

## Emotionally Distant Men, Part 2

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 and heart protector for women single and looking or those in relationships. I'm so excited to be doing part two, “Is He Emotionally Distant?: How to go from a weeper to a keeper in five easy steps.”

Now this workshop was broken up into two parts. First part is identifying the emotionally distant man, and part two, what we're going to cover tonight is five easy steps to connect and choose if he's really a keeper. Now before I get started, this isn't a workshop about how men should be and how you wish they were. I really, truly wish for all of you I could wave magic fairy dust and make men the way you want them to be and how you'd like them to show up, but this is not what this is about. This is about really understanding not just men, but really understanding yourself in the process. So I look at my work as real life, real issues and real relationships.

So before we begin part two, I want to spend a little time to recap part one, and that is what is an emotionally distant man. You know the most common descriptions what I receive on a regular basis are a man who doesn't share his emotions, a man who doesn't care about my emotions. He's secretive about his feelings. He's noncommittal. In fact, noncommittal is probably the overwhelming response when I hear about emotionally distant men or men who are emotionally unavailable.

The definition of commitment, where is this relationship going, is repeated over and over again when we talk about the emotionally distant man. So in the first part, we talked about the three train tracks: the love and sex train track, the relationship train track and the partnership train track. And in that, we talked about the shift of how we go from each different train track, and ultimately, and I suspect if you're on this call, you want to be in a relationship that leads to partnership that's for the long-term. And how that looks and how we get there can really depend on how effectively we communicate in relationship. But it's also about understanding our love attachment styles and our love mapping.

So we talked in detail about our love mapping and love attachments, and we also talked about love languages, understanding how we communicate and speak love to one another. You know, when we talked about the love mapping and the love attachments, I covered three different types of attachment styles. I covered the anxious, I covered the avoidant and I covered the secure. Anxious people are often preoccupied with their relationships and tend to worry about their partner's

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ability to love them back. Avoidant people tend to equate intimacy with loss of independence and are constantly trying to minimize closeness. And secure are people who are comfortable with intimacy and usually warm and loving.

And what we found in this section of the workshop is the oftentimes men who are emotionally distant tend to be more avoidant and I recommended several books, one in particular if you want to learn about this in more detail is the book "Attached." And at the end of the session when you get your email for the recording, it'll actually have a link to go to Amazon to get the book, but if you want to jot that down right now, the book is called "Attached."

In addition, we talked about how we communicate love, our five different love languages. And if you're not familiar with Gary Chapman's work, you definitely want to look that up. Just go to Google, type in "five love languages" and you can learn about how we communicate to each other, how we communicate love. I fully endorse Gary Chapman's work and I highly recommend understanding this because this is going to make so much difference in your love life, whether you're with an emotionally distant man, whether you're with an anxious type, a needy type or a guy who's secure. This is going to help you understand how you speak and communicate love and how your partner does.

So the five love languages are words of affirmation, physical touch, quality time, acts of service and gifts. Now I don't know if you're like me, but I'm a words of affirmation person. Something about hearing the words, especially if it's adoration, that speaks to me and I suspect this is something that goes back to my childhood. And I also, for me, physical touch and quality time is important, so we have our leading love language and usually we have one or two that come very close.

For some people, it might be acts of service. For men, it's often this area that they speak their love language. It might be the guy who takes out the trash at your house or he makes sure that all the tires on your car are brand new and you're driving in a safe vehicle. Those are acts of service. For some people, it might just be gifts and overwhelming you with gifts, and if that's your love language and you feel you receive love in that capacity, then recognize that if your partner communicates in that way, you might you may have ease in your love.

But it's when we're speaking different languages, this is when it can be often confusing and this is why sometimes men feel like they are distant, because they're speaking one language to you and you're not receiving it, so you feel like he's closed off, he's not able to communicate. He might be an acts of service person and you're words of affirmation or words of adoration and that's not his love language.

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So when you understand the five love languages, I think this will bring much more ease into your relationship. And I know from my personal experience, it's made a whole world of difference and understanding this in the early stages made a big difference in how we communicate later in our relationship.

So let's just jump right into the five easy steps, how do we go from weeper to a keeper in five easy steps? Well really the question might be how do we go from weeping to deciding to keep, and as I said earlier, we can't change a man. This isn't about changing a man. But what we can do is we can make better choices. And what I've outlined are five steps for you to make better choices, so get that pen and paper handy because I want you to write this down. Now I'm going to give them all to you and then I'm going to highlight each one.

