

Emotionally Distant Men, Part 1

With Jonathon Aslay

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Well hello and welcome. I'm Jonathon Aslay, founder of Understand Men Now, your guy spy into the male mind, heart protector for women who are single and looking or those in relationships.

I am so excited to be sharing this particular topic: “Is he emotionally distant? How to go from a weeper to a keeper in five easy steps.” Now I want to let everyone know that this workshop is going to be broken into two parts. Part one, which is this call, is identifying the emotionally distant man. Part two, is five easy steps to connect and choose if he's the keeper.

Now before I get started, I just want to say that I wish that every man would just show up like real gentlemen exactly the way you'd wish they would be, just perfect in every way. And I really do in my heart wish that for every single one of you, that you find love and it's easy and effortless, but I'm dealing with real life, real issues and real relationships. So there's no fairy dust to make men the way you want them to be, but what I'm going to do is help you understand them.

So I just want to jump right into the workshop, and that is what is an emotionally distant man? You know, there are so many variations of this that it could take me days upon days spending hours going over this in very different forms, and I want to say that I will not be covering the type of man who has some severe issue, men who are bipolar, men who are passive-aggressive, men who are narcissists, the list could go on and on. These are critical issues and I'm not here as a therapist to really get into that.

What I want to talk about are really the most common things. I'm going to cover the most common areas. He doesn't share his emotions. He doesn't care about my emotional feelings. He's secretive about his feelings. And he's non-committal. In fact, non-committal is the overwhelming responses I receive about men being emotionally unavailable. They're almost synonymous with one another and they're often confused.

I want to talk about commitment. What is commitment? Where is this relationship going? And I want to first share my views on this, okay? So to get to where we're going to go, I want to take a picture of where, I want to take an overview of relationships. I want everyone to close their eyes for a moment and to imagine three train tracks side by side. I call it my three train tracks. I want you to imagine three train tracks side by side and this is kind of what I see as the progression of relationships.

Emotionally Distant Men, Part 1

With Jonathon Aslay

Now the first train track is the love and sex train track, the love and sex train track. And for the most part, we all start relationships on this particular train track. You're attracted to someone. There's chemistry. There's connection with another human being. You start feeling tingles. You start feeling this overwhelming sense that you know each other. You might even sense that you're soul mates. There's this connection that's being developed. And in the early stages of relationships, and again, I'm generalizing most common relationships, they start out on this love and sex train track and in this connection and in this chemistry, there's sex. And that's the basis of most relationships. The days of getting married before sex, the days of engagements before sex are almost nonexistent. In fact, if you live in the United States, the average progression goes something like this: you meet someone whether you're in the grocery store, in the coffee shop or online, you meet for a date, you go out for a couple of times, there's chemistry. In that chemistry maybe on your fourth or fifth date, there's intimacy or there's sex, and if there's interest to continue to see one another, after about 10 dates, and I call it my 10-date rule, you've jumped into a relationship. You've possibly agreed to exclusivity. You've agreed to monogamy. You maybe have even agreed to call each other boyfriend and girlfriend at this time. You jump from the love and sex train track to the relationship train track.

Now all that really means is for the most part, you've made an agreement, like I said before, to be exclusive and monogamous. And within the relationship train track, there are different levels or there are different stops, and in these stops are basically deposits to commitment. And what I mean by deposits is you cross from one town to another, and the first town might be the level of commitment that you might see each other exclusively. It might be that you introduce each other to your family and friends. That's one level of commitment because you've gone on beyond just the two of you to opening up your relationship to more. It might be that you agree to keep your toothbrush at each other's place, or it might be that you've agreed to keep a sock drawer at each other's place.

Now I'm talking about relationships where there's ongoing, regular time together. You're seeing each other a couple of times a week. I definitely want to differentiate between long-distance relationships where they're more in a bubble. This is not what I'm talking about. I'm talking about relationships that are formed where there is regular contact and regular activity together.

And in this progression of commitment, it might be, as I said, you might have a toothbrush, you might have a sock drawer, you might even give each other the key to your home. These are all levels of commitment, okay? And what I'm saying about keys to the home and this sort of thing, this might happen over time, but what happens often in the relationship train track, you find you're not compatible and the relationship just ends. You're not a good fit each other. That's okay. That usually happens within the first 90 days of dating, whether or not

Emotionally Distant Men, Part 1

With Jonathon Aslay

you're a good, solid long-term fit for one another, most of the time relationships end within the first 90 days. Now what sometimes happens is it jumps back onto the love and sex train track and sometimes you're there by default and sometimes you're there and you don't even know about it. You might have thought you were in the relationship train track and he still sees you in the love and sex train track and this is why in the workshop bonus products, I included my relationship-ready man test. This covers pretty much some solid questions you need to ask of yourself and him, whether it's the first phone call you have with him, whether it's the first date, your first few months together, your first six months together with him, all the way up to the first year. I've outlined some great questions to help you answer whether or not you're really in a relationship with a guy, so those are my relationship-ready man tests. It's a bonus product included in this workshop. Just simply go to the Thank You page and just click on those tests.

So we're cruising along on the relationship train track and let's say things are going good. You're introducing each other to your family and friends. You're spending regular activities. You start kind of sharing some personal information with one another. This is the relationship train track. All of a sudden, your relationship starts moving into the third train track, and that's called partnership.

