

WHY DO **MEN** *Pull Away*

HOW TO PULL HIM BACK & KEEP HIM CLOSE



BY ANDREA CRUMP
LOVE COACH

Thank you for getting this eBook!

WHY DO MEN PULL AWAY?

The Fearless Love Coach guide to knowing your man and what he really wants to avoid him from pulling away.

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The Fearless Love Coach for strong sassy single women looking for love

What others are saying about this eBook:

“Throughout , this treatise and guide shouts of a depth of knowledge & experience in human interaction . Relationships are never an easy subject, but Andrea communicates about them with ease. She takes you through the "ups & downs" and the "ins & outs" directly , pulling on her own ideas and the experience of some of her clients. There is no "high-brow" academia here.

However, it is packed with passion and a deep grasp of the emotional, physical and psychological aspects of the subject. Andrea writes with compassion, tolerance and empathy but she also carries a big stick. She pulls no punches and deals with difficult topics very directly. This book is obviously aimed at women, but, as a man I found it extremely interesting and educational. There is a lot of experience, strength and hope here. I have no qualms about recommending to everyone.”

--Jim Bamber B.Hum. (Psychology) Adv. Dip. Coun. (Psychotherapy)

“As a guy in a relationship, and who wants to keep that love strong, this book is a must read for ALL women who have been struggling in their love life because I’ve seen so many women fail in love because of all the issues Andrea addresses about why we men pull away. Andrea expresses the truth in what you need to do to find, attract and keep Mr Right. Throughout this short guide, Andrea gives you easy to apply tools that you can use to keep great guys in your life. She comes from a place of expertise in the field of human psychology and relationships as well as this combination of brutal truth yet empathetic compassion because her one desire is for you to get the result you are looking for”

Ben Shorter, Co founder of GTeX and 6 figure Biz Strategist for the personal development community

‘Why Men Pull Away’ grabbed me from start to finish. The book is full of interesting tips and insights into not only the behaviour of men but also for yourself that lets you know what you may be doing wrong in current relationships, or why you can't find the guy you dream about every day. I have already found my Mr Right, but Andrea's examples throughout the book of why men turn away, really helped me see what I had been doing wrong in my previous relationships, and why this one is the one that is working! It is a fantastic resource for any single woman on their journey to find love”

--Kimberly Bond (BA) Hons Freelance Journalist & Blogger

Attract & Keep Mr Right

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Table of Contents

INTRODUCTION

KNOW YOURSELF & WHAT YOU WANT

KNOW YOUR MAN AND WHAT HE WANTS

WHY MEN PULL AWAY

MORE REASONS MEN PULL AWAY

KEEP YOUR MAN FROM PULLING AWAY

CONCLUSION

INTRODUCTION

You want to find love right?

You want to KEEP a great guy in your life right?

No matter which stage you're at - whether you're single right now, dating or in a relationship, the core principles of these lessons that you'll find throughout this book, will apply throughout ALL the stages of your love life. You and I both know that men can pull away from you from initial first contact to even when you're in a committed relationship. I know all of you have experienced this in the past when dating or otherwise. So, do you want to safeguard yourself from ever having that happen to you again? Do you want to experience what my clients experience that gets them to find and keep love?

If yes, then continue to read.

So why does he keep on pulling away from you?

A lot of romantic relationships experience a rocky or turbulent period due to a number of problems between couples; mistrust, negligence, misunderstanding

and poor (or complete lack of!) communication being just some of them. For those of you who have had the worst end of the stick, the list of factors contributing to a broken relationship can be never ending! The relationships that eventually crumble do not do so just because they are faced with any number of challenges. Instead, they head for the rocks because both partners fail to work out real strategies that actually work in helping them solve their very real problems, which is something I see all the time as a Love Coach for single women looking for love.

While some women will do little or nothing at all to restore their rocky relationship, some of you will go overboard in your efforts to redeem it. But it doesn't need to be that way. You see, once you know that reviving a broken relationship takes not only an understanding of yourself and your part in the relationship, as well as understanding him and the role he plays in it, with a little bit of patience and perseverance, your relationship can literally turn around quickly.

You see, whilst some of you have been lead to believe that it takes two people to change a relationship, I'm letting you know that that actually isn't true. Many dating and relationship 'experts' often say that the reasonable thing to do in a terribly bad relationship situation is to proceed with caution and have both of you seek professional advice when things begin to really blow out of proportion OR that you leave. However, contained in this book are easy to use guidelines and quick user-friendly tips that you can easily implement, taken from almost a decade of coaching single women looking for love, so will come in handy in your goal to have a healthy committed relationship with your guy, such that you don't have to worry about knowing how to handle any relationship problems in the future.

Though some might argue there is no clear-cut approach that guarantees the success of a committed relationship with your guy, (or any other form of human relationship at that), what many others fail to realize is, the key to keeping your relationship strong and healthy is tucked away in a safe place, somewhere between an adequate understanding of what those “pillars” that hold a relationship together are and putting that know how into effective use.

These “pillars” are not alien ideas to you either by the way. As a matter of fact, we are all really familiar with them. What seems to be the problem is that we don’t know their importance in sustaining healthy loving relationships, so our failure to recognize or acknowledge the roles they play in ensuring the unwavering strength of our committed relationships is the issue. As you read further, you will find detailed explanations about these ideas with some great examples.

So, why do men pull away?

Interesting question! Brace up, because you just might be surprised when you eventually get to find out some of those reasons.

In this book, you will discover those vital things you should look out for in your man before paving the way for a deeper bond or connection to exist between you both, which is exactly where I start with my clients in my private practice. What are those characteristics or qualities you should or shouldn’t pay much attention to? How do these qualities facilitate the growth or hinder the progress of your relationship? The answers to these, and many more mind-boggling questions passionate lovers often ask, have been included inside to aid better understanding of both the basics and complications of committed relationships.

I also give many easy to follow relationship tips, taken from my successful consultations with many clients in almost a decade of professional practice, each with equally unique cases! These are all backed by my research on the dynamics of dating in the real world, which are included in this book to help you and your guy.

Happy reading!

KNOW YOURSELF & WHAT YOU WANT

It takes a special kind of effort, determination and bravery to embark on the journey towards self-discovery, understanding and acceptance but it's the place where you must begin. With acceptance comes an entirely different and much clearer outlook towards life - people, places and things. True self-discovery facilitates better appreciation of the nature and the beauty of human imperfections.

Similarly, self-discovery comes with a stronger sense of confidence, the continuous readiness to conquer, to battle life's challenges head-on and to remain committed in extremely trying times. A deep knowledge/sense of self basically brings out more considerate, appreciative and less-judgmental qualities in those of you who are willing to dig in deeper and explore aspects of your being like never before.

It is only reasonable to conclude that those of you who have a better understanding of who you really are, especially as a woman in this modern world, can then more easily draw up clearly defined goals, aspirations and values that guide your lifestyle and subsequently, the relationships you have with fellow human beings.

Therefore, a greater understanding of yourself- abilities, strengths, weaknesses, talents, interests, likes, dislikes, beliefs, attitude, behavioral traits, values, ideals etc., would play a huge role in securing your success in every aspect of your life. Since dating is undeniably a core aspect of your life, getting to know yourself better is necessary to help in building your confidence and equip you with other qualities you would need to make your relationship work, which is exactly the

steps I took with Sally, who before she came to see me, was 10 years single, but is now married to her Mr Right with a gorgeous toddler.

That's why a better understanding of yourself as a woman, would give you pointers as to what qualities you would like your "ideal" man to possess, and qualities he needs to have for you to be happy. However, if it happens that the guy you have come to develop special feelings for lacks some of those qualities you so much desire, you will be open to making certain changes, and deciding on what's truly important for you to have a happy loving committed long term relationship. However, first & foremost, is knowing whether he is the right match for you at a core level, then appreciating the differences and asking yourself: "Can I live with them and still be happy without making him wrong for who he is?".

