

1: The Repressed Man: What He Really Needs From His Partner | HuffPost

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You cannot just take what a man says for granted. What are you going to do? Just turn a blind eye to it like most women? The general rule that applies here when you want to get a man to be in love with you and desire you and ONLY you forever, is that your mindset changes everything. Or your psychology, as some call it. So here is how you can get yourself out of a rut and get a man to desire you passionately, the way you deserve: I used to doubt it too "until I met my man. He has taken over my brain" even years and years into the relationship. We all only have one chance. Until that bombshell comes along. What is the ONE thing you can say to ANY man that will capture his attention, trigger his curiosity and make him hang onto every word you say! This is what most women do. And especially the man or woman we feel the most attraction for. And you were kinda like: Why are you instantly powerless? Because you basically let the quality of your relationship with a man be at the mercy of his less-than-true preconceived ideas about relationships. Here is an interesting scientific finding that will help you have hope that a man can really desire you and only you for a lifetime! In fact, researchers have proved that some men and women are still madly in love with their beloved after 20 or more years of marriage. The pathways of the brain associated with romantic love intense attraction were still lit up as much as they are lit up for couples when they first fall in love in the initial months of the relationship, and in some cases, these couples showed more activity in the area of the brain associated with romantic love and intense attraction. You know, that feeling where you are obsessed with one man and cannot get him out of your head? The REAL change is in your mindset. We all know someone like this. Mindset dictates your decisions and actions subconsciously. The facts are this: Men can be really boring to be in a relationship with! You are a lot more than JUST elegant, for example. Well, the truth is that NO man is ever going to give up his freedom to be with you. Not a masculine man on earth will ever give up his freedom. A man wants to genuinely commit to you for the right reasons ie: And if you are single, you will attract a completely different kind of man. Because then you can never fail. But by doing this, you just end up powerless and miserable. Where focus goes, energy flows. The peak performance coach Anthony Robbins said that. And the less power you claim for yourself. And, the more likely you are to just push him away. Imagine yourself being with a man like this! Instead, focus on a new truth: Change your physical state. No matter how much I try to fulfill a man, he always leaves or he always wants something else. So you need to tell yourself a better story. For example, say the story you habitually tell yourself is: Of course, MEN see her that way. You just have to tap in to that part of yourself. So, your new story could be: I have always been enough. Not tomorrow, or next month, or next year. And you really need to dig deep here, a lot of our most negative stories are etched deep in to our subconscious, after telling ourselves the same story for years and year on end. For example, your new story could be: The same way most of us have never been taught how to start and maintain a business; how to initiate and take control of our destiny. So if you want to go deeper, and take things to the next level in your love life, come on over and learn what [Click here to watch the Commitment Masterclass](#). Until next time, love and femininity to you! Share with us in the comments section below, what your beliefs are about the possibility of being fulfilled by one person for life. Do you believe it is possible? By the way, I want to teach you 5 secrets to having your man fall deeply in love with you and beg you to be his one and only. Click [HERE](#) to get yourself a copy before they run out! Connect with me on social media!

2: 12 Subtle Signs of a Loveless Unhappy Marriage - Lovepanky

Never Say This To A Man Unless You Want To Lose Him. By Carol Allen. Let me tell you a sad, but all-too common, story. A client of mine had met a great new guy.