Step one is understanding. Step two is acceptance. Step three is inspire and introduce. Step four is tone and train. And step five is respect. Now I'll repeat that one more time. That's understand, accept, inspire and introduce, tone and train, and respect.

So let's start off with understanding. I spent the whole part of part one help you really understand what makes a man emotionally distant and it was understanding the love mapping and attachment style, and chances are if you're with an emotionally distant man, he is an avoidant love style. So when you understand this and take a look into how he was raised, his childhood, and by the way, this is about getting to know your potential partner, know what their childhood background is, know what their relationship is with their family, get a sense of how they were raised, because these are going to give you clues as to whether or not they're emotionally needy, emotionally unavailable, if they're secure, but first it starts with understanding, and you won't be able to do this, you won't be able to recognize if he's an avoidant if you don't ask questions.

Now I'm not talking about interrogating a person on the first or second or third date. I'm talking about really having a conversation with another human being and developing a friendship and getting to know their history and what makes them who they are, because the clues are all there in the early stages of dating. In fact, I've spoken who have gone through breakups and almost all of them say that all the clues were there right in the first couple weeks we were dating, but I didn't listen to them.

So this is your opportunity to take a step back, and by the way, in your bonus gift, I provided the relationship-ready man test. In this, we have 25 questions to ask a potential boyfriend. We start from the first phone call to the first date to the first three dates to the first three months and then through the sixth, ninth and 12th month of a relationship, some basic questions to test whether or not you're with a relationship-ready man.

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So when it comes to understanding men, I've already given you all the tools to past this first step, if you will, of getting to know whether or not you're with a potentially avoidant personality type, an anxious personality type or a secure personality. But when you understand them, I think this is going to make a huge difference into how you approach the relationship, because without understanding, we're confused. There's no clarity. There's confusion.

Now as I said before, I wish I could wave magic fairy dust that the men are going to do the exact same. You're here because you want to learn and you want to understand men better and understand why you might be choosing emotionally distant men or how to communicate more effectively, but it starts with understanding.

Next, and this is hugely important, is acceptance, because without accepting who he is, you will beat your head hoping he will change. You will beat your head hoping he will change. So when we begin to understand that we're going to have to be in that space of acceptance, and this is the space that if this is the person you're choosing to be in a relationship with, then this is not just the place to accept but also to appreciate and be in a place of gratitude, because when we can come from a place of appreciation and gratitude, it becomes much easier to accept the partner that we've chosen. It becomes easier to accept the partner we've just chosen. Because if we can't accept them, there's going to be constant power struggles, there's going to be constant friction, there's going to be feeling that your needs are not going to be met.

But when we can come from that place of compassion, acceptance and gratitude and acceptance of who we've chosen as our partner, we're going to be one step closer to actually choosing, earlier like I said, whether he's someone we're going to weep about or someone we're going to potentially keep. So acceptance is hugely important.

Next, and I cannot begin to tell you how important this is in the evolution of deciding whether or not you want to be with an emotionally distant man is what I call inspire and introduce. Inspire and introduce. I know from my personal life, shortly after my divorce, which was about eight years ago, I met someone who absolutely inspired me by her way of life and the way she viewed life. She was very spiritual and she was very progressive and right off the bat, I was interested in her because of this, and in that, she inspired me because she introduced me to a world I hadn't known before. And quite frankly, that was personal growth. That was personal growth. And in that, it allowed me to see the benefits that would come into my life.

I just shared with you two books that are hugely important, the book "Attached" and "The Five Love Languages." But that's just the tip of the iceberg. The first book that was introduced to me was called "Creative Visualization," and it's by a

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name I can't even pronounce, so you can just Google "Creative Visualization." But that was my first step toward enlightenment and personal growth.

The next, and this was hugely important, was following Tony Robbins. There is no more master out there in personal growth than Tony Robbins. And when we begin to actually begin to accept, well first we understand and accept personal growth into our own lives, and we can be in a position to inspire and introduce to our partner, I believe we're going to be one step closer to bridging the gap to our relationships that might have some distance to them and some confusion, because this is a place where we can join together.

Now if you're lucky, you're already with a person that does this and chances are they're not as emotionally distant as some would have them believe, but if you're on this workshop, most likely the man you're with hasn't done much personal growth, and in that, you can be a vehicle to inspire and introduce him to opening his heart and opening up in a place that might be dark for him, for that avoidant man. So I highly encourage you to investigate different avenues of personal growth and how you can inspire and introduce that to the man you're in relationship. And it starts by leading with example. And by doing this, I can tell you you'll be claiming your own worth. By setting that example, it's going to express confidence in who you are and men are absolutely attracted to confidence. And this is the space where your relationship will begin to shift, in this space of inspiration and introduction.

