean or rude, but Box 3 tells me that those clients are seeing something about me that I'm not aware of. I don't need to agree with them; but if I am wise, I will ask myself this question, "What am I doing that is coming across to these clients as rude or mean?" One of the signs of emotional maturity is being able to integrate Box 3. People who are immature function primarily out of Boxes 1 and 2. This becomes critical in relationships because our partner can see things (Box 3) about us that we simply can't see. I have told many of my single clients, as well as those who are newly married, that there are some things about themselves that will be difficult to discover until they are married. When a person marries, they have someone constantly providing feedback to them. Men often call this nagging. If my spouse points out my tendency of displaying a temper, it will become harder for me to act out in anger, because now I have been made aware of it. I may want to deny the fact I

yell and scream; but the more feedback I get regarding how I come across to my spouse, the harder it becomes to pretend I don't have a problem with anger. Oftentimes, over the years, this is what happens in a marriage. Our spouse, through repeatedly providing feedback, makes us aware of things that we sometimes do not want to face. That doesn't make change easy. Insight often takes time. Since we don't see Box 3, there is a natural tendency to dismiss the feedback we receive from others. If your way of learning is to wait for insight until you are completely sure of something, you need to realize that changes will take much longer for you.

What if we're not married? How do we understand what is in Box 3? Oftentimes, the clues are already there and available for us simply by examining the patterns in our life. Remember the Truth List. It was designed specifically to highlight Box 3. Given enough feedback, a pattern will emerge. Patterns always reveal what we are doing right or wrong. Insight, while it requires a certain amount of understanding, is not the only way to make things happen. The less feedback we require before we change our behaviors, the quicker we get results. If we change certain behaviors, that can't help but produce different results. The downside of this is that changing behaviors often feels uncomfortable, or it simply doesn't make sense. Therefore, I want to give you a choice: once you get feedback from Box 3, you can either begin to do actions differently, or you can wait until you have a perfect understanding of what needs to be done before making any changes. Either way, you can make changes; it just depends on how long you want it to take before you see results.

In the behavior stage, I am going to start suggesting things that you can do and other things to avoid. Some suggestions are very specific as to what actions to take, whereas others have to do with giving you a different

perspective about certain characteristics of relationships. This is meant to be like a bowl of fruit that I give to you—simply take what you like, and set down what doesn't seem to apply. Later, pick it up and perhaps consider it again. By the way, I have seen all of these things have a profound effect on relationships in the last fourteen years that I have been working with singles and couples.

Can you acknowledge that there might be things about your personality that you are not aware of but that others perceive? (Circle one)

YES / NO

Think of a time in the past when someone told you something about yourself that seemed hard for you to believe.

Was that person someone that you trust their opinion? Were they saying something to be mean or hurtful or were they trying to be helpful?

If they were trying to be helpful, are you someone who is open to feedback and input? (Circle one)

YES NO

Are there any areas of your life that you have been given feedback that you need to address that you have not? If so, what are they?

Ask 2 people you trust to describe you honestly. You'll need to give them permission to speak honestly.

What did they say?

(Person 1) _____ said I was _____

(Person 2) _____ said I was _____

What did you learn about their perception (box 3) that you didn't know about yourself?

I didn't realize _____

Observations and Myths

The first observation is actually a myth that many women believe regarding why men don't like to discuss their feelings. The common belief is that men are repressed; and if they could just talk about their feelings, they would experience the same emotional release that women do when discussing their problems with others. Let me illustrate what men really think regarding their feelings. Let's imagine that I am in a group full of men and women, and I pick out a gentleman named Steve. I say to Steve, "Steve, I'll give you \$1000 to put this Speedo bathing suit on and then dance around the room in mixed company, making a fool of yourself." Now, Steve will probably agree, or he may demand more money; but the odds are that I can probably find the right amount of money to get Steve to become a dancing machine. Steve, like most men, doesn't take himself too seriously when it comes to his body. Men, in general, like their bodies.

Now, let's imagine I turned to Susan instead. To her, I say, "Susan, here is a string bikini. I will give you \$1000 if you will go put this on and dance around in front of everyone here." Susan, like most women in the group, would refuse. I could offer \$2000, and she would still reply, "Not a chance!" The odds are no matter how much money I offer, Susan will probably never take me up on my dare. The reason she will not do so is

that women, in general, are “body modest.” Women are very modest about their appearance, how they present themselves, and it would mortify most women to have to present themselves in such a way. In the same sort of context, men are “feelings modest”. For a man to share how he feels, what is going on inside of him, is just as awkward for him as it would be for Susan in the above example, to parade around in front of a group of people in a bikini. Now, this doesn’t mean that men shouldn’t be encouraged to share their feelings or to open up and get in touch with the vulnerable side of themselves that is rarely accessed; it just means that it does not come as naturally. If a woman presses a man to share feelings, it is important that she realize that what she is comfortable with and what is familiar to her is very awkward and disjointed for a man. I fully believe that a man needs to share and understand his feelings; but if he clams up and doesn’t know how to describe them, the most important thing for a woman to do is not to punish him. It is going to take time for him to trust you to be so vulnerable. If you shame him, he will rarely take a chance and try it again.

This last scenario outlines how men feel less comfortable than you do when it comes to expressing their feelings. The key is to accept men and not demand out of them something they are not comfortable with. Can you list some things or activities you are just not comfortable with that other people are completely comfortable with?

The next time it bothers you that a man isn't fully expressing your feelings, try to compare how he feels to how you would feel if you had to practice one of the above-mentioned activities.

Introverts vs. Extroverts

Now, let's go to the second observation regarding couples and how understanding a man's personality style can make all the difference, namely the differences between being introverted versus extroverted. This area causes more misunderstandings between couples than almost anything I see. I first came across this explanation in a book called *The Principles of Seduction: How to Get Another Person to Fall in Love With You*, by G. Clayton Viddler. In this book, he was trying to determine what works in causing people to be attracted to others, even when they are unaware of it. Of all the different findings his research uncovered, it was this area that I have found provides such promise. He describes the different types of personalities in terms of how individuals relate to the world. In short, does a person have an external view of the world (extrovert) or an internal orientation (introvert).

Let's begin with extroverts. Extroverts, on the inside, are fluid. What fluid means is that they have a flexible sense of who they are. They tend to change based on their mood and their circumstances. With their fluidness comes the ability to enjoy variety in such areas as travel, trying different foods, as well as a general sense of wanting to experience all aspects of life. They don't want to miss out on anything, not wanting to be tied down to one thing. Because they don't have a rigid sense of self, they sometimes doubt their own abilities, needing encouragement and validation from

other people. They are more dependent on their external environment to validate their self-worth. Because extroverts tend to doubt themselves a lot, what they hate the most is to be ignored. When they are ignored, it feels lonely, and they question themselves.