Well, here are 16 reasons why he could be mean to you, and one thing you need to understand about it. Sometimes, relationships are just a pain in all the wrong places. But then again, are all fairy tales wrong? And once the confusions are all sorted out, perhaps you could move on to your own happily ever after. But everything sweet and nice starts with you getting a better understanding of your own relationship. And the more you try to help them become a better person, the more mean and annoying they get. Is he really serious about your relationship? You need to tell him how you feel. It could be a video game, or something much worse. This is frustratingly sad, but the guy you love may only be using you to get something from you. He may want you as his arm candy to show you off, or it may just be the sex too. You can use a few moves to keep him interested. And really, should you try to keep a guy interested in you when all he wants to do is walk away from you? He may be the most important part of your life. But to him, you may only be a small part of his evenings. Sometimes, your guy may need his own space now and then. Have you recently cheated on him or hurt him in some manner? You may love your boyfriend, but he may be in love with you and infatuated by someone else. Do you feel like you have no life without him? If you feel helpless without your boyfriend around you, it may force him to get mean, just so you can stand up on your own feet again. Is he really a mean boyfriend, or did you just misunderstand what he said. You want to spend more time with each other, but he believes a relationship means meeting once a week. Instead, speak to him about it. Sometimes, all you need is a conversation to sort things out. Sometimes, you may be the best girlfriend in the whole world. And you may be stuck with a good boyfriend who has different expectations from a relationship, or he may just be a bad boyfriend. Instead, he only looks at you as an accessory to satisfy his own needs. Do you really need a guy like that? All you need to do is talk. Liked what you just read?

3: He Says He Loves You, But He Doesn't Show It

problems, says McKenzie, a man who experiences these difficulties may withdraw from his partner for fear that she'll be disappointed or think that he's less of a man.

After appreciating the sweet words your boyfriend says to you, also know that it should be reciprocated. Most people have this mindset that sweet words are meant for ladies alone, but that is not true, every man has a soft spot and you just have to find out your partners soft spot, and one of the ways to know this is by saying sweet words to him and watch him melt in your arms. Here are some sweet things to say to your boyfriend. I would love to have your arms wrapped around me right now! I wish you were here so we could cuddle and fall asleep together. You fill my heart with love and my life with happiness! Your hand is my favorite thing to hold! 6. My love for you is a journey. It starts at Forever and ends Never. I will hold you in my heart until I can hold you in my arms again! 8. Just hearing your name makes me smile! When can I see you again? Hope you are having a good day sweetie! Good morning or night sweetheart! Dreaming of you! Yesterday or today was fantastic! You are the reason for my smiles! I can explain why I love you, but it would take forever. You are the reason I am breathing, but yet sometimes you take my breath away! You rock my world! Hope you know you are on my mind right now! You are my everything. If nothing lasts forever, can I be your nothing? I hope you know you have my heart. The more I know you, the more I love you. I think I am falling in love with you! You are mine, forever and always! When I 1st saw you, I was scared to talk to you. When I spoke to you I was scared to hold you. When I held you I was scared to love you. Now that I love you I am scared to lose you. Loving you is like breathing! How am I supposed to stop?!?! The most incredible feeling is knowing I make you happy! You are like a drug, and I am so addicted!! I love you more than you will ever know! I hope that when you read this, it makes you think of me! Read this message, and know that the sender loves you very much! You are my Romeo and I am your Juliet! You make me feel like the luckiest woman in the world! You are always on my mind! Every moment I spend with you, the world seems so perfect! Even though were far apart, I love you dearly with all my heart. Please let me know what I did to deserve you! I want to make sure I keep on doing it! Our life together is already amazing, and together it will only get better and better. I love being in love with you more than I have enjoyed anything else because I know you are the best there is. The day I met you was the best and I hope what we have will last as long as I live or I cannot imagine the rest. Holding your hand, stealing a kiss, smuggling in a warm hug all these things make my day and it is all because of you my love. Each time you say goodbye to go home I feel so alone; the only time I feel complete is when we meet up again. If life is like a game of football, I scored the winning goal the day I met you. I wish I were twins so that I could hold your hands and wrap you in a hug at the same time. It is silly, but I almost start missing you even when we are together as I fear the moment you will leave. Life is short and time passes so fast when I am with you that I think it is becoming even shorter. My life was in Black and white till you came and made it colorful. You are like chocolates - sweet, irresistible, addictive and always lifting my mood. When I am not with you, each moment of mine is spent longing for the moment I will be with you. When you smile, I want to give you whatever you want. Others may long for diamonds and cars, what I want is time with you, as you are above all. If there is a compound that melds together diamonds and chocolates that would be you! You are the lovely surprise that every girl hopes she will get and never does. I am lucky that I did. You are better than the rose as you have no thorns and kissing you is better than eating candy as you taste better and have no calories. I shudder to think that you would not be in my life if I had not come to the park a moment too late. Thank god that I did not and met you!. Fate has been my best friend as he threw me in your path. I did not know what it was like to be in love, like and lust all at the same time until I met you. I love the shade of green my friends turn when I tell them about you. He is hot, full of light, perfect and best of all what makes him perfect is he is all MINE! If the walls of my room could talk then you would blush at how many times I speak of you! You are to me what water is to plants - absolutely necessary! My life is musical, my love is colorful and every day is fruitful! all because of you my love. They say time shrinks when you have a good time and I wish that every minute that I spend with you expands to years and I