I suspect, like most of my clients, you would prefer to have partnership. You'd like to have a relationship where you're mutually supporting one another. You've got each other's back. You're there for each other in commitment and it goes beyond just the surface level of relationship. It's a true partnership.

So those are the three train tracks that I want you to visualize in relationship. And like I said before, if you're like most of my clients, you want partnership. But to understand how we really get to partnership, I think it's important to understand our love mapping and our love attachment. In addition, I think it's important to know our love language because no one's going to choose partnership until you've really connected in that area of love. Sometimes we say the words "I love you," but real partnership, let me show you what it means to me and maybe this might resonate with you, so you may want to write this down.

To me, when I say the words I love you and it means partnership, it means that I'm here, you matter, we are important, I'm not going anywhere, I've got your back and I only want you. I'm here. I'm present. You matter, you're equally as important to me. We matter. Our relationship is important to me. I'm not going anywhere. I'm going to stand steadfast even during the tough times. I've got your back. If you need my help, I'm there to support you. And I only want you. You don't have to second-guess. Yes, I may look at a woman at a bar or at a restaurant for a nanosecond, but at end of the day, sweetheart, I want you.

Emotionally Distant Men, Part 1

With Jonathon Aslay

That's what true partnership is about, and when you say the words "I love you" in partnership, that's what that means.

But to get there, I think we need to really recognize love and our love mapping and our love attachment and also our love languages. So I'm going to spend a few minutes talking about our love mapping and our attachments. This all stems back to when we were babies. How did we connect with love when we were babies? How were we held? How were we nurtured? What happened when we cried? Our mapping, our blueprint as adults happens when we're babies.

So I want you to take a moment to really let this sink in and recognize that how we act as adults is really a reflection of how we were raised as children and it goes something like this. We're in our cribs. We're a few weeks old to a few months old to our first year or two, and we cry. Did our parents come right away and give us attention and we felt good in that moment and then they walked away? Did we cry and cry and cry and our parents didn't show up and we were hysterical for hours on end? Or did we cry and we had to self-soothe and in that, we had to take care of ourselves emotionally?

All this wiring that happens early on in our life is our love mapping that carries us onto adults. And so there's three types of love mapping and attachments that I want all of you to jot down and make a note of. The first is what's called anxious. People are often preoccupied with their relationship and tend to worry about their partner's ability to love them. That's what's called anxious and I'm going to go into that in more detail. Next is avoidance, people equate intimacy with the loss of independence and consistently try to minimize closeness. And lastly, secure. People feel comfortable with intimacy and often warm and loving. So that's anxious, avoidant and secure. And this will all make sense in a few minutes. But I'm actually going to read for you what an anxious, avoidant, secure love mapping and attachment style is and this will all start making sense.

Anxious. You love to be very close to your romantic partner and you have the capacity for great intimacy. You often fear, however, that your partner does not wish to be as close as you would like him or her to be. Relationships tend to consume a large part of your emotional energy. You tend to be very sensitive to small, fluctuations in your partner's moods or actions and although your senses are often accurate, you take your partner's behaviors overly personal. You experience a lot of negative emotions within your relationship and you get upset easily. And as a result, you tend to act out and say things that you regret later. If the other person provides a lot of security and reassurance, you're able to shed much of your preoccupation and feel content. That's anxious.

Another word for anxious might be needy. It might be clingy. When you hear those words, those are anxious attachment styles.

Emotionally Distant Men, Part 1

With Jonathon Aslay

Next, this is all going to make too much sense in a few minutes, is avoidance. It's very important for you to maintain your independence and self-efficiency and you often prefer autonomy to intimate relationships. Even though you do want to be close to others, you feel uncomfortable with much closeness and you tend to keep your partner at arm's length. You don't spend much time worrying about your romantic relationships or about being rejected. You tend to not to open up to your partner and they often complain that you're emotionally distant. In relationships, you're often in high alert for any signs of control or infringement on your territory by your partner.

That's the avoidant. Another term? Emotionally distant. Hopefully this is all starting to sink in a little bit.

Lastly is secure. Being warm and loving in relationships comes naturally to you. You enjoy becoming intimate without becoming overly worried about your relationships. You take things in stride when it comes to romance. You don't get easily upset over relationship matters. You effectively communicate your feelings and your needs to your partner, and you're also strong at reading your partner's emotional cues and responding to them. You share your successes and problems with your mate and you're able to be there with him and her in times of need.

Wow, I want to be a secure right now. That sounds wonderful and I'm sure all of you just wish men were secure. I know personally, I'm an anxious attachment style, and I can go into that more detail, but my default love mapping is anxious. And I can see clearly, now that I understand love mapping and attachment, that this all stems back from my upbringing with both my parents. And I was blessed. I was brought up in a very happy home with two loving parents, but I suspect I was the kid crying and I suspect that if I didn't have mom or dad there, I was just going berserk. I was losing my mind because I felt like I needed someone to be there to love me, and this was my love mapping.

And what happens, if you're on this call, chances are emotionally, you're with an emotionally distant man or you've had an emotionally distant man, chances are he was an avoidant attachment style. He's an avoidant attachment style. And women who are activated by these men tend to be anxious, so when you mix these two together, you have a volatile relationship.

So when you can understand why he's avoidant and why you're anxious, this will start to clarify your future relationship in ways that I guarantee you will start to make sense. And understanding this can change everything and how you approach the relationship because you're approaching it from knowledge and not ignorance.