Extroverts crave validation above all else. They need reinforcement that they are doing a good job. They need encouragement along the way. When they take out the trash, they really do want their partner to say, “Thanks for taking out the trash.” If you are an extrovert, my guess is you are saying, “What’s wrong with that?” Nothing is wrong with it. It is simply a different response than an introvert would choose. In leadership positions, many extroverts surround themselves with people who will encourage them when they take risks. For years, I used to think that this was immature, until I came to realize the useful purpose that validation plays in an extrovert’s life. With validation, extroverts take chances and produce excellent work, as long as someone validates them along the way. I’ve had clients who are extroverts, who thanked their partner for everything. If you are married to an extrovert, you know how much they give.

Now, let’s compare these to introverts. Introverts, for better or worse, have a very solid sense of who they are. They know they are wonderful, they know they are weird. They dredge the depths of their soul; and in the process of doing that, they tend to be very self-sufficient. Because they are self-sufficient, they have a need to control their internal world even more than their external world. This isn’t a perfect example, but for comparison’s sake, introverts tend to be internal “neat freaks,” while extroverts tend to be more external “neat freaks.” Because of that, when an introvert is under stress, they have to first go inside and try to figure out the solution

before they can deal with other people. Talking about a problem is more of a distraction than a help. Because of this internal orientation, they often feel no one truly understands them. An introvert's independence can work against them when they may need help because their independence won't allow them to seek it out. They are very sensitive, and because of that, they tend to pull back from circumstances and people when they feel overwhelmed. They pride themselves on self-examination and feel that any flaw someone might bring to their attention is something they are already addressing on their own. Since they are harder on themselves than anyone else is ever going to be, they sometimes slip into feeling a bit self-righteous.

Introverts painstakingly think through things; and before they do anything, they make it a point to do the "right" thing, or at least what they view as right. Therefore, one of the worst things you can do to an introvert is to yell at them or belittle them. Since they take themselves so seriously, to them, it appears you are slapping them in the face when they feel put down. Priding themselves on their ability to think deeply, it is no surprise that introverts crave more than anything to be understood. They love it when someone understands the meaning behind what they were trying to say, even if they don't explain it just right.

Now, let me say that nobody is a complete introvert or extrovert. Each person has a predominate style that emerges under stress. Since complements work well in romantic relationships, it is common for an introvert to marry an extrovert and vice versa.

Certainly, two introverts or two extroverts can be married and do wonderfully; but most of the time, you will find that these two opposites are drawn to one another because they balance each other out. Statistically,

more women are extroverted, and men are more likely to be introverted. IF you are still not certain which category you fall into, here are two ways to help identify yourself: The first is, when asked which type you are, the introvert will almost invariably answer that they are an introvert, while an extrovert will say, "I am both." The reason for this is that extroverts don't want to miss out on anything or feel left out. They recognize some characteristics of both patterns in themselves while introverts know pretty clearly that they are on the introvert side. The second way is to imagine that you are going to a party where you know nobody. Once you are dropped off at the party, would your inclination be to go around and meet all of these strangers, or to sit back and wait until you got a little bit more comfortable and slowly get to know folks? An extrovert will jump right in, and an introvert will be more cautious. Here is a final method of determining your style. If you are upset, are you more likely to want to be left alone, or do you want someone to talk to you? An introvert wants to go inside their head to try and figure out the problem. Talking with someone is only distracting. An extrovert wants to talk with someone so that they can process their thoughts out loud.

Knowing your style and a man's will make a huge difference in knowing how a specific man likes to be related to, especially if those ways of interacting are different from your own. If you have a partner who is an introvert, and you know that the most important thing to introverts is to be understood, and you make a conscious effort to empathize with your partner, letting them know that you understand what their intention was, that will make them feel understood by you. That is why understanding someone's style of relating is so important. When a person feels understood, they will allow you to influence them. This works with both singles and

couples. Likewise, if you know someone is extroverted, and likes to be validated, and you make it a point to emphasize to them those qualities about them that you like, those nice things that they do, they will feel cherished by you; and as a result, they will want to spend more time with you and want to be around you more. When I suggest this to some women, they inevitably reply, “That’s just playing games.” To this I reply, yes, it is, but we need to define what you mean by playing games. If you mean your intention is to take advantage of someone and injure them for your benefit, with no thought or concern for their well-being, then yes, that form of playing games is horrible. But if you mean by playing games that you are not completely disclosing every thought to someone, I would tell you that this method of playing games is more a measure of being mature because within a marriage or with singles, timing is a key ingredient towards creating intimacy.

Are you an extrovert or an introvert? (Circle one)

Introvert Extrovert

List two ways that your personality and introverted or extroverted nature has influenced your relationships in the past.

If your partner is an extrovert, list 3 things you could do to support his personality and make him feel good.

Answer the same question as though your partner is an introvert. List 3 things you could do to support his personality and make him feel good.

Timing

Timing is the third observation and its importance can hardly be overemphasized. Learning when to discuss something can be of even more value than saying it perfectly. Children are good examples of those who insist other people learn to relate to them rather than the child learning to relate to others. As we become older and hopefully more mature, our ability to empathize with others increases, which gives us a much better chance of being understood by them. Oftentimes, when someone is honest or completely open about his or her feelings and it doesn't work out, the problem has to do with timing. A woman on the second date who says, "I

really like you a lot. I want to know where this relationship is headed,” is wrong when she assumes, after having a string of short-term relationships, that men don’t know what they want. In reality, if she had listened to me, she would never have said something like that on the second date, because at that time, the man she was with was not sure where the relationship was heading.

He was still deciding and was still getting to know her. There was plenty of time to wait for him to make that decision; but because of her impatience, she pressed for an answer before the time was right. If she had waited, she might very well have had the relationship she wanted. Just in case you are thinking, “How long should I have to wait before I can ask him that question,” the answer is you should wait as long as the relationship is moving forward. Does he want to spend more time with you now than he did 4 months ago? Do you know more about him today than you did last spring? If you determine he is letting you get closer, even incrementally, you should wait before giving an ultimatum. When a man discloses new details of his life or asks questions about yours, he is thinking about you as a future partner. Due to the fear of a dreadful marriage, many men gradually test a prospective woman. Men know that when you allow a woman access to your heart, you’re also giving her the keys to your soul. So as long as your relationship is progressing I would recommend you stick with him until he consistently stops letting you get closer.

I have men who come to see me who want to know what to do when the girl they like only wants to be friends. “What should I do,” they moan. I tell them to be her friend. Accepting her for where she is right now gives a man a much better shot at her considering him romantically at some

point later. If a man insists on pressuring a woman to have one long talk after another about the state of their relationship, that is the kiss of death. You, the reader, understand exactly what I am talking about. This is what I want you to do with your partner. Wait for the right timing to have those heart-felt talks and relate to them in a way that is familiar to them. This also works with couples. Usually, when couples get resentful, it is because they feel their partner doesn't understand them. An extroverted wife will want to talk and talk to her husband, which further alienates him; and an introverted husband will go deeper and deeper into his "cave," as John Gray describes it in the book, *Men Are From Mars, Women Are from Venus*. Knowing the difference between an introvert and an extrovert won't fix everything; but it is a good reminder that if we are stuck, and we seem to have an impasse in our relationship, we need to notice how we relate to our partner, and how they relate to us. We don't need to change our personality, but part of the idea of growth is that we begin to incorporate other aspects of our partner and consider that in relating to them. The more we consider that, the less resistant our partner will be in allowing us to influence them.

