

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 Ascertainer