This shouldn't be much of a problem as you have been brought up to understand the impossibility of human perfection. However, you should be realistic about making these decisions. Making poor decisions could backfire really hard and leave you asking where things went wrong in your relationship, leaving you apparently oblivious to that fact. We will discuss more about this in the next chapter.

A lot of work goes into understanding yourself, wants and needs but this becomes easier with time. Needless to say, the exercise gets interesting when amazing, previously unknown facts get revealed. Quite a number of psychologists and behavioral scientists have come up with tasks and exercises aimed at helping you better understand yourself – or better still, increase your self-awareness. One of these easy exercises has been highlighted below:

**Note: Please, follow these steps judiciously if you must obtain optimum results.*

Exercise 1:

- a. **Find out More about Yourself from Yourself:** Well, this shouldn't stress you out. The easiest approach to knowing more about yourself is to ask (yourself) some specific personality questions. To help you document your responses better, penning your answers just as they come to mind is recommended. So, grab a pen and a (large) piece of paper, stretch out your arms and get your fingers to work!

Draw up two (2) tables with two (2) columns each. Then, insert a pair of the below-listed items into each of the previously drawn tables such that you're allowed to conveniently put down your answers in both columns in each table.

- i. Likes vs Dislikes
- ii. Strengths/Abilities vs Weaknesses

Just as you have written out what you believe to be your likes and dislikes, strengths and weaknesses, also try to give a short yet insightful description as to who you "think" you are. Don't forget, you have to be as sincere and honest as possible with this exercise. Ignore the urge to convince yourself about what the better option should be while you make that little mental calculation of yours. Over-thinking things ruins the essence of this exercise as your answers would end up then being too carefully crafted and thought-out. (Great tip: write down your answers just as they pop up in your mind.)

You can go a little deeper by writing out your dreams, goals and aspirations. What is most important however, is what you do with the information you just provided all by yourself. Though, this exercise is meant to help you grasp a much better understanding of *who* you are, it could also mark the start of the journey towards self-development. From

the results tabled before you, you can solely decide on whether to work on your personality as perceived, or re-evaluate your viewpoint on important life issues.

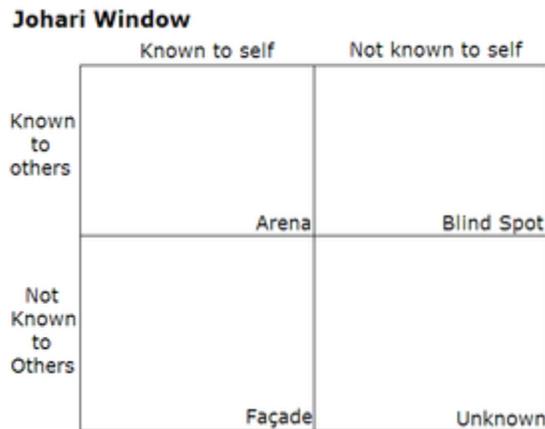
- b. **Ask friends about how they see you and pay close attention:** To some extent, what people say about your personality is true. It happens that there are some behavioral traits we exhibit that are totally unknown to us but noticed by others. For instance, you might be completely oblivious to the fact that you stare at people so much that it creeps them out. Now, you don't know that, but they do. You only get to know such things when you ask others what they think about you.

However, be careful not to take in hateful comments others may have about you or your personality (as the case may be). To avoid this, reach out to a trusted circle of friends or family that would be totally honest with you. There is no arguing that these people would do what they can to pump up your self-esteem but let them know how much their honest responses are needed and appreciated.

- c. **Increase your Open-Self:** Another way to better understand yourself or develop your sense of self-awareness is to be the best version of yourself as much as you can also perfection is NOT the goal here. Give your most natural response to situations and don't be weighed down by intimidation. Boost your confidence by being true to yourself regardless of what people might think. As long as you don't bring harm to others as you live your life, you should be good to go. Basically, be comfortable in your own skin. Be open to learning more about what would help you discover hidden attributes about yourself which would ultimately add colour and value to your life. This wouldn't only make you a more confident woman. You'll soon find that confident, comfortable and equally great guys get drawn to you.

Exercise 2: Use the Johari Window

Take time to study the illustration below



Picture credit: Wikipedia

The Johari Window is another technique that can be used to help you understand yourself and your relationships with guys better. It was created in 1955 by two psychologists; Joseph Luft and Harrington Ingham.

Philosopher, Charles Handy, likens the Johari Window to a house with four rooms. He says the **first room** represents the aspect (of us) which is known to us just as it is to others. The **second room** however contains those aspects others see about us which we don't. Furthermore, the **third room** represents our private space; where we keep our private matters, private while the **fourth room** houses the "mystery" about us, in that the unconscious or subconscious part of us is completely unknown to us and others as well.

Upon further study and by applying the ideas we have discussed, you are bound to understand yourself better – a feat that allows you to deal more appropriately with yourself and your relationships with guys. This chapter was specifically

designed to briefly take on the concept of 'Self' and reiterate why understanding and appreciating yourself is instrumental to help keep your dating life and romantic relationship healthy. Lack of confidence, often resulting from poor knowledge about yourself, plays contributory roles in pulling a relationship or any other form of pre-existing romantic connection apart.

Think this through carefully.

Would you want to date a guy who doesn't give you the assuredness you need? Can you remain committed in a relationship with a guy who constantly doubts himself, lives daily with a seemingly endless flair for indecisiveness, lacks the ability to self-motivate and finds it difficult to relay in a simple sentence, what his plans for a future with you are? This is exactly what one of my clients was experiencing with her now ex. It caused untold arguments between them to the point where they broke up for good as a result. I helped her see WHY they broke up and helped her quickly heal. But her understanding and awareness of what went wrong didn't stop there.

Now, try to reverse the scenario. If you were a woman with the above shortcomings (or worse) do you think any man would open his arms to welcome you and your truckload of insecurities into HIS life? Absolutely not! You see - through self discovery, she uncovered her own fears and insecurities that was pushing him away.

Quality men find confident feminine women utterly attractive. Not an arrogant confidence, but a relaxed confidence. A confident feminine woman who knows her own worth and a woman who feels worthy of love, and who does not shy away from taking responsibility, because she knows what she wants and goes after it, she deals with her insecurities and stays strong in the face of adversity without ever losing her sense of self or her confidence as a feminine woman -

being able to be both soft AND strong at the same time. That is the type of woman men adore, pursue and commit to.

- How well do you know yourself and how confident are you?
- What are those values you hold dear and how do they shape your personality?
- How do you relate to men with your feminine self?

You should ponder on that for a while.

KNOW YOUR MAN AND WHAT HE WANTS

In the previous chapter, we discussed how getting to know yourself better facilitates the process of building self-confidence, a personality trait that undeniably plays a key role in fostering dependable and trustworthy relations between yourself and others. In this chapter, we will attempt to establish the connection between 'Knowing Yourself' and 'Knowing Your Guy'.

It is hoped that at the end of this chapter, you would be brought up to speed as to just how much must be put into consideration before you take that bold step to date or begin a relationship. To make this easier to understand, you will find carefully structured questions about the topic in question inside this chapter.

Now, it takes a lot more than the love you feel for your guy to make your relationship work. It really isn't wise to think that every other thing would take care of itself just because you deeply love him, and find it easy to spell out those three famous magic words to him. Don't get me wrong, telling your guy how much you love him is just as important as *showing* him how much you love him in a way that HE can relate to, though showing him is very much preferred.

Besides, love means different things to different people who use various means to express their feelings to those they love. While some of you are more drawn to literal professions of love, I'm sure that you will agree that a lot more of you cherish the feeling of *being loved*. The best way to express love and show appreciation of him is to say it in how you communicate and how you respond to him when you're with him. I absolutely get it when you genuinely say you love your guy. What I'd like to know is: Do you believe that that's enough to keep your relationship alive and him close to you?

Is it?

Loving your guy alone, no matter how genuine, does not guarantee a rosy love life neither does it afford you a healthy committed relationship. It takes a lot of other factors to keep a relationship alive. Commitment, mutual respect, kindness, tolerance, honesty, discipline, communication, understanding, patience, trust, perseverance are just some of the characteristics of a relationship that are essential in order to create a desirable outcome.