Circle all of the below that are indicators that it is time for you to ask a man the question "Where is the relationship going?"

- A. You just had your first kiss.
- B. You have been dating for exactly 2 weeks.
- C. You just introduced him to your parents.

D. You just had your first fight.

E. You go out on a date and don't have a good time.

F. Things are heading along well, but you don't know if the man is taking the relationship seriously.

If you circled any of the above, you are incorrect! This was a trick question. There is never a good time to ask this question. Instead, as advised in my chapter, you should wait to ask that question as long as the relationship is moving forward.

What You Call Them, They Will Become

The fourth observation is more like a rule that you ignore at your own peril. Most women greatly underestimate their ability to influence a man. Because they don't see the results they want quickly enough, or because they don't get the validation they seek in a way that is familiar to them, they try harder. This is why women are accused of nagging, and men stereotypically are accused of ignoring their wife or girlfriend. If you look beneath the surface at what really goes on between couples, what you will find is that once the couple is together, each really does want to be influenced by the other. However, each is equally afraid of giving up control, and that tug-of-war, that balance of power that's ongoing in a relationship, has to be successfully negotiated before there can be any intimacy. During the negotiation stage, it is "normal" for each partner to

try to influence the other. First, they try to influence by being kind. If that doesn't work, they fall back on what is powerful and familiar. Yet what is powerful and familiar, such as yelling, complaining, and/or pointing fingers, tends to reinforce in their partner the very qualities that they do not like about themselves. A nagging wife tends to confirm to her husband that she is a nag, and a husband who ignores his wife confirms that men really don't want to talk. If we can influence our partners by doing negative things, we can also shape them in positive ways, as well. For the truth is, what your partner consistently gets from you-good or bad-will have an influence on their behavior toward you. It's not possible for them to remain immune to it.

Years ago, there was a therapist I worked with named Susan. Susan told me she went to a seminar that a friend of ours named Steve was giving. Since she thought she may want to do similar seminars in the future about marriage, she wanted to see how Steve made his presentation. So, Susan took her husband Dave; and during the seminar, Steve made this statement: "What you call your spouse, they will become." Now, Susan had been married for 20 years; and when she heard this statement she laughed to herself as she leaned over to Dave and said, "Ha, skinny!" Dave leaned toward her, laughing, and said, "Haha, sexy!" After the seminar was over, she said to me, "Bob, I made it a point to try that, just to see what would happen. For 10 years, Dave weighed 215 pounds, and hadn't been able to get rid of more than 5 pounds at a time, and then he got discouraged and gave up." So, Susan began to call Dave "skinny" and "slim" as the opportunities presented themselves. After 2 months, she asked him how his weight was coming, and he reported that he had lost over 18 pounds. She was amazed.

At the end of the story, I paused and asked her, “Susan, does Dave call you sexy?” She gave me a pained smile and said, “No.” Immediately I thought to myself, “that’s too bad because Dave probably has no idea what he’s missed out on.” It wasn’t that Susan needed a makeover or that there was anything wrong with her at all. Dave had missed out on an opportunity to influence his lovely wife. Notice what happened with Susan? She had to make it a priority to take the step. She didn’t wait until she felt like it, or until she saw that Dave was doing it correctly. Instead, she was proactive. She made a decision; and after that decision was made, she proactively and consistently pursued it until she got the results she wanted. What Susan stumbled onto is what I know about men—when a man gets married, he wants his wife to influence him. Some men are not good at receiving this, or at giving up power, but what most husbands are hoping is that their wife will find a way to influence them that does not feel threatening to him. Susan was the same case. She would have loved for Dave to influence her, to shape her, to reinforce what he thought about her. Here was a seminar that gave Dave the perfect opportunity, yet he missed the opportunity, just like so many other husbands.

It is impossible to sow in a certain direction and not reap. If you consistently entertain thoughts of lust, greed, and poverty, it is only a matter of time before those thoughts will bring you to ruin. I’m not speaking of the occasional, random thought. I’m talking about consistent thoughts. In light of this, I will ask you, the reader, what I often ask clients who are dating or married. If the man in your life acts a certain way, how have you contributed to it? What is it you have done to reinforce that very thing you don’t like? Now, it certainly is your partner’s responsibility for their own behavior; however, you can influence your partner more than

you may realize. This has been proven in classrooms by taking a good teacher from a good class and placing him or her into a poor class, and vice versa. It is amazing how the students respond. Suddenly, the “poor” classroom improves, and the “good” classroom, with its poor teacher, inevitably declines. Those who neglect the law of influence are destined to have a poor relationship.

If you are like most women, there are certain qualities you particularly love in a man and would want to cultivate in yours. Let’s have a bit of fun. List below some great nicknames that might reflect qualities you want to enhance in your present or future partner. Feel free to get creative here. You just might find the perfect fit that brings out a man’s best qualities now or in the future.

Endearing Names for the Man in your Life:

Feel free to continue listing below if you have more names...

The Law of Balance

The fifth observation is the law of balance. For most couples, in the beginning of their relationship, they only see the best parts of their partner during those first few weeks of courtship. The woman is happy to see

him, she's joyful and excited about the newness of the relationship, and she's optimistic. He sees her in a positive light, as someone who makes his life better. She also sees the man trying to go the extra mile in attempting to please her, and she dares to trust him while whimsically thinking about what kind of husband he might be. As dating progresses to a level of comfort, plans are made for permanency. This is the point where couples decide if they want to marry. If a marriage does occur, somewhere during the first 2 months to a year, each person begins to let his or her guard down. Both partners begin to be "real" with one another. In the process, the husband realizes that his wife isn't perfect, while she begins to understand that he has interests other than her. Even though both partners knew these things intellectually, they are bound to experience disillusionment. As the wife feels more secure in her relationship with her husband, she will inevitably begin to expose her hurts and fears to him. Rather than leading to intimacy, it actually overwhelms him. He feels drained when his wife is simply trying to get close to him. Most women I know work very hard toward not being negative. They don't say anything, and in the process of doing so, they end up having legitimate needs that go unmet. Women really do need to talk to their husbands, they really do need to share the tough times of their day, and the husbands need to share with their wives. So rather than depriving ourselves of our legitimate needs, we need to bring into play the law of balance.