Emotionally Distant Men, Part 1

With Jonathon Aslay

Now please make a note of this because I want you to ask questions in the Q&A section, okay? I want to make sure you hit *6 and we talk about this, okay?

Now as I said before, I'm an anxious personality type, so I tend to be a little bit more needy and clingy and I'm with someone who tends to be more avoidant. And in that, it's taken me a while to recognize when I got triggered easily when maybe she didn't respond to texts quickly or she wasn't communicating to me her needs or her feelings. And I started to climb the wall. That was anxious behavior, and when I began to recognize this, this made all too much sense to me when it came to how to deal effectively within our relationship.

Then there's something significant that also helped me deal with our relationship and this will help you dramatically when it comes to emotionally distant men, and that is understanding our love languages, understanding our unique love languages. Now in Gary Chapman's work, he talks about five love languages, and I'm going to recite them to you. There are words of affirmation, there's physical touch, there's quality time, there are acts of service and gifts. And depending on which love language you speak and receive can make all the difference between pain and pleasure in your relationship.

For example, I'm a words of affirmation person and my girlfriend happens to be acts of service, in other words, actions matter more than words. So take into consideration that I'm an anxious attachment, she tends to be more avoidant, and we speak two different love languages. How did this ever work out? How did our relationship now reach 29 months where I'm very happy and she's very happy and we have a very secure relationship? This happened because we recognized these two huge components early on.

Now we're both relationship doctors, if you will, so we're able to talk about this, but when you can understand your partner's love mapping and your own love mapping, and when you can understand your partner's love languages and communicate in their love language, this will make a huge difference in your relationship.

So let's talk about words of affirmation real quick. They're just those things, words that make you feel good. I know for me, I like being complimented. I like being told I've done a good job. Words mean so much to me. Actions don't mean the same. I don't seem to react the same to actions as much as I do words. But now on the flip side, I'm with someone who's an acts of service, so it's those actions that make a difference.

Physical touch, quality time, acts of service, gifts even, for some people, receiving gifts is speaking their love language. Oftentimes for men, it's acts of service. They speak in that love language. When they're taking out the garbage

Emotionally Distant Men, Part 1

With Jonathon Aslay

or they're fixing up the tire on your car, that's their way of showing love. That's their way of showing that they care and that's speaking their love language.

And so when we can speak to each other's love languages and we really kind of connect in that place, this is going to save a lot of frustration and this really reverses that distance and detachment that you might be feeling in your relationship. So I want to recap that before we go into the Q&A section. I want to recap love attachments and mapping and love languages and recognizing that oftentimes, an emotionally distant person is really a reflection of their love mapping and a miscommunication in our love languages.

I see this happen all too often where we're really not aligned together. Now, that doesn't mean you have to be. It just really means that you have to understand your partner. Now for some men who are truly avoidant personality types and if you're truly anxious, chances are you're going to feel so much frustration in this relationship that there's really no way to resolve it. But when you understand the "why" behind the avoidant and when you can understand the "why" behind your anxious, if that's who you are, and maybe you're the opposite, maybe you're an avoidant personality. Now imagine this, you're avoidant with someone's who's avoidant. You're barely talking to one another and hopefully you're communicating via your love languages in this capacity. But when you understand these two, you can have more effective communication and you're going to be on that path to partnership that I talked about before. When you look at relationships from a "we," you're shifting to that capacity.

So I want to open it up to Q&A at this point. I'm going to answer any questions you have at this point. You just simply hit *6 on your phone to ask a question, but those who ask questions, I'm going to be giving a bonus prize away at the beginning of the call. So I know we've got a few people now. I'm going to go ahead and answer your questions. Okay. I think we have Bernadette.

Can you hear me?

Yes, I can hear you.

I didn't know if I had my phone on mute. Well how do you figure out your partner's love language? Because I know I read that book and they have a test in it as well, so do you just ask them? It was really interesting. I was at a party and I was talking about this book and we were talking about love languages and it actually started a fight between a couple because the female said her language said her love language was quality time and he wanted to do those acts of service and he felt like that was enough. And we were trying to say, I said, "You just got to give her what she wants." So how do you do it when they get so stuck and they're just like, "I'm doing all

Emotionally Distant Men, Part 1

With Jonathon Aslay

I can,” and they don’t understand that it’s just the time? You know what I mean?

So let’s talk about this. Thank you, Bernadette. You asked a great question and I’m going to kind of take it in a couple of different directions, if that’s okay with you.

Sure.

Okay, so I want to look at both the love languages and I want to look at our attachment styles. For those of you that are interested, you can simple Google the book. The book is called “Attached” and there’s actually a quiz. Or you can Google “Love Mapping and Attachment” and in that, you can learn a bit about attachment. In fact, I highly recommend this book. So that’s in our love mapping and our attachment style. And in our love languages, in fact, Gary Chapman, in his book, in his website, you can actually do a test to see what’s your love language.

And by the way, Bernadette, for example, my love language is words of affirmation, quality time and physical touch, and for my partner, it might be acts of service, quality time and physical touch. So we’re kind of close on a couple of them.

I think we have to recognize that in the early stages of dating and when we jump from that love and sex train track to the relationship train track, this is really the time to say, “Are we really two compatible people? Are we really a potential long-term, do we have the makings to go from this relationship train track to this partnership train track? And I think as a woman, it’s so important for you to really be grounded and say, “This person really has the potential to be a good partner,” and not “I’m with him because I’m anxious,” or “I’m with him because of chemistry.”

