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# Foreword

With increasing tensions at work and with greater expectations of lasting romance at home, relationships nowadays are challenging for almost everybody. Acquiring a better understanding of where your mate is coming from will surely make your relationships easier. Increasing tolerance for our differences doesn't imply passive acceptance of a problematic or emotionless relationship. Rather, this healthy adaptation is based on true insight that helps us to understand our mates better and react in ways that are more loving and will inspire the better in them.



*Man And Woman Dynamics*

*A Simple Guide To Understanding The Opposite Sex.*

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# **Chapter 1:**

## *The Basics*

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# Synopsis

*Without the awareness that we're supposed to be different, men and women are at odds with one another. We commonly get angry or disappointed with the opposite sex, as we have blocked this crucial reality. We expect the opposite sex to be more like ourselves. We want them to “want what we want” and “believe the way we believe”.*

*We erroneously assume that if our mates love us they'll respond and behave in particular ways—the ways we respond and act when we love somebody. This position sets us up to be frustrated over and over and keeps us from taking the necessary time to communicate lovingly about our differences.*





## **Start Here**

Men erroneously expect women to think, communicate, and respond the way men do; women erroneously expect men to feel, communicate, and react the way women do. We have forgotten that men and women are supposed to be dissimilar. As a consequence, our relationships are filled with unneeded friction and conflict.

Understandably, recognizing and respecting these departures dramatically reduces confusion once dealing with the opposite sex. Throughout this book, I'll discuss in great detail our differences. Every chapter will bring you fresh and essential insights.

Here are some of the major differences that we'll explore: we'll explore how men's and women's values are inherently separate and attempt to understand the 2 biggest errors we make in relating to the opposite sex: men erroneously offer solutions and quash feelings while women provide unsolicited advice and direction. By understanding our difference, it becomes obvious why men and women inadvertently make these errors. By remembering these differences, we may correct our errors and immediately react to one another in more productive ways.

We'll explore how to motivate the opposite sex. Men are prompted when they feel needed while women are prompted when they feel treasured.

We'll talk about the steps for bettering relationships and explore how to defeat our greatest challenges: men have to overcome their

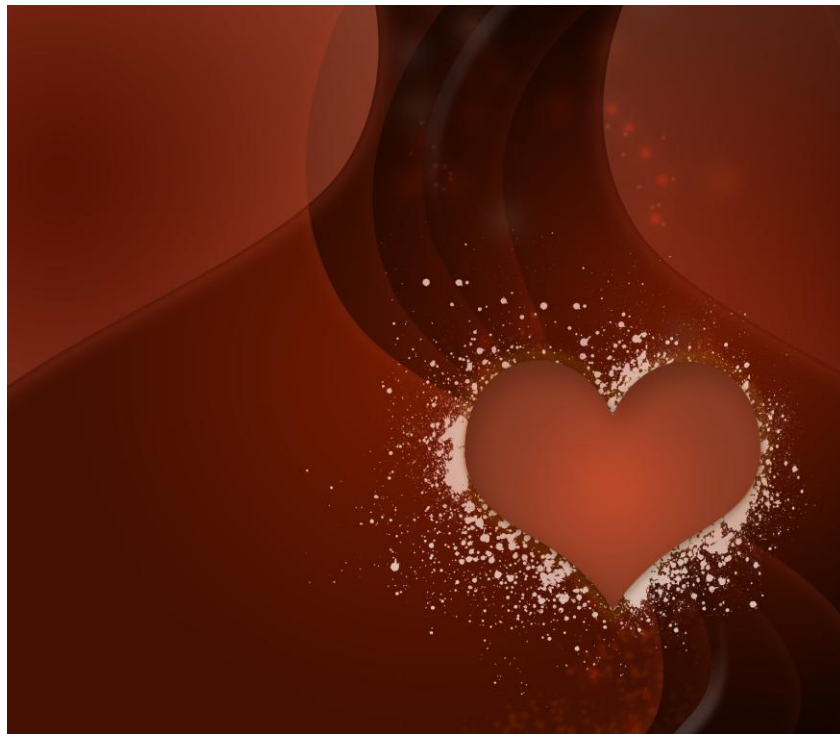
resistance to giving love while women have to defeat their resistance to getting it.