This law has two separate actions that feed off each other. The first is giving, and the second is receiving. In the scenario I just mentioned to you, where the wife does not want to be labeled as "needy," she gives a lot and yet is fearful of asking for what she needs. On a scale of 1-10, she is giving on a level of 8, and is receiving on a level of 2. By that

definition, she will soon suffer from resentment or depression, because there is no balance—she is giving far more than she is receiving. If we reverse this, and imagine someone who receives on the level of 8 and only gives at the level of 2, we have the definition of most every 2-, 3-, or 4-year-old in the world. That is a childlike way of dealing with the world. If that way of relating to the world happens in an adult, it is defined as a “narcissistic personality disorder.” What I have found, in regards to your basic personality preference, is that it doesn’t matter whether you give a lot or receive a lot. Some people naturally just give without even thinking about it; others like to indulge themselves. Rather than suppressing your higher tendency, you should “pull up” the lower area. If you give on a level 8, make it a point to be able to receive on a level 8 as well (remember the Truth List). If you receive on a level 8, make it more of a point to give on a level 8. You can be anywhere on the scale that you choose; it makes no difference. The important thing is that you are in balance.

It is far easier to do something rather than to not do something, and what you will find is that if you naturally give, and you finally make it a point to start receiving more, you will actually enjoy giving more and become much less likely to get overwhelmed. If you find that you are resentful, or that your partner views you as always being negative, the quick and easy answer is that you are out of balance. If you are truly not sure if you are a giver or a receiver, ask your partner or your friends. You should easily detect a pattern from them. I’ll even give you a hint: stereotypically, women are much more likely to give, and men are much more likely to receive. Men, in general, have no trouble putting their heart first, and women typically give almost as a matter of second nature. As both men and women come more into balance, they are able to shape their

partner better.

I have done this with clients many times. I have had many female clients who give and give and give to others, and they come into my office and tell me of some insight they have recently discovered. I immediately begin to cheer while purposely overdoing it. I go on and on about how wonderful it was, how stupendous the insight was. Soon, you can see it in their eyes—they are uncomfortable with it, because they think I am just making things up. Because I mean every word I say, I continue because while these women are good at giving, they are often uncomfortable receiving; and I am trying to give them some practice. To these women, receiving feels foreign and silly, as if I am making too much of a fuss over them.

These women are so out of balance that they need to be stretched in the area of receiving so that things can begin to come back in line. Even though they may feel I am overdoing it, I've learned that secretly they hope I won't stop. Deep down, these women really do think that whatever they have done is a big deal. If you have trouble receiving, then I want to implore you to begin practicing now. Today you can begin balancing your life out and stop feeling resentful and tired. While it may feel selfish, I promise you it's not. In time and with steady practice, your love tank will begin to fill, and you will actually have more to give.

With this exercise, I have outlined a way to practice receiving more than you are giving. Tell a few of your trusted close friends or trusted family members that for the next 7 days, you are practicing an exercise where you receive more than you give. (If you tell a friend or family member, and they roll their eyes or say that “this is stupid,” of course, move onto

the next person.) Ask these people you trust if, for a week, they can give to you so that you can practice the art of receiving. Tell them anything they give is fine; the giving can include actual presents, love or compliments. They can use their imagination. *And if they seem hesitant, you can promise to return the favor back to them the next week!*

Now assuming you found some people to assist you with the exercise, monitor your thoughts and feelings as you receive these gifts or compliments.

When I receive _____ ,
I feel: _____

When I receive _____ ,
I feel: _____

When I receive _____ ,
I feel: _____

When I receive _____ ,
I feel: _____

Really savor the feelings you have when you receive. Remember, these are feelings that you want to cultivate and explore in your life. Once you get more accustomed to the art of receiving, you will find that paradoxically there will be more things in your life that you can enjoy receiving.

Why He Doesn't Listen

The sixth observation is that men don't listen when they don't feel they have been listened to. Women invariably feel that men don't listen because they don't care. While this is true in some cases, it is not the primary reason for his seemingly inability to display empathy toward her plight. Most of the time, the reason you feel that he isn't listening is that he does not feel you have listened to him. I have seen this in my own counseling practice. The first couple of years out of graduate school, I wanted to teach my clients all of these wonderful insights I had recently learned. During the first 10 minutes of each session I would quickly attempt to give them solutions for each and every problem. While it felt good to share my knowledge so quickly, I noticed that they didn't always receive my suggestions very well. Eventually, what I learned to do with a new client was to listen for the first 5-10 minutes or a little longer before I said a word. I began to notice a strange phenomenon. If I gave advice to someone after listening to him or her for 10 minutes, they thought my advice to be somewhat valuable. When I shared some insight with them after listening for 20 minutes, that same advice was viewed more positively. The best responses from new clients often came after 30 minutes of listening.

When I finally did say something, that same advice was viewed as pure gold! My clients felt that I had totally understood them, so the advice and feedback I was giving was obviously tailor-made for them because they felt listened to. This is the whole idea behind counselors teaching people to do reflective listening. Reflective listening involves paraphrasing back to someone what you have heard him or her say. This works as well in the corporate world as it does in relationships. Even though you know what

the other person is saying, what often happens is that you jump ahead without pausing to let that person know that they have been heard. The other person doesn't think that you heard them, and they either repeat what they said or stop listening to you.

Remember early in your dating relationships how careful you were to not let misunderstandings happen - the painstaking effort you took to make sure the other person knew you were attentive and understanding? Yet, as most relationships develop further and further, it becomes harder to maintain that level of attentiveness. Your partner wants to know that you empathize with them, that you feel what they are feeling, even if they tell you a similar story over and over again. When you are able to convey empathy, your partner will naturally feel more empathetic toward you. If you find that your partner is not listening to you, I suggest you pay attention to how much you convey that you understand what your partner has said.

It is a good idea to practice listening. Whether you currently have a man in your life or you don't, you can practice listening with other people.

Let's practice reflective listening. Below pretend you are listening to someone and write your response to his or her words.

Example:

They say: I feel as though I don't have enough money

You say: So you feel like you are lacking money.

They say: I had a bad day at work

You say: _____

They say: I really want to have children, but my husband doesn't want to.

You say: _____

They say: I feel fat, and I want to lose some weight.

You say: _____

Try asking your friends, coworkers, or family about themselves, and then practicing just listening without immediately giving any advice or bringing up your own experiences. If you are to talk while listening, just try reflective listening. You will start to see some interesting results.

Check the items below that you see happening as a result of the fact that you are listening more:

_____ Your relationship with this person deepens.

_____ This person starts to ask you for advice.

_____ When you talk about yourself, you feel as though this person really takes what you are saying very seriously.

_____ You start to become better and better at listening.

_____ You feel as though this person begins to care more about you.

Your Cheat Sheet

Every month, I see women who seem to have no trouble getting married or doing well in their marriage, who didn't seem to work that hard at it. It's almost as if their relationship has an effortless quality that they don't even think about. That effortless quality is what I call "The Woman of Elegance." What does this quality look like? It is similar to a couple dancing the waltz. Done correctly, the pair produces a simple, classy, and beautiful motion. A woman of Elegance looks just as beautiful in every aspect of her life - the way she walks, talks, or even brushes her hair. She has little trouble in relationships; either attracting the relationship she wants into her life or having fulfillment in her current relationship.