And I didn’t get into the whole chemistry component of why we stay with people much longer than we ever should because of chemistry. If two people are on the relationship train track, there’s mutual communication and you really want to invest in the partnership track, then I highly recommend that you take these tests to see where you’re at. You inform your partner about this topic. I will tell you, I learned all this from a woman. I learned these two concepts from a woman sharing it with me. I was open and receptive to say, “Ah, that’s interesting. I want to learn about that.” And in that, it became a fun project for us to see which love language we were. In fact, with my girlfriend who we’ve been together, we did this test to see what we were, and we realized early on, “Wow, we don’t speak the same language.” So in that, we both make a conscious effort to recognize that we don’t necessarily take and receive love in the same way, but if we want this relationship to work, then we have to work on that too.

Emotionally Distant Men, Part 1

With Jonathon Aslay

In fact, probably, I'm going to make this up, but whether it's 50, 60, 80, 100 percent of the problems in relationships is oftentimes we're not communicating in our love language. I don't know the percentage, I'm just making it up, but I'm going to say that a huge percentage of problems in relationships are because we're not connecting at each other's love languages, therefore, we don't feel attachment to love with them. We don't feel attachment to love.

So even that man who's avoidant, he has a love language. And when you know love language and you're able to communicate to that love language, you're already a step closer to connecting with him in a way that no other woman has ever connected with him. Let me repeat that for everyone. When you recognize your partner's love mapping, even if they don't, if you can recognize what's their love mapping and what's their love language, and you start communicating in that way, you are farther ahead than any other woman has been in his life, because do you know how many women actually do the research and the study that I've done, which I'm sharing with you tonight and having this dialogue? And once you really get this, this will change your dynamics in every relationship. You there, Bernadette?

Yes I am listening, and mine is quality time and physical touch. Gifts are not like a big deal to me.

Okay, so can I challenge you for a moment? For everyone on this call, Bernadette is in my private membership group. So you're in a relationship with a man who lives 3,000 miles away. How does quality time work?

That's what the argument's all about. That's what the problem is.

Okay, here's the thing.

Then the whining comes in.

So remember I said at the beginning of the call, I said that when we look at the three train tracks, I really want to focus on those relationships that actually have a capacity to have regular activity together. The ones that are long distance, it's a whole different dynamic, and for any of you who have experienced a long distance relationship or you're currently in one, it's what I call a bubble relationship, in that you spend more time in the love and sex train track than you do in any other stage, because you're not forming the regular levels of commitment that happen in the relationship train track, and I'm talking about the day to day things that form new love mapping.

That's the other thing. For all of you, our programming and our blueprint to our love mapping as children can be rewired in a relationship. An anxious person can

Emotionally Distant Men, Part 1

With Jonathon Aslay

become secure and an avoidant can become secure when we're in relationships and we're rewiring our love mapping.

In fact, when we go through part two, we're going to spend time talking about how to truly rewire that in relationship, because that's what's going to happen, because when you can rewire your mapping and their mapping to more of a secure – by the way, if you're two secure people, you're probably not going to be on this call, you're either an avoidant or an anxious if you're here.

Right, so I'm an avoidant.

I know you're an avoidant and you're in a different dynamic, so Bernadette, I want you to hold your thought, because I've got a lot of other people asking questions, but I hope that covered the beginning aspects of both the love mapping and the love languages, okay?

Okay. Thank you.

Oh, you're welcome sweetheart. Okay, next question. One second. Okay, I have last four digits 4670.

Yes, it's Valerie.

Hi Valerie, how're you doing?

Very good. I want to ask you to talk a little more, you mentioned women who are the anxious type tend to get involved with avoidant men. Would that come from the early mapping because you're anxious because you weren't getting attention in the way you wanted, so that you're replicating that like repetition compulsion? Is that basically what you would say?

I'm sorry, speak up a little bit more. You were just a little bit low. I got the part where you said anxious gravitates towards more to avoidant because of our younger love mapping, but what's your question within that?

Yes, I'm just wondering again if that's based on that early conditioning, because why did you become anxious in the first place? Maybe you had a parent who was more emotionally unavailable and in later life, that's what you're used to, so it's like repetition compulsion.

Okay, thank you so much. I was originally going to title this workshop, "Jonathon, why do I keep choosing the wrong men over and over and over again," okay, Valerie? I just thought I'd say that in jest, but what happens, why we do the same things over and over again is because of familiarity. Okay? Familiarity. And what that is, is what's familiar to us, and I'm going to take that a step further. If you tend to pick certain types of men in your life on a repetitive basis, chances are if

Emotionally Distant Men, Part 1

With Jonathon Aslay

you look at how one or both of your parents interacted with you, especially if you're anxious, chances are your relationship with one of your parents was very similar or familiar, because we always gravitate towards what's more familiar.

And what's significant about why I'm sharing this, is because the minute you recognize your past patterns, how you were raised, because it's one thing to know how you were raised, I get it and I'm an adult now, it doesn't matter, no, how you respond in relationships matters so much, because if you're able to rewire your brain, especially for those anxious that gravitate towards the avoidant.

So here's the thing I want to say. Actions matter most. So let me give you a typical example of an anxious person. They're in relationship with someone for three months. They send a text message. They send a text message, "I'm thinking of you." Five hours go by and you don't hear anything. All of a sudden, you're climbing the walls. "Did I do something wrong or did I say something wrong?" That's our first reaction for that anxious person. "Did I do something wrong?" The second thing that goes through their mind is, "Oh my god, are they in a ditch? Are they hurt? Are they in trouble?" Third is "Are they seeing someone else? Is our relationship over and are they seeing someone else?" And the fourth is "Is he just not that into me anymore."