You'll discover how men and women have dissimilar needs when it comes to emotions.

We'll explore how to prevent painful arguments.

You'll learn ways to communicate with one another during hard times. The different ways men and women hide feelings are talked about along with the importance of sharing feelings.

In every chapter, you'll come across fresh secrets for producing loving and lasting relationships. Every fresh discovery will step-up your power to have satisfying relationships.



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## **Chapter 2:**

### *Differences and Solutions*

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# Synopsis

*The most often expressed complaint women have about men is that men don't hear them. Either a man totally dismisses her when she talks to him, or he listens for a couple of beats, appraises what is bothering her, and then proudly offers her a resolution to make her feel better. He's confused when she doesn't value this gesture of love. Regardless how many times she tells him that he's not hearing her, he doesn't catch on and continues doing the same thing. She needs empathy, but he believes she needs resolutions.*

*The most often conveyed complaint men have about women is that women are forever attempting to change them. When a woman loves a man, she feels responsible to help him in growing and attempts to help him better the way he executes things. Regardless how much he balks, she perseveres—waiting for any chance to assist him or tell him what to do. She believes she's nurturing him, while he feels he's being commanded. Rather, he wishes her acceptance. These 2 issues may finally be resolved by first understanding why men provide solutions and why women seek to better.*

## **Do It Right**

A man's sense of self is delineated by his power to accomplish results. They don't study magazines like Psychology Today, Self, or People. They're more interested in outdoor activities, like hunting, sport fishing, and racing cars. They're intrigued with the news, weather, and sports and couldn't care less about love novels and self-help books. They're more concerned in "objects" and "things" instead of individuals and feelings.

Men are obsessed with the "things" that may help them express mightiness by producing results and accomplishing their goals. Accomplishing goals is really important, as it is a way for him to prove his competence and therefore feel great about himself. And for him to feel great about himself he must accomplish these goals by himself. Somebody else can't accomplish them for him. Understanding this characteristic may help women comprehend why men resist so much being corrected or being told what to accomplish. To provide a man unsought advice is to assume that he doesn't know what to do or that he can't accomplish it on his own. This is among the reasons men instinctively provide solutions when women discuss issues.

When a woman innocently shares distressed feelings or explores aloud the issues of her day, a man erroneously presumes she's seeking some expert advice. He starts presenting advice; this is his way of showing love and of attempting to help.

When he's offered a resolution, however, and she remains upset, it gets increasingly hard for him to listen as his resolution is being rejected and he feels increasingly worthless. He has no clue that by

simply listening empathetically he may be supportive. He doesn't know that discussing issues isn't an invitation to provide a solution.

Women have different values. They treasure love, communication, beauty, and relationships. They spend much time supporting, helping, and nurturing each other. Their sense of self is delineated through their feelings and the caliber of their relationships. They get fulfillment by sharing and relating. Instead of constructing highways and tall buildings, they're more concerned with cohabitation in harmony, community, and loving cooperation. Relationships are more crucial than work and technology. Personal expression, particularly of their feelings, is really crucial.

Communication is of chief importance. To share their personal feelings is much more crucial than accomplishing goals and success. Talking and relating to each other is a source of enormous fulfillment. This is difficult for a man to understand. Women are really involved in personal development, spirituality, and everything that may nurture life, healing, and growth. They pride themselves in being considerate of the needs and feelings of other people. A sign of great love is to provide help and assistance to some other without being asked. As proving one's competence isn't as crucial, offering help isn't offensive, and needing help isn't a sign of weakness. A man, though, might feel offended as when a woman provides advice he doesn't feel she trusts his power to do it himself.