However, the above listed come into play after you have moved on from the initial stages of dating, and subsequently made the clear decision together (with your guy) to commit to a longer-lasting committed relationship which could lead to something more significant (e.g marriage and/or children together). Before getting into a committed relationship with a guy, there are a couple of things you need to look out for and a variety of questions you should seek answers to because it's essential that a woman treat her emotions as something precious. Who you give yourself to WILL affect you emotionally and mentally. Your Mr Right can bring out the best in you, but get it wrong, then he can bring out the worst in you.

That's why it's important that you know the type of guy your man really is and what he wants out of having a relationship with you, (provided you get to that stage). So ask yourself these questions:

- What are the qualities you desire in a man?
- Does the guy you're dating at the moment have these qualities or at least, most of them and can you live with that AND be happy at the same time?

You see, you have to be certain that the most rational choice is being made when it comes to love and who YOU commit to. Have in mind that you could be in for a long run and quitting half-way into the race due to a lack of preparedness does you no good at all. In fact, it would be an emotional nightmare for you – leaving you feeling disappointed and hurt yet again with yet another failed relationship.

For instance, do you so much desire the qualities of a helpless romantic in whoever you'd like to date or get into a committed relationship with? Are you fascinated by those romantic gestures like having public displays of affection (PDA's) with your guy, receiving gifts, enjoying a home-cooked meal by him, going on picnics or travelling to beautiful locations around the world etc.? If you're easily moved by such things, dating a guy who doesn't seem to understand how much such random acts of love mean to you might not be the best choice for you. Well, except if he possesses a lot more desirable qualities you would love to hold on to, meaning - can you accept that he might not do some things you truly like – but value more the other qualities he has – *which really isn't a terrible thing to do.*

You know you've hit the jackpot when he's a great listener, adores you, respects you and your feelings and is willing to include you in his decisions – including you into his life so you feel together as play mates. As a strong connected unit. Someone who has got your back and him knowing that you have his.

However, there are other things you need to be cautious of when dating though or getting into a committed relationship. No matter how far you're willing to go, make sure you don't lose yourself in the process. A relationship where either you or both of you aren't allowed to be the best version of yourselves is doomed to fail. That's what Joanne didn't realize until she came to see me for Love coaching. After three big break-ups, she had had enough and wanted to find out why she wasn't finding long lasting committed love with her Mr Right.

You see, in no time, frustration, born out of the continued inability to truthfully express yourself to your guy or explore your hobbies and interests sets in and like a ticking time bomb, it soon goes off, causing irreparable damage to not just your relationship but to you.

To prevent this happening, try to always make sure your guy understands and accepts you for who you really are and likewise before things get serious. Remember we touched on this in the first chapter where we explained how understanding, appreciating and accepting yourself, is instrumental in building a strong sense of self and confidence needed to make a relationship work and to stop him from pulling away? Good! And that's the place I helped Joanne get to, and once that happened, within less than 99 days of coaching with me, she met her Mr Right! Six months later they're still going strong and are planning on getting married.

It is only logical to say that the more you understand your guy and HIS needs, NOT what you think his needs are, but what they *actually* are, the better your chances at having a healthy, successful committed long term relationship are with him.

So, let's assume you have gone on a couple of dates with a great guy you met a and it's gotten to that point where your intuition begins to tell you your current 'arrangement' could lead to "something serious" (i.e, a committed long term relationship), you'll have to take a pause (if only for a moment) to carefully analyze the status quo. And how do you do that? Well, you ask questions!

Usually, the wise woman finds a subtle way to ask those important questions during conversations on dates and hanging-out together. As it happens, a lot of cues about a guy's personality can be gotten from hanging out and even chat messages (thanks to social media). You'll be surprised as to how much you can

learn about a guy within the stretch of a single conversation and even a text message! So then, imagine how much you can learn about someone when you meet up for coffee about three to four times and/or are casually dating? What this means is, getting answers to these essential questions might not prove difficult after all. In most cases, you can get answers to these questions in a relaxed way without making him feel that he's being interrogated.

NOTE: If you're dating or in a relationship at the moment, (or plan to, try to provide answers to these questions as best as you can)

- a. What type of a guy does he appear to be? Calm, understanding, attentive, truthful, patient, impatient, pretentious, level-headed, honest, respectful, apologetic, proud, egoistic, blunt etc.?
 - i. Do you sincerely think he's a fair mix of some of the above-listed qualities (and more)?
- b. What values does he seem to hold dear? Family, friends, integrity, transparency, honesty etc.?
 - i. Does he talk about his family and/or his friends more than you deem necessary?
 - ii. Do you think he pays more attention to them than he does to you?
 - iii. Are you satisfied with the answers to questions i & ii above?
- c. What are his hobbies and interests?
 - i. Do you think he makes more time for his hobbies than necessary?
 - ii. Do you think this could be a problem?
 - iii. Are you satisfied with the answers to questions i & ii above?
- d. What plans does he have for the future?
 - i. Do you think they are feasible enough?
 - ii. Do you think they include you in it?
 - iii. Are you satisfied with the answers to questions i & ii above?
- e. What is his general outlook towards life? Perceptions, preferences, beliefs, aspirations, dreams etc.
 - i. Do you find the answer(s) to the above question relatable, agreeable, or borderline offensive?
 - ii. Do you think this could be a problem?

iii. Are you satisfied with the answers to questions i & ii above?

For many of you, talks about plans to settle down and start a family may not make it to your dinner table topics during your dates with guys. This is because many women regard such topics as private and therefore only to be talked about with their significant others. (i.e, people they have come to love and trust well enough). While some choose to talk about such important topics with people they have developed strong bonds or relations with, it may come off as no big deal to others.

If you're lucky to date a guy who falls in the latter category, you just might get all the answers you need to assess where you stand and what your next step should be. If you would love to settle down and have kids of your own, the best thing to do is to date a guy that feels the same. You shouldn't get into a relationship with a guy who has from the onset, aired his thoughts against marriage and having kids, while you live through every day in your relationship hoping he'll someday change his mind. I know one single woman who waited so long for her guy to 'change his mind', that she ended up past child bearing age and is now too late for her to have children. By the way, he dumped her. She was absolutely gutted and is still on anti-depressants to this day. Please don't shoot yourself in the foot, literally. A guy who wants the same as you WITH you, isn't going to pull away.

Know your man and what he wants.

If he doesn't suit your needs, don't force it. If you can't give him what he wants as well, don't squeeze your way through and then try to manipulate him. All you'd end up doing is hurting yourself, damage your self-esteem and ruin your relationship with him. Be a woman who feels worthy of love who doesn't ignore

what's essential to her happiness. That's what Deborah was doing, and she kept on ending up on one failed relationship after another. I really don't want that to be you.

Now, let's talk about sex.

Since individual beliefs differ, some of you choose to have sex with your guy before marital vows have been said and the rings, exchanged. A woman who wishes to keep herself till marriage should not date a man who *wants* to have sex before you're actually married. That may seem blunt but it's the truth. I'm sure it's of no surprise to some of you that some men can be really persuasive and may not stop till they get what they want even when they know that they're not really emotionally into or invested in you. If you feel for him and want to connect with him more deeply through sex when it really isn't right for you, one of two things is bound to happen; you will either suggest that you two both go your separate ways OR you will give in to his request. Obviously, the big problem with that is, is that you end up with feelings of overwhelming guilt and shame, possibly losing yourself in the process and still fail to make the relationship work. Why? Because it was built on rocky ground in the first place.

This is why you need to figure out what your guy wants – and how he enjoys it. Some of you prefer slow, passionate, rhythmic love-making where both of you are active role-players while some of you love absolute submissiveness and domination roles. If your guy always wants to be “in charge” in the bedroom, then he will most likely not want to be with a women who loves to be mostly dominant rather than passive during sex. Same is the scenario in reverse. However, there seems to be a resolution if one or both partners are versatile and can conveniently meet the sexual demands of the other.