Now in this, there's a very delicate moment, and as I said earlier, tone and train. Tone and train. Now what I mean by tone is tone of voice and the tone of everything you do. Your tone can lead him into any direction that you really want him to go and with your tone, you can train him. Now right off the bat, you might feel resistant just hearing the word train, but honestly, I will tell you that men are like dogs in some ways and we can be trained. We really can. And what that is, is really expressing how you like things in life, how you communicate in relationship and by educating, that's what training really is, is educating, you can shift him, but it really starts with your tone.

And so your tone could be, "No, I don't like that!" versus "No, not now." There's a big difference to how you communicate and the masters of this are the women. For those of you in the United States, the women of the South have this ability to use tone and how they communicate their tone in such a way that actually hits a part of a man's brain that we're not even aware of, but the tone you communicate with. And if it's a soft, gentle tone, resonates with us in a way you can't even imagine, because most men, we're actually trained to almost expect a tone that's drama-filled, or violent if you will. We're almost expecting that we're going to do something wrong and we're going to be in trouble. Maybe this stems back to our childhood and when our parents were yelling at us or screaming at us. So that

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expectation, we're already on a defensive mode, so how you shift us from being in a defensive mode and how you really trigger the part of our brain where we actually communicate back starts with the tone of voice.

And in that, I can tell you that one little thing could change your entire relationship. And that tone is also an energetic tone. Your energy comes from a place of calm and you're clear. You're clear in what you want to communicate. So in that, you're calm and you're clear and when your tone is soft and connecting with his brain, chances are you'll be able to have him open up more so than he's ever had in his life. So tone and train.

And lastly is respect. Respect is everything to a man. Respect is how we feel cherished. If you're unable to respect your man, your relationship is doomed. I can tell you that right off the bat. I've heard this time and time again, when there's no respect in the relationship, the relationship is headed down a path of probably ending. And a woman who doesn't respect a man will probably cause, even though she might be fully committed to him, if there's no respect there, the relationship is going to have friction, it's going to have power struggles and in that, it's probably going to end.

So respect is hugely important with connecting with a man. And how you can do that, I'm going to give you a few examples on how you can demonstrate your respect, is just asking his opinion and valuing what he thinks. That's how we demonstrate respect, by asking our opinion on certain things and valuing what we think, valuing our time together and appreciating that and coming from a respectful place.

You know in my own relationship, I know that we're best friends and friends respect one another. Sure, sometimes friends take each other for granted, but for the most part, we come from a place of respect because we know we almost have to earn it each day from each other. And so in that space of respect, you're going to connect with a man that he's probably never even experienced before, because oftentimes in today's relationship, we're almost coming from a place where we're not feeling accepted, we're not feeling like we're understood, the tone is filled with drama, there's really no inspiration and ultimately there's no respect. And I'll give you an example. You know sometimes when it feels disrespectful to us men is when we get unsolicited advice and unsolicited suggestions on how we should do something. That right off the bat undermines a relationship to a man and we feel absolutely disrespected. So if in that space, there's just even a hint that we don't feel respected, we're going to shut off. We're going to disconnect. So when a man is respected, he feels cherished.

So to recap, it's understanding, it's accepting, it's inspire and introduce, it's tone and then training or education him, and ultimately it's respect. And chances are when you've identified those five steps in your relationship and you view your

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relationship from that perspective, you can make a choice whether or not this relationship is the right one for you that you're going to keep, or maybe you're going to move on, because ultimately this is about making better choices, and when you make a better choice in your life one time, then you say, "Okay, what can I learn from this experience? What can I learn from this relationship that didn't work?" And let's say you meet a man that's the same thing, but in that, you've observed your actions and you've observed him much quicker and you've ended a relationship well before it got in too deep. And then the next time you do this again and you say, "What did I learn from my past relationships and how can I apply what I learned into my next relationship?" You'll be more of a magnet to attract the type of relationship that you want in life when you come from a place of understanding, you come from a place of acceptance, acceptance even from yourself, because guess what, we all make mistakes. We're not perfect and we should be able to forgive ourselves for those mistakes. And I'm sure many of you right after this call, you're going to learn a lot and you might repeat something with the next person, but I guarantee you that if you let this sink in, you're going to make better choices going forward than you ever had before in your life when it comes to choosing men.

And truth be told, when we come from this place, I know I'm repeating myself, from understanding and acceptance and that place of compassion and appreciation and gratitude, that will shift everything in your relationship to success.