A woman has no conception of this male predisposition as for her it's another feather in her hat if somebody offers to help her. It makes her feel loved and treasured. However offering help to a man may make him feel incompetent, weak, and even unloved.

Women firmly feel that when something is working it may always work better. Their nature is to wish to better things. When they care about somebody, they freely point out what may be improved and suggest how to accomplish it.

Offering advice and constructive critique is an act of love.

When a woman attempts to better a man, he feels she's trying to fix him. He gets the message that he's broken. She doesn't recognize her caring attempts to help him might humiliate him. She erroneously thinks she's simply helping him to grow.

To summarize the 2 most common errors we make in relationships:

1. A man attempts to change a woman's feelings if she's upset by offering resolutions to her issues that void her feelings.
2. A woman attempts to alter a man's behavior when he makes errors by offering unsought advice or critique.

If you're a woman, I propose that for the next week rehearse restraining from presenting any unsought advice or critique. The men in your life not only will appreciate it but likewise will be more attentive and responsive to you.

If you're a man, I advise that for the next week you rehearse listening whenever a woman talks, with the exclusive intention of respectfully understanding what she's going through. Rehearse biting your tongue if you get the urge to provide a solution or change how she's feeling. You'll be surprised once you experience how much she appreciates you.

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# **Chapter 3:**

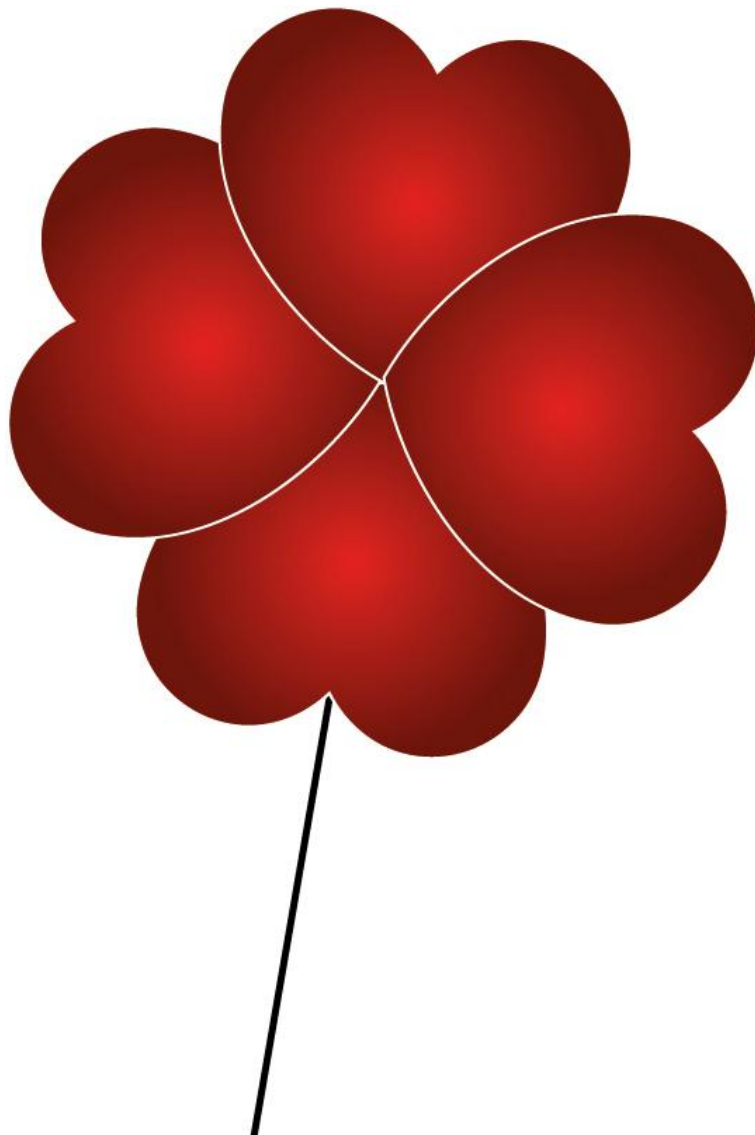
## *Prompting*

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# Synopsis

*Men and women are prompted in different styles. With this fresh awareness, you'll be better equipped to support your mate as well as get the support you require at hard and nerve-racking times.*