am sorry it does not. You are the ruler of my heart, the knight of my mind and the lover of my dreams. When I am with you even bitter seems sweet and every chore feels like a treat Your arms around me is all that I need to face anything that life throws at me. When you kiss me without uttering a single word, you speak to my soul. When I met you I knew God had listened to all those prayers that I sent up to him while growing up Some things are worth waiting for and you definitely are! Your smell turns me on. Can I have your shirt to sleep with when you go out of town? The world would be a better place if all boyfriends were cast in your mold, but then God broke the mold when he made you; you are one of a kind. The way you speak makes want to listen, the way you look makes me want to whistle and the way you hug makes me so smug. I am glad we met when so young so that I can feel good about knowing that we will get to spend the rest of our lives together. When I look at you I know we were meant to be as each moment I spend with you seems like a dream come true. They say that love can happen in a single moment, I did not believe that till I came to the moment it took me to fall in love with you. Are we too young to know what we want? I think not as I knew that I wanted you the minute I saw you the first time at the age Being in love with you is like butter " sweet, tasty and fulfilling, all my exes where like margarine, not quite the real thing! You are to boyfriends, what Einstein is to science " a genius! I am not saying you are my first love but I can really say that you are my best love! If love could be converted into electricity then our love could power New York City I am longing to growing old with you as they say that fine wines taste better when they age and you my love do feel as intoxicating as wine!

4: 16 Reasons Why Your Boyfriend's So Mean!

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Quit being a baby! I bet the farm you have. You are not alone. If men were "allowed" to openly discuss their pain, I believe the shame attached to feeling emotion would decrease immensely! Ladies, it is time for us to stop this madness not only for our partners and the state of our romantic unions, but for the children we are bringing up. Unhealed wounds in either party is the number one cause of divorce. Behind any disempowered behavior is an unhealed wound. This is not a gender specific issue; this is a human being issue. He loves as deeply as anyone else and he can be hurt just as easily by the words and behaviors of others. I was recently in a yoga studio that had this quote on the wall: When I read that quote I knew I was going to write an article to back it up. I believe we must understand that men are not put into our lives to save us. A Course in Miracles speaks of the difference between a Holy Relationship and a special relationship. The Holy Relationship is one where both parties equally show up to help one another heal their fears and pain while supporting their growth opportunities and potential. A special relationship is based on what we can "get" from our partner. The question is "What can I get from you? What is does mean is men and women achieve far greater success and achievement when they are supported by a loving, compassionate partner. Like any human being on this planet, we all need a soft place to fall. As depicted in movies like Braveheart and , the "hero" had a strong, loving woman supporting him who allowed him to break down and cry on her breast. She stepped up to meet his heart and offered her love. The truth ladies is this, men are not going to say, "Hold me! Your man does not need more negativity, shame or stigmas attached to him. He needs your kindness, love, security and tenderness. Love heals all wounds. Ego, fear, control and manipulation perpetuates them. The next time you feel compelled to attach a perceived persona to your man and then feel terribly disappointed when he falls short, I invite you to ask yourself this: How can I better support him right now? Instead learn to see the soul inside your man. Learn to understand his hidden emotions and act from this new perspective. Teach him that you are trustworthy of holding his innermost feelings and fears sacred. Provide a solid place for him to open his heart to you. After all you are dealing with a societal norm. It means teach him over time that you have his back. That he can trust you like no other person on this planet. That you see both his strengths and his weaknesses and you love him just the same. For more information on Kristen or to contact her for personal coaching, please visit her website at:

5: 3 Mistakes Women Make When Men Cheat | PairedLife

2. *His testosterone levels are low* "When a man gets to be over 40, his testosterone levels begin to decrease," says McKenzie. "If this happens mildly over time, then a man will gradually lose his sexual prowess."

You may think your relationship is normal. But is it really? Use these loveless unhappy marriage signs to find out if you could actually be happier! By Alison Ricard A relationship is pretty predictable. The subtle signs of an unhappy marriage A marriage or a happy relationship never falls apart for one reason. And even worse, at times, you may convince yourself that all relationships are doomed to mediocrity and self-satisfaction. Do you believe in love or have you given up on finding it? A happy, loving marriage can give you a lot more. It can give you a more complete life. But when we have to introspect, all we have are blind spots spread over all our flaws. The beginning of the unhappy romance An unhappy marriage is the slow accumulation of annoyances, pain, bitterness, ego and miscommunication that burdens the romance. And each time one or both lovers choose to ignore the signs and avoid communicating what each of them really feel, the relationship is only bound to get closer to the end. In reality, all the other reasons led you to the unhappiness. Unfortunately though, most of us never care enough to pick the little flaws and rework on the marriage. You may accept them as a part and parcel of every relationship, but in reality, they can tear your marriage apart even before you realize it. You should be happy to communicate with them and share all the pleasant and the sordid details of your life with them. Do you feel more comfortable talking to someone else outside the marriage about your secrets? It may start off as an emotional release, but it would eventually come in your way of marital bliss. There are a few relationships where the partners have no complaints about each other at all, because they completely understand each other and their individual points of view, and get along perfectly. Over time, these little annoyances could lead to huge frustrations in your marriage. The 80 20 rule in marriage and your love life] 3 You have needs. Almost all the time, you find ways to satisfy these needs yourself, be it sexual or emotional. But at the same time, you may constantly find yourself grumbling or whining within your own mind about how much better it could have been if your partner was more involved in satisfying your needs. This is a contradiction to the earlier sign of an unhappy marriage, but this is a valid point too. Sometimes, two lovers just have different needs. So what do you do then? Do you compromise for the sake of your marriage or do you walk away? Communicate with your partner and talk to your friends. If your needs seem justified, you have a right to expect it from your partner. If your needs seem to be high-maintenance, you need to decide what holds more value to you, your needs or your marriage. Falling out of love " Why it could be happening to you] 5 Individual lives. Both of you lead individual lives. The 10 big problems in a relationship and how to fix it] 6 Lusty minds. You could be in a relationship with one person and still find yourself getting sexually attracted to someone else now and then. But do you talk about this little crush you have, or do you hide the secret, all the while spinning secret fantasies in your head? In a secure relationship, both partners talk about their crushes and sexual fantasies with someone else without really feeling awkward about it. How to sexually fantasize about someone else with your partner] 7 Different life directions. When two people come together in a marriage, they communicate with each other and their goals too start to align to form one common goal. But do you take your responsibilities too seriously and avoid looking beyond that? Do you believe that earning money for the family or looking after the house is the end of your responsibility? But in reality, responsibilities in a relationship are a yardstick of reference, nothing more. If your partner wants to communicate with you or picks a flaw, think beyond your responsibilities. You expect too much from your spouse. You subtly pressurize them or undermine them by comparing other marriages or people. You may think this would help your lover or spouse understand your wants better. The power of your words and how it can affect your partner] 10 The blame game. Pointing a finger at your lover is easy. In a happy marriage, arguments do happen. But arguments are not used as a tool to inflict pain. An addiction can ruin any marriage, and end up leaving both of you bitter and angry. And on the other hand, the other partner may feel helpless and depressed. Make an effort and deal with your addiction, by yourself or with professional help. You may not realize it today, but your addiction could kill your marriage very soon. The reason behind why men are so