So I want to encourage you to go back and listen to part one and really get clarity on not just the love mapping of the person you're with or the love attachment style, but do it for yourself. Learn your love mapping and attachment style, because when you understand yourself, you're going to be a much better partner in relationship.

And second, and again, I encourage you to do this, is to really get clarity on your love languages, because when we can effectively communicate better with your partner, we have much greater relationship success. So know your love language, and if you're single right now and looking, you're going to be so prepared to hit a home run because you're already clear on what your love attachment style is, you're clear on your love language, you kind of understand the basics of how to, and really, this isn't about five easy steps to communicate with emotionally unavailable men, this works with every man. This works with every man, whether he's needy, avoidant, anxious or secure, this works with every man.

So I'm going to end before we go into Q&A, and again, I'm going to ask you to hit \*6 on your phone and be on the Q&A and again, I'm going to be giving away a

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bonus prize, is that understanding, acceptance, inspire, introduce, tone and train, and finally, respect.

So I'm really excited because we've already got people lining up and it's \*6 on your phone and I'm going to answer your questions for the balance of this call. Okay? All right. Well Wendy, you're first up.

Hi Jonathon, that was so fabulous, so inspiring. I have a couple of questions for you.

Shoot. Thank you.

You're most welcome. It's just really so fabulous. Is it okay to ask an emotionally distant man what his love languages are if you can't figure out what they are?

You know, this is a great question. So is it okay to ask? I think it's okay to do anything you want for the most part, but I think in this particular case, you know how I said "inspire and introduce?" And I'll share with you how it was introduced to me, because I didn't know, everything I've shared I've actually learned from a woman. Most everything I've learned about personal growth, I've learned from a woman. And the first woman who introduced it to me, and I can't remember her name, I just went brain dead, this is someone who we only went out a couple of times, oh, I know what it was, her name was Lynn, but we had conversations on the phone. This was before we'd ever met, we were having amazing conversations on the phone and she said, "Have you ever heard of the five love languages?" and I said, "No," so she started telling me all about it. And this was a long-term relationship so we went online to the website, and again, this is Gary Chapman's five love languages, you can Google it, and we actually took the test together while we were talking on the phone. And in that, she shared her love language and I shared mine. And we were different. She was quality time, I was words of affirmation.

So now we did end up meeting and we did end up dating a little bit, but at least the more I knew about it, the more I understood it, it certainly helped me in future relationships. At the time we met, it had still not sunken in, but she was clear on who she was. So I think it's important. To answer your question, Wendy, you can absolutely ask a man, but I'd do it in a way that's introducing it to him as something that's brand new.

And you can create multiple conversations about this, that's the other thing. The aspect of inspire and introduce is such a way to kind of grow a relationship in a way that's outside just the typical "let's see a movie, let's do something, go picnic in the park." This is an opportunity to learn and potentially grow together in a way. Now I'm not saying you do this on a first date, but you certainly can do this once you've gotten to know each other. In my case, the first person who



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introduced me, we had hours and hours of conversation and it was one of those things where when you have to those kinds of starter relationships and the conversation flows freely and effortlessly, I think you can absolutely slip this in.

Right, it has to be at the right time and natural moment.

Can you speak up a little?

It has to be at the right time and a very natural moment.

Yeah, I mean it's one of those things that I would say to have it at the back of your mind. You have to be careful when you're going, "I've got to check this off. I've got to check this off." That's why the relationship-ready man test that I included aren't meant to take with you on a date and have with you as we've seen in a lot of romantic comedies. It's really designed to help you have the start of the conversation, especially for those who struggle in conversation. It's there to help lend a helping hand, but in this particular case, I think the five love languages conversations and just going straight to the website, whether you're doing it virtually or doing it together. It could be a fun experiment. And then, think of the conversations that it'll now spark, as my fingers now go off in different ways, how conversation starts to spark in different directions, especially in your different love languages.

Now with that said, Wendy, let me just say that when you recognize your different love language, it's in that space of understanding and acceptance, and recognize men tend to be slower to move to change than women are. One thing I've noticed about women versus men, especially in the area of emotional change, let me just talk about emotional change, women are far more progressive about emotional change than men are. It takes us longer to get there. That's why inspire and introduce is so important when you couple it with tone and train.

And by the way, you personally, and I know you because you're a part of my spotlight coaching group, you have one of those natural voices that comes across soft with ease of tone. So you probably have men eating out of the palm of your hand from that alone.

Thank you so much, Jonathon. That's also because I'm very comfortable with you, but thank you. I really appreciate that. And just also along this line, when you have different love languages with a man, is it a little more challenging to develop a relationship?