Sex is a very important part of committed relationships and you need to talk to each other about your sexual preferences and needs and understand his, to keep your love alive. Communication makes it easier for both of you to work on your sensual skills. If it happens that the connection that you have together isn't working for you, but you'd so much love to make your relationship work, then you can seek expert advice. But be absolutely true to yourself; when it feels as though every available option for a remedy has been used to no avail, and you think you would be greatly affected by your guy's sexual shortcomings in the long run, quickly see yourself out of that relationship before someone gets hurt and cheated on.

So, what about how you two communicate outside of the bedroom? How do you know that you're creating an understanding of what will bond you two together rather than push you two apart and have him pull away from you?

After you've gotten to know those values your guy holds dear, you should look for patterns of similarity between those values and yours.

- Do you agree on a lot of things?
- Do you have conflicting opinions about a lot of things?
- How about his habits, do they creep you out? Can you bring yourself to live with those habits AND be happy?
- Are his principles matching yours and do you like them?
- At any rate, do you think a romantic relationship with you two can work?

The bottom line is – and I'll just be blunt about it: Men pull away from women in relationships because they do not get what they want and they're not feeling emotionally fulfilled by you or by being with you. And why do guys feel that they're not getting what they want? Two reasons: Could be that you don't really

know what HE wants and/or because you might know what he wants but you struggle in HOW to give it to him in a way that feels good to him.

Find out more about what men want and why they pull away when they don't get it in the next chapter.

WHY MEN PULL AWAY

Don't you think the world would be a better place if women could get a simple and direct answer as to why men pull away, what must be done to prevent that from happening and what to do to make things right, if or when things go south? The truth is; the question; "*Why do men pull away?*" is just as multi-faceted as what the appropriate response is.

First off, you should know that a single wrongdoing hardly brings ruin to a committed relationship (unless it seriously violates your values). However, repeated incidents could build up frustration in him, if he's bearing the brunt of it all, and due to poor or lack of communication and failed attempts at reconciliation, he either begins to pull away or have extravagant outbursts of anger which can cause even more damage. Then things get ugly really fast. In worst case scenarios, constant arguments ensue and separation follows. But know this, a guy will pull away from you emotionally first THEN physically walk away.

In the introductory part of this book, we briefly mentioned the existence of some "pillars" that literally hold committed relationships together. If you remember, we also explained that these *pillars* are not alien ideas. Since the success of a relationship is to a very large extent, influenced by how much effort both partners (that's you and your guy) are willing to put in, each concept explains what both of you must do to make a committed relationship work. We'll discuss these concepts - *or pillars* - extensively in the coming chapter.

Before taking on these essential concepts, it should be reiterated that a man can also pull away from his woman for extremely personal reasons and because when a guy cares about you and loves you, and truly wants you to be happy, he might hate to bring worry to you over some of his personal issues, therefore he

might prefer to keep those things to himself whilst trying to figure out how to work things out for and by himself. Now, here's the twist; women are naturals when it comes to picking up those little signals that tell her that something is wrong, but as we woman can often interpret our world much more emotionally than guys often do, you can begin to imagine the worst, making hasty conclusions having possibly misinterpreted the situation in the first place, and then resorted to prying or nagging because you fear the worst.

Whatever the reason might be, as a woman, it's ok to ask him what the problem is and how you could help. Yes, try to talk, but don't nag or push or force. If you find him unresponsive to your efforts at reaching out, give him a little more space while you at times assure him of your unwavering trust, understanding and support. Let him know you're ready to listen. Be the friend he needs. If he wants to be with you, he'll come around when he's figured out what he needs to and feels assured of your trust in him to be able to. I know that this can feel hurtful to you when you feel 'helpless', but it's important for his sense of masculinity to feel that he can handle life's challenges alone sometimes.

Highlighted below are some personal reasons that could make your guy pull away from you;

- a. He is under a lot of pressure from work,
- b. He lost his job and is overwhelmed with fear and possibly thoughts of being a disappointment or a failure to you
- c. He finds out he's got a serious illness or a Sexually Transmitted Disease (STD),
- d. He's experienced the loss of a close relative or friend and needs to come to terms with it and have time to grieve etc.

The above listed are just some events that could make a man pull away from you. With patience and support from you however, an early return to normality is achievable. However the situation could get worse if not properly managed. Failed attempts at resolving problems or misunderstandings at this stage could ruin the relationship so much that resolution and understanding (and therefore 'kissing and making up') may never happen.

Reading the next few paragraphs might be a bit more hard hitting to read for you because you might feel challenged. But you want to know reasons why your guy might be pulling away from you right? If so, then keep on reading.

Your guy will pull away from if:

- **He doesn't find you attractive anymore - Could be physical and mental.**

I know that's a tough pill to swallow, but it's true. I've coached many men and one of the issues that comes up a lot especially if you're getting into a long term committed relationship, is that whilst he might love you, he doesn't find you physically attractive anymore. Perhaps you've gained a lot of weight, or perhaps you don't dress how you did when you first met. We can't deny that men are visual beings. If they like what they see, they'll go through every means possible to get it. Men love to date fun sexy women.

Please note: Every guy has his personal preference: so it isn't necessarily about your size but it could be that you look very different from how you did when you two first met. (Although I've rarely met a guy who didn't like a women who stayed fit and healthy no matter her shape or size). Still, it's essential that you understand that there is a clear difference between your man loving you Vs getting physically excited and sexually aroused by you. So many men have

shared their thoughts and fears honestly with me through my coaching practice, and this has been one of the core issues why he has lost an attraction for you. However, aside from physical attraction, for your guy to remain into you and not pull away, he will want you to be equally fun, intelligent, kind and confident - simply being just good company when he's with you. If HE feels good around you, then he won't pull away from you.

I know some of you, certainly those of you whom are in the early stages of dating - when you haven't been defined yet as a committed couple, base your value solely on your physical beauty - and how you compare yourself to other women. Please let me make myself very clear - every guy has his own personal preference of what he finds particularly beautiful and sexy. If he's seen you naked, enjoyed having sex with you AND keeps on coming back for more of your company outside of the bedroom - then please assume that he likes you as you are. I really don't want you to become obsessed or solely focus on physical beauty because it is dangerous to base your whole value on your perceived level of attractiveness as your looks will change over time. Whilst looks are important, a man commits to and stays committed to a woman he feels an emotional attraction towards outside of the bedroom.

Your looks and beauty will catch his attention at first but then your level of intelligence and kindness shown towards him is more likely to keep him. Diana, was always impeccable in how she looked, but she had a cruel nature, which in the end pushed her guy away. It took her a long time to get over him, and almost gave up on men. But after coaching with me, she understood what had gotten wrong, decided to change, and is now happily in a three year relationship with her Mr Right.

However, taking pride in your appearance - in how you dress, making the most and best of yourself and staying clean and fresh and smelling lovely are all

important to remain attractive but placing your level of attractiveness solely on physical attributes will not keep a guy.

- What attractive qualities do you have that the man of your dreams will find appealing?
- Would you want to be with a man whose sole reason for being with you is based on your physical appearance and nothing else?
- What happens when you age or perhaps gain a few pounds or have children, get stretch marks and might not be as toned as you might've been before?

Trust me, your guy will notice the effort you put in to keeping yourself in the best version of you. He'll be more than appreciative of your efforts to remain attractive and be your most awesome best self.

You see, long term attraction is much more than the physical. Looks are important regarding initial attraction. But looks encompasses your whole appearance; clean, flattering clothes, posture, smile, confidence, energy etc. You can become MORE beautiful in his eyes when you have attributes like that regardless of looks, and equally less attractive if you do not share the above named qualities.

Further down the line, he may still love you, but not feel an attraction toward you due to a lack of some of the above attributes, and this will most likely cause him to pull away from you.