And anxious attachment, for that person, it might just be work and he might be in the middle of a meeting who's always shown up, who's made phone calls, who's been there, who's been regular in the relationship, all of a sudden, you're climbing the walls in that space. That's a time to really check in and really calm, because until you actually see an action that tells you otherwise, it's in the space that anxious start losing control. And the reason why I know this, everyone on the call, I've been this person. I, my default tends to be more of an anxious. So in that space, I would lose it thinking I did something wrong, they're in a ditch, they're no longer in the mirror or they're off with someone else.

And this was what it was like with my mother growing up, exactly. My mother would be emotionally unavailable and this is the way I responded. It took me a while to recognize it and basically practice what I call patience. I practiced patience. I watched the actions to see if it demonstrated, because if everything was okay, there was nothing really to worry about. I made it all up in my mind. Valerie, did that kind of answer your question or do you want me to go a little deeper?

Yeah, you can go deeper as well.

Okay, so why don't you ask me a subsequent question to that?

Emotionally Distant Men, Part 1

With Jonathon Aslay

So I get from what you just said, I think what you're saying there is that if there's a hiatus of communication, hold your horses, don't get all perturbed until maybe you get a more definitive action of some sort?

Exactly. In addition, ask yourself what's familiar. What's familiar? How is this familiar to my upbringing? How was my parents' relationship to one another? Listen, everyone on this call, I love it that we're all grownups here, but I know most of us are over 40. I'll raise my hand, I'm over 40, and I wish I'd learned all this stuff when I was much younger, but I didn't. I learned all this the hard way. I started to read books. I started to listen to calls just like this. I started to attend workshops. The more that I recognized what was happening and blueprint going up, it allowed me to be more present and basically, just present and really present in my relationship but also effectively change my past behavior.

Because avoidant men or men who are emotionally distant, oftentimes it's really just a misalignment in love languages or they are avoidant and really, they're not going anywhere. That's the other thing. Most of you, if you've been in relationships with a man, if you've hit a six-month mark, men begin to nest. They begin to nest. N-E-S-T. They're not going anywhere. And if you're focused on the destination, where is he going, and he's not going anywhere but you're focused on the future and he's focused on the now, you're at a disconnect. You're not in partnership mode. Okay, because chances are he's not going anywhere, but what will happen is especially for that anxious is they start pressuring the relationship in such a way that he will leave, because avoidants absolutely don't want drama. Anxious people live for drama. Avoidants try to avoid it like the plague. Does that help?

Yes, very much, thank you.

Oh, you're quite welcome, sweetheart. Okay, let me take our next question. Last four digits 7384.

Hello Jonathon, it's Gina.

Gina, another one of my group coaching members. Welcome.

Hi, how are you? Okay, I have a question about attachment styles. Can you be a combination?

You know, that's a great question. In fact, I think the answer is absolutely yes, but I think we have a default. We have a natural default. So my natural default is anxious, but yet, I've been in other relationships where I've been avoidant. And I'm sure there have been other people who have been avoidant and when they're with another avoidant...

Emotionally Distant Men, Part 1

With Jonathon Aslay

So let me clarify. My natural default is anxious. When I'm with an anxious, I then tend to shift to more avoidant, and if you're an avoidant and you're with another avoidant, you might switch to being an anxious, depending on who's more of the other one. Does that make sense?

Well I'm just kind of thinking of myself right now and I would say that I'm more secure/anxious or else maybe I just have an archetype that sometimes gets really peeled, let's put it that way. There are times, seriously, that I do things or say things that I wish I wouldn't have.

Okay, I personally know you so I think you're a secure that leans to anxious. Your default when you get triggered is anxious.

Right.

The reason why you're secure and I'm glad you jumped in here for everyone is that Gina is a woman who's pretty self-reliant. She's self-contained. She doesn't bring a lot of drama to a relationship and she actually likes herself. So in that, you are a secure because you come to the table that way. However, your default, I know you as an anxious, so what happens is when you meet an avoidant, it triggers your anxious, even though you're mostly secure with another secure. Now what happens is when the avoidant is the extreme avoidant, it's going to bring out your anxious and you're going to have some conflict in your relationship. And it's an opportunity for you to both work on becoming secure.

Yeah. Okay.

But again, we all have our defaults and what triggers us in our defaults in our opposites. Now an anxious person can be with a total... Let's say an anxious woman's with a secure man. Here's the thing, if she doesn't get triggered and she can be patient in her relationship and she doesn't create drama, chances are the relationship is going to work out pretty well and she'll rewire her love mapping. And vice versa with an anxious and avoidant man with a really secure woman, chances are he can rewire his love mapping, so long as you don't put pressure on where the relationship is going.

This is the other thing, and I just posted this on my private page for everyone, the reality is...by the way, for those of you, this question comes up so often, "Where is this relationship going?" They did a study in the UK and I think over 3,000 couples participated, and this age range is 28 to 45. The average length of courtship before an engagement or marriage was 2.7 years. That's 2.7 years before the actual, final commitment. So if you're in a relationship that's three months old, it's way too early to be focused on where's it going. It's really an opportunity to say, "Are we really a good fit for each other and can we jump onto the partnership train track?"