I can speak from personal experience on that one in two-fold, because in my current relationship, we are different in that capacity, so it took me a little bit longer, as I said, we men are slower at this, it took me longer to kind of let go of that expectation of having to expect my love language to be met. And what I've

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done personally is that now I've learned to communicate and receive in all five. And even though my natural tendency is words, I've learned to appreciate in my partner her acts of service. And so it took me longer to get there, and that's why I should have included patience in that one, in one of the five steps, but that's so hard to do. I think patience in the dictionary is called excruciating pain, so in that, it's taken me longer to get there but I've got there.

Now when I dated someone who communicated with me in that language, it was so easy in that particular regard, but you have to be careful too, because if they're hitting on that love language and you're not hitting on the other ones, I have a feel there's a deficiency in the relationship. I think it's important to work on all five areas.

That's interesting and that's also a way to find out if you can continue on the journey together.

I think it's important. I think it's important to work and everyone on this call and listening to the recording, I cannot begin to stress the importance of understanding the love languages as well as the love mapping and the love attachments, but really have clarity on this, because ultimately this is what triggers our senses and abilities to love is when we're being communicative in the love language that we receive it, but also it's adapting, this is what turns relationships into secure is when you can shift and start speaking in all the love languages.

How beautiful.

Because let's say neither one of you cares about gifts, okay, and especially for people, they don't like their birthday or maybe they don't like Christmas or something like that, they don't like getting gifts because they feel uncomfortable because they're in control, I still think it's important to give a gift. The trick is doing it out of the blue.

And some people, especially emotionally distant men, have trouble receiving in this capacity, gifts in particular, so it's not about barraging them with them, but it's about doing it in subtle, little ways to build a certain trust for that man. It might be just a simple poem that you saw on a picture frame of some sort and giving a gift in that capacity, because you have to do it, especially for the emotionally distant man, sometimes gifts are the hardest thing to receive. For other men, it might be their absolute love language, but I'm just thinking out loud in that capacity. It's also doing all these in little bites and not all at once.

With an emotionally distant man, yes.

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In particular. Anxious men are a lot different. By the way, women have a tendency not to be attracted to the needy man. I also think he happens to be the best man to date in some ways, so long as he's not over the top and he can hold his own, he can be the best man to date in some ways.

In what ways?

Well the needy guy, the anxious guy, he's always trying to please.

That's so wonderful. Such a great treat.

But again, the anxious that can hold his own. In other words, well my default is anxious, so I'm an anxious that can hold my own. So I think that's better than the opposite. By the way, I'm only speaking for myself, everyone, so that's not a quote-me term.

But that's true, because that means he's available.

Yes. Hey, Wendy, I've got other people who want to jump on, so sweetheart, thank you so much.

Thank you so much, Jonathon.

Okay, give me a big hug. All right, one second. Hopefully this button will work. Okay, last four digits to your phone come up as 7384. Who do we have?

This is Gina Marie.

Oh, Gina Marie, welcome.

Hi, how are you?

Hi, my spotlight coaching contingency.

Oh my god, I got such amazing clarity with this call. It all of a sudden went boom! So here it is. For a woman who's really secure and values growth as a very, very core value, an avoidant would be an absolute disaster, because I'm kind of like leery and there's like a time where something's not quite right, like let's explore, let's discover and just know each other better. We don't have to agree on everything, but the avoidant will just bolt.

Well I want to challenge you on that one for a moment, because avoidant men, okay, before we throw him under the bus, or even that anxious guy, we throw him under the bus, because truth be told, the book will say that 30 percent people are secures, I personally believe that percentage to be a lot less. So in the book "Attached," I believe it says that 30 percent of the population are secures, I believe that to be less. I don't have any factual data, so that's more just an

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observation. But with that said, I believe we have to look at a man's character before we completely write them off. How is he showing up in relationship? Just because he might be avoidant doesn't mean he's not got excellent character, he's honest, he has integrity, he shows up cherishing you, he's stable, he's secure in other areas of life, and you have to ask yourself, because emotionally distant, we're talking really about that capacity to open up to their feelings.

Now as I said in part one of the call, there are men who are clinical. They might be bipolar. They might be passive-aggressive. They might be...there are other terms...narcissistic, what's the other one I can't think of... Anyways, for the clinical ones, yes, you want to run away from those as quickly as possible, and they actually demonstrate their colors fairly quickly. In fact, as I said earlier, you see most of the clues in the early parts of the relationship or early parts of dating. But if someone is just a little more closed off than another man, before I write him off, I'd want to know if I'm even communicating to any one of his love languages, because sometimes the break in communication or connection could be you're just not speaking the same language. And so it takes a little bit of work to get there.