## **Motivation**

Men are prompted and empowered if they feel needed. . . . Women are prompted and empowered when they feel treasured. These secrets of motivation are still applicable. Men are prompted and empowered when they feel needed. When a man doesn't feel needed in a relationship, he gradually gets passive and less stimulated. On the other hand, if he feels trusted to do his best to fulfill her needs, he's empowered and has more to provide.

Women are prompted and empowered when they feel treasured. When a woman doesn't feel treasured in a relationship she gradually becomes obsessively responsible and exhausted from giving too much. On the other hand, when she feels cherished and respected, she's satisfied and has more to give too.

Many men are not only hungry to provide love but are starving for it. Their greatest issue is that they don't know what they're missing. They seldom saw their fathers succeed in satisfying their mothers through giving. As a result, they don't know that a major source of fulfillment for a man may come through giving.

A woman finds inspiration in the hope of serving, pleasing, and fulfilling. Many men have little awareness of how crucial it is to a woman to feel supported by somebody who cares. Women are pleased when they trust their needs will be met. When a woman is distressed, overwhelmed, confused, tired, or hopeless what she requires most is simple companionship. She has to feel she isn't alone. She has to feel loved and treasured. Understanding, empathy, validation, and compassion go a long way to help her in becoming more receptive and

appreciative of support. Men don't recognize this as their instincts tell them it's best to be alone when they're distressed.

Women as well have lived by the philosophy "I lose so that you can win". As long as everybody made sacrifices for others, then everybody was taken care of. But after doing this for centuries, they were tired of always caring about each other and sharing everything. They likewise were ready for a win/win philosophy. Today, many women are also tired of giving. They require time off. Time to explore being themselves. Time to care about themselves first. They want somebody to supply emotional support, somebody they don't have to take care of.

Changes can be seen in men and women as they grow. In her younger years, a woman is much more willing to sacrifice and model herself to fulfill her mate's needs. In a man's younger years, he's much more self-involved and unaware of the needs of other people. As a woman grows, she recognizes how she might have been giving up herself in order to please her mate. As a man grows, he realizes how he may better serve and respect other people.

When a woman recognizes she has been giving too much, she tends to blame her mate for their unhappiness. She feels the injustice of giving more than she has obtained. When a woman provides too much she shouldn't blame her partner. Likewise, a man who gives less shouldn't blame his partner for being negative or unreceptive to him. In both cases, blaming doesn't work. Empathy, trust, compassion, acceptance, and support are the solution, not blaming our mates.

A woman has to recognize her boundaries of what she may give without resenting her mate. Rather than expecting her mate to even

the score, she has to keep it even by regulating how much she provides. When a woman recognizes that in order to receive she has to set limits, then automatically she starts to forgive her mate and explore fresh ways of asking for and receiving support. When a woman sets limits, she step by step learns to relax and receive more. Setting limits and receiving are really scary for a woman. She's commonly afraid of needing too much and then being refused, judged, or abandoned. As she's afraid of not being supported, she inadvertently pushes away the support she requires. When a man gets the message that she doesn't trust him to satisfy her needs, then he feels instantly rejected and is turned off.

Her hopelessness and distrust transform her valid needs into dire expressions of neediness and communicate to him the message that she doesn't trust him to support her. Ironically, men are chiefly motivated by being needed, but are put off by neediness. At such times, a woman erroneously assumes that having needs has turned him off when really it's her hopelessness, despair, and mistrust that's done so. Without realizing that men need to be trusted, it's hard and perplexing for women to comprehend the difference between needing and neediness. Needing is openly reaching out and inviting support from a man in a trusting manner, one that presumes that he will do his best. This empowers him. Neediness is urgently needing support, as you don't trust you'll get it. It pushes men away and makes them feel rejected and unvalued.