- **He feels you're controlling or smothering him**

The thought of losing his freedom could cause him to pull away from you. And he will pull away if he doesn't feel like he has space to breathe when he's with you. Let me remind you, giving your man his space is essential for him to feel good about himself. Caveat: You wouldn't want to him do anything he wishes that violates your values or erodes your self esteem- but it's an art finding that right balance. You being a woman of worth will have your own life too - that way you're not depending your sense of self entirely on him.

- **He's still making his mind up about you**

He's just not 100% sure about you yet. He likes you, hangs out with you BUT there is something missing or something that he has doubts about. And so until it's resolved within him, he isn't fully 'in'. Furthermore, sometimes some guys will take time to carefully make decisions that are crucial to his long term happiness as well as the longevity of having a relationship with you. For instance, he needs to figure out for himself if what you have together is either short term OR long term - whether you could be 'The One', (and you will be The One when HE feels really good and excited being with and around you).

- **He feels you're 'mothering him', (which is huge turn off by the way.)**

Men are natural hunters and women sometimes don't give guys a chance to pursue. I know some of you emasculate your guy - intentionally or not. Listen, men love to act more than they want to talk so constantly offering him advice on what he should or shouldn't do, trying to keep tabs on him and other forms of seemingly obsessive behavior, pecking at his head, rushing to take care of his every need - when he could do those things himself, could push the brakes on a potentially great relationship. Anne, a client, was guilty of this. She was in tears when she stepped into my practice because she couldn't understand why one guy after another, kept on leaving her. Once I explored with her her patterns and her unconscious drivers, it soon became apparent that she was 'suffocating' men by her motherly nature. To her she thought she was being kind. And she was,

but to those guys, instead of finding her sexually attractive, they felt turned off by her. Thankfully, with my help and support, that changed, and had men beating down her door wanting to be with her.

Let me tell you another quick story of a woman I knew who would go around twice a week to her guy's house (which was a 15-mile drive) to do his laundry, clean his house and take care of his dogs. Now, some of you might think that that's a kind & thoughtful thing to do for someone you're in an apparent relationship with and care about.

But what you don't know, is that the balance was off. You see, he wasn't going out of his way for her and would only see her when he wanted sex, and even then, he would ask her to come over to his place. He never took her out but would always ask for favors. Even if he had initially felt an attraction towards her, he clearly wasn't into her anymore and she was oblivious to that fact - or maybe she wasn't oblivious, but didn't value herself enough to pull back herself & re-evaluate that 'relationship'.

Another girl told me the story of how she baked a surprise birthday cake for a guy she had spent only just ONE night with after a first date, and brought it to his house! While that is a lovely gesture, at the early stages, when each of you 'should' be assessing each other, this could come off as moving way too fast. So, he pulled back from her and before she could get a grip of the situation, he was gone. Poof! Though she might have had the best intentions, the timing was definitely not right. It was too much, too soon.

- **He is turned off by how you behave**

Are you a drama queen who demands his attention and sulks when you don't get it? Yes, you want to be cherished and adored and loved and made to feel special, but how do you cope when he sometimes doesn't give you what you

want? Do you become unreasonable? Let me make myself clear here – if this is something that’s persistent – and you feel bad about yourself more often than not being with him, then maybe you need to reassess whether you should even be with him in the first place!

For a guy to commit fully to you, to the exclusion of all other women, then he needs to feel that you are different from all the other women, are special and yet still attractive to him. So, with that said: What do you feel is compelling about you that excites him, leaving him wondering about you when you’re not with him? That makes him miss you when you’re not there? So much so that he is always looking forward to seeing you again? That soon he realizes that without you, his life just doesn’t have the same old sparkle as it does when you’re around or in his life. If you inspire those types of feelings within him, I assure you, he won’t be going anywhere!!!

- **He is not emotionally ready or mature enough yet to be in a committed long term relationship**

Listen, there are guys who are ‘relationship ready’, who are just really wanting to meet The One. Often it depends on what stage in life he is at though whether he is truly ready to settle down. If you’re connecting with a guy who is wanting to focus on building his career for example, or wants to play the field, then he simply isn’t ready yet. No amount of sex or trying to convince him to be with you is going to change that fact. So, the sooner you realize that, and that not all men have what it takes at a specific time in their life to handle both the beauties and the complexities of a committed relationship, the easier it is for you to sift through the Mr Unavailables until you find the one that is. This is the exact same situation that Sunita, one of my clients went through. She actually dated a Pick Up Artist! He had absolutely no intentions whatsoever of settling down with her although he used all his charms on ‘get her’, and keep her hooked on him. The sex between them was amazing. But it absolutely wasn’t enough to keep him

because HE wasn't really looking for that. Thankfully, with the hypnosis work I did with her because I'm not only a Love Coach but also a Clinical Certified Hypnotherapist, I could 'de-hypnotise' her from him, so then she could finally leave him, and is now in the most incredible relationship with her Mr Right. She now is moving towards getting married, and starting her own family. All because she committed herself to ONLY connecting with guys who were relationship ready and wanted what she wanted too.

- **He is flirtatious and wants to still 'sow his oats'.**

Some men don't want to keep to one woman. You must know if your man is one of such men who constantly ogle around and if you really can handle it. Remember, we stressed earlier in this book, you need to understand your man and who he really is well-enough to determine if you can live with how he is. This type of guy WILL pull away from you because he isn't ready nor wants to settle down with one woman.

- **He is scared of the 'unknown'**

Your guy could be scared of what the future holds for you both so much that he gets overwhelmed by that uncertainty and eventually pulls away. For instance, a guy who has grown up in a household that saw his parents live in discord before an eventual break-up, separation or divorce, might not be as enthused about having something "serious" going on with you as you might want him to be simply because he does not want to repeat what he saw his parents go through. There were the exact same fears Jamie had around relationships. He's 45 years old now and still single even though he's been looking for almost 20 years to settle down but out of fear, he is not able to.

With a little more trust, patience and effective communication, it's possible to turn this type of situation around. However, it's essential that you don't wait around too long for a Mr Unavailable to become available because it might never happen. Having said that, let's flip the page to read more about those "pillars" we promised to discuss earlier.

MORE REASONS WHY MEN PULL AWAY

As promised, we have dedicated this chapter to help you understand some other reasons why men pull away or keep to themselves in committed relationships.

Towards the end of the previous chapter, we spotlighted specific instances where a man's personal issues could cause him to pull away from you either by choice or a lack of it. We could categorize such causes as *internal* – in the sense that, the problems are primarily his to resolve. But one thing is clear, no matter the surrounding circumstance, the underlying intention in the above scenario, is not to hurt you, but to keep you from being riled up with worry.

Having stressed the above, let's move on and talk about some other issues that play active roles in bringing about the failure of committed relationships. As opposed to the personal (or internal) problems that could cause a man to pull away, these factors we are about to discuss take root in committed relationships due to absolute negligence on the part of one or both of you in the relationship.

These external factors represent those pillars that are critical to keeping committed relationships alive but are too often ignored.

Listed below are some very important pillars that keep relationships going for a long, long time.

- Love
- Trust
- Commitment
- Communication
- Understanding
- Honesty

- Admiration
- Patience
- Sex

Now, let us take these points one after the other and then expand on each.

LOVE – He’s not feeling your love, feels unappreciated or disrespected

Love means different things to different people. There are varying descriptions as to what love is and what it feels like to love and be loved in return. In the same vein, one of the most asked questions by single women, especially when you feel attracted to one guy in particular, is how to know if he’s Your Mr Right and if he truly loves you too.

Helpless romantics would say love is what we feel towards a person when a smile takes form on our face when we see, hear, do things or walk through paths that remind us of their existence. Some would say you know you love a guy when you can't help but look forward to his company, laugh at his jokes – no matter how boring or hilarious he may be and do all you can to stop him from leaving or pulling away from you.

When you love your guy, you should feel completely at ease with him and find it easy to be yourself around him. You want the best for him and you share in his feelings to be happy together. You find yourself wanting to spend the rest of your life with him and would want as much as possible to be close to him.