But my understanding of love languages is it doesn't necessarily mean you have to be with someone or date someone with the same language.

No, you don't.

My understanding of love languages is speak to the person in their language.

Exactly. First know yours.

And explain them.

Well Gina, let me just add, first know yours and also know that if he's not communicating with yours, it doesn't mean he's not capable of it. He might just not know it, hence, inspire and introduce.

Right, right.

So if you've inspired and introduced him to this capacity, just the awakening of this concept, I can guarantee that most men haven't even touched the surface of just these two books. And I know you know these books, but just knowing these two books puts you so far ahead, and if you can introduce them to a man and he's receptive, I guarantee you he's going to be far less emotionally distant than before you ever introduced it to him.

Yeah, I guess this was a clinical case, because when we took the test, we got the exact same language, but it wasn't true. I mean I don't know how you would take a test to make sure you come out the exact same as me, but...

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I did a Myers-Briggs test and I think it was like 5,000 questions and exaggerating here, but certainly if you go...certainly the one on the website is a quick down and dirty. There are more extensive tests.

I did the one from the book.

And the book is a little more detailed.

It was 50 questions.

So when we go back... Okay, so let me help you here. When we go back to understand, remember when we talked about childhood, upbringing and those details of the man's life? When you get a sense of that, there are clues right there usually to tell you whether or not a person is emotionally distant or avoidant. And in that, that's the time to really go a gut check. Because if they didn't have a really good relationship with their parents or their parents didn't have a good relationship with each other, and in this dynamic, they weren't able to feel love and their pattern of relationship is just one after another after another, then chances are he's going to be a weeper and not a keeper.

This is about making better choices, and even if you are communicating in the same love language, it's also about understanding where he came from and where he is now and how he shows up. Does that help?

Yeah.

I hear a hesitation.

I guess I just think I need to apply the knowledge. I had a lot of understanding even before I met you about the five love languages, but I didn't get into the attachment stuff because I was in relationship and I kind of scooted out of our group coaching and stuff for a while and now I'm like, "Oh I could just bonk myself," because there was so much there, there was so much to learn and missed it. So I need to start and learn and look at it and try to do one, two, three, four and five, and go for pro? I don't know.

Well what this is all about, and not just for you but for everyone else on the call, this is about awareness, because when we shine a light on something that we're not familiar with, or if all we're doing is shining a light on something we already know, you already know this, we have to revisit this constantly. I happen to listen to a CD, a self-help CD, over and over again, like every time I'm driving for an hour, I'm listening to the same CD. And you know what happens? I hear something new each and every time. Even this workshop, listening to it over and over again, you'll go, "Oh my god, I picked up on something I can't believe I missed it the first time." So this is all part of the practice, because even when you have a good relationship, now you're in a relationship and all the dynamics shift.

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You're currently not in a relationship, but once you are, the dynamics shift again. And when you're having a power struggle, it shifts again and these are all about being present and aware when you're in relationship about how you show up. And it's observing how they show up and ultimately, it's about the choices you make then that determine the outcome you're going to have with another person.

One thing, I'm going to give an example, and for those of you, I'm kind of going off track for a moment, but I talked about how men, I did a call last night for my private membership, and in that, we talked about when to talk about exclusivity. And in that, we brought up a subject about oftentimes men don't appreciate what they have until they're about to lose it and lose the relationship. And I want to bring this up and I'm going aside, Gina.

But in that space, I said on that call for everyone, a man sometimes won't appreciate you until you're ready to walk out the door or you've walked out the door. Now here's the problem. If you're ready to walk out the door, and this was the case of someone who wanted marriage, and they've been in a relationship that was over a year long and they talked about marriage, but he wasn't making the decision, she was ready to leave. Had she had come back, then he would have always known that she doesn't stick to her word.

So this workshop is also about claiming your own self-worth, be self-reliant, claim your self-respect. Because as I said before, I didn't say this on the respect portion, men are more attracted to women who respect themselves, and by doing so, you make the choice to walk away from someone who may not be right for you, and go, "You know what? I'll do it right the next time."

Yup, yup.

Gina, I've got more callers so thank you so much for jumping on, I really appreciate it.

Thank you, thank you, thank you.

You're welcome. All right, Bernadette. Hello?

It's a crazy phone. Can you hear me now?

Yeah, but can you just speak up a little bit. That's perfect.