Every woman was created to flow in Elegance. I don't mean wearing a certain type of dress or talking like a snob. I mean self-confidence and beauty. Take a moment and think of someone you know who seems to effortlessly enjoy wonderful relationships. Try and picture someone whose husband unashamedly adores her or a single woman constantly being pursued by men. When men talk about this type of woman, they usually use the phrase, "There's something about her." Then they grin. These women aren't always the tallest, prettiest, or even the smartest, but they do have a quality that causes them to glow like a campfire. They radiate peace and warmth. Men want to be around them. This type of woman gives men the feeling that she genuinely likes men. One man's comments to me reflected this very quality when he said, "My wife is good at getting my attention. Before I know it, she is talking *slower and softer*. I swear I feel powerless. I've never had a woman disarm me *and* make me want to have sex with her at the same time." The discrepancy

between her soft versus normal voice caused him to pay attention, even when he didn't want to. Contrast this with women who yell when they are upset which only causes a man to raise his guard. By speaking slower and softer, a woman hypnotizes a man into feeling safe enough to let her influence him.

Every Man's Wish List

If I could give you a wish list from a man, here's what would be on it.

#1 ALL MEN WANT TO BE ABLE TO MAKE A WOMAN LAUGH

One client recently said to me, "My mother once told me the secret to men. She said that all men feel wonderful when they can make a woman laugh and dreadful when they can't. When I was dating and a guy was trying to be funny, even if he wasn't, I always smiled because I knew he was trying to impress me and I was flattered." I bet her father was a lucky man. Men do like to make a woman laugh and share their sense of humor with them. All men are kids at heart who like to play. While it is important to be able to have deep conversations and feel safe enough to share your fears, early in a relationship, make sure you show a man that you can be fun. Don't take yourself too seriously. Give him the benefit of the doubt if he is trying. If his sense of humor isn't for you, then time will tell; just be careful not to rush to judgment after only a couple of dates. Men feel more attractive when a woman responds with a smile. If a man can't make you laugh at all, then I want you to pay attention to that. If you can't laugh with him, you can't be with him. There is always time for serious talk, but the ability to laugh with someone is often a good predictor of long-term

success.

#2 MEN WANT A WOMAN WHO IS RESPONSIVE TO GIVING

Of all the suggestions I make, this is one that seems to be the most uncomfortable for my female clients. They gasp and roll their eyes when I suggest that they need to get better at receiving. When a woman is receptive to a man's attempts to please her, he is more likely to take risk on her. Receiving is how a woman seduces a man. Done consistently, it can also "train" a man. Men by their nature want to please women; and if they can't hear or feel her pleasure, then they are suspicious. Simply telling a man you had a good time is hardly convincing, especially with sex. It is a woman's response that men crave more than anything. A woman who is hard to please inadvertently trains a man to quit taking risks with her. Do I mean faking your happiness? No, but rather than keeping your good thoughts and feelings to yourself, share them with him. Don't worry about giving him too much praise or adoration. As long as your words and actions are genuine, he will keep coming back for more.

Many women forget that men like showing off. They get feedback that they are powerful, handsome, or clever based on a positive reaction from a woman. When you can appreciate his gesture, even if he did the wrong thing, you will be gorgeous in his eyes. Women who try and act humble by acting indifferent to a man's attempts to please her cause his mind to begin to churn. Deep inside his head, the wheels slowly begin to turn as he says to himself, "I won't make that mistake again. I thought she would like my gift. I really don't know how to please her, so I'll just lay low and *not make any more mistakes* by giving her the wrong thing. Her disapproval is just too painful." Men don't give to the woman they love

with the intention of making her upset. There are too many other hurtful things he could do which require less effort! The way to encourage a man to give is to always appreciate the gesture. In time, his confidence in his ability to please you will increase, and his ears will become more receptive to your suggestions.

#3 BEING TOO HELPFUL TO A MAN MAKES YOU HIS MOTHER

I'll tell you what men really hate - and I mean hate with a passion. It's when women try to be "helpful." It makes men feel that their mother is talking down to them. The reason is that men like to accomplish things for themselves. They take great pride in being able to look back at what they have accomplished. This is why men hate to do chores with a woman because most women like to do tasks together, talk during the process, and generally experience together time during the chore. Men see a task as something to accomplish, period. Talking just distracts him from accomplishing the goal. Being helpful is a wonderful trait; but when a man *doesn't ask* for help, then watch out. Men often label this as controlling or nagging. If you find your man upset with you when you are trying to be helpful, simply ask him, "Does it feel like I'm talking down to you?" I know you aren't, but your goal is to get closer to him, not defend your intentions.

#4 DRESS LIKE A GIRL

Does that offend you or seem sexist? It shouldn't if your goal is to have a man adore you. Men are visual in a way that is hard for many women to comprehend. Most pornography and beer commercials are geared to men for this reason. Rather than fight a man's natural instincts,

why not make them work for you? There are three areas which are easy to implement, simple to understand, and very effective. The first area comes from Rachel Greenwald. In her book *Find a Husband After 35: Using What I Learned at Harvard Business School*, she instructs her readers to wear a dress whenever possible. It makes a woman sit, walk, and even act softer. Men like it a lot when a woman appears soft. The second area of focus is in regards to a woman's hair. In short, men like long hair. If I could change one thing in the feminist camp, it would be that women over 40 look silly with long hair. You won't find a man who believes that for it is a tall tale told by women for women. I'm not saying that there aren't women who look good with short hair; I am merely stating what MOST men prefer.

If you do have long hair, then whenever you can; wear your hair in a ponytail. I know that most women only do this when their hair is messy and they don't want to wash it, but men naturally like ponytails. It makes them think of sex because it exposes the back of her neck; very sexy. Way back when school children wrote with ink and had inkwells on their desk, little boys would dip a girl's pigtails or ponytail into the ink well. Most adults understand that the little boy probably likes the girl, but the other reason is that he wants to touch her hair. A ponytail stands out to a man in a way that no words are needed. What should you do for those situations where a ponytail is not appropriate? Those situations call for the third area of influence which is to wear heels. They don't have to be high, just something that lifts your heel off the ground. Women walk different when they are in heels and men like to watch them walking this way, especially as she is walking away from them. If the situation is too casual for heels (and there really aren't many of these), wear your hair in a ponytail and for

the occasion which is formal, wear heels. Remember that men (and your man) are always watching you. Your secret weapon is that you are a girl. Your curves and the back of your neck serve as a strong elixir which men want to be held captive too.