At any rate, the feeling of true love is a beautiful thing that every human being should experience. Whether you're in the early stages of a romantic relationship or you're just on the third date with that great guy you've been hanging out with for a few weeks now, who you feel really attracted to by the way, or if you're

looking to date soon, you'll no doubt agree that genuine, requited love serves as the foundation to every successful relationship.

This is why couples in committed relationships should use, as well as come up with different creative means of expressing their feelings of love to each other, not only by word of mouth but by actions. Your guy is easily moved by random acts of appreciation than he is with words. Boredom kills relationships. And he will pull away from you and go looking for excitement elsewhere if he feels bored.

Love is what connects every other pillar together. It's what gives us the strength to keep on going and accept things that sometimes irritate you and frustrate you (but NOT to the detriment of losing yourself). Again, always seek out new and engaging means to let your guy know just how much you love him to keep the love alive, but also know his unique love map, that tells you what really makes him in particular feel loved. When you know the key to his heart, he will stop being unavailable to you and stop pulling away from you. If you want to keep your love alive, then make sure your guy doesn't for once, have reasons to entertain the feelings of being unappreciated, unloved or uncared for.

I'll like to recommend the book, *'Five Love Languages'* by Gary Chapman. The book equally contains some pointers that will help you know what your guy likes and what he needs to feel loved.

TRUST - He probably doesn't feel that you trust him or worst, you actually don't trust him! Or that if he needs you, you won't be a soft place for him to land.

So sorry to break it to you but if you find yourself occupied with thoughts of what your guy could be up to; "*Where he is, who he's talking to*", "*Where is he headed*", "*who is he meeting with*" etc, (pretty sure you know that I'm talking about here), then you have serious trust issues that will most definitely put your relationship in harm's way. It should interest you to know that lack of trust – and not the betrayal of it, has caused more ruin to relationships than one could ever imagine. Listen, I want you to have a great relationship with your guy. So in order to keep you sane and grounded, whilst it's important to trust – you also need to trust in yourself and trust that no matter what, you're going to be ok and that people are people and we're all human.

You know, sometimes you're going to feel disappointed by him. Sometimes you're going to feel let down by him. Sometimes he's not going to live up to your expectations of him. Catherine*, one of my clients, had a real difficulty with this. She would have the most impossible expectations that no guy was ever going to live up to. Thankfully, without compromising what she truly wanted in a relationship, she learnt to understand that one of her barriers to love was, was setting these impossible high standards. Why? Because she was terrified of getting hurt by men. So for her to protect herself, she would not allow men truly into her heart. Of course, as a consequence, that meant she remained single for years until she came to see me. Now she's in an incredible committed relationship with an amazing guy. They're such a lovely couple.

So, trust in his decisions that whatever is meant to be will be, and until you find "concrete" reason(s) or evidence not to trust him, then trust. You see, if you start any relationship or view men from a place of mistrust, the chances of that relationship evolving into something more significant – or a happy one, will be slim to none. This is not to say ignore 'red flags' – I want you to pay special attention to any 'red flags' you see – but to start off from a place of mistrust is not the best way. You have to be open minded at the beginning stages of getting together with someone new.

Perhaps the mistake some of you make, is staging confrontations with your guy about completely ridiculous and unfounded suspicions or allegations that come off shocking, rude and equally disappointing to him, especially if you're prone to bouts of jealousy or have some serious deeply rooted insecure issues – emotional baggage that has come about from previous relationships or from your childhood, whereby you've been let down before. Although it's often said that us women are known to be more emotionally driven beings and as a consequence, could sometimes make clouded emotional judgments said in haste, still, a lot more can be done to kill off unnecessary unfounded disagreements BEFORE they begin.

A lot comes back to being with the right guy for you in the first place, and also knowing your own fears & insecurities and emotional triggers. If a guy hasn't given you any real reason to mistrust him, then you must be open minded to allow the relationship to blossom and unfold. BUT, as I said before, as soon as you see any 'Red Flags', then you absolutely MUST pay attention and decide what would be the next best course of action for you.

With that said, a guy who has the unflinching trust of the woman he loves would literally do all what it takes to retain that trust. You begin to make dents on your relationship the moment you start to have doubts about your guy without actual evidence depicting wrongdoing. Men begin to pull away from you when he realizes that you have little or no trust in him. Lack of trust in a committed relationship gives enough room for secrecy to thrive and withheld emotions and truths, when both you & he find it difficult to open up to each other, possibly out of fear of being misunderstood or judged, then you two will drift further apart.

Trust in your guy also means you're confident that he'd do what is necessary to keep your relationship together. Believe in your man's dreams and trust his abilities to achieve them. The existence of trust in a relationship can be easily perceived and every man wants to live day after day fully aware and

appreciative of the fact that he's trusted by the one he loves. Starting today, make efforts to trust your man better unless he's given you real reason not to. Believe it or not, he knows when you do and when you don't.

COMMITMENT - How much are you willing to invest to create a loving mutually happy relationship between the both of you?

Relationships, no matter the kind, need a considerable level of commitment from you in order to grow stronger. Commitment breeds responsibility. You must understand that it is your responsibility to understand his needs just as much as you would wish for him to take care of and understand your needs too. I must add however, if you find yourself getting lost in the relationship, to the point where you shrink and don't recognize yourself, then that's a time to question whether this is even the right relationship for you.

Sadly, what the glitch is here, is that many of you still very much believe that it is 'normal' for you to be emotionally dependent on him to fulfil your every need and therefore expect too much from him. Expectations that he might never be able to live up to. If that's the case, and often feels that he cannot win with you, he will pull away from you.

Anyway, to keep your guy from pulling away, you must be more than willing to make certain contributions to your relationship. I'm not keen on the idea of compromise, however, I am certainly keen on the idea of understanding him and his needs and his unique love map and does his unique love map match yours.

In times of stress, even if he doesn't complain or ask you to help him out in tough times, your readiness to step-up to support is enough, to know that you've got his back - that you're on his side, will help rid him of the pressure he could be going through - which would make him come back to you a lot quicker than he would had you not offered him support in the way HE needs in the first place. And you know, perhaps support to him is giving him space to figure things out for himself. When you truly understand him, you will know what he needs.

COMMUNICATION - 'HOW' you talk to him can make or break your relationship - it can either push him away OR bring him close.

If we were to discuss these ideas in order of importance, beginning with the most important to the least, Communication would most definitely top the list because it is that element that links every other concept together. In other words, the other factors do not matter, and will not make the relationship work, if communication is terribly poor or absent. If he isn't able to 'feel' you, if you're shut down or disconnected, then he will struggle to actually connect with you. And that will result in him pulling away from you.

Think about this:

- How well does your guy really know you? Not just your 'demands' and wants of him in a relationship, but your inner most thoughts about the authentic you?
- How does your guy know if and how much you love him if your authentic feelings aren't being communicated to him?

In this case, with the use of verbal as well as non-verbal cues, you can effectively and efficiently communicate your feelings, thoughts, emotions, dreams, desires, perceptions etc., to him. Don't expect to have a guy to remain

by your side if you don't involve him in getting to know your inner most you, or sharing more intimately about who you are (that isn't about your relationship with him), and also fun conversations about how and what you're feeling, the problems you seem to be facing, what your wants and needs are and how to go about resolving problems, should they arise. Men want to know how you feel BUT how you tell him how you feel is what's essential to get right. If you come across as entitled, act as if he 'owes' you, then you will push him away.

Like we mentioned earlier, communication makes every other 'pillar' on our list possible. If you'd like your guy to understand how much you trust him, word of mouth (verbal) as well as actions that uphold what you've told him (non-verbal) are needed to achieve that goal. For instance, you shouldn't tell your guy "I trust you" whilst you know you're snooping around on his phone, trying to see who he's talking to. Even when you have suspicions of him possibly cheating or sexting other women, having non-threatening, mature conversations with your guy is a safer way to either confirm your doubts, or strengthen your trust. You can always ask to see his phone remember as opposed to snooping around on it. Heck, you could even ask to call a few numbers if you really REALLY feel that he is hiding something behind your back.