What do you do when you have a love language and you know his love language and he knows yours but he refuses to give it to you? Case in point is that I read this book a while ago and I was at a friend's house with a bunch of people and I was telling them about this love language and the question was, "What makes you feel loved?" And so my friend said, "I want quality time," and her husband, his thing was acts of service, so he wanted to give her what his love language

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was and he got offended and it actually started a fight because she was like, "I don't care about your acts of service. I want to spend time with you." But he just didn't get it and I was like, "Why don't you just give her what she wants?" So what do you do when sometimes men just, they love you but they just want to dig down and not give you what you want?

Well there are a couple of ways I look at it, and Bernadette, thank you so much for that question. So the question is he's withholding the love language knowing what it is. Well as I said on the workshop, I said tone and train, okay? So how you ask for it, if you will, or how you express your feelings will express how that tone of conversation started. So I always talk about putting conversation, not confrontation, because chances are if you get into a fight, it's confrontation.

Now I also talked about respect, so men find disrespect when there's unsolicited advice or suggestions. So in this case, if she went off the bat with unsolicited advice or suggestion, right off the bat, that's going to trigger his disrespect. So first, we've kind of gone back in order, we go back to inspire and introduce the conversation. You literally ask permission to have a conversation and in that permission, you're asking to give advice as opposed to just giving advice unsolicited.

Then you utilize your tone on expressing what your needs are. Now ultimately, the training part or the education is that if this need isn't met, then you're going to be unhappy. Now it's not about being unhappy, it's not acting unhappy, it's not acting in a drama sense, it's about, "I'm going to be disappointed." Men typically want to make their woman happy. We really do. Most part, even when, the thing is when we screw up, we try to make amends, but truth be told, we ultimately want you happy. It's the tone that usually makes all the difference to getting us there. Does that make sense?

Yes.

I don't know what happened in the case of your friend, so I just got a sense in the way that you described it that there was a lot of tension, there was a lot of unsolicited requests, it wasn't an invitation, it was almost a demand and the tone was pretty stern.

She's a Southern belle.

I didn't say all Southern belles.

And they've been married for 25 years and have children.

Well that's a little bit different too. They're set in their ways, and for the most part, for this workshop, we're really talking about those who are beginning, they're

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either single or looking, or they're in the early stages of the their relationship. They're less than a few years old.

For more entrenched relationships, if the dynamic is a power struggle, that's the time to go seek help through a third party, because they're usually not connecting effectively, because here's the deal. We all want for the most part a healthy, happy relationship. We do. And if we're constantly in a power struggle, we either have to make a change or it's going to just continue on a path of resentment and unhappiness.

But by demanding to be spoken in your love language, oftentimes, and I will tell you men are resistant. We do not like to be told what to do. But when we know you're not happy, we often show up in what you want because we want you happy.

Unless they're clinical, right?

Well clinical is a whole other story and I'm talking about... So I said earlier to Gina, or I think I said it to Gina, I said 30 percent of the population are secure although I believe it less, I think for the most part, I think 15 to 20 percent of the population, both men and women, are secure, 15 percent and clinical and everyone else is in the middle and it's just a matter of degrees. We all have issues. We all have baggage. It's just a matter of degrees. In fact, how you kind of determine a person's baggage is if they're able to just put in the overhead compartment up on the plane, or did they need five sky cabs actually have it and then they need a cargo plane to have it shipped.

So it's important to look, this is why getting a sense of someone's past... History oftentimes repeats itself so this is why you want to get to know a person's past, because this will give you a window about how they will be in the future. Does that help?

Yes, very much so.

Okay, don't forget to hit \*6 on your phone. I think we have Corinne.

Yes, Jonathon. Good evening, how are you?

Good evening, what time is it where you're at?

Hello everybody. Yes, my question is how can you really recognize an emotionally distant man...

Wait, can you speak up a little bit more? Can you speak up?



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Yes, how can you really recognize an emotionally distant man before it is too late, before you get in too deep.

So how to recognize, is that what you said?

Yes.

Okay, so as I said in the first part, one, you have to differentiate... Okay, in the early stages of dating, I talked about the three train tracks, and in the early stages of dating, men are driven by testosterone in the early stages of dating and oftentimes, that's a very short-lived period for us men. It's usually within six to eight weeks where we're in that stage of deciding whether or not we want to be in relationship with you.