When a woman recognizes that she really deserves to be loved, she's opening the door for a man to give to her. But when it takes her a decade of over giving to realize that she merits more, ironically, she feels like not giving the man the chance. Women don't have to give more to have a better relationship. Their partner in reality will give

them more if they give less. Once she's no longer giving too much, as she's feeling worthy, he starts trying to make her happy. Rather often, when one mate makes a positive change the other will likewise change. This predictable co-occurrence is among those magical things about life.

A man's most basic fear is that he isn't good enough or that he's incompetent. Just as women are afraid of getting, men are afraid of giving. To offer himself in giving to others means to risk failure, chastening, and disapproval. He wishes to give but is afraid he will fail, so he doesn't try. Ironically, when a man truly cares a lot his fear of failure grows, and he gives less. To prevent failure he quits giving to the individuals he wishes to give to the most.

The opening move for a man in learning how to give more is to realize that it's all right to make errors and it's all right to fail and that he doesn't have to have all the answers. Even as women are sensitive to feeling rejected if they don't get the attention they require, men are sensitive to feeling that they've failed when a woman discusses issues.

This is why it's so difficult for him to listen sometimes. He wishes to be her hero. When she's disappointed or unhappy over anything, he feels like a failure. Many women today don't recognize how vulnerable men are and how much they need love too. Love helps him to know that he's enough to fulfill other people.

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# **Chapter 4:**

## *Emotional Needs*

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# Synopsis

***Men and women commonly are unaware that they've dissimilar emotional needs. As a result, they don't instinctively understand how to support one another. Men typically provide in relationships what men want, while women provide what women want. Each erroneously presumes that the other has the same needs and wants. As a consequence, they both wind up dissatisfied and resentful.***



## **The Differences**

Both men and women believe they give and give but don't get back. They feel their love is unacknowledged and unvalued. The truth is they're both showing love but not in the hoped manner. For instance, a woman believes she's being loving when she asks many caring questions or conveys concern.

As we have talked about earlier, this may be really annoying to a man. He might begin to feel controlled and want space. She's confused; as if she were offered this sort of support, she would be appreciative. Her attempts to be loving are at best brushed aside and at worst annoying.

Likewise, men believe they're being loving, but the way they convey their love might make a woman feel invalidated and unsupported.

For instance, when a woman gets distressed, he thinks he's loving and supporting her by making comments that downplay the importance of her issues. He might say "Don't fret; it's not such a big deal." Or he might totally discount her, assuming he's giving her a lot of "space" to cool off. What he believes is support makes her feel belittled, unloved, and dismissed.

As we've already discussed, when a woman is distressed she needs to be heard and understood. Without this insight into different male and female needs, a man doesn't comprehend why his attempts to help bomb. Most of our complex emotional needs may be summarized as the need for love.



Men and women each bear 6 unique love needs that are all equally crucial. Men mainly require trust, acceptance, gratitude, admiration, approval, and encouragement.

Women mainly require caring, empathy, respect, devotedness, validation, and reassurance. The tremendous task of working out what our partner requires is simplified greatly through understanding these 12 different kinds of love.

By going over this list, you may easily see why your mate might not feel loved. And most important, this list may give you a direction to better your relationships with the opposite sex when you don't understand what else to do. Surely, every man and woman in the end requires all 12 kinds of love.

To recognize the 6 kinds of love mainly required by women doesn't mean that men don't require these sorts of love. Men likewise require caring, empathy, respect, devotedness, validation, and reassurance.

What is implied by "main need" is that fulfilling a main need is required before one is able totally to get and appreciate the other sorts of love. Without an awareness of what is significant for the opposite sex, men and women don't recognize how much they might be hurting their mates.