addicted to porn] 12 The ego. The ego is a powerful tool in marriage. In a marriage, the two people involved are a team. The few minutes of silent treatment or anger which will eventually fade is way better than years of disrespect and ego clashes. The top 20 reasons for divorce that most couples overlook] A loveless unhappy marriage is not worth experiencing. But if you think about it, it can all be fixed if you choose to fix it. All it needs is the initiative and the memory of the good times and the romance to bring all the love back into your loveless marriage. And if you are, communicate with your spouse. Liked what you just read? Alison Ricard loves sunshine, good books and contagious laughter. Follow Alison on Pinterest.

6: Sweet Things To Say To Your Boyfriend

Do not spread your knees to a man you don't www.enganchecubano.com he should also be in love with www.enganchecubano.com this is a mutually established fact,you need,for your own protection, to give your love object, a.

Share Tweet Time and time again I get to speak to women who are trying to figure out where they stand in their relationship. They are left confused because they want to believe the words coming out of his mouth are true. Because he is telling you a lie â€”plain and simple. I understand there are some men who struggle with showing their love. I am not dismissing the possibility of this, but as you continue to read I will show you how the situation still needs to be handled in a similar way to the liar. I know many of you are thinking how this is just horrible. Well I have a question for you. If you applied for and got hired by a job which then proceeded to let you do whatever you wanted. You can come when you want, and put minimal effort into your work. Despite your poor performance they will still give you a full paycheck every two weeks. Just please understand how tempting it is for a person to take advantage of this. You can wait for them to take the high road or you can put the power in your hands and do what is best for you. So that already works against the chances that this man has a genuine issue. If he is genuine about his issue then the key is him making an effort. Pick up the damn phone and call your woman sometimes, end of story. I mean his unwillingness to make adjustments when you give specific requests is a huge red flag. He is making excuses and you should embrace that you deserve better. If you feel you should try to help him then do it as his friend. Not as the woman who gives him everything while you receive nothing or not much so no friends with benefits. Ultimately this boils down to this; is this guy willing to be the man you need. Is he willing to put the same effort you are prepared to put into this relationship. If he is the latter than it is likely you should walk away. When he is ready to step up with actions and not some sweet talk, then you can consider entertaining being with him. You have to embrace your worth as a woman and what you deserve from a man. If you accept less than you will get less and it is your responsibility to correct that. Do you want to receive the love and relationship you truly deserve?

7: How to Make a Man Want Me and ONLY Me? | The Feminine Woman

If he can't learn to show love to you as a friend then he will never do it as your "man". Ultimately this boils down to this; is this guy willing to be the man you need. Is he willing to put the same effort you are prepared to put into this relationship.