#5 YOU HAVE AN ON BUTTON

Here is something that I teach every wife who wants to know how to inspire her husband to consistently search for ways to please her. I tell her to say these exact words, “Honey, I want to tell you something that makes me a little nervous. I’m going to trust you with a secret that I am hoping you won’t use against me. I have an ON button; and when you press it, I will do whatever you say and it works every time.” At this point, most men ask, “Well tell me; what it is?” To which I want her to say, “I’m sorry, but I can’t. It’s too scary. I’m afraid you would push it in the supermarket, and I’d end up having sex with you right then and there, or you might push it when we were at church and I would feel powerless to resist you. I can tell you that it exists, but I can’t tell you exactly where or what it is.” Now, the truth is that your ON button changes. Sometimes it is pushed when he says something kind; other times it may be a gesture that he does like bringing you flowers.

You will know he has pushed your ON button when you feel warm and loving toward him. When he does push this magical button on your soul, I want you to point it out to him by saying, “That’s it honey,” rather than simply say “thank you.” One example might be if he cleans up the kitchen (if cleaning up the kitchen does it for you). You probably won’t have to say anything else because he will be able to tell by your reaction. Husbands who feel they have mastered their wife’s ON button rarely suffer from a lack of sex. Once he sees that you really do have an ON button, he’ll

try different things to find out exactly how your button works. Nothing is more exhilarating for a man than being able to make a woman feel pleasure. Even if it takes him several attempts to find your button, the process is a lot of fun.

Bonus: #6 Smiling Proven to Make You More Attractive

Years ago, there was a study at a specific university where they wanted to find out exactly what men meant when they described women as “cute” or “attractive.” Was it that she was tall, had long hair, or simply had a certain look? They couldn’t quite pin it down. After interviewing hundreds of male students, they found a common ingredient. A woman who smiles was always considered more attractive. Smiling apparently tells men that a woman is pleased with them. Who wouldn’t find that attractive? Yet, there is something even more powerful. It causes men to notice a woman, even if she isn’t the tallest, smartest, or has the blondest hair.

Here is a quick checklist to assess the items that men love that you currently do.

Do you:

- _____ Wear a ponytail?
- _____ Wear high heels now and then?
- _____ Wear your hair long?
- _____ Tell men about your “on” button?
- _____ Leave men alone when they are accomplishing tasks?
- _____ Take time to appreciate men’s gestures?
- _____ Laugh or smile when men make jokes?

- _____ Avoid trying to be helpful when a man is engaged with a chore?
- _____ Wear a skirt or a dress often?
- _____ Tell men about your good feelings and good thoughts about them?

If you have checked 7 or more of the above, congratulations! You are well on your way to success.

MODULE 5

KEEPING THIS MAGICAL QUALITY

The Man This Will Not Work On

When you practice listening to your heart (feelings), it will affect men in one of two ways. Either they will respond as I have described in this book, or they will rebel. Yes, there are some men who will be threatened by your feelings because they are only interested in your taking care of them. An example of this would be an alcoholic, abusive, or immature man who does not have the ability to emphasize and care for a woman. He is so fragile that he feels he has to always be right and wants the woman in his life to take care of all his needs, like a mother. When dealing with this immature man, be careful. Whether you are single or married, consider that it could take a long time to influence such immaturity, if it is even possible. **Most men who are abusive, or have personality disorders or addictive tendencies may never get better.** While I believe that most marriages can be saved, there are some men who are only intent on destroying their life and their partners. If you have to wonder if you are dealing with this type of man, you probably are not. If you were, you would not have to ask.

If your man reacts with anger or aggressiveness when you begin

putting these insights into practice, it doesn't necessarily mean that you did anything wrong. In fact, it's quite possible you may be doing it exactly right. When a woman is heart-centered and utilizes her intuition, it has an amazing effect on a man. **A woman who puts her heart first causes the character of a man to be revealed, whether it is good or bad.** Perhaps you remember a time when you were in the presence of someone who was confident and sincere. This type person is hard to manipulate because they really don't care about everyone loving/liking them. They are content with themselves which makes them almost impossible to control. Anyone who is controlling would become frustrated in not being able to dominate them. Conversely, a person who is at ease with themselves will feel at ease around this confident and sincere individual. They will cheer for someone else's success and confidence.

If you practice all the principles of this program, **YOU WILL BECOME THIS WOMAN** who is both sincere and confident. Because you won't be able to be controlled or shamed, it will infuriate an insecure and injured man who must dominate every woman in order to distract himself from his own pain. Think about having a hole in your heart that is so deep that it can never be filled. While you might want to try and help them, short of a literal miracle, you can't. If he isn't willing to grow, you cannot do it for him. If you are meeting men and notice that some respond as I have just mentioned, then congratulations. You have just avoided months or years of heartache that you might have experienced trying to turn a dangerous man into a prince. If you are married to one of these men, then review the chapter on men responding to pain and voids. Unless you provide enough pain, he will never change.

What You Can Expect

If you try the suggestions in this book, be prepared. Anything you begin that is new will feel uncomfortable. Things may not work immediately, and you may have some adverse reactions from people. I can promise you that at times it will feel uncomfortable. Yet, if you want different results, you must be willing to think and do things differently. You have to try these new things for a long enough period of time—say two or three months—before they can really become part of you. If you half-heartedly try the suggestions, and you don't let them influence who you are, you will have very poor results. The things in this book are not designed to be something that you can randomly try and expect instantaneous results. Those types of actions are for children. Getting different results, having wonderful relationships, is about becoming someone different. As you practice what you have just read, you will be letting go of those old ways of relating and dealing with men, and letting what is in your heart begin to take over. Being able to do things, even when you feel uncomfortable, is a primary ingredient for those who are successful. If a woman waits until she is comfortable to be vulnerable, to only take risks when things are going perfectly, she will be waiting forever for a relationship to enter her life, or her marriage to improve.

What you do when you are discouraged is actually what matters the most. When you are discouraged, will you try what is in this book, or will you say, "That doesn't work"? When you feel lonely, will you make it a point to do what I say, and probably what others have suggested, or will you just do what is familiar? If you do these things correctly, it will feel much like an experience in "Alice in Wonderland." That story had

a strange, dreamlike quality to it. You will need to expect obstacles and count on disappointments. Be loyal to the dream that you have for your relationship, not the circumstances.

If you are married or dating someone, what is it you can expect from your partner? Expect them to be curious. You are now going to begin relating to them differently than you have in the past, and they may not be sure exactly how to deal with someone new. There is an interesting dynamic in counseling, that if an individual or couple comes in to see someone, while they ask for change, they have a deep, innate need to keep things the same because of their need to keep everything in their life familiar. If the husband and wife are arguing all the time, they certainly don't want to keep arguing; yet, they have a pattern that has been developed for months or even years, and they know how to respond to it. The wife knows just what to do when her husband yells, and the husband knows what to do when his wife cries.