Emotionally Distant Men, Part 1

With Jonathon Aslay

I stress this and I'm almost saying this kind of caustically because I want to make sure this drills in, because it's so much more important to choose a good partner for you than knowing you're in a committed relationship. It's more important that you choose the right partner and not the long-term commitments. Sorry I got you off track, Gina.

That's okay. The other thing that I just wanted to ask in here is for me, particularly, your example of picking the same things over and over and over is just purely a bad excuse. So if we're doing this over and over, I think the second we figure it out is when we really have to lean in and say, "Okay, this is a pattern, this is where it came from and this is what I'm going to do about it," right?

See here's the thing, and I know most of you, if you're like me and like most of us, we're in the second chapter of our lives and that also includes relationships and in our past experiences, some of us might be divorced and some of us might have had some long-term relationships that fizzled out, but if you're in the stage where you want to have it all, you want to have the most amazing chemistry you've ever had, you want to have the most perfect communication and amazing compatibility, and what I've come to realize is that rarely do two people come together perfectly aligned, perfectly aligned. And when you're constantly trying to find it perfect and it doesn't work out, you're going to repeat a pattern, and that it for some people, it might be focusing on chemistry.

In fact, one of the most common things I see happen is, "Jonathon, I met this most amazing man. We had the most amazing chemistry. But he's a bad boy. He's noncommittal. He doesn't want to have a relationship." And then the next guy they go out with is the same thing. "We had the most amazing chemistry and he's noncommittal."

And choosing men based on intense chemistry can oftentimes lead to disaster, because what I think is more important is choosing men based on character. How did they show up? Did their actions match their words? Did they plan dates? Do you they call you three days in advance? How are they showing up in the courtship process and eventually, are they moving into the relationship train track and eventually moving into the partnership train track? That's more important than the most intense chemistry in the world is his character and how he shows up. Do his actions match his words?

And I say that in particular, Gina, because I'm saying this as a generalization of what I see, is when it's focused on chemistry and not on character, people will repeat a pattern. Now I get it. We want to have chemistry, but there's a big difference between, "Oh my god, we can read each other's minds on the first date and we want to jump each other's bones," versus "Wow, this is a nice person and I am attracted to them, but I'm not feeling the total butterflies. How

Emotionally Distant Men, Part 1

With Jonathon Aslay

about I just go on a second or third date to see if this is an opportunity to get to know a really good human being and maybe we do click,” versus jumping into bed with the first guy that sets your butterflies off in your stomach.

Yeah. It’s definitely different, but I just think that there’s a point where I’ve got to go, “Come on. This is what’s been done. This is why I jumped.” I’ve got to say I’m not going there anymore.

I really want to emphasize for everyone, really think about this in a long-term. That’s the thing. Think about the relationship in the long-term, not where it’s at today. And what I mean by this is, especially like our first caller is a person who has a long-distance relationship. You start in a long-distance relationship and you go, “Oh, one of us can move in three or four years.” Well you may not have three or four years. You don’t know what may happen in three or four years. What you have is the now, and finding out if you’re compatible in the here and now is so much more important than to jump into the partnership train track. And chances are if your goal is to have regular activity where you’re living together, you’re spending time with family and friends, you have mutual hobbies, you’re emotionally connected, you have regular intimacy and sex, then it’s important to find someone who’s compatible who has that capacity to jump into that partnership train track and not be committed to a man with whom you’re not a good fit with.

And by the way, a lot of this happens, Gina, is because of that anxiousness. I don’t know how many of you on this call, I mean I’m sure most of you think you’re secure and chances are that if you take the test, you’ll find out that you’re not, because everyone thinks they’re secure, but I’m going to guess that if you’re consistently meeting avoidant men, chances are you’re an anxious and that avoidant triggers you.

By the way, there are plenty of secure men out there too. Not every man is emotionally distant. Not every man is needy and clingy. There are plenty of secure men out there. Okay? Thank you sweetheart, I’m going to take our next caller.

Sure, great. Thanks, Jonathon.

You’re welcome. Okay. I think it’s you, Wendy. Hello?

Hi Jonathon.

Hello there.

Hi, actually you answered some of my questions about whether or not an anxious can be avoidant and how to change your wiring. But you actually gave a couple tips for if you’re anxious, how to overcome it. How about if

Emotionally Distant Men, Part 1

With Jonathon Aslay

you're an avoidant? What tips would you give to an avoidant to become more secure?

Well I think if you're an avoidant... Now are we talking about an avoidant woman or an avoidant man?

Oh, how about both?

Okay, I'm so glad you've asked this question because I want to bring this up. I wanted to bring this up in the call, but it was really best in a question. So let's say your default is more avoidant as a woman and you're in a relationship with a man. Chances are you're better suited with an anxious person, believe it or not. Now the question becomes, and I'm talking about the needy, clingy man, I know right off the bat, all of you women are going, "Fuck no. The last thing I want is a needy, clingy man." Well guess what ladies? I'm that guy. I'm that guy. The difference is I might be a nice guy and I might be a little needy and clingy, but I also come to the table with an edge, so I've got a little bit of an edge that sets that off. And what that means is I've got it together, but even though I'm a little bit needy, and I'm with an avoidant, what's happened in my relationships is the good news for her is she doesn't have to do much work in the relationship. I'm doing a lot more of the work. You don't have to be holding the romance flag because the anxious will be doing that for you.