Love frequently fails because individuals instinctively give what they want. As a woman's main love needs are to be treasured, understood, etc., she automatically gives her man much caring and empathy. To a man, this caring support frequently feels as if she doesn't trust him. Being trusted is his main need, not being cared for.

Then, when he doesn't react positively to her caring she can't fathom why he doesn't appreciate her brand of support. He, naturally, is giving his own brand of love, which isn't what she requires. So they're caught in a loop of failing to satisfy each other's needs. Many individuals quit when relationships get too hard.

Relationships get easier when we understand our mates main needs. Without giving more but by giving what is needed we don't burn out.

This understanding of the 12 different sorts of love finally explains why our earnest loving attempts fail. To satisfy your mate, you have to learn how to give the love he or she mainly needs.

As men and women learn to support one another in the ways that are most significant for their own unique needs, change and development will become automatic.

With a greater cognizance of your mates 6 main needs, you may redirect your loving support according to their needs and make your relationships dramatically simpler and more fulfilling.

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# **Chapter 5:**

*Avoiding Arguments*

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# Synopsis

***Among the hardest challenges in our loving relationships is addressing differences and disagreements. Frequently when couples disagree their discussions may turn into arguments and then without very much warning into battles.***

***Abruptly they stop talking in a loving manner and automatically start hurting one another: blaming, complaining, accusing, demanding, begrudging, and doubting.***

***Men and women arguing in that way hurts not only their feelings but as well their relationship. Just as communication is the most crucial factor in a relationship, arguments may be the most destructive factor, as the closer we are to somebody, the easier it is to hurt or be hurt.***



## Use This

For all practical purposes, I strongly advocate that couples not argue. When two individuals are not sexually involved, it's a lot easier to stay detached and objective while debating or arguing. But once couples argue who are emotionally involved and particularly sexually involved, they easily take matters too personally.

As a basic rule of thumb: never argue. Rather talk over the pros and cons of something. Negotiate for what you want but don't argue. It's possible to be truthful, open, and even express negative feelings without arguing or fighting.

A few couples fight day in and day out, and gradually their love dies. On the other extreme, a few couples suppress their true feelings in order to prevent conflict and not argue. As a consequence of suppressing their real feelings they lose touch with their loving feelings also.

It's best for a couple to discover a balance between these two extreme points. By remembering we're different and developing good communication skills, it's possible to prevent arguments without suppressing damaging feelings and conflicting ideas and wants.

Without sound role models, expressing differences and disagreements may be a really hard task. Most of our parents either didn't argue at all or when they did it swiftly escalated into a fight. Take a little time when you're not upset with your mate to discover what words work better for them and share what works better for you.

Assuming a few “prearranged agreed-upon statements” may be vastly helpful to neutralize stress when conflict comes up.

Likewise, remember that regardless how correct your wording, the feeling behind your words counts most. Even if you were to utilize the exact right phrases, if your mate didn’t feel your love, validation, and approval the stress would continue to increase. Occasionally the better solution for avoiding conflict is to see it coming and lie low awhile. Take a time-out to center yourself so that you may then come together again with better understanding, acceptance, validation, and approval.

Making a few of these changes might initially feel awkward or even manipulative. A lot of individuals have the idea that love means, “stating it like it is”. This excessively direct approach, however, doesn't allow for the listener’s feelings. One may still be truthful and direct about feelings but express them in a sense that doesn’t offend or hurt.

If you're currently in a relationship and your mate is attempting to apply some new techniques, bear in mind that they're attempting to be more supportive. Initially their expressions might appear not only unnatural but insincere. It's not possible to alter a lifetime of conditioning in a few weeks. Be heedful to appreciate their each step; otherwise they might quickly give up.

## Wrapping Up

Next time you're frustrated with the opposite sex, recall men and women are different. Even if you don't recall anything else from this book, remembering that we're supposed to be different will help you to be more loving. By gradually giving up your judgments and blame and persistently inviting what you want, you may produce the loving relationships you wish, require, and merit. You've a lot to look forward to. May you go forward to develop in love.