Every person or couple has difficulty giving up what is familiar, even if it is unhealthy and unproductive. While it is uncomfortable, trying something new may seem even scarier than living with the current circumstances. If you start to change the dynamic in your relationship, your man may test you to see how willing you are to stick with your changes. He may try to bait or tease you, to try and get you to act in a more familiar pattern because you are scaring him, even if that was not a good place to be. Plan on this happening, and realize that you will probably have to be the one that sticks with the plan. With enough patience and perseverance, your partner will change because he is now in a relationship with someone different. His old ways of relating to you will no longer work.

The reason you will change your partner has to do with the difference

between influencing and controlling. Control, by definition, means that I have complete and absolute power over something or someone. Control, by its definition, is rarely applicable. A parent has control over most of an infant's actions as an employee is under the control of an employer in certain circumstances. Control depends on someone surrendering. They have to give up their power. Influence is where we focus on percentages and degrees. If you were to walk into my office, sit down, and I said to you, "I want you to do 500 pushups, and I want you to do them now," there is nothing I can really do to actually make you do that for me. If I try to control you, I am destined for failure. I can't make you do something that you simply don't want to do.

However, if my emphasis is on influence, I will try to come up with something that gives me a greater chance of success. I may offer you money; I may pull out a gun and threaten to shoot you, or a host of other methods, and there still is no guarantee that you will do the pushups. But the odds have greatly increased that you will at least try because I am using leverage. If my intentions are to influence, I realize that I am not totally responsible for the outcome. I am not ultimately responsible. With control, I have assumed all the responsibility. This principle is what you will be applying with your partner.

My clients have used everything you have read. I have listened to their feedback and presented you, the reader, with what they found to be most effective. I wish you great success with your current or future relationships. I don't need to wish you luck because you won't need it! Luck is when something good happens, and you have no idea how you did it. This book is so you can create a relationship or correct your existing one. If you will experiment by applying these principles to your life, I

promise you will radiate like a campfire, warm and glowing, with an aura that men find irresistible.

Review Questions:

What module of *The Woman Men Adore... and Never Want to Leave* did you find had the most impact on you? (Circle one below)

1. Vulnerability
2. What Men Really Want
3. Listening to Your Heart
4. Certain Death to Relationships
5. Forgiveness
6. Secrets of a Great Relationship
7. Deciding your Style
8. Impulses vs Feelings
9. Personality and Perception
10. Other _____

Why was this the most powerful part of the program for you?

Most women begin to get ideas for changes they would like to incorporate before they even finish the first chapter. So, if you are like many women, now that you have completed the program, you may already have many ideas for changes to implement when it comes to relationships.

List two overall changes that you think are most important for you to make in your life.

Significant Change #1. _____

Significant Change #2. _____

Now identify one step you will make right away that represents each of the 2 significant changes you have identified. This should be something you could do today, or next time you communicate with others.

One Step Towards Achieving Change #1

You don't have to make groundbreaking changes to progress in the right direction, so don't worry if these steps may appear small to you. Once you have made small steps in the right direction, the large changes sometimes automatically follow.

Feel free to go back and practice any of these workbook exercises numerous times, as with repetition you may learn and experience new things about yourself. The last step of the workbook is simply to enjoy the success you will soon be experiencing in your relationships. Congratulations and Enjoy!

Behold....The Campfire Effect

What exactly is the campfire effect? I'd give you a simple answer; but honestly, there isn't one because it's a combination of several things. Let me first describe the process.

Most people want things that have a linear causation, which means:
I do A and then B happens



In reality, this rarely happens the way it appears. Most changes that are “magical” which look like something dramatic has taken place are almost always Second Order Changes. This is where a person does A which leads to B which leads to C. The desired result is a byproduct of all three actions, and often there is a delay between what you do in A versus what you finally get in C.

I realize this might sound rather technical, but please bear with me because it really does relate to men and to becoming hypnotic. There are many different aspects that you’ve just read about in this program: Forgiveness, never competing with a man, putting your heart first, just to name a few. Some of these will mean more for you than others. What all of them have in common is they lower the wall that is around your heart.

“Wall, What Wall Bob? “

The wall that you use to keep men from hurting you. It might be that you act indifferent to men or that you’ve promised yourself that you’re not going to appear to be weak. It’s a wall that most people will never know exists, and it’s not always a bad thing. In fact, every woman needs some protection around her heart. It’s the same way your real head has a ribcage to protect it.

The problem is when a woman has her walls up most of the time and...doesn't even realize it...that keeps her safe, but it also blocks men from seeing her at her best. How does she do this?

She does it:

- By not taking compliments.
- By assuming men are mean and/or selfish and thus, he must constantly “prove” that he is trustworthy.
- By “mind reading” regarding a man’s intentions so that she doesn’t get taken advantage of...again.

There are other ways, but you can see the pattern: she is more concerned about protecting herself than she is about allowing love to enter her life. All the gestures (some women mistake this for being intuitive) create emotional walls that make it hard for a man to “break through.” And here’s the trap.

Most men seeing those walls misinterpret them as a sign that she’s uninterested in them. Yet, deep inside, what she craves is a man that will see her emotional walls for what they are – a test for a man to prove that he is safe. In her mind, she wants to be pursued because it makes her feel special. She measures his sincerity and the depth of his love for her by his resilience to continually pursue her, despite her emotional walls.

In her mind, if he can melt the walls around her heart, then she will have found the one man she can give her heart to. The problem with this is that the type of man that is willing to respond this way is often the man that is primarily interested in conquering her...not marrying her. He’s overwhelmed with desire by the challenge she represents. He is discouraged by her indifference and playing “hard to get,” yet, it makes him even more

determined to have her. Then once she's given him her heart, he's gotten what he wanted. The thrill is gone, and now he finds excuses to punish her which eventually leads him to leaving her altogether.

The trauma she endures at having her heart broken, again, makes her even more determined not to get hurt again; and now the walls around her heart grow taller. Does any of this sound familiar? While those walls keep her safe, they also do something else; they block out the very energy that makes her irresistible.

Effortless Attraction

What most women don't realize is that every woman that effortlessly attracts men isn't actually doing something - rather she's simply allowing her natural ability to flow out of her. This is why we call it the campfire effect.

A campfire doesn't do anything beyond burn and glow. It doesn't "try" to be lovely and inviting; it just is. The campfire effect is when you practice everything you've read in this program so that the walls around your heart will naturally come down. In fact, when done correctly, it won't "feel" like you're glowing; you just will. Let me give you some examples.

Susan had a fear of being "ugly." Although she was an attractive woman (she had modeled for over 15 years beginning when she was 16), but she couldn't seem to find that one special man. If you met her, there was nothing off-putting in the way she looked or spoke with you, but there was a wall around her heart. Deep inside she feared she wasn't attractive. All the modeling helped her feel pretty, as did sleeping with over 30 different men since she was; but they were only short-term "fixes." Every time

she modeled, slept with a different man, and fixed her hair 15 times in an hour, it always made her more self-conscious about her deepest fears. The following day those fears pushed her walls higher and higher and the cycle continued to grow.