But what is going to happen is for the avoidant woman in particular, it will remap her wiring to love and she doesn't have to let...in other words, the avoidant has walls up, has their guard up. And when you're with someone who loves you for who you are and wants to be with you for who you are, that's why a needy person is perfect, because they don't want to give up on you, right? They're in, because they need.

If that needy person can be a little bit patient, chances are that avoidant will open up and rewire their love mapping to feel more secure as long as the needy person doesn't overwhelm.

That makes sense with the woman.

So the avoidant will remap to more of a secure attachment style. But you have to accept that guy for who he is. And chances are once he feels accepted, he won't feel so clingy and needy.

Okay, now let's talk about the avoidant man. Now there's a different challenge we have with avoidant men, because men in general, we men and even me as an anxious guy, we also like our freedom. So the avoidant man, if he's emotionally distant and he wants freedom, that's kind of a double whammy. Right? So what happens oftentimes with the avoidant guys, they tend to be

Emotionally Distant Men, Part 1

With Jonathon Aslay

players because we're all driven by the love and sex train track. Everyone on this call, I want you to understand we're all drive by the love and sex train track, even avoidant attachment styles, because what I'm talking about is love attachment that's shifting in the partnership track and not the "we want to have sex" track.

We men want that, but the avoidants that absolutely want freedom, chances are they're rarely ever going to jump into the partnership train track. But an avoidant who actually wants companionship, attention and regular sex, he'll jump on the relationship train track and he'll along it fine, even though he might have a tendency to want to freedom, so long as there's no pressure in the relationship and so long as if he happens to be with an anxious person or someone who's even mildly anxious, the more the relationship continue down the path without pressure, the more he's going to be wired to a secure attachment style.

If the relationship is fun, there's variety, there's common interest, there's attraction, there's physical intimacy, he can rewire his mapping. Okay?

Yeah, thank you. Very helpful. Very helpful.

You're quite welcome. Well we've got a couple more. I think this is Angela.

Hi.

Hi there.

I just wanted to talk to you, but it's not so much as to labeling who we are, like let's say I'd be anxious or he'd be avoidant. I think we are both relating, and much more than we used to. I also find that when I questioned him if he wanted to join me and daughter at my dad's when it was his birthday, he came over, so he wasn't avoiding. I was also opening up the door for comfort, opening up my home for a place where he'd be, as well, I do all the things I need to do in my life, such as I babysit my grandson, so I let him know I'm doing my responsibilities and I'm not acting desperate. He does whatever he has to do. He sees his children.

I guess what I wanted to say, something really big happened to me last night and as you know by the Angel Page, I've been kind of expressing myself and it's been helping me. I guess I wanted to share, and for me, the thing is I live in Israel.

Well hold on, Angela, just to be fair to the other people that want to ask a question, do you have a specific question, because this isn't just our private group? This is a very big group of people that goes beyond our private group.

Okay, I understand. I'm saying that when you live in another country and people relate in a very direct way and he's already expressed to me that we

Emotionally Distant Men, Part 1

With Jonathon Aslay

used to be very, very close, I let him know that the reason why it's been distant is the situation. I believe to bring the situation closer and to discuss it and people in Israel are very direct, so I'm usually a very shy person. And all of a sudden, I brought up by myself yesterday. I said, "I would like us to bring up what's happening when both of us are busy at the end of the day when we touch up base, I don't want to just touch up like, 'How are you?' I'd like to really talk about how we're really relating to each other." He reacted in a very positive way and I just wanted to say to you that you agree with me that instead of focusing on this avoidance or clingy that we should just try to be a little more direct with each other?

Okay, you asked a great question and you happen to be in a very long-term relationship that is unlike most of the people here on the call. Your relationship is six, seven years old now. So what I'm doing for the balance of the people on this call, they're in relationships for shorter periods of time, they're trying to recognize, I know we use the word "labels," but it's really a definition of what's going on.

So in your particular dynamic, and for those of you who are new, I have a private group and a number of my private members wanted to jump in on this call. You're in a dynamic where your relationship hasn't defined...you're at that point where you should know where the relationship is going, and you two have not reached that point. And because, in this particular case and I want to bring this up with everyone, there are a lot of complications. There are different locations of where they live, there are different family requirements, there are different job requirements, there are a lot of complexities. Ultimately, your challenge is about blending lives and not about whether or not you're avoidant or anxious. You guys are in a relationship. You have regular time together. Your issue is more related to blending lives and how you're going to achieve that.

So I'm not able to really fully discuss it on this call, but what I will say is that what you two need is really a dynamic that defines how you're going to blend lives. And you're at that stage where you should have that conversation.

What I'm trying to say is he saw he get very emotional the other day and I think I took a day off yesterday and I let him know that it was very important that I take the time to myself to think things through. I let him know there was a deep change in me and that the way things were being handled had to have a very extreme change.

Well what I want to say is this. You did say something earlier that I want to touch upon and then I'll take our next caller. What you did was express your emotions. Now you used the term direct, but what you did was you shared. You're in a relationship where you know the person isn't going to leave, so you're absent in a place where you can be direct and share what you're feeling and it's important to

Emotionally Distant Men, Part 1

With Jonathon Aslay

come to an agreement. I think what's important is if you want something, share what you want and come to an agreement.

Some people believe it's compromise and I don't believe in compromise. I believe in mutual agreement. So no matter what the circumstances, and we don't need to get into particulars, what's important is that you've expressed your feelings and your ultimate goal is what's the win-win for both of you.