The real test of character is whether or not he will hold the umbrella over you during the stormy days. To help clarify, I have put together this list of how a good man should act while in a relationship. A good man never lets you forget how much he loves you. I cannot tell you how many conversations I have had with people who tell me that there is no affection in their relationship. The man in their life does not make them feel loved, wanted or appreciated. This is a profoundly important piece of the puzzle -- a good man will always remind you how much you mean to him. If someone truly loves you, you will know it and feel it. A good man always supports you. He will be beside you every step of the way, cheering on your victories and comforting you during your defeats. A good man will inspire you. This goes one step beyond supporting you, which can be more passive. To inspire someone takes effort both in how one lives their own life and how they encourage others to live theirs. A good man will work to gain your trust. A good man will want you to be comfortable and confident in your relationship. The very cornerstone of this is being able to trust someone, and he will realize that. Without trust, there is no foundation for love or respect. He will understand that trust is not just handed over to someone -- it has to be earned, and then it has to be kept. A good man will always make you feel beautiful. He will understand that making you feel beautiful does not just mean saying the words to you. It will mean truly making you feel beautiful. In the way he looks at you, touches you and treats you. A good man will understand that whether you are in your sweatpants on the couch or in your evening gown heading to a gala, when you love someone for who they truly are, everything about them becomes beautiful. A good man will make you feel safe. I have always said that I believe one of the best compliments a woman can give her partner is telling him that she feels safe around him. Regardless of how attracted she is to you or how funny she thinks you are or how much money you have, if a woman cannot sleep soundly by your side at night, none of it matters. A good man does the little things. Do you need a prescription filled, but have to stay late at work? Did you mention an art exhibit coming to town and he made plans to take you to see it? Regardless of how small certain things seem, he will understand they are really the big things that matter most. A good man never crosses the line. It is natural to have disagreements and even arguments in a relationship, but there is no reason to make things personal, become insulting and never, ever to become abusive. A good man will remain calm and focus on the topic at hand. A good man is always trying to improve himself. Whether it be learning new things, developing a new skill set, reading a new book or watching a documentary, a good man who prides himself on continuous self improvement will always be intellectually challenging you and keeping your attention. He will be doing these things for himself, but the added benefit will be the positive impact it has on your relationship. A good man understands actions speak louder than words. Having the right man in your life will make you understand that people who make empty promises do not deserve your respect. People who keep promises deserve your respect, and he will be one of them. A good man will open up to you. It can be difficult for some people to express their emotions, fears and even inner-most desires, but having the right person in our lives often helps to open those doors. A good man, while understanding of course that some things are to be kept private, will not hide things from you or bottle up his feelings, knowing that doing so will cause tension and frustration. A good man will always be honest with you. When building a foundation for a happy, healthy relationship, a good man will understand that honesty is always the best policy. A good man will make you feel comfortable being honest. Comfort in a relationship the good kind, not the kind that makes you stop trying comes from the ability to be open and honest with your partner -- and the ability to do this comes from knowing you will never be judged. A good man will encourage you to open up and share your feelings with him. There should never be any fear of him flying off the handle or overreacting if you share something with him. This means being able to be the most genuine, uncensored version of yourself around him. A good man will never be abusive. Perhaps the most important point of all. Whether it be mentally,

emotionally or physically, a good man will never even think about being abusive towards you or harmful in any way. If this happens to you, please have the courage and respect for yourself in order to talk to someone or walk away immediately. No good person would ever act like this, and it will not get better on its own. A good man will stand by you. When a man commits his love and his time to someone, there are no stipulations or circumstances required. There will be good times and there will be not-so-good times. There will be challenges and unexpected situations that arise. But he will stay by your side and be your teammate through it all. Of course, there is an asterisk to this. This does not mean you can disrespect your partner, lie or cheat. It does not mean you can betray his trust and expect him to stick around because he promised to commit to you. This point is about things the two of you go through together and him having the integrity to not walk away when times get hard. Any man can be by your side on the sunny days. Remember, if the person you are with puts in the effort to be this person for you, please let him know how much you appreciate him. No matter how kind someone is, there is no emptier feeling than giving your heart to someone who you feel takes it for granted. This article originally appeared on JamesMSama. Connect with James on Facebook [here](#). James Michael Sama is an award winning Boston based blogger on the topics of dating and relationships, having amassed over 30 million readers in just a year and a half. He writes and speaks on the topics of chivalry, romance, and happiness throughout the country and has been featured repeatedly in news segments, talk shows, and mainstream radio. James is also currently working on his first book.

8: 3 Ways to Tell a Man You Love Him Without Scaring Him Off

I heard a man say to an author at a speaker's conference, "My wife and daughters would rather see me die than fall off my white horse." That broke my heart in more ways than I can say.

9: 15 Signs You're With A Good Man | HuffPost

Trust is arguably the most important quality in a relationship, and by allowing your partner to go on these man dates, it shows you trust that he won't do anything you wouldn't approve of.

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