All The Way In
Relationship Essentials for Men

How to Be The Man a Woman Wants

• Be completely transparent, even when it is uncomfortable.
• Tell the truth, the whole truth, and nothing but the truth.
• Let her know what you are thinking.
• Verbally express feelings. Hold nothing back, even if it might rock the boat or cause conflict.
• Express anger with love.
• Ask for what you want.
• Bring up difficult things.
• Be decisive, dependable and trustworthy. Let “yes” mean “yes” and “no” mean “no”.
• Set the tone and take the lead (with love). Be an active decision maker. Show up with a plan.
• Do what needs to be done because it needs to be done. No score keeping.
• Let her be who she is. No trying to change her. No fixing. Love her the way she is or leave (with love).
• Stop trying to please her, get her approval, or make her happy.
• Set appropriate boundaries.
• Soothe your own anxiety. Don’t try and manage anxiety by avoiding, controlling, or manipulating her or situations.
• Be who you are. Don’t hide or hold back.
• Bring all your passion to life, relationship and sex.
• Give your partner ALL of your sexual energy.
• Spend significant, quality time with other men.
• When you are with her, be with her. Be 100% present. When you are not with her, be 100% all the way in whatever you are doing.

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Create healthy space. Look for ways to get together, not ways to get apart.

Don’t take anything personally.

Let go of all attachment to outcome.

Love Her With Warmth and Humor

Giver Her The Opportunity To Give You her Unique Gift

Listen

Don’t Try and Solve Her Problems

Be A Good Ascertainier