Now she came to me wanting to know how she could attract men, but she couldn't keep them. "I'm not guarded," she said rather confidently. After 4 weeks, she was ready to hear the real problem, not the one she had imagined in her head. Men weren't falling in love with her because she was too afraid to let them get close; and once she did, she overwhelmed them.

Then we tried something different. "For 3 weeks, let's practice letting your guard down. I know it's going to feel out of control, and you can always stop if you like; but commit to it for 3 weeks, and let's see what happens." The first week she stopped checking her hair every 5 minutes (this may sound silly, but for her it was a huge challenge). She also gave herself permission to be Ugly.

Now we didn't have her take a mud bath or stop bathing, but what she had done was make it so that she could NEVER feel ugly. In her mind, if every hair wasn't in place or she didn't feel super confident every moment, then something was wrong. The pressure she lived with to maintain such a high standard was slowly drowning her.

After the first week, she sat in my office and said, "Sorry, but this isn't working. I don't feel better; I actually feel worse." I understood why she felt that way. Her entire life she was used to 1st order changes. She was bored, so she found a cute guy and had sex with him. Presto – no more bored feelings. Now she wasn't doing things to avoid the uncomfortable feelings, but she was listening to her feelings and giving herself permission

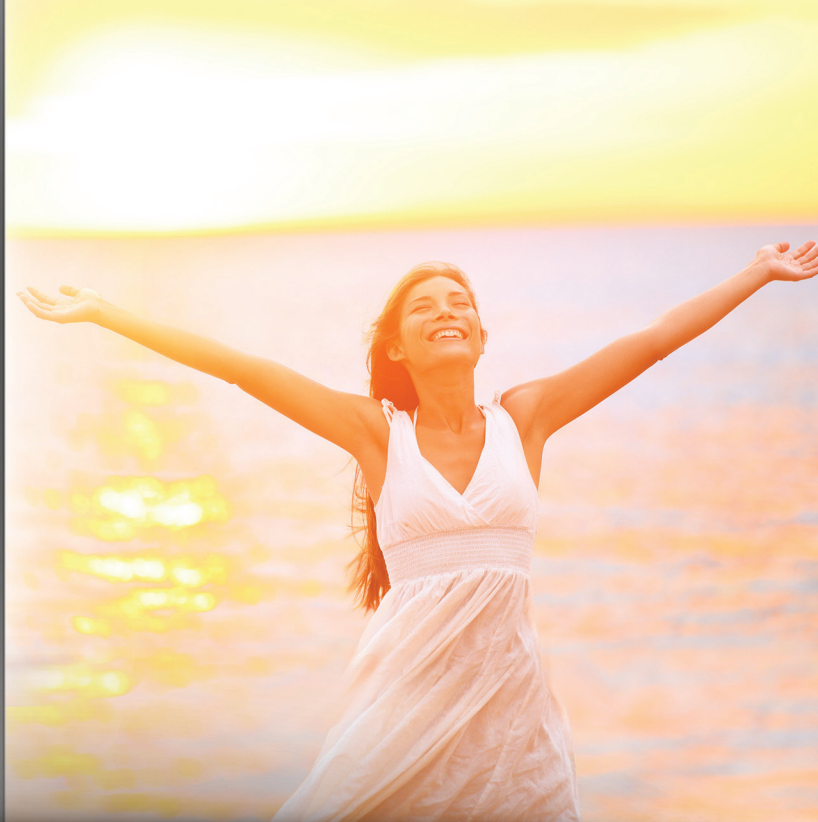
to have ALL of her feelings. She never knew that she could feel sad, and that didn't always mean something was wrong.

The next week she returned, and something had changed, "Ok, what's going on?"

"What do you mean," I curiously asked.

"So, I went to church this past Sunday. I wasn't feeling very pretty, so I just wore my denim dress and no makeup and sat away from my friends, near the front. After the service was over, a couple of my girlfriends came up to me and said, 'Wow, you look great.' I thought they were joking, but the look on their face was completely sincere. Then when I walked out to my car, not 1 but 2 different guys chased me down to ask for my phone number. Bob, what's going on?"

This is what happened to her. When she quit trying to be "pretty all the time," the walls around her heart began to fall. As they did, she began to glow.



The campfire effect is what happens when the walls around your heart come down. It isn't something you DO. It's the result of you consistently practicing everything you've just read. As a woman, you are designed to be appealing to men, without having to do anything. When you allow the guard around your heart to lower, you will experience moments when it seems you have a magical quality that men can't resist.

If you've ever been around a campfire, you remember how hypnotic it is just looking into the flames as you feel the warm glow radiating on your face. It's a feeling that makes you content just remaining in front of the fire minute after minute. This is how it feels to a man when he's around a woman who knows how to put her heart first and practices the courage to be imperfect by giving herself permission to have all of her feelings.

Don't expect it to happen immediately; instead, expect The Campfire Effect to happen when you least expect it for this reason: It isn't a button you can push, but a lifestyle. It's similar to having style and sophistication. Simply buying an expensive outfit alone doesn't make you sophisticated;

you have to grow into it.

Over the coming weeks, as you practice what you've just read, you'll start to feel differently. You'll begin to feel more feminine; and men will not only notice, they'll find themselves drawn to you without you "doing" anything.

What's Next?

Join us in The Women Men Adore Club for exclusive video tutorials about such topics as....

Beware of the Man Who...

Putting Your Heart First (Demonstration Video)

3 Words to Make Him Open Up

How to Listen So He Can't Resist Your Request

And much more!

To Join Us, just go here ==>



Already A Member? Then Login Here:

<http://www.thewomenmenadoreclub.com/members/login.cfm>

Suggested Resources

“The 1 Critical Emotion That Makes A Man Fall In Love”

By James Bauer

This is an excellent program from a relationship expert that really does understand men. Most women think Love is what men crave the most. He explains what emotion men feel that makes him bond to you:

relationshipheadquarters.com/beirresistible1717

The Drama Method

By Aaron Fox

This counter-intuitive program fits nicely with *The Woman Men Adore*. Instead of trying to avoid conflict at all cost, the real secret is how to create the right kind of drama.

<http://www.relationshipheadquarters.com/drama1717>

“GETTING TO I DO”

By Patricia Allen and Sandra Harmon

Don't let the title fool you, this is more than a simple smile and men will come book.

Her explanations on deciding your role, the five second stare and not tolerating alone are worth getting this book. I have used her some of her information in this book I have found it to work even though I don't agree with every single principle (perhaps 98%).

Click Here: <http://www.amazon.com/Getting-Do-Secret-Doing->

[Relationships/dp/0380718154/ref=sr_1_1?ie=UTF8&qid=1392834334&sr=8-1&keywords=Getting+To+I+Do](https://www.google.com/search?q=Relationships/dp/0380718154/ref=sr_1_1?ie=UTF8&qid=1392834334&sr=8-1&keywords=Getting+To+I+Do)