Exactly.

So what you did is you followed my teaching and for everyone on this call, I say have a conversation, not a confrontation. A conversation, not confrontation. That's how you start the dynamics of a conversation, and in that conversation, the ultimate goal is to have a win-win for the both of you that leads to an agreement. Okay? So I'm proud of you, sweetheart. You did exactly what I keep talking about in our private groups, so I appreciate that and I appreciate you jumping on this call.

I'm going to take our last caller, okay?

Bye, thank you.

Thanks. That's you, Barbara. Hello?

Hello?

Hello?

Hello?

Hello, can you hear me?

Can you hear me?

Yes I can. Hi there.

Hi.

Welcome.

Thank you, and hello to all my girlfriends. I was driving home and had trouble getting on, so I didn't hear your actual talk, but I can hear it on the recording. I was listening to you and thinking, I'm not sure how secure I am but I definitely have avoidant tendencies and I'm reflecting back that most of the men I attract are anxious and I've certainly grown a lot more, but I'm just thinking about my last relationship where we were dating and I had to go out on a military assignment for 45 days, and during that time, I think I

Emotionally Distant Men, Part 1

With Jonathon Aslay

just kind of lost him because he was real anxious and I kept saying, as nicely as I could, “I just can’t text you back when you text me. I can’t email. I can’t call you. You’ve been in the army. You know what I’m going through. You know what it’s like.” And right up until the day I came home, it was like, “I can’t wait to see you.”

The day I got home, I said, “Something’s changed. What’s going on?” And lo and behold, there was another woman that he had dated two years ago and she showed up and he was hoping that they could get back together because he still had feelings for her. And I thought, I’m so busy during that time and really going through a lot of PTSD of my own and pretty screwed up, but I don’t know what I could have done, if anything, in thinking back, to make him feel more secure because as you’re talking about being an anxious guy, and me in particular, both of our love language is physical touch, he needed a woman to be there every day and I couldn’t be there. What could I have done?

You know what? Here’s the thing. For an anxious male who needs quality time or words of affirmation, if you’re not capable of giving that to the person, chances are because he’s a man, he’s going to go seek it elsewhere and what you have in your dynamic is you had distance, right?

Right.

So you missed this part of the call, but when I talked about the three train tracks, and I even brought up the relationships that have distance involved, it’s very difficult to get onto the relationship train track when there’s distance involved. And that relationship train track is shared activities, it’s mutual hobbies, it’s spending time with family and friends – these are all regular activities. These regular activities create the roots to a long-term relationship. These regular activities create the roots to a long-term relationship. And when you don’t have that, coupled with an anxious person who isn’t getting his needs met, because you guys haven’t even had the time to have him rewire himself.

Yeah, and he’s very physical, touchy.

Yeah, so he’s physical touch and for example, I’ve told you I’m an anxious and my relationship, we spend on average three to four days a week together. That’s plenty of time. It’s perfect. But if it was once every other week, I would have been climbing the walls and chances are, I would be somewhere else.

Really?

Because it doesn’t fit with what I want.

Wow. What about loyalty?

Emotionally Distant Men, Part 1

With Jonathon Aslay

That's the other thing.

What about loyalty and the fact that I was coming back?

Yeah, but it wasn't a regular, consistent relationship. By the way, how long of a period of time was it.

We dated six weeks before I left, then I was gone 45 days and he came and visited me for a long weekend while I was gone. And he even said, nine days before I got home, "I'll wait for you. I'll wait for you. I'll be patient."

But remember, us guys will say things in the moment. The minute that moment is gone, it changes. And by the way, what you missed was that the first 90 days of a relationship is really the time where you're kicking the tires, so to speak, and really, that kicking the tires takes about 12 months. Okay?

As I said in the call, they did a study where the average length of courtship was 2.7 years. It takes us a full year to determine whether or not, one to two years, we're with the right partner. Men don't fear commitment. Men fear making the wrong choice. And if he didn't have regular consistent contact with you, he wasn't able to make the right choice.

And by the way, chances are he has his own issues to contend with, his own baggage, his own stuff, coupled with that, that chance is the reason why. It has nothing to do with loyalty. Loyalty comes over time. It's not gifted on the first date. The only thing is you hope you're with someone with integrity so that when they know they're out of integrity, they speak up. And that takes time to determine too.

Gosh, it shocked me. I would have trusted him with my life. I was just so stunned.

Well sweetheart, I wish I could help. Like I said at the beginning of the call, I wish I could wave a magic wand and make every guy perfect and secure, but guess what, I can't do that. I'm just here to share information. But with enlightenment, we make better choices and we make better choices for ourselves. We feel better and we're happier and that's what this is all about.

What you said was really helpful because it never would have occurred to me that somebody would go looking someone else just because I was gone for 45 days. I had no idea that an anxious man would be that...

Anxious are probably apt to do that. Avoidants are probably more loyal than anxious.

Wow, well thanks.

Emotionally Distant Men, Part 1

With Jonathon Aslay

When their needs aren't being met is what I'm saying. Well thank you so much. I appreciate it. I've been hearing that from a therapist. I truly appreciate that as well. Okay.

As I promised, I'm going to be giving away a gift for someone on the call, but I'm going to go ahead and shut the recording off. I've got a couple of announcements. The second part of our call, "The Five Steps to Determine Whether or Not He's Really a Keeper or Not," is going to be a week from today.