Your guy wouldn't know how honest you are if you don't open up to him through open and honest communication. He doesn't get to see how committed you are to making things work for the better if you don't communicate this with words of mouth and actions that match.

UNDERSTANDING - How well do you really understand your man?

Men cherish women that understand them. This doesn't mean you have to be a mind-reader. You only have to be observant enough to know about your guy, what he likes to do and when he does it, his standpoint on some issues, what his principles and beliefs are, etc. When you're equipped with this much knowledge about the type of guy he is, predictability is to an extent, guaranteed. However do not think you have fully understood your guy because you're in admirable sync with his thoughts such that you now can complete some of his sentences or you know the exact time it takes the coffee to brew to meet his taste and so on. There are some emotional triggers that could cause a sharp change in his behavior, causing him to act out in a shocking, never seen before manner. When this happens, you'll need to stay patient and attempt to understand the situation before taking further actions.

This is why we dedicated the second chapter of the book to stress the need to know your guy and what his needs are before your relationship takes off.

You are welcome to read this chapter again to increase your understanding.

HONESTY - Men don't like dishonest, shady women

Pretense, deceit and a whole bunch of secrets are huge turn-offs for guys as indeed I'm sure they are to you. In this context, honesty means being truthful to yourself and him about anything and everything.

- Are you scared of telling the guy you've come to love, your deepest, darkest secrets out of fear that you might lose him?
- What then happens if or when he finds out?

You see, another reason men pull away is the realization of the fact that they've been deceived and lied to the whole time and not necessarily the secrets that

were kept. Besides, a man who GENUINELY loves you would do so even when you open up to him – assuming of course it is not something so heinous or anything that would violate his moral values . Outside of that, let go of those guys who take to their heels right after you chose to confide in them – they wouldn't last long in a relationship with you anyway.

Away from the major aspects that are essential in him knowing about you, where complete honesty is needed, can you be equally honest with little things as well?

To avoid coming off as offensive even with the little things, you have to pay attention to what you say or do and how you say or do it. For example: Are those shoes he loves now shabby? – you can tell him, but say it nicely and then also tell him how much you adore him when he looks all smart. He'll love it that you're wanting him to be his best self and find him attractive as opposed to putting him down. You know the times when you ask him how you look. We all know that at those times the guy needs to be ultimately diplomatic or flat out lie! Ha ha ha. So please be the same with him. This may come as a shock to you, but men have feelings too! If you prefer to take some concrete steps, like in the above example if he's actually not getting round to actually changing things. You could suggest going shopping together rather than tell him how tatty they are. Hope you get the picture?

ADMIRATION - He needs to feel he specifically has a purpose in your life and that you *appreciate* that purpose

If he doesn't feel he has a substantial role to play in your life going forward, if he feels like what you have together is short lived and casual – a spur of the moment, tightening the bond between you both would prove impossible.

Making your guy feel special through well-deserved compliments is a good way to show how much you admire him. Don't give false flattery. Instead look-out for qualities you genuinely do see in him and creatively build around them. That

way, you both know you're being truthful. Does he dress really well? Don't shy away from letting him know. Do you love how focused he is? Tell him. Is he so protective of those he loves? Tell him how he'd make a good father and is a man who stands above other men.

Men want to feel like you appreciate them being there, and notice when he helps out when needed. Make efforts to appreciate your man with every given opportunity you get. The more positive ways you talk to him, the more he will respond positively to you and want to remain close to you rather than flinch and pull away.

Every man wants to be loved for who they are.

PATIENCE - Are you constantly 'Up In His Business'?

Men have equal respect for women who try to be patient with them. A patient woman is a supportive woman who gives her guy the needed time to figure things out without intermittent yelping and nagging. Men want to have women with whom they feel comfortable opening up to, women who are just as passionate as they are about their dreams and aspirations, women who understand that it could take a while for their plans to yield results. Men hardly pull away from women who are patient with them. Caveat, not to the point whereby you're denying your own needs and losing your sense of self. Whilst patience is a virtue, there still must be some balance....

SEX - Do you give your man what sexually excites him in the bedroom?

There is no surprise that good sex helps tighten the bond between you and him but ONLY when he already feels an emotional connection towards you. As a matter of fact, research has it that the absence, frequency and quality of sex, are some of the major reasons why men pull away if one or some of those factors aren't working for him. Every man's desire is different of course, but let's just say we're talking about guys who have a healthy sex drive.

So, answer this:

- Do you initiate having sex with him or does he have to do it?
- Do you keep your guy sex-starved or turn down his requests for sex most of the time? Especially when he's done something that you don't like and you decide to punish him that way?
- How dedicated and passionate are you towards giving your guy ultimate pleasure in the bedroom? For example, if he loves blow jobs, do you give them to him? Or does the mere thought of that make you wanna gag? (No pun intended).

Hey, I'm NOT telling you to do any of this. What I am telling you however, if he has certain sexual needs and preferences that aren't getting fulfilled by you. Guess what, he might just look elsewhere. Kim* stopped having sex with her guy. Even though her husband loved her, he cheated on her. Many times. He loved her. He adored her, but he wasn't getting his sexual needs met through his relationship with Kim*.

If you're not satisfying him sexually just as much as he might not be pleasing you in the bedroom, then it's naïve to assume that he won't shut down from you. Don't put your man in a situation where he has to meet other women for sex. Be open to new ways to keep your man sexually satisfied but don't put yourself through things that just don't work for you either.

KEEP YOUR MAN FROM PULLING AWAY

In previous chapters, we strived to thrash out some reasons men pull away with logical and carefully crafted examples. Furthermore, a couple of exercises and remedies have been included to guide you in your quest to having a healthy committed relationship. These are all exercises that I share with my private clients so that they can go on and find love with their Mr Right, and I'm happy to share them all here with you.

In this chapter though, we will be doling out a few more tips that will help you keep your guy from pulling away. Before letting you in on those tips, there are things you should know:

As women, one of our biggest fears is our man pulling away and because of this constant worry, we might innocently misinterpret his behavior and jump into hasty conclusions. That's where the problem starts - having misguided thoughts about your guy's actions. The moment you begin to welcome thoughts of him pulling away - when he actually isn't - your actions would equally begin to be influenced by fear, worry and anxiety. This soon hangs a dark cloud over your relationship.

You must understand that a female brain is naturally structured for connection and programmed in a way to keep social harmony. This is why we seek so much care and mutual connection more than our male counterparts do. Right from birth, or better still, after our sex has been assigned as either male or female, the brain is wired to suit the nature its assigned gender. We are to some degree driven by our impulses, experience and values which shape our reality. We often expect men to behave as we women do - to always want to talk about a problem, to seek closeness and connection at times of hurt and pain, to constantly do things together and so on.

Your instinctive values as a woman; communication, closeness, sensitivity to emotions, responsiveness to needs, are very strong. They shape your reality and influence all that you see such that what you 'expect' your guy to do is not necessarily what he does. And this is not your fault the same way it isn't his. He's basically not just wired the way you think he is. This is why men might sometimes seem alien to you with the way they approach or respond to certain situations. When we're in our female brain, we literally cannot see, or we miss that he isn't like you in that respect.

Why assume anything is wrong? Is this a habitual pattern of yours?

Don't be so quick to assume something is wrong if he doesn't talk to you like your girlfriends do, fails to make eye contact, or is busy with something else.

To what extent can you confirm your assumptions that your guy is REALLY pulling away? I have seen several cases where women panic at a certain stage of the relationship – even right after a first great date – that they then begin to think that something is going wrong. Even if something was indeed wrong, if you ignore your 'need' to let things play out quite naturally and then begin to chase after him, one of two things is bound to happen; He could either be appreciative of your love and concern and keep you reassured of his love and commitment OR he'll begin to see you as someone who simply *doesn't 'get it,'* or worst, 'get him' – and consequentially, see you as someone extremely needy. That is not the way to go. In essence, you must avoid pushing too hard or feel that he must communicate with you in certain ways that may not feel natural or even obvious to him, or you will push him away. I know that this may seem counter-intuitive, but I assure you, remaining calm and relaxed will bring him a lot closer to you and quickly too.