So emotionally distant men tend to not want to communicate on the phone as much, they tend not to want to communicate their feelings and emotions. Again, we have to differentiate between those early stages when we're in testosterone, because we're driven by a chemical to want to have sex with you. In that phase we're very emotional because these brain chemicals are kind of surfacing up for us, but once it starts to dissipate, you start to see a shift in the behavior. They're not calling you as much. They're not talking to you as much on the phone. Maybe the texts start to dissipate. They don't want to share their feelings. They start to become defensive in conversation. They don't want to share about their family life. In fact, that's probably one of the clues that you'll notice right away, is that they don't share too much history. They're very...

They don't share too much history?

They don't share too much history. So here's the challenge. How do you learn that history when they're not sharing it? That's probably the number one clue is that they don't share too much history or that they're very short and curt about their past history. That's probably the number one clue that tells you right off the bat that there might be a challenge.

Here's the deal though. I don't want to write off all men who are avoidant from being a potentially good partner.

Why is that?

Because truth be told, another avoidant woman might be perfect for him. If you're an ultra-anxious personality type, you're going to struggle with an avoidant. A secure is going to be... a secure woman is going to probably have more temperament for an avoidant or an anxious than the anxious woman. If you're an anxious woman and you're with an avoidant, it's going to become constant drama, and I guarantee that he'll leave you before you leave him.

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Because you're anxious and you want to know where the relationship is going and he's avoiding telling you the truth.

Exactly, so those are probably the best clues to recognize that you're with an avoidant man, is that they don't share too much throughout the early stages of conversation. They're not opening up about their lives. Now in addition, they become defensive, they turn things around, they're not spending as much time. Those are additional clues. If they're always busy, that could be another thing. By the way, just because a man's busy doesn't mean he's dating someone else or cheating on you or something like that, it just means that he's more involved in another area of his life.

So these are all little clues, but for the most part, the guy who doesn't share as much about his past is probably the most telltale sign that he has the potential to being emotional distant or avoidant.

Okay.

Okay?

What is the difference between love and sex train track and partnership train track?

What's the difference between what?

The love and sex train track...

Oh, the love and sex and the partnership train track. So everyone, Corinne's question is what's the difference between the love and sex train track and the partnership train track. I'm going to wrap up with that, Corinne.

So for everyone, I talked about this in part one. I said I want you to imagine three train tracks side by side. On the first train track is what I call the love and sex train track, and that's really the early stages of dating and mating. Courtship is in that phase. That's where sex happens. That's where brain chemicals are running amok. That's the first stage of dating and relationship and mating.

The relationship train track is the next train track and that's really where you say, "Hey, I want to see you on a regular basis. I want to be exclusive and I want to be monogamous." That's the first step onto that train track. That's what happens with relationships that go past 10 dates, and I have something called my 10-date rule, which basically says to observe a man's behavior during the first 10 dates. It doesn't say to wait to have sex, but men usually choose relationship after they've gone on 10 dates with someone. Now that's not necessarily 10 physical dates. Sometimes eight-hour conversations on the phone can represent a date, but for

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the most part, 10 dates is about the time where a man will make a decision to jump into the relationship train track, so that's what I call my 10-date rule.

Now in that relationship train track, that relationship could be going fine and then absolutely get derailed for one reason or another. It might just mean you're not a good fit for one another. It might mean he's no longer that into you. It might mean you guys clash and are not compatible. And what sometimes men do is they go, "Well let's just go onto the love and sex train track, because we're not really compatible for a relationship, but I want to have my cake and eat it too." So sometimes we jockey to go back to the love and sex train track.

The partnership train track for me in my perspective is that it doesn't necessarily mean it's marriage or living together. What it means is that you want to continue down the path of spending regular time together investing in each other's lives. That means spending time together, that means spending time with family and friends, that's having shared hobbies and activities together. It's also supporting each other's dreams and supporting each other's work. It might also be representing that you have each other's back, and what I mean by that is you're supportive. In other words, my car broke down, sweetheart, will you pick me up? Or I'm sick, will you be at the hospital by my side? Those are all demonstrations of the partnership train track. Partnership train track doesn't mean having to live together or marriage, it just means that you basically are on this pace of going, "You know what, what's most important about this team is I've got your back." That's probably the telltale sign that you're on the partnership track, because it's not in the good that we can recognize it, it's when things are not good and is that person there for you, hence they're your partner and not just someone you're dating or sharing your life with."

Sweetheart, thank you so much for that question. I really appreciate it.

Yes, Jonathon. Thank you for answering. Right.

Okay, well everyone, I can't believe how quickly this went by. There are no more questions, I just want to say thank you so much for being on this workshop: "Is he emotionally distant: How to go from a weeper to a keeper in five easy steps." I'm going to end the recording now.