If not, men can often interpret your actions & those types of 'high emotional negative' behaviors as being "too emotional" and we as women often interpret men as being "cold" or not feeling enough. Research shows that the male &

female brain processes emotions differently, however, we both still feel the SAME emotions which is what's often being misunderstood and brings on the battle of the sexes leading to separation, divorce, anger, resentment, frustration and so on.

What to do about if your man is pulling away right now and how to handle it:

You'll most likely feel uncomfortable and letting go of the need to do anything in this circumstance is not going to be easy for you to do, but it is essential that you do in order to keep the love alive and the bond strong. Meaning not to obsessively keep asking him what's wrong when he's told you that there isn't anything wrong; not trying to 'fix' something that might not even be broken; not trying to move closer to him when he needs his space and is already feeling close to you, so you wanting to get closer, can be suffocating to him. I know that inside you might be feeling scared and anxious that you might be losing him, but sometimes, he just has his guy things to do just as much as you need girl time. Listen, he can be doing his own thing AND still feel connected to you. Ok?! He might just not need the same level of physical closeness or frequency of talking as you might.

Instead, try out the following tips:

1. **Listen:** Men open up to women who are ready to hear them out. Without being judgmental, be a great listener and let your guy know you'll listen to him and be willing to really consider what he says to you. Once he knows this, AND you follow through with that, you will have his heart.
2. **Talk, don't nag:** When misunderstandings arise, try to talk things through as opposed to nagging him, or raising your voice. Set the tone for a mature discussion and watch him follow your lead. You'll find that you can resolve your problems easier with conversations that aren't filled with judgment. He is very

aware of your tone of voice so if on the inside you're secretly criticizing or mocking him, he will feel it.

3. **Appreciate him more:** Let your guy know how much you admire his hard work and efforts to make your relationship work. Let him know that he makes a difference in your life. Let him open doors for you and treat you like a lady. Tell him how lucky you feel having him by your side. Tell him he's a king amongst men. He will always remember this and associate good feelings with you. As a result, you will become even more attractive to him and he will want to be with you.

4. **Stay Confident:** No one wants to associate with people who have low self-esteem problems. Get to know yourself better, have your goals clearly defined and stick to your own principles. Become a woman who feels worthy of love and value yourself. Keep true to your word and watch your feminine aura pull your man closer.

5. **Take Responsibility for your emotional needs:** Don't wait on your guy to do it all for you. Look out for areas where you can contribute to bringing forth benefits to be enjoyed by you and your guy. When you're wrong, don't hesitate to accept the wrongdoing and apologize quickly.

6. **Remain Committed:** Actively seek new ways to keep your committed relationship alive. Ask yourself what else could be done to strengthen the bond between you both. Be creative.

7. Men are by nature territorial. Respect his space and his friends:

There's nothing sexier to a man than you being ok with him giving and having time for his hobbies.

- Are you the type of woman that denies your man the opportunity to hang out with his closest friends, watch his favorite match or play his video games?

You just might want to reconsider your standpoint on these things. Ignoring your man's needs to "do his thing" could result in frustration that might eventually cause him to pull away.

8. Find out ways to bond with him better:

Try out different ways to bond with your guy better without necessarily over-doing it. Go to places and do those things HE loves. Of course, you'll have to try to build interest first before joining him in these activities. You could also take things up a notch by planning something that HE likes to do; demonstrating to him that you 'get' him and see him as someone special in your life because you're willing to do things that are unique to him. And that you're willing to make that effort. When you do things like that for him, he will definitely be more motivated to do things for you. Again, just to reiterate - this is NOT about you doing all the donkey work whilst he does not contribute. Absolutely not. Throughout this book I have kept on saying how important it is to have the right match in the first place. This book is talking about fundamental healthy loving relationships, not abusive ones. Ok?!

9. Don't try to change him:

How many of you try to change him? Just as you have those values you hold dear, your man also has his. Though you might think trying to get him to change is all for the better - which may not necessarily be a bad idea - most men will see it as an attempt to control him and change who he is. Even if he doesn't resist you on the outside, there is a probability that he will on the inside, and then it's only a matter of time before things blow up and he pulls away. Remember, he will first emotionally pull away, THEN physically.

It will never work when you try to aggressively change him. You can only change yourself. When you understand and accept him and accept the way he is, he is more likely to want to willingly change those things that frustrate you because HE wants to out of love for you and because he wants to remain close to you.

10. Resist the urge to flirt with other men:

Well, that pretty much explains itself. Flirting with other men either in the presence or absence of your guy – especially if it's done to spite him or to stir up feelings of jealousy within him – could lead to the demise of your relationship. If you do things like that on purpose to goad him and rile him up, (regardless of whether he's done that to you or not) you will show him how much you disrespect him and will also reveal to him how you handle stressful situations. HE will admire you more if you're able to demonstrate a reasonable sense of self-composure and control and you will respect yourself if you can be a woman who has self respect and dignity and be able to decide whether he truly is your Mr Right.

11. Stay fit and live healthy:

It takes a whole different level of self-discipline to commit yourself to living a healthy lifestyle regardless of what the situation might be. Even when you feel your guy might be pulling away, stay committed to your fitness – or work-out – routines and keep your mind occupied with positive thoughts.

Meanwhile, it should be mentioned here that some guys would still pull away no matter how much effort you put into making your relationship work. Some men just aren't cut out for committed relationships and this is not your fault and it could also be that you two were just not the right match together, and by spending that time getting to know each other, it became clear.

Nonetheless, this could get particularly frustrating and may mean you feel an intense feeling of loss, emptiness and failure. When this happens, praise yourself for how much effort you've put in and then let go. Give him the space he so much craves and have the courage of a woman who is worthy of great love, to move on. It won't be easy, but it will get easier once you allow yourself that time to grieve.

In some cases, some guys do realize that they have made a mistake, or may realize how much they took for granted and try to crawl their way back to you. This is when you get to choose whether to take him back, or not.

12. Understand that sometimes, he needs his space to figure out his feelings

He will know how he feels about you in the time that you're apart. **He will need to know if he misses you and just how much. If you don't allow him space to miss you and then choose you, you could be blocking the relationship from moving forward.** Sometimes we cannot value what's always there.

If he cares about you and wants to be around you, he will come and get you.

Even in marriage, there will still be times when he wants to go out and solely take on his own battles, or do random 'guy' things which might not always involve you tagging along. So, if you can learn to know how to cope with these times now, you'll have a much easier time, in the long run, creating a happy home with your guy and vice versa.

Don't struggle to get close to him. Instead, get on with your life, let him know you're around but are genuinely having fun too or just doing your own thing. Your value goes up if he gets that someone else could snap you up if he doesn't – a realization that will compel him to come rushing back to you. When you know he's come to you out of his choosing; you will feel better within yourself. You'll know he's choosing you. Not out of 'obligation' but because he wants to with you.

CONCLUSION

So, I hope this book has come in useful, whether you are just starting out on your romantic endeavors, or are wondering if your next one is going to be successful.

Just to recap what we have discussed:

We started with *knowing yourself and what you want*, where we explored having a better understanding of yourself and what characteristics you need and want to have in a partner, which enables you to have more confidence within yourself.

Next, we discussed how important it is to *Know your Man and what he wants* before embarking on a serious committed relationship, and hopefully you will understand just how much work is required by both of you!

The third and fourth chapters were down to the nitty gritty; discussing some potential *reasons men pull away* from relationships, to give you an idea of what may have happened, or even be happening, in yours.

And finally, I gave some tips to help you keep your man and stop him pulling away.

I hope you will keep this book as a valuable resource, dip into it whenever you need and share it with anyone you think needs some help in finding their Mr Right.

Andrea X

The Fearless Love Coach for single women looking for love.

If you recognize yourself in any of this, and feel that you need support to help you Attract & Keep Your Mr Right, then contact me:

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*Names changed to protect the confidentiality of